

# The Upswing Fund

for Adolescent  
Mental Health



**July is BIPOC Mental Health Month and this year's theme from Mental Health America is Beyond the Numbers**, which seeks to recognize and honor the rich histories of Black, Indigenous, and people of color as well as the intersections of their histories and cultures with mental health. BIPOC communities are at significantly increased risk for developing mental health conditions and experiencing barriers in accessing care.

Learn more about the history of BIPOC Mental Health Month and access mental health resources for diverse communities [here](#).



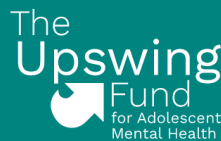
### **New Renewal Grant to Teen Health Mississippi!**

This July, The Upswing Fund announced a 2022 grant to Teen Health Mississippi, the tenth renewal grant awarded this year for a total of \$11.8 million in adolescent mental health grants since October 2020.

Teen Health Mississippi serves youth in high poverty, rural, African American communities by providing culturally responsive integrated care that includes mental, sexual, and reproductive health education and services. They have served over 700 adolescents through their Mind Elevation Project alone, a peer lead resource platform designed to resonate with Black rural youth.

**Learn more about Teen Health Mississippi and the impact of this renewal grant in our [blog.post](#) and their partner spotlight below!**

## **What the Bipartisan Safer Communities Act Means for Community-Based Adolescent Mental Health Organizations**



### **New Blog Post on the Bipartisan Safer Communities Act!**

On June 25th, President Biden signed the Bipartisan Safer Communities Act into law. This legislation is not only the most sweeping law on firearm safety in decades, but also contains several provisions to support youth mental health care. However, increases in federal funding for mental health

programs are largely inaccessible to smaller, community-based organizations on the front lines of the work.

Learn more about how this legislation impacts community-based organizations and how local providers might plug into funding decisions at the state level [here](#).

## Partner Spotlight: Teen Health Mississippi (Jackson, MS)

The **Upswing Fund**   
for Adolescent  
Mental Health

**2022  
GRANT RECIPIENT**

**TEEN HEALTH  
MISSISSIPPI**  
T H M S

Teen Health Mississippi believe all teens in Mississippi deserve access to high-quality sex education and youth-friendly healthcare to attain their highest level of health.



### About Us:

[Teen Health Mississippi](#) (THMS) is a 501(c)(3) non-profit organization with offices in Clarksdale, MS and Jackson, MS. THMS works to ensure all Mississippi youth have access to high-quality sex education, mental health supports, and youth-friendly healthcare services to attain their highest levels of health. Teen Health Mississippi has been a standalone nonprofit since 2019, although THMS has served as a program since 2011 under its parent organization Mississippi First.

Our [core programs](#) are based on three key cornerstones: training, advocacy and policy, and capacity building among young people and the trusted adults in their lives. We work for and in partnership with youth across the state of MS, with a special emphasis on youth of color and gender nonconforming youth.

### How is your organization meeting the mental health needs of BIPOC youth in your community?

Teen Health Mississippi staff are trained in Youth Mental Health First Aid, Adult Mental Health First Aid, and teen Mental Health First Aid. Although we are not direct service providers, we believe it is keenly important for

communities to know what to do if someone they know and love is dealing with a mental health crisis. Our work does not seek to replace mental health providers, but to help communities understand how to deal with a mental health crisis until help arrives. This is especially important for BIPOC youth and their families in MS, as these youth often come from communities with limited resources.

In addition, we have a special youth-led program called Mind Elevation, where youth use social media platforms (e.g. TikTok, Facebook, Instagram) and guerilla strategies (e.g. on-the ground strategies such as visiting schools, health fairs, and places where youth generally congregate) to share information and resources with youth about mental health and sexual health (focused on consent, boundaries, anxiety, healthy relationships, and communication). We realize that in many communities mental health and sexual health are both taboo topics. To break the stigma around these topics, we wanted to reach BIPOC youth where they are: on social media.

### **How has support from The Upswing Fund helped your organization to achieve its goals?**

The Upswing Fund has been beneficial in keeping much-needed funding to support our programs. Resources from the Upswing Fund have been used to hire creative contractors, give youth stipends for their time, and have allowed us to travel to communities to provide in-person interactions. The Upswing Fund has made it possible for us to take our novel idea and put it into practice in a way that supports the lived experiences of BIPOC youth across the state of MS. We're very fortunate to partner with the Upswing Fund in this important and very influential way.

### **What's a recent success that your organization is proud of?**

Our organization is proud to be turning 5 years old this year! We recently completed an evaluation of our ME Project from the Mind Elevation Influencers' perspectives (our youth leaders) and discovered that youth felt they are learning quality skills to help them address life challenges, the program has helped them develop leadership skills, and the program has equipped them to address their friends, family, and their own mental wellness, as well as sexual health.

In the upcoming year, we hope to assess our viewers' knowledge level and skill level as it pertains to the project. We are excited to begin this very important initiative in exploring the ways that on-the-ground strategies, as well as in-person strategies, can impact the lives of BIPOC youth.

### **How can readers support your work?**

Readers can support our work by visiting us on our [website](#), signing up for

our newsletter, or visiting us on Facebook, Instagram, and Twitter at @teenhealthms. A like, comment, or share of our work means a lot to us. Readers who are interested in donating to our organization can use this link: [Donate - Teen Health Mississippi](#).

In addition, let others know about the work we're doing. We think our resources are replicable and we believe we can help support youth in other communities around the US. We offer training for teachers, parents, educators, and clinicians on a wide variety of topics as it relates to sex education and youth-friendly healthcare. This includes training on Body Confidence, What's Triggering Teens These Days, LGBTQ Inclusive Healthcare, and Parenting and Expectant Teen Series (for youth-serving adults working with parenting and expectant teens), among other topics.

[Support the work of Teen Health Mississippi](#)

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## Funding Opportunities

### Nationwide:

- [Robert Wood Johnson Foundation's Policies for Action Research Program Grants](#). This year, RWJF's Policies for Action grant is focused on policies to build and sustain economic security and wealth for families and communities of color. Grants will be made to organizations in both public and private-sector policy research that builds an understanding of how economic, social, and health policies advance health and racial equity. Community-led or partnered research teams, investigators from diverse backgrounds with diverse life experiences, interdisciplinary teams, and first-time applicants to an RWJF grant are especially encouraged to apply. **Deadline: September 7th.**
- [William T. Grant Foundation's Institutional Challenge Grant](#). This funding opportunity of \$650,000 over three years will support research institutions in building sustained research-practice partnerships with public agencies and non-profit organizations to reduce inequality in youth outcomes. Applications are invited from partnerships in youth-serving areas such as education, justice, child welfare, mental health, immigration, and workforce development. Proposals from research teams with African American, Latinx, Native



American, and Asian American leaders are especially encouraged.

**Deadline: September 14th.**

### **Northeast:**

- [Poise Foundation's Racial Equity Seed Grants](#). This grant opportunity will provide programming support up to \$10,000 for Black-led, Black-serving non-profit organizations in Allegheny County, PA. Programs should fall into one of two categories: Youth-Led Social Change and Intergenerational Spaces. **Deadline: Rolling Monthly Grant Awards.**
- [The Peter & Elizabeth Tower Foundation's Grants for Programs Serving Individuals and Families Affected by Disabilities](#). This grant program provides funding to organizations serving individuals and families affected by disabilities, including mental health illness and/or substance use disorders. Organizations must be based in either the Erie and Niagara counties in western New York or the Barnstable, Dukes, Essex, and Nantucket counties in eastern Massachusetts. **Deadline: August 3rd.**

### **Mid-Atlantic:**

- [Greater Washington Community Foundation's 2022 Donors InVesting in the Arts \(DIVAs\) Program](#). Grants between \$5,000 - \$10,000 will be provided to non-profit organizations serving Montgomery County, Maryland with programs that foster mental health and healing, promote joyful self-expression, encourage conflict resolution and violence prevention, build bridges, and inspire hope. **Deadline: August 19th.**

### **South:**

- [Duke Energy's Community Grants Program](#). This grant opportunity will award \$25,000 grants for general operating funds to North Carolina non-profit organizations dedicated to the fight for social justice and racial equity. Organizations that are led by and provide services to communities of color will be prioritized, with targeted initiatives including reducing disparate outcomes in education and workforce development, civic engagement, environmental justice, and more. **Deadline: August 31st.**

### **Midwest:**

- [The Denver Foundation's Bowen Family Performing Arts Fund](#). This funding opportunity will provide grants ranging \$5,000-\$15,000 to non-profit organizations that provide performing arts programs (e.g., ballet, tap, jazz, opera, symphonic music, theatre, etc.) for

underserved elementary and middle school youth to support their wellness and development. The fund focuses on work in the seven-county Metro Denver area. **Deadline: August 8th by 5:00 PM MST.**

- [The Cleveland Foundation's Black Futures Fund](#). The Cleveland Black Futures Fund was founded to invest in and strengthen Black communities and support efforts to dismantle racist systems. This funding opportunity will support Black-led and Black-serving non-profit organizations with a budget of less than \$1 million in the Cleveland area. Technical assistance and grant-writing assistance workshops are available to applicants at the above link. **Deadline: August 31st.**

#### West:

- [Northwest Health Foundation's Advancing Disability Justice Grants 2022](#). This grant opportunity will provide four grant awards up to \$5,000 and two grant awards up to \$10,000 to fiscally sponsored projects, 501(c)(3) or 501(c)(4) organizations in the Oregon and Southwest Washington areas for projects supporting disability justice BIPOC communities through community building, civic engagement, cultural work, leadership development, movement building, community organizing, or policy advocacy. **Deadline: July 28th by 12:00 PM PT.**
- [Los Angeles Dodgers Foundation](#). Provides funding to Los Angeles area non-profit organizations working in education, health care, homelessness, and social justice for youth and their families. Grant applications are accepted two times per year with a three-month review cycle. **Deadline: August 1st.**

## Resources & Tools

- **(Toolkit)** [Mental Health America's BIPOC Mental Health Month Toolkit: Beyond the Numbers](#). Resources on mental health care disparities among BIPOC communities, culturally-based care practices, caregiving communities, and the complex multiple impacts of racial trauma.
- **(Report)** [Dobbs vs. Jackson Women's Health Organization: What LGBTQ+ Families Need to Know](#). In the wake of Roe v. Wade being overturned, GLAD, Colage, Family Equity, and NCLR have published a report to help LGBTQ+ families understand the impact of Supreme Court decisions on family rights, safety, and

mental health, as well as how families can prepare and protect themselves.

- **(Toolkit)** [Substance Use and Mental Health Administration's 988 Partner Toolkit](#). Partner toolkit which includes key messaging, fact sheets, graphics, print materials, and social media shareables.
- **(Recorded Webinar)** [Trauma and COVID-19: Addressing Mental Health Among Racial and Ethnic Minority Populations](#). As part of National Minority Mental Health Month, the Department of Health and Human Services' Office of Minority Health has made available a recorded speaker presentation from Dr. Mary Roary and Dr. Howard Stevenson on the traumatic impacts of the COVID-19 pandemic on minority populations.
- **(Text Service)** [Mind4Health Mental Health Text Service for Caring Adults](#). A collaboration between several Northwest Portland Area Indian Health Board projects, including We R Native, THRIVE, and the Adolescent Health team, this text service seeks to help caregivers and youth-serving adults build their mental health toolboxes with strategies to nurture conversations with youth.
- **(Resource Hub)** [The Association for Child and Adolescent Mental Health's Teachers' Hub](#). ACAMH's Teachers' Hub provides free access to mental health webinars on trauma, anxiety, sleep disturbances, and eating disorders specifically designed for educators working to support young people in the classroom and beyond.
- **(Fact Sheet)** [When Behavioral Health Emergencies Arise, Who Responds Can Affect Outcomes](#). Published by Pew, this fact sheet explores the intersection of mental health and justice through the lens of state and local options for establishing mental health first responder teams and the complexities of developing first lines of care in existing response structures, as well as opportunities for improvement and measurement of outcomes.

## Upcoming Events

Times listed in event host's time zone

- **(Facebook Live) CHRIS 180's Lunchtime Live Series: How Culture Impacts Mental Health. July 26th, 12:30 PM ET / 10:00 AM PT.**



- In recognition of BIPOC Mental Health Month, this episode of CHRIS 180's Lunchtime Live series continues with this upcoming episode on the intersection of culture and mental health featuring experts from diverse backgrounds and professional experience. Tune in [here](#).
- **(Webinar) Mental Health America's Beyond the Numbers: Choosing the Right Mental Health Care. July 26th, 1:00 PM ET / 10:00 AM PT.**
  - In recognition of BIPOC Mental Health Month, Mental Health America is hosting this free, 90-minute webinar where they will identify non-traditional healing practices that improve the mental and emotional health of communities, discuss how to identify the specific mental health care needs of individuals, and learn how we can empower BIPOC communities and individuals to access different forms of mental health care supportive of their wellness. Register [here](#).
- **(Webinar) National Training and Technical Assistance Center for Child, Youth, and Family Mental Health's Community of Practice Series: Youth Engagement Strategies in Higher Education Settings. August 10th, 4:00 PM ET / 1:00 PM PT.**
  - In this session of NTTAC's Community of Practice series, youth coordinators, local high school and college campus representatives, and Healthy Transitions/Systems of Care grant recipients will come together to discuss strategies to engage young people in behavioral health awareness activities including training opportunities that connect young people to peers, resources, community, and causes. Register [here](#).
- **(Facebook Live) National Institute of Mental Health: The Youth Mental Health Crisis. August 11th, 1:00 PM ET / 10:00 AM PT.**
  - This Facebook live will cover topics such as the alarming rate of youth suicide, the effects of technology and the pandemic on the developing brain, and what the research says about supporting the mental health of current and future generations of youth. Learn more [here](#).

## Partners in the News

**Panorama Global** launches **The Resolve Fund** to support frontline organizations addressing the impact of gun violence



ACCELERATING  
COMMUNITY-BASED GUN  
VIOLENCE PREVENTION AND  
INTERVENTION EFFORTS

**The Upswing Fund for Adolescent Mental Health is powered by Panorama Global, which recently announced the launch of The Resolve Fund.** The Resolve Fund seeks to accelerate community-based gun violence prevention and intervention efforts by mobilizing resources to support organizations' immediate growth and long-term needs.

The Fund's work will be guided by a racial equity framework focused on local, BIPOC-led, community-based organizations. It will work to empower youth, adults, and communities to prevent gun violence before it occurs and ground itself in supporting the mental health of individuals, families, and communities impacted by community violence.

**Learn more about The Resolve Fund and its initiatives [here](#).**

**Well Being Trust** and Reimagine Crisis Response partners publish open letter on the launch of 988 mental health crisis Line

# 988 IS NOW AVAILABLE NATIONWIDE

Starting today, this new three-digit phone number – staffed by trained crisis counselors – is just a call or text away during a mental health, substance use or suicide crisis.

This is a tremendous step toward providing life-saving support that will help countless people in crisis. But the work is just beginning.

Everyone, everywhere in the U.S. should have access to a mental health crisis response when they need it. That is why we are working tirelessly to **#ReimagineCrisis**.

On July 16th, Reimagine Crisis Response partners, including Well Being Trust, published an open letter in *The Washington Post* regarding the national launch of the 988 suicide and mental health crisis line. The long-anticipated national launch of the 988 crisis line has brought many questions surrounding state implementation, public utilization, and community education on accessing crisis lines. This crisis line seeks to address fragmentation in the national crisis response system and tackle the growing national mental health emergency.

Learn more in the [open letter](#) and hear from Ben Miller on the most common questions he has heard about the launch and implementation of the 988 line [here](#).

Dr. Caitlin Ryan, Founder and Executive Director of **Family Acceptance Project**, featured in NASW podcast



**In the National Association of Social Workers (NASW) most recent podcast episode, Dr. Caitlin Ryan, MSW, founder and Executive Director of Family Acceptance Project, discussed the role of social workers in helping families support their LGBTQIA2S+ youth.**

Dr. Ryan outlines Family Acceptance Project's extensive research, intervention, and policy advocacy work in supporting LGBTQ+ youth and families. She tackles the big questions around how we can help families learn to support their LGBTQ+ youth through a culturally responsive lens that incorporates and respects their faith, cultures, language, and personal histories in order to increase positive outcomes and support for the child.

**Tune in to the podcast episode and hear directly from Dr. Caitlin Ryan [here](#) (transcript available).**

## Rebekah Roulier, Deputy Director of Doc Wayne Youth Services, and Natisha Niedeman, WNBA Connecticut Sun player: Sports can be a game changer in the youth mental health crisis



OP-EDS

### Natisha Hiedeman and Rebekah Roulier: Sports can be a game changer in the youth mental health crisis

Studies reveal that youth mental health is positively impacted by team sports; that kids are likely to have less anxiety, depression, withdrawal, social problems and attention deficits.

JUL 22, 2022

**In a Harvard Courant article, Rebekah Roulier, Deputy Director of Doc Wayne Youth Services, and Natisha Hiedeman, WNBA Connecticut Sun player, dive in to the positive impact of sports on youth mental health amidst the national youth mental health emergency.**

Prevention, early detection, and intervention services delivered in community settings like schools not only increase youth's likelihood to

access services, but it also increases their likelihood to successfully complete a full intervention and treatment plan. One of these effective interventions is sports, an engaging, motivating, skill-based group activity with peers and a coach for mentorship.

**Learn more about the positive impact of sports as a mental health intervention in the article [here](#).**

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If you would like to be considered to be featured in our monthly newsletter or have exciting news, events, and/or accomplishments to share, please reach out to Sierra at [upswing@panoramaglobal.org](mailto:upswing@panoramaglobal.org).

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