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The Upswing Fund

for Adolescent
Mental Health



The Upswing Fund is proud to be a founding partner with more than 1,000 brands, non-profits, government agencies and cultural leaders in the first-ever Mental Health Action Day this **Thursday, May 20th!**

Head to MentalHealthisHealth.us to get started with ways that you can take action for yourself or a friend on Mental Health Action Day and **share your action with us by tagging #MentalHealthUpswing and #MentalHealthActionDay to be featured by The Upswing Fund.**

Partner Spotlight:

Asian Health Services

In honor of Asian American Pacific Islander month, we're proud to kick-off this partner spotlight series with Asian Health Services of Oakland, California. Hear from our partner and the impact they're making in their community...



Photo taken pre-COVID

*The staff at Asian Health Services have been hard at work, implementing strategies and safeguards to continue to protect our community through this crisis. With the advent of telehealth becoming a staple in health care services, **AHS has seen a dramatic drop in appointment no-show rates from November 2019 through August of 2020 – a drop from an average 21% rate to 10%.** And AHS continues to innovate care to meet the needs of its patients.*

"This period of time has been so anomalous. The need for mental health services from our patients skyrocketed during the pandemic, and our teams have been working round the clock to meet these demands in every way possible," stated Vihra Gocheva, Asian Health Services Behavioral Health Program Coordinator.

Asian Health Services provides a plethora of services to the community –

ranging from therapy, counseling, and services for Substance Use Disorders (SUD), to case management and designated care coordinators that track outside resources, such as food and financial assistance for patients who are in need of more than just the services we provide in clinic.

AHS also has clinicians that dedicate time to serving the youth in Oakland High School. With the help from our partners at The Upswing Fund, AHS is better able to provide the services listed above. This funding has been vital for our staff and community's success.

"Our staff have been so dedicated in working really hard and keeping up with the demand of services and the number of patients we are serving. The ultimate goal is to serve anybody and everybody that needs mental health services. With funding from partners like The Upswing Fund, we are able to do just that," said Katy Wengrofsky, Asian Health Services Behavioral Health Services Manager.

A recent case that Wengrofsky described, proves just how vital these mental health services are. A very depressed youth sought care at AHS due to extremely depressive thoughts and suicidal ideation along with access to a weapon. Through the implementation of telehealth, and a consistent schedule with therapy, the patient showed improvement.

Their parents reported noticeable mood improvements after every session as well. But care doesn't stop there - with parental consent, connection with the school counselor and school psychologist was established to advocate for special education support. The patient is now doing bounds better than when they first sought care.

Wengrofsky went on to state, "access has always been a barrier, and our team at AHS is breaking down those walls. Whether it be the shame our patients sometimes feel, the stigma, or the struggle for access to care services, we are there every step of the way for our most vulnerable. Because of the pandemic, the floodgates have finally been open, and the importance of behavioral health has been turned up 5 notches. I, myself, and our dedicated team are proud to continue this work in walking hand in hand with our patients through anything and everything."

[Learn more about how to support Asian Health Services here](#)

Resources & Tools


- **(Report)** [Moonshots for Youth Mental Health and Well-Being: Exploration of Big Bets and Bold Goals](#). Big ideas lead to big change. The Milken Institute and Hopelab have come together to identify four moonshots for youth mental health that, if implemented, could change the trajectory of youth mental well-being for the better. [Learn more and read the full report here](#).
- **(Report)** [Coping with COVID-19: How Young People Use Digital Media to Manage Their Mental Health](#). Did you know that LGBTQ+ teens and young adults are among the most likely to report symptoms of moderate to severe depression: 65%, compared with 31% of non-LGBTQ+ youth? Read more about these findings and more in a new report published by CommonSense Media in partnership with Hopelab and California HealthCare Foundation and authored by Vicky Rideout, Susannah Fox, Alanna Peebles, and Michael Robb. [Read the full report here](#).
- **(Toolkit)** Mental Health America has produced a toolkit including key messages to encourage information sharing around mental health, outreach ideas for engaging your community and fact sheets and worksheets to support resiliency building. [Download the Tools2Thrive Outreach Toolkit here](#).
- **(Guide)** Developed by Study.com, this [College Guide for LGBTQ Students](#) includes information on LGBTQ student resources and organizations, legal protection, and considerations when choosing a college. Study.com is also offering a [\\$500 scholarship for members of the LGBTQ community](#). Students can apply now through July 1st, 2021 [here](#)

Upcoming Events

- **Wednesday May 19th, 12 p.m. PT/3 p.m. ET (Webinar):** Hosted by Third Way, this webinar "Student Well-Being, Belonging & Success in Higher Ed." will focus on student wellness among college students and how colleges and universities can support their student's mental health and wellness. [Register here](#)

- **Thursday May 20th, 11 a.m. PT/ 2 p.m. ET. (Webinar)** Hosted by the American Median Association (AMA) this webinar will feature physician experts sharing how they identify behavioral health needs within their patient population and use behavioral health integration to provide whole person care to children, adolescents, and their families within the practice setting. Q&A to follow. [Register here.](#)
- **Monday May 24th, 11 a.m. PT/ 2 p.m. ET (Virtual Hill Day):** Hosted by Mental Health America, join advocates and organizations across America to effectively engage legislators as COVID-19 continues to negatively impact our nation's mental health. [Learn more and register here.](#)
- **Thursday, June 3rd 1:40 p.m. PT/ 3:40 p.m. ET Digitally Focused Grant Recipients of The Upswing Fund (Virtual Panel)** Learn more about how some of our grant recipients are leveraging digital technologies to advance the mental health and well-being of adolescents of color and LGBTQ+ youth at the [Going Digital: Behavioral Health Tech](#) summit -the largest conference focused on virtual behavioral health access and innovation. [Learn more and register here.](#)

SPEAKERS





Christina Guilbeau







Fred Muench, PhD







Jessica Schleider, PhD







Sam Dorison





Solome Tibebu




June 3, 2021 | behavioralhealthtech.com

Partners in the News

The Trevor Project creates first-of-its-kind AI "Crisis Contact Simulator" to train more

counselors to support youth in crisis



Developed in collaboration with Google.org, the “Crisis Contact Simulator” simulates digital conversations with LGBTQ youth in crisis to practice realistic conversations with youth personas. With this tool, “The Trevor Project aims to triple its digital volunteer crisis counselors in 2021 and eventually grow the pool by 10x-significantly increasing the number of LGBTQ youth served each year.”

[Read more here](#)

Inseparable advances policy support for culturally appropriate mental health services in schools and across communities for youth of color

[The Pursuing Equity in Mental Health Act](#), introduced by Reps. Bonnie Watson-Coleman (D-NJ) and John Katko (R-NY), is the first comprehensive federal legislation to address increasing suicide rates and mental health disorders among Black youth.

The bill would:

- Provide grants for culturally appropriate mental health services in schools and community settings;
- Increase funding for research into mental health disparities in youth of color;
- Increase support for diversifying the behavioral health workforce, and
- Establish a commission to examine the effects of smartphones and social media on adolescent mental health.

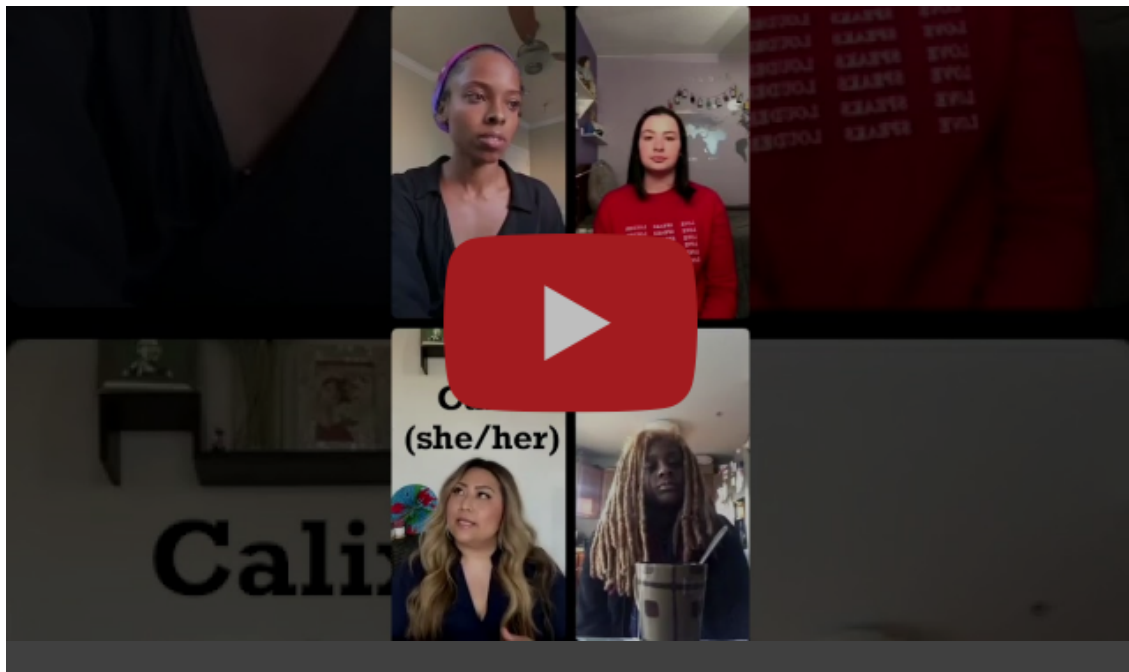
Inseparable will be fighting along with our partners to push the Senate to join the House in adopting this critically important bipartisan legislation.

For too long, Black youth have experienced tremendous disparities in access to mental health care.

The Pursuing Equity in Mental Health Act is the first of hopefully many steps to come to improve mental health outcomes for Black youth.

Join Inseparable and our partners to push the Senate in adopting this critically important bipartisan legislation. Call (202) 224-3121 today and urge your Senator to support the Pursuing Equity in Mental Health Act.

Urban Health Media Project launches new series: "Therapy Thursdays" on Instagram Live every Thursday from 7-7:30pm ET



In honor of Mental Health Awareness Month, Urban Health Media Project launched a new weekly event on Instagram Live from 7:00-7:30pm ET called Therapy Thursdays where youth can discuss mental health struggles and solutions with a licensed therapist. [Learn more here.](#)

URBAN HEALTH MEDIA PROJECT
PRESENTS

#MentalHealthAwarenessMonth



LIVE

THERAPY THURSDAY
7 – 7:30 PM EST

MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH

THERAPY IS FOR
EVERYONE!

TUNE IN TO LEARN MORE AND ASK YOUR QUESTIONS
OR SUBMIT THEM AT URBANHEALTHMEDIAPROJECT@GMAIL.COM



Let's talk about social isolation,
depression, anxiety, abuse, trauma,
and racial/ethnic or LGBTQ+ bias...



#UHMP THERAPY THURSDAYS
#YOUARENOTALONE #ENDTHESTIGMA

[@urbanhealthmediaproject](https://www.instagram.com/urbanhealthmediaproject)

The Steve Fund introduces new digital
resources: Young, Gifted & Well Webinar series

The Steve Fund is the nation's leading organization focused on supporting the **mental health and emotional well-being of young people of color**. Learn more about The Steve Fund's programs and services at [stevelfund.org](https://www.stevelfund.org).

For Mental Health Awareness Month and MTV's Mental Health Action

Day, the Steve Fund is introducing the new [Young, Gifted & Well Webinar](#) series.

Plus you can [REGISTER NOW](#) for the upcoming Community Conversation **'Minding' My Body: Race, Mental Health and Student-Athletes of Color on Thursday, May 25, 1-2PM ET- it's FREE for everyone - young people of color, allies, corporate partners - all are welcome! Or listen later to The Steve Fund's [SpeakOnIT](#) podcast series or [Student Stories](#).**

If you would like to be featured in our monthly newsletter or have exciting news and/or accomplishments to share, please reach out to Sierra Fox-Woods at upswing@panoramaglobal.org.

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