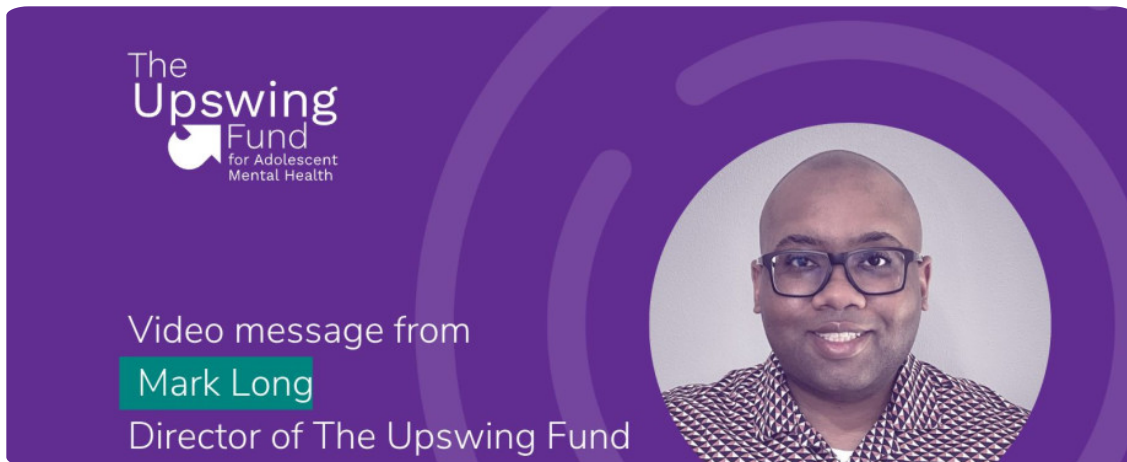


[View this email in your browser](#)

The Upswing Fund

for Adolescent
Mental Health



As we approach the end of the year, The Upswing Fund invites you to join us as we reflect on and celebrate the incredible work that our partners do for the mental health and well-being of LGBTQ+ and BIPOC youth across the country.

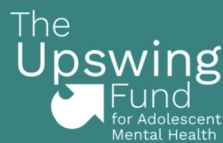
Since 2020, generous contributions from donors have enabled The Upswing Fund to support community-based organizations serving young people of color and LGBTQ+ youth and to raise awareness about the ongoing adolescent mental health crisis. With all the progress made, LGBTQ+ and BIPOC youth need affirming and culturally responsive care now more than ever. As we close out another year that has been difficult for so many in our communities, we will continue to amplify the need for increased mental health services to support our nation's youth.

In [this video](#), Upswing Fund Director Mark Long, DSW shares a personal message to highlight why our partners' work is so important, and why we all need to commit to supporting adolescent mental health.

How Gender-Based Violence Affects Youth Mental Health

Submission by Upswing Advisor

Karissa Smith



To mark International Day for the Elimination of Violence Against Women this past November 25th Upswing Advisor Karissa Smith called attention to gender-based violence and provided an overview of prevalence, impacts on mental health, and next steps. Learn more in their blog post [here](#).

Funding Opportunities

Nationwide:

- [American Academy of Pediatrics CATCH Grants](#). AAP invites applications for its CATCH Planning, Implementation, and Resident Grants program, which will provide grants of up to \$10,000 to pediatric residents to support innovative community-based child health initiatives **Deadline: January 23rd.**
- [New Profit's Mental Health Equity Cohort](#). Up to sixteen innovative systems-change leaders and nonprofit organizations will receive a \$100,000 unrestricted investment, in-kind capacity-building support, and participation in a peer learning community over the course of one year, starting in April 2023. **Deadline: January 13th. 8:00 PM ET.**
- [The Spencer Foundation Large Education Research Grants](#). The Spencer Foundation invites applications for its Large Research Grants on Education program, which supports education research projects with the potential to contribute to improving education broadly conceived. **Deadline: January 12th. 12:00 PM CT.**

Northeast:

- [Rhode Island ARPA Support Grant](#). This grant program is designed to assist Rhode Island-based nonprofits negatively impacted by COVID-19 that deliver services to address food insecurity, housing issues/homelessness, and behavioral health needs. **Deadline: February 15th.**

South:

- [Northern Piedmont Community Foundation Community Assistance Grants](#). The foundation invites applications for its Community Assistance Grant program, which will provide unrestricted grants generally ranging from \$5,000 to \$25,000 to assist organizations delivering services within the Virginia counties of Fauquier, Rappahannock, and northern Culpeper with ongoing or emergent needs. **Deadline: January 18th.**
- [Virginia Health Care Foundation Health Access Grant](#). VHCF invites applications for its Health Access Grants program. The foundation has listed funding priorities, and applicants are encouraged to develop initiatives based on their local needs **Deadline: January 17th.**

Midwest:

- [Sisters Health Foundation Responsive Grants](#). The foundation invites letters of inquiry for its Responsive Grants Program, which supports community projects, capacity-building initiatives, equipment or technology upgrades, small capital projects, or general operating support requests by nonprofit organizations within its service areas in West Virginia and Ohio. **Deadline: January 18th.**

West:

- [Escondido Community Foundation Grant](#). The foundation invites applications for its 2023-2024 grant cycle, which is focused on vulnerable youth. Grants between \$15,000 and \$40,000 will be awarded for projects encouraging unengaged youth to join activities. **Deadline: January 23rd. 5:00 PM PT.**
- [Edna E. Harrell Community Children's Fund](#). This fund invites applications for programs that provide enrichment activities such as summer camp and church programs, afterschool programs, arts programs, athletics programs, and activities provided by schools to

residents of Baker County and North Powder. Grants typically range from \$1,000 and \$5,000. **Deadline: January 17th. 5:00 PM PT.**

Resources

Reports and Surveys

- [The State of Mental Health in America \(Mental Health America\)](#). Comprehensive end of year report that nationally surveys the general public on mental health issues.
- [Fact Sheet to Promote Accountability for Conflict-Related Sexual Violence \(The White House\)](#). Fact sheet with plans from the Biden-Harris administration to address gender-based violence issues.

Guides & Reading Lists

- [Celebrating Non-Majority Holidays \(On Our Sleeves\)](#). Guide for folks to celebrate non-majority holidays with their family and appreciate culture.
- [LGBT Winter Holidays Media Resource Kit \(GLAAD\)](#). Tips for releasing media around the holidays and being inclusive of LGBT experiences around this time.

Articles and Blogs:

- [Maintaining Mental Health During the Holiday Season \(NAMI\)](#). How to handle stress associated with the holidays while staying safe and being mindful of personal wellbeing.
- [Preparing for the Holidays During COVID-19 \(Mental Health America\)](#). Guide to help focus tackle the holidays, especially for individuals who may experience high stress and anxiety associated with both COVID-19 and the holidays.
- [Strategies for Living with Seasonal Affective Disorder \(Active Minds\)](#). Discusses ways to manage Seasonal Affective Disorder and provides tips for tackling the season.

Upcoming Events

Times listed in event host's time zone

- **(Webinar) Relationships, Family, and Mental Health. January 5th, 10:00 AM PT.**
 - Learn strategies to set boundaries, respond to difficult behavior, and manage your own stress with a licensed therapist. Register [here](#).
- **(Webinar) Mental Health for All January 31st, 2:00 PM GMT.**
 - This MHForAll webinar will reflect on progress made in 2022, and look at ways to make mental health a priority locally, nationally, and globally in 2023 and beyond. Register [here](#).

Partners in the News

Active Minds Student Speaks with PGA Golfer and is Featured in USA Today: Golf Week



Active Minds student, Geela Margo Ramos, discusses mental health after college with PGA golfer, Rory McIlroy. Geela discusses the conversation in an Active Minds blog post and is featured in event photos on USA Today.

Read Geela's blog post [here](#) and check out their USA Today feature [here](#).

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 The Upswing Fund team at upswing@panoramaglobal.org.

Follow The Upswing Fund!



Copyright © 2022 The Upswing Fund, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

