

[View this email in your browser](#)

The Upswing Fund

for Adolescent
Mental Health



This September, the mental health field celebrated both [World Suicide Prevention Day](#) and the start of [Latinx and Hispanic Heritage Month](#)! The wealth of support, resources, and advocacy that outpoured from our communities speaks to the collective power we have to create change. In this newsletter, we are delighted to share updates from The Upswing Fund, our partner spotlight on Building Audacity, exciting funding opportunities, and, of course, the latest resources, events, and news across the field.

An Investment in the Future of Adolescent Mental Health

*Insights from an Analysis of
Applicants to The Upswing Fund*

The Upswing Fund 



The Upswing Fund is proud to announce our first learnings report - [An Investment in the Future of Adolescent Mental Health: Insights from an Analysis of Applicants to The Upswing Fund](#). The report:

- Analyzes our applicant pool and discusses socioeconomic, political, and geographic barriers to providing equitable mental health care to youth of color and LGBTQ+ youth
- Details the organizational characteristics of our grant recipients and highlights the strategies they implement to deliver culturally responsive care
- Provides recommendations for funders seeking to uplift the efforts of organizations like our applicants and close gaps in mental health care access

We are so excited to share our learnings with you all and we are grateful to all of our grant recipient partners for their contributions. We aim to use this report to raise awareness about the mental health needs of LGBTQ+ youth and youth of color and uplift the fantastic work of our grant recipients to support them.



**Ask the Expert: Sexual Orientation & Gender Identity
Change Efforts with Amie Bishop**

In our latest episode of our Ask the Expert series, [Solome Tibebu](#), Director of The Upswing Fund, sat down with [Amie Bishop](#), Senior Research Advisor at [OutRight Action International](#). Together, they define sexual orientation and gender identity (SOGI) change efforts, inform on the harm that they cause to LGBTQ+ persons and youth on a global scale, and discuss ways that we can combat the practice of so-called "conversion therapy."

Follow us on [Twitter](#), [LinkedIn](#), and [YouTube](#) to catch all of our latest updates and future sessions in the series.

Partner Spotlight: Building Audacity

This September, we are highlighting [Building Audacity](#) in Lynn, MA! Building Audacity's [core values](#) center around youth-lead efforts to prioritize the most marginalized, make space for humanity, collaborate in compromise, and make decisions with representation. Check out their [website](#) to learn more about their [programs](#) helping to get their community vaccinated against COVID-19, producing fresh food through hydroponics, and providing academic supports for youth!



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

We love on the youth of the global majority by providing them with culturally informed mental health appointments offered in their home language, speak to period poverty by providing period kits, deliver food and self care kits via our door to door volunteer delivery and soon, will launch a mobile pantry and mental health drop in center.

How is support from The Upswing Fund helping your organization to achieve its goals?

It allowed us to live out our intentionality.

Your funding was THE catalyst for other funders to take us seriously. We are a small grassroots organization powered by 200+ youth so we are new to larger funders. Your belief in our mission helped us to secure enough interest from others that we now have a mobile pantry! With it, we will increase food delivery routes, grow our own food, and our global majority doctors will provide culturally sensitive preventative care appointments in our target communities throughout the greater Boston area.

Recent Success:

In an effort to ensure a consistent source of culturally aligned food, we started a hydroponics center in a community that has little food sovereignty. We also ran a 4 week self care summer camp for 40 youth of the global majority. Youth learned the importance of making time to take care of their mental well-being and how to build healthy relationships.

How to Support:

Send kind thoughts! We need all the positive vibes we can get.

Invest! We are excited by the work but not fundraising for what we believe are necessary services that allow our folx to do more than just survive. We are pushing

Learn how to support Building Audacity

Funding Opportunities

Nationwide:

- [American Psychological Foundation's Lizette Peterson-Homer Injury Prevention Grant](#). This single \$5,000 grant opportunity will support IRB-approved research at an accredited university into psychological and behavioral aspects of prevention of injuries (either by accidents, violence, abuse, or suicide) in children & adolescents. **Deadline: October 15th.**

Northeast:

- [Community Foundation of Tompkins County 2021 Resilient Communities Fall Grant Cycle](#). The grant opportunity seeks to provide grants of up to \$10,000 to non-profit organizations in Tompkins County, New York that are meeting community needs, both new and longstanding, in the wake of the COVID-19 pandemic. There is an FAQ video on the grant opportunities site. **Deadline: October 13th, 5 PM EST.**
- [Rhode Island Foundation Arts in Academics Grant Program](#). This opportunity for grants ranging from \$500 - \$1000 will support any Rhode Island K-12 public or charter school teacher, artist, or nonprofit organization incorporating arts into academic learnings. The grant may be used for stipends, materials, equipment, honorariums, or other costs of the project. **Deadline: October 22nd, 5 PM EST.**
- [Erie Community Foundation Helping Today Grants Program](#). One year grants of up to \$30,000 will support local non-profits in Erie County working to improve the community. Grants may be awarded for: program expansion/enhancement, planning and public policy advocacy, communications and marketing, technology, capital, facilities, or system's needs, or vehicle purchase. **Deadline: October 22nd, 5 PM EST.**

Midwest:

- [ArtsWave Pride Grant Program](#). This opportunity for grants of up to \$5,000 will be awarded to non-profits in the Cincinnati region to support arts or cultural heritage projects that uplift and celebrate the LGBTQIA+ community. Please see grant application details for the specific counties in Ohio, Kentucky, and Indiana that are considered part of the Cincinnati region to determine non-profits eligibility to apply. **Deadline: October 8th, 5 PM EST.**
- [Cleveland Foundation Equity in the Arts Fund](#). Grants between \$5,000 and \$20,000 will be awarded in support of Cleveland organizations led by people of color who serve, engage in, and promote the arts and cultures of communities of African, Latino/Latinx, Asian, Pacific Islander, Indigenous and Middle Eastern descent. **Deadline: November 1st.**

West:

- [Seattle Foundation Neighbor to Neighbor Fund](#). Grants of up to \$7,500 will be awarded to grassroots non-profit organizations (budget generally under \$200,000) that increase engagement, power, and influence of community members impacted by poverty and racial disparities. Organizations must be led by residents of South Seattle, White Center, or Kent. **Deadline: October 30th.**

Resources & Tools

- **(Resource Toolkit)** [Mental Health America's Latinx/Hispanic Communities and Mental Health Resource Page](#) details the impact of mental health issues on Latinx and Hispanic populations in the U.S. and provides resources, Spanish language materials, and tools for helping find a therapist.
- **(Article)** [Worried About Your Teen on Social Media? Here's How to Help](#). This New York Times article authored by Christina Caron provides insights and recommendations on how to help youth develop healthier relationships with social media and technology in order to promote mindful and inclusive messages and avoid what can be overwhelming and harmful stigmas.
- **(Resource Page)** [Kaleidoscope Youth Center's Know the Facts Resource Page](#) provides information on LGBTQIA+ affirming practices, Title IX, supporting QTPOC youth, and what students,

educators, parents, and administrators can do to create inclusive school environments for LGBTQ+ youth.

- **(Resource Toolkit)** [Silver Lining Mentoring's Resource Guide for Mental Health and Substance Use](#) provides contact information and links to immediate crisis support services, local Boston therapy and support search tools, support groups, accessible apps, and helpful articles. The toolkit includes resources for broad mental health, the Black community, people of color, individuals impacted by violent crime, families of incarcerated individuals, survivors of human trafficking, and more.
- **(Video)** [Children's Mental Health Network's Transitioning Back to School: Tips for Parents](#) provides recommendations for parents around resetting their youth's routine and how to have conversations about the change.

Upcoming Events

Times listed in event host's time zone

- **(Webinar) 2:00 PM EST, September 28th - The Data Gap in Mental Health.** Hosted by United for Global Mental Health, this webinar on the Data Gap in Mental Health is part of their Mental Health for All webinar series. The host and panelists will discuss some of the gains and gaps in mental health data, the importance of accountability, and how data can be used to support action to improve mental health infrastructure. [Register here.](#)
- **(Webinar) 3:00 PM EST, September 28th - Inaccessible Accessibility: Addressing Mental Health Disabilities in Higher Education.** This 60-minute webinar hosted by Mental Health America explores student perspectives on mental health disabilities and accommodations, identifies barriers to students' use of accommodations, and provides recommendations for student and campus leaders to increase accessibility for students with mental health disabilities. [Register here.](#)
- **(Online Training) 10:30 AM EST, September 30th - Introduction to Working with Expectant and Parenting Youth.** Hosted by Teen Health Mississippi, this training is the first in a series of five Pregnancy Assistance Fund Trainings. This virtual training aims to help community workers, social workers, counselors, and more learn about

the challenges and opportunities in working with expecting and parenting youth. [Register here.](#)

- **(Instagram Live) 7:00 PM EST, September 30th - Back to School Mental Health.** Hosted by Urban Health Media Project, school psychologist and neuropsychologist Dr. Claire Nadya Agard will answers questions from students, professionals, and UHMP facilitators on school mental health and COVID-19. Tune in to their [Instagram page](#) on the date to catch the live conversation!
- **(Webinar) 4:00 PM EST, September 30th - The Impact of Racism on Mental Health.** Hosted by Mount Sinai, this conversation with Dr. Bianca Jones Marlin, Dr. Danielle Spearman-Camblard, Dr. Aya Osman, and PhD Candidate Joe Simon IV discusses the impacts of racial trauma and risk for poor mental health outcomes. [Register here.](#)
- **(Webinar) 1:00 PM EST, October 6th - The Public Health Workforce: Morale, Mental Health, and Moving Forward.** Hosted by Public Health Communications Collaborative, this webinar will address ongoing challenges of misinformation, political divides, and the harassment that public health workers have faced throughout the pandemic. Speakers include Dr. Lisa Waddell, Dr. Jeanette Kowalik, Dr. Benjamin Miller, and Dr. Wilma Wooten. [Register here.](#)

Partners in the News

Aliento, Black Girls Smile, Hopebound,
and **Kaleidoscope Youth Center** each
receive Zoom Cares Adolescent Mental
Health Grant



In 2020, the technology and video communications platform Zoom launched their social impact arm [Zoom Cares](#) with a focus on education, environment, and social equity. In seeking to advance impact for the mental health and well-being of LGBTQ+ students and students of color, [Zoom Cares announced their Adolescent Mental Health grant and their eight grant recipients working to implement transformative solutions for supporting these youth.](#)

We are proud to share that four of the eight grant recipients selected by Zoom Cares are among The Upswing Fund's own grant recipient network: [Aliento](#), [Black Girls Smile](#), [Hopebound](#), and [Kaleidoscope Youth Center](#). We are also so excited to see investment in the four other amazing organizations: [The Friendship Bench](#), [iCall](#), [National Queer and Trans Therapists of Color Network](#), and [We R Native](#). These unrestricted grants invest in the well-being of LGBTQ+ youth and youth of color and serve the mission to bridge mental health care access and quality gaps for those who need it most.

National Council for Mental Wellbeing to host Hill Day at Home, a virtual mental health policy conference



NATIONAL
COUNCIL
for Mental
Wellbeing

HILL DAY *at Home*

OCTOBER 19

National Council for Mental Wellbeing announced that they will be hosting [Hill Day at Home](#), a virtual conference on mental health policy, on October 19th! The conference's [schedule](#) includes updates from the Biden administration and Capitol Hill, discussion on the impact of COVID-19 on the mental health of diverse communities, a close look at workforce shortages in mental health care, and more.

Among the Hill Day at Home's esteemed [advocacy partners](#) are The Upswing Fund grant recipients [Inseparable](#) and [Youth MOVE National](#). We are thrilled to see our grant recipients being recognized as lived experts in the field and brought to the table for discussions on our national mental health care infrastructure. [Register for the free conference here.](#)

Partners in Development Foundation
and partners' Kawaihoa project selected as
finalist for Racial Equity 2030

racialequity2030

Meet the 10 finalists of the \$90 million Racial Equity 2030 Challenge

racialequity2030.org



W.K.
KELLOGG
FOUNDATION

\$90M

LEVER FOR
CHANGE



The Upswing Fund grant recipient, Partners in Development Foundation in collaboration with their partners (Kawailoa Youth and Family Wellness Center, UCLA Asian American Studies Center, UH John A. Burns School of Medicine, Kamehameha Schools, Lili'uokalani Trust) was recently [selected as a finalist for the W.K. Kellogg Foundation's Racial Equity 2030 challenge](#). With a mission to replace youth incarceration with a Native Hawaiian restorative system, their [Kawailoa project](#) aims to advance racial equity through uplifting youth engagement that is healing and centered on holistic well-being.

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.

Follow The Upswing Fund!



Copyright © 2021 The Upswing Fund, All rights reserved.

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

