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The Upswing Fund

for Adolescent
Mental Health



Between [World Mental Health Day](#), [Indigenous Peoples Day](#), [National Coming Out Day](#), and the continuation of [Hispanic/Latinx Heritage Month](#), this October been a wonderful time to learn, grow, and advocate for the mental health and well-being of diverse communities and youth. On the heels of [our report release last month](#), The Upswing Fund is proud to announce grants to four additional organizations, a [new partnership with MTV Entertainment on a Youth Mental Health Action Forum](#), and the release of our latest Ask the Expert episodes with [Dr. Alfiie Breland-Noble](#)

and [Dr. Virgil Moorehead](#). Learn more below and don't forget to check out this month's latest funding opportunities, resources, events, and news!

NEWS RELEASE

The Upswing Fund announces additional grants to support adolescents of color and LGBTQ+ youth



The Upswing Fund is proud to [announce four additional grants](#) to support organizations serving the mental health and well-being of youth of color and LGBTQ+ youth! These grants were made possible by contributions from [Hopelab](#) and MindRight Foundation. We are so excited to extend support to these amazing youth-serving community organizations and uplift their impactful work and missions.

- [Boston GLASS](#) (Boston, MA)
- [Powerful Voices](#) (Seattle, WA)
- [Homeless Children's Network](#) (San Francisco, CA)
- [Fihankra Akoma Ntoaso](#) (Washington, D.C.)

Additionally, The Upswing Fund is excited to be among the 18 non-profit partners of [MTV Entertainment's recently announced Youth Mental Health Action Forum](#) in coordination with the Biden-Harris Administration. Youth participants will work with non-profit and industry professionals to develop creative ideas that will inspire young people to take actions to improve their mental health, encourage peer support, and help inform young people of the crisis services available to them. This work culminates in a two day forum in Washington, D.C. followed by an invitation for participants to present their ideas at a White House event. **Youth** (18 years or older) **interested in participating can [complete this form](#) online through November 15, 2021!**



Ask the Expert: Supporting Native Youth & Families
with Dr. Virgil Moorehead

In this engaging episode of our [Ask the Expert](#) series, Solome sits down with [Dr. Virgil Moorehead](#), Executive Director of [Two Feathers Native American Family Services](#). Together, they discuss the unique needs of Native youth and families, how to support their mental health in a culturally responsive manner, and the importance of building trusting relationships with Native communities and youth.

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

Partner Spotlight: BAGLY

During October, we're shining a spotlight on [BAGLY](#) (Boston Alliance of Gay, Lesbian, Bisexual, Transgender, and Queer Youth) in Boston, MA! BAGLY prides itself on being a youth-led, adult supported organization committed to social justice, advocacy, and services for LGBTQ+ youth. They offer a drop-in community center, social support groups, mental health services, sexual health testing, host homes for youth experiencing housing

insecurity, arts programming, a community discord space, and so much more. Learn more about their services and events [here](#).



About Our Work:

The Boston Alliance of LGBTQ+ Youth (BAGLY) has been a youth-led, adult-supported, LGBTQ+ social justice community since 1980! Predating any social or legal protections of today's era, BAGLY has been serving LGBTQ+ youth audaciously with programming, services, and advocacy efforts, in many instances without institutionalized funding or mainstream support. Now, BAGLY is 41 years old with a rapidly expanding LGBTQ+ youth community center in downtown Boston, an operational health clinic, a statewide network of independent LGBTQ+ youth groups and programs [The AGLY Network](#), and can't wait for its next chapter.

BAGLY, in many ways, helped pioneer "meeting people where they're at." For many people, regardless of age or identity, finding a therapist, let alone a therapist with cultural humility and responsiveness, is a challenge. Factoring cost, stigma, and accessibility, for many LGBTQ+ youth, and especially queer and trans youth of color, the barriers mount up far more quickly than the solutions. With BAGLY's drop-in therapy hours, without the need for insurance, parental or guardian involvement, or the need to wait for an appointment, BAGLY has provided literally hundreds of one-on-one therapy sessions through its Tea Time program. Additionally, BAGLY has spread the love across Massachusetts by assisting members of its AGLY Network provide similar services!

BAGLY's partnership with The Upswing Fund provided a surprising insight - the lack of BIPOC therapists with the bandwidth to take on more clients. The funding from Upswing itself was quickly used to increase statewide access to BAGLY's extant mental and behavioral health services through The AGLY Network, but the original intent was to hire MORE therapists. With this revelation, BAGLY has been able to collaborate with funders and other community-based organizations to start tackling this pressing issue. Discussing this issue with The Upswing Fund shed even further light on how widespread this concern is, and BAGLY is currently strategizing on ways to mitigate this systemic issue within the mental and behavioral health environment.

Recent Success:

BAGLY, like anyone reading this, has had its organizational life totally shifted by the ongoing pandemic and has watched it impact the lives of the people we serve. One way in which BAGLY responded that the organization has decided to formally incorporate into its normal operations is our Direct Aid Initiative. To date, this initiative has disbursed over \$40,000 to LGBTQ+ youth in Massachusetts through a low-threshold application and with no reporting requirements. We remain proud of this evolution and its continuation.

How to Support:

Readers (that's you!) can support BAGLY by considering a donation in October (it's not spooky, we promise!). PUMA is matching all donations to BAGLY in October up to \$25,000 - and that's an incredible boost for the organization. Also, BAGLY has an incredible video that [just launched](#) featuring BAGLY youth content creators, community members, and, a celebrity you may recognize! One little tease - if you're interested in learning how to have "The Audacity" check out our video and tell us what you think!

[Learn how to support BAGLY and their youth](#)

Funding Opportunities

Nationwide:

- [Fahs-Beck Fund for Research and Experimentation Applications for Mental Health Research](#). This funding opportunity will award grants of up to \$25,000 to faculty or post-doctoral research addressing social, psychological, behavioral, or public health issues affecting children, adults, couples, families, and communities. **Deadline: November 1st.**
- [American Psychological Association, Roy Scrivner Memorial Research Grants for LGBTQ Research](#). This opportunity will award a single grant of up to \$8,000 in support of empirical and applied research focused on the problems faced by LGBTQ families (including those associated with cultural, racial, socioeconomic, and family structure diversity) and successful coping mechanisms to support well-being. **Deadline: November 1st.**
- [American Foundation for Suicide Prevention Research Innovation Grants](#). AFSP's currently available Innovation Grants opportunities are divided into five categories: Distinguished Investigator (Up to \$125,000 over 2 years), Postdoctoral Fellowship (Up to \$132,900 over 2 years), Young Investigator (Up to \$90,000 over 2 years), Standard Research (Up to \$100,000 over 2 years), and Pilot Research (Up to \$30,000 over 2 years). For the 2020-2022 grants program cycle, AFSP's priority research areas are diversity in suicide prevention efforts, evaluation of technological tools for suicide prevention, and survivors of suicide loss. Please see the [website](#) for more information on all categories and application process. **Deadline: November 1st.**
- [American Psychological Foundation, Elizabeth Munsterberg Koppitz Child Psychology Graduate Student Fellowship](#). This fellowship will provide doctoral students researching child psychology (inclusive of clinical, pediatric, school, educational, and developmental psychopathology areas) up to \$25,000 for one year. **Deadline: November 15th.**

Northeast:

- [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,

NY 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.**

- [Robin Hood's FUEL for 50 Initiative](#). This funding opportunity will provide \$25,000 in unrestricted funding, access to workshops and support, and opportunities for up to \$1 million in future funding to 50 non-profits working to support parents and caregivers of children ages 0-3 in New York City who have been impacted by poverty. **Deadline: November 19th.**

Mid-Atlantic:

- [Many Hands Partner and Impact Grants](#). This funding opportunity will support four non-profit organizations serving women, children, and families in socioeconomic need in the Washington, D.C. area. One grant recipient will receive the Many Hands \$100,000 Impact Grant and the other three will receive Many Hands Partner Grants (amount TBD). Many Hands will be responding to questions via email until October 15th and have a scheduled Q&A Zoom on October 19th. **Deadline: November 5th at 11:59 PM.**

Midwest:

- [Indiana Youth Institute East Central Indiana Organizational Capacity Grants](#). Supported by funding from the Ball Brothers Foundation, Indiana Youth Institute's grant opportunity seeks to support the capacity of youth-serving non-profit organizations in the following Indiana counties: Delaware, Randolph, Henry, Jay, Madison, Grant, and Blackford. Deadline: October 31st.
- [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.**

- [Long Beach Community Katy Stone Memorial Fund](#). This grant opportunity for non-profits in Long Beach, CA will award grants of up to \$20,000 to programs which nurture the body, mind, and spirit of goal-oriented people in Long Beach, particularly youth. **Deadline: November 22nd.**

Resources & Tools

- **(Storybook)** [Inter-Agency Standing Committee's "My Hero is You 2021: How kids can hope with COVID-19"](#). This storybook intended for children ages 6-11 years old is the [culmination of a collaboration between 60 humanitarian organizations](#), including WHO and UNICEF. The story is inspired by responses from 5000+ children, parents, and caregivers on the challenges of COVID-19. It addresses the fears, concerns, and frustrations of children and explores coping mechanisms to tap into hope and joy.
- **(Resource Hub)** [American Foundation for Suicide Prevention's Supporting Diverse Communities Hub](#). AFSP's webpage hosts their "Voices in Minority Mental Health" video series, programs and research resources for risk behavior and suicidality reduction and prevention in diverse communities, and social media graphics sharing population- and issue-specific resources.
- **(Video Series)** [GSA Network's Trans & Queer Youth Virtual Power Training Series - How to Set Up a Successful GSA](#). This free video series is among several resources provided by the GSA Network to help empower LGBTQ+ youth in becoming leaders in their communities and learn how to develop safe spaces on their campuses and in their neighborhoods.
- **(Resource Hub)** [Girls Write Now's Mental Health Awareness Week Resource Toolkit](#) includes videos and guides for using writing and the arts to work through and heal from mental health challenges. The hub also includes poetry and art from Girls Write Now mentees, a meditation and mindfulness video from a

licensed bilingual/bicultural clinical psychologist, and links to further wellness resources for youth.

- **(Web Resource)** [Active Mind's "Is it More Than a Bad Day" Webpage](#) provides information and resources specifically addressing depression and bipolar disorder. The hub includes first-person descriptions from youth who have experienced these challenges first-hand and links to additional resources for support.

Upcoming Events

Times listed in event host's time zone

- **(Webinar) 12:00 PM EST, October 26th. Youth, Media, and Queer Visibility in Rural America.** Hosted by YouthLink/CenterLink and Hopelab, this talk on the state of LGBTQ+ youth and their experiences in rural communities is led by Mary Gary, MacArthur Fellow and author of "In Your Face: Stories from the Lives of Queer Youth" and "Out in the Country: Youth, Media, and Queer Visibility in Rural America." [Register here.](#)
- **(Webinar) 2:00 PM EST, October 26th. Achieving Health Equity Through School-Based Care.** Hosted by School-Based Health Alliance, this webinar examines health equity in schools within the context of racism and other oppressive systemic structures. This webinar encompasses several points of health equity including vision, oral health, hearing, overall primary care, and mental health. [Register here.](#)
- **(Virtual Event) 10 AM EST, October 30th. Saturday Yoga with Black Girls Smile.** Hosted by Black Girls Smile and led by Nia Lynn (Inner Solace Wellness), this workshop leads participants through wellness yoga exercises to help them refresh their bodies, mind, and spirit. Participants only need a yoga mat/blanket, comfortable clothes, yoga blocks or two thick books, and a towel or yoga strap. [Register here.](#)
- **(Virtual Event) 12 PM ET, November 11th. Mental Health Innovation Awards Showcase.** Hosted by the Morgan Stanley Alliance for Children's Mental Health, this showcase will feature the five finalists of the inaugural Innovation Awards. Finalists will present their solutions to a broad audience, including other funders. The

deadline to register for this free event is November 10th, 2021.

[Register here.](#)

- **(Virtual Conference) November 17th-19th. 3rd Annual Native Youth School and Community Wellness.** Hosted by Stanford Medicine, Two Feathers Native American Family Services, and Mental Health Services Oversight and Accountability Commission, this 3-day virtual conference informs attendees on succeeding in schools and community mental health systems, working with intersecting identities, and education and school mental health. [Register here.](#)

Partners in the News

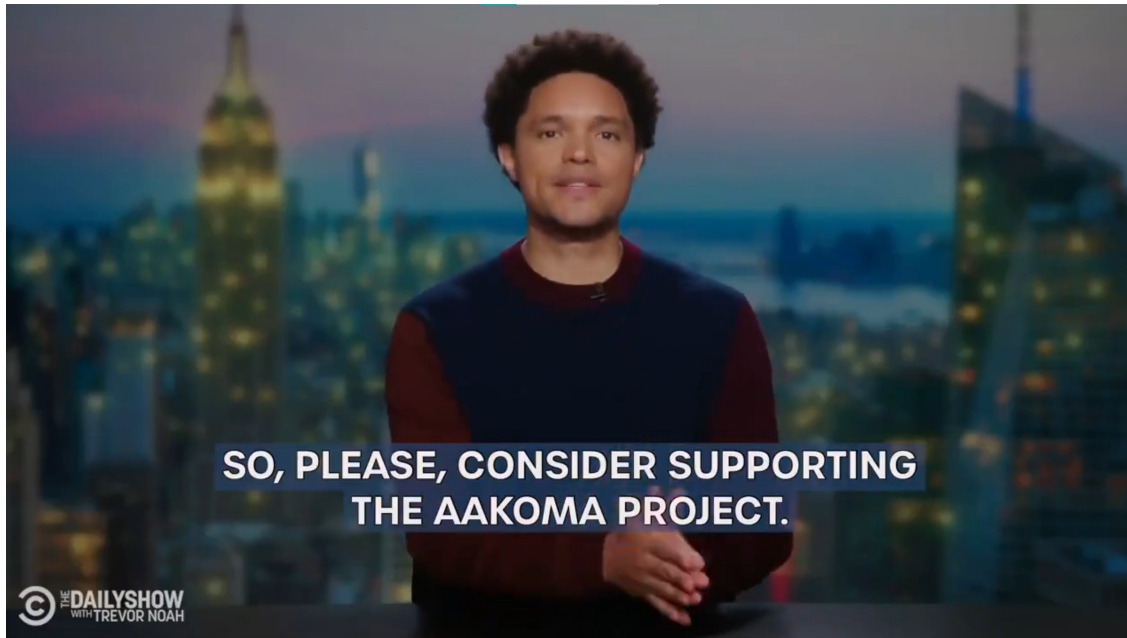
Black Girls Smile receives Innovation Award from Morgan Stanley Alliance for Children's Mental Health



MORGAN STANLEY
ALLIANCE
FOR CHILDREN'S
MENTAL HEALTH

[Black Girls Smile](#) is one of five organizations selected from over 850 applicants for [Morgan Stanley's inaugural Alliance for Children's Mental Health Innovation Awards](#)! Black Girls Smile received this award to bolster their Suicide Prevention Program, where they will build on their culturally responsive and gender diverse curriculum with a new digital platform for enhancing program delivery to Black girls and youth across the nation.

The Daily Show with Trevor Noah highlighted **The AAKOMA Project**



In honor of Mental Illness Awareness Week, [The Daily Show with Trevor Noah highlighted The AAKOMA project](#) and their work providing free therapy and workshops to teens and young adults of color on October 8th's episode! These spotlights from mainstream media outlets on the work being done to improve mental health care access for youth of color brings a national audience's attention to the mission of closing equity gaps in mental health.

Don't forget to check our recent [Ask the Expert session on Mental Health and Youth of Color](#) with [Dr. Alfiere Breland-Noble](#), Founder and Director of [The AAKOMA Project](#)! In it, Solome and Dr. Alfiere discuss how mental health stigma and care access gaps show up in communities of color and the steps that funders, stakeholders, and providers can take to reach youth of color and support their emotional and mental health.

Gabrielle Fitzgerald, CEO of Panorama Global, published: "What I've learned about mental health over the past year"

Gabrielle Fitzgerald

Founder and CEO



[Panorama Global's](#) CEO and Founder, [Gabrielle Fitzgerald](#), recently released her blog post "[What I've learned about mental health over the past year.](#)" In this thoughtful post, Gabrielle shares her own experience of mental health in the COVID-19 pandemic as a mother of two adolescent girls and provides insights on the international state of mental health from her professional work and learnings. She offers perspective on the role of suicide criminalization and criminalization of same-sex relations in mental health risk on a global stage. Finally, she touches on her professional realm and involvement with The Upswing Fund's work in seeking to close mental health equity gaps domestically.

Sierra Fox-Woods, Program Officer for The Upswing Fund, authors Philanthropy News Digest article on tips for rapid grantmaking

5 tips for rapid grantmaking during a global pandemic

bit.ly/5tipsgrantmaking



1. Leverage external expertise.
2. Slow down to speed up: define clear portfolio principles.
3. Keep it simple! Streamline the application process.
4. Facilitate the review with clear team roles
5. Quantify scoring criteria while maintaining flexibility for refinement.

Sierra Fox-Woods, [Program Officer for The Upswing Fund](#), recently published her article "[Five tips for rapid grantmaking during a global pandemic: Lessons learned supporting adolescent mental health organizations during COVID-19.](#)" The article covers the development and implementation of The Upswing Fund's grantmaking and our prioritization of [trust-based philanthropy](#). Sierra covers everything from leveraging external expertise, organizing team roles, defining portfolio principles, streamlining the application process, and quantitative scoring criteria.

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 at upswing@panoramaglobal.org.

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