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# The Upswing Fund

for Adolescent  
Mental Health

BIPOC Mental Health Month

**#STRENGTHIN  
COMMUNITIES**



July is [BIPOC Mental Health Month](#)! This month is a time for action to support equitable mental health services for communities of color. See below for resources and hear what our partners are doing during BIPOC Mental Health Month.

Scroll down to check out our new Funding Opportunities section of this month's newsletter where we'll be sharing open requests for proposals!



Ask the Expert: Serving Latinx Youth with Dr. Angela Diaz

This month The Upswing Fund had the wonderful privilege of sitting down with Dr. Angela Diaz to discuss serving the well-being and mental health needs of Black, Brown, and Latinx youth in our latest episode of our Ask the Expert series. Click our video above to hear Dr. Diaz speak on her work with Mount Sinai's Adolescent Health Center and what it was like to serve youth in NYC amidst the COVID-19 pandemic.

Follow us on [Twitter](#), [LinkedIn](#), and [YouTube](#) to catch all of our latest updates and future sessions in the series, including our latest discussion with Dr. Ben Miller on Mobilizing Youth in Mental Health Policy!

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## Partner Spotlight: Youth Forward

This month we're excited to spotlight our partner Youth Forward in Sacramento, CA. You can read more on their innovative work advocating

for [reinvestment of cannabis tax revenues into communities of color](#) and check out their [wealth of resources](#) online!



#### **About Our Work:**

Youth Forward will launch a youth mental wellness effort at three of our local high schools starting in September, with a focus on LGBTQ youth and youth of color. We're currently in the process of hiring and training a diverse team of young adults who will serve as outreach workers on the three school sites.

Funding from Upswing has enabled us to bring on a new staff member who is leading our high school work and the development of a training series in youth mental health for youth-serving organizations in our region.

#### **Recent Success:**

We recently persuaded our local school district to commit \$2 million to support youth mental health efforts over the next two years. In addition to our local work, we advocate on state cannabis policy. Through our work with state agencies, we have helped shape a new grant program, funded by state cannabis tax revenues, that supports organizations working in youth development and youth mental health with a focus on communities of color. This grant program awards over \$50 million each year to nonprofits working in this area.

#### **Engage with Us:**

We're interested in learning together with other organizations that serve high school age LGBTQ youth and youth of color, so if this is your area of focus, please contact us. We're also always willing to compare notes on our state policy work on cannabis

tax revenues and efforts to regulate the cannabis industry to protect youth, particularly since cannabis legalization is rapidly spreading across the country.

[Learn how to support Youth Forward](#)

## Funding Opportunities

### Nationwide:

- [Sozosei Foundation's RFP for Organizations Decriminalizing Mental Illness](#). This open funding opportunity from The Sozosei Solution Fund seeks to support evidenced-based programs and innovative new ideas to decriminalize mental illness and accelerate access to community-based mental health care. **Deadline for Statements of Interest: July 19th, 2021.**
- [WITH Foundation and AADMD's RFP for Addressing the Intersections of Racial Equity and Healthcare Equity for Adults with Intellectual and Developmental Disabilities](#). For organizations who also offer primary or dental care services to adults, this request for proposals from WITH and AADMD seek to support projects which address the intersections of racial and healthcare equity for adults with IDD. This round of grantmaking specifically seeks models, resources, and research focused on culturally competent care for BIPOC adults. **Deadline: August 31st, 2021.**
- [Harry's Open Minds Initiative](#) (as in, Harry's the shaving company!). For nonprofit organizations with an innovative idea and program to change the state of mental health today. Aims to award ideally one organization \$5M over 3 years. **Deadline for Letter of Interest ([template here](#)): September 15th, 2021.**

### Northeast:

- [Lenny Zakim Fund's RFP to Advance Social, Economic, and Racial Justice](#). For grassroots organizations (budget < \$350,000) in **eastern Massachusetts**, this fund seeks to provide general operating funds to organizations working in child & youth development and education, food, housing, & economic opportunity security, health promotion and accessibility, support for immigrants and refugees, violence prevention & criminal justice reform, support of LGBTQ community, or

civil & human rights advocacy and support. **Deadline: September 1st, 2021.**

#### Mid-Atlantic:

- [Greater Washington Community Foundation's DIVAs Call for Ideas: Addressing Mental Health & Wellness through the Arts.](#) For organizations serving youth in **Maryland's Montgomery county**, this foundation seeks to support artistic programming which benefits mental health and well-being. For the purpose of this RFP, all artistic mediums are welcome, including visual arts, performing arts, digital media, video production, creative writing, etc. **Deadline: August 20th, 2021 at 5 P.M. EST.**

#### Southeast:

- [Evergreen Foundation's RFP for Community Service Providers in North Carolina.](#) This funding opportunity is open to organizations in **select counties of North Carolina** who are working to improve public awareness and access to quality prevention, treatment, and support services for individuals and families with behavioral health needs, IDD, and/or substance use struggles. **Deadline: August 31st, 2021.**

#### West:

- [Caring for Colorado Foundation's RFP for Non-Profits Serving Colorado's Youth & Families.](#) This grantmaking initiative seeks to provide funding for non-profits in Colorado working in one of four focus areas: Healthy Beginnings, Healthy Youth, Strong & Resilient Families, and Public Policy Advocacy. They are hosting and recording information sessions for each focus area's grantmaking [here](#). **Part 1 Deadline: August 5th, 2021 at 5 PM MDT.**
- [Oregon Community Foundation's RFP for 2021 Go Kids grants program.](#) This funding initiative offers grants of \$5,000 - \$100,000 over two years to support organizations working with children & families in **Oregon** to overcome opportunity gaps arising from race, circumstance, and geographical barriers. **Deadline: August 19th, 2021.**

- **(Toolkit)** [Mental Health America's 2021 BIPOC Mental Health Month Toolkit](#) includes information on culturally-based and self-directed care practices, social media graphics and a guide for advocacy, as well as additional resources. This year's theme is Strength in Communities.
- **(Toolkit)** [Partnership to End Addiction's Advocacy Toolkit](#) explores the power of advocacy in substance use prevention and treatment policies. It also provides information on the current substance use crisis in the U.S., preparation and strategies for talking to your legislators, as well as a comprehensive resource base. Check out their [new advocacy initiative here](#) and [podcast here](#).
- **(Article)** ["How to Find an LGBT-Friendly Pediatrician" by Dr. Perri Klass](#). This New York Times article covers identifying LGBTQ affirming medical practices, expectations for pediatricians working with LGBT adolescents, and support for parent expectations in navigating the process.

## Upcoming Partner Events

- **(Facebook Live) 2:00 PM EST, July 22nd - American Counseling Association's "Supervention: Exploring the intersection of mental health and law enforcement"**: This Facebook Live hosted by ACA as part of their Color Me Brave series features Dr. Rufus Tony Spann, LPC and Senator Bobby Powell. They will discuss issues related to communities, the workplace, and personal experiences central to mental health and well-being of BIPOC individuals. [RSVP here](#).
- **(Webinar) 3:00 PM EST, July 22nd - Active Minds' "What I Talk About When I Talk About Mental Health"**: Featuring BIPOC Active Minds leaders, this webinar offers a candid discussion on BIPOC mental health and the social, economic, and environmental inequities which influence it. Participants will learn key factors in BIPOC mental health and be able to identify tools for supporting their BIPOC peers. [Register here](#).

- **(Virtual Event) 1:00 - 2:00 PM EST, July 27th - The Steve Fund's "Back to School: Mental Health and Self-Care for Students of Color and their Supporters":** This community conversation hosted by The Steve Fund features Dr. Jeanne E. Manese and Dr. Jessica R. Ortega. The discussion will center on how families can support students of color, as well as resources and tools that students can use to promote their mental health & well-being. [Register here.](#)
- **(Virtual Training) 10:00 AM - 3:00 PM EST, July 31st - Youth Mental Health First Aid with Sabeen Sheikh:** Black Girls Smile is hosting a training which will introduce mental health challenges for youth, review typical adolescent development, and teach a 5-step action plan for helping young people both in crisis and non-crisis situations. Families, caregivers, educators, service workers, peers, and community members are all welcome. [Register here.](#)

## Partners in the News

**The AAKOMA Project's Dr. Alfiee Breland-Noble** featured on Minding Your Mind podcast, Ep. 20: Achieving Optimal Mental Health



[Dr. Alfie Breland-Noble](#), Founder and Director of [The AAKOMA Project](#), sits down with [Jordan Burnham](#) on the podcast [Minding Your Mind](#). In this episode, Dr. Alfie discuss her mission to help diverse and marginalized communities achieve optimal mental health, the barriers that the Black community faces in finding and accessing mental health services, and her inspiration for starting The AAKOMA Project.

## Strategies for Youth leads training session teaching school resource officers responsible de-escalation in youth interactions



[Strategies for Youth](#) brought their "Policing the Teen Brain in School" course to the Madison County Sheriff Department in order to teach school resource officers appropriate de-escalation techniques when interacting with students. During this last year and a half, many students have experienced significant mental health burden and isolation, posing concerns about the difficult re-adjustment for students, educators, and administrators across the United States.

Strategies for Youth's trainings shift responsibility for de-escalation away from the student and onto the officer. Their mission is to reduce encounters between police and youth, decrease unnecessary arrests of youth for minor offenses, and put an end to the disproportionate



policing of children of color. Hear from David Walker, their Director of Operations and Training, on their latest training in Madison County [here](#).

**The Family Acceptance Project** partners with Oregon Family Support Network to launch a resource website for LGBTQ+ youth



[Family Acceptance Project](#) and [Oregon Family Support Network](#) recently launched their [Oregon LGBTQ Youth & Family Resources website](#)! This site provides a comprehensive one-stop shop where LGBTQ youth and families can access information on Crisis and Support Lines, Oregon and Nationwide services, and Evidence-Based family guidance. Among their wealth of resources, FAP & OFSN include resources specifically for LGBTQ people of color, youth in schools, and county-specific community groups to bolster local connections between youth & families with similar needs.

**The Jed Foundation** released their Proud & Thriving Executive Summary & Literature Reviews

# PROUD & THRIVING:

Supporting the Mental Health of LGBTQ+ High School, College, and University Students



With support from The Upswing Fund, [The Jed Foundation](#) partnered with the Consortium for Higher Education LGBT Resource Professionals to produce their latest project - [Proud and Thriving: Supporting the Mental Health of LGBTQ+ High School, College, and University Students](#). In June, they released their [executive summary](#), their [Queer & Questioning](#) literature review, and their [Trans & Nonbinary](#) literature review. These reports examine protective factors and risk factors for LGBTQ+ student mental health and well-being at the individual, interpersonal, and structural levels. The Jed Foundation's work provides valuable insights on in-school mental health supports for LGBTQ+ students and the needs of the community.

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If you would like to be considered 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](mailto:upswing@panoramaglobal.org).

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