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# The Upswing Fund

for Adolescent  
Mental Health



As children, families, educators, and community mental health workers alike prepare for a return to school, it is important to take a moment amidst all the fast paced changes, slow down, and remember that you can do this. You are not alone. If you're in need of support, talk with your friends and family, lean on your community, and know that there are support resources that can help.

Scroll down to plug in to recent funding opportunities for your

organizations, upcoming events and trainings, and newly published resources in the field.



In our most recent episode of our Ask the Expert series, [Solome Tibebu](#), Director of The Upswing Fund, meets with Teresa Halliday, Senior Director of Practice Improvement at National Council for Mental Wellbeing to discuss National Council's Youth Mental First Aid program, their CONNECTED program, and insights on the impact of community and youth-led mental health programming for underserved populations.

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

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## Partner Spotlight: Choosing Our Roots

This August, we're spotlighting our partner [Choosing Our Roots](#) who works to address LGBTQ+ youth homelessness in Alaska. Their work is led by their core principles of being youth-centered, youth-led, culturally relevant, and trauma-informed in creating not just housing options, but *homes* for LGBTQ+ youth.

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### **About Our Work:**

With a strong foundation in healing centered care and social work, our staff can recognize signs and symptoms of behavioral health needs or emerging crisis, provide brief interventions and connect youth to the appropriate behavioral health care providers. In addition to a robustly trained direct service staff, many of whom have lived experience as well as an academic underpinning in behavioral health, Choosing Our Roots recognizes that mental wellness is more than structured therapeutic intervention. Through prosocial community building activities, peer to peer and multigenerational support relationships, and holistic support that meets youth where they are, we immerse young people in queer and trans centered community and inspire hope through shared experience.

Support from The Upswing Fund has been pivotal in COR's expansion over this past year, helping us to serve more young people and to provide a more comprehensive range of services. In addition to general operating support for the host home program and related supportive services, Upswing funds have allowed COR to retain an on-call clinician who helps respond to the needs of youth participants on evenings and weekends, increasing access to holistic wellness and behavioral health support that centers LGBTQ+ identities and experiences.

### **Recent Success:**

A queer youth in crisis, in a rural area, was able to access behavioral health support, stabilize, and fully re-engage in activities that are meaningful to them. Given the difficulty of accessing behavioral health support in rural Alaska and the financial barriers that coincide, there were no other funding sources that would have assisted

the youth at the time of the crisis. This was essential and affirming intervention, made possible by Upswing.

Learn how to support **Choosing Our Roots**

## Funding Opportunities

### Nationwide:

- [American Psychological Foundation's Application for Bruce & Jane Walsh Grant](#). This grant opportunity seeks to support early career psychologists (no more than 10 years postdoctoral) in their scientific, scholarly, or applied research that investigates how personality, culture, and environment influence behavior and health, both mental and physical. **Deadline: September 15th.**
- [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.**

### 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 at 5 P.M. EST.**

### Midwest:

- [The Mosaic Fellowship from The Indianapolis Foundation](#). This fellowship seeks to bolster inclusion of women, young people, BIPOC, and LGBTQ communities at the board level of non-profit organizations. Four individuals in Central Indiana will be placed on boards of not-for-profit organizations, be provided cohort trainings,



and be provided financial resources to support board commitments.  
**Deadline: August 27th.**

### **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.**
- [William T. Grant Foundation's RFP for Youth Service Capacity-Building Grants for NYC Nonprofits](#). This funding opportunity provides \$60,000 tiered over three years to youth-serving community-based nonprofits in NYC's five boroughs with operating budgets between \$250,000 to \$1 million. **Deadline: 3:00 PM EST, September 15th.**

### **West:**

- [Community Foundation of Southern New Mexico's Advancing Social Equity Initiative](#). This funding opportunity seeks to support human services non-profits in Southern New Mexico with annual operating revenues under \$1 million. It aims to build the capacity of emerging nonprofits and pilot a model which grounds equity in the fabric of local nonprofits, increasing well-being among staff and constituents. **Deadline: 5:00 PM MDT, August 31st.**
- [Wonderful Community's RFP for Rural-Serving Schools and Nonprofits in the San Joaquin Valley of California](#). Organizations in select communities of Kern County, Kings County, and/or Fresno County which work to support community health and wellness, family support, and COVID-19 recovery are eligible to apply for grants of \$1,000 - \$100,000 in support. **Deadline: August 31st.**
- [McCune Charitable Foundation's RFP for Community-based Projects in New Mexico](#). This funding opportunity for non-profits, Native American tribes, public schools, and government agencies provides general operating support grants to community projects with a [range of focus aims](#). **Deadline: September 15th.**

## Resources & Tools

- **(Handbook)** Baker McKenzie's [Homeless Youth Handbook](#) is an interactive online resource base that includes state-specific information on homeless youth's rights and resources. Current state guides available include California, Florida, Illinois, Massachusetts, Minnesota, New Jersey, New York, Texas, Washington, and Washington D.C., with more states to be added in the future.
- **(Guide)** Well Being Trust's [A People's Guide to Healing the Nation: Advocating for Better Mental Health and Addiction Policy in our Communities](#) informs on central focus areas in revamping the mental health of our nation and provides action and advocacy recommendations.
- **(Webinar Series)** United for Global Mental Health's [Mental Health for All Webinar series](#) features diverse voices and experts discussing a wide array of mental health topics, including [Youth Mental Health](#), [Mental Health and Poverty Alleviation](#), [The State of Mental Health Financing](#), and many more.
- **(Article)** The Lantern's [Ohio State LGBTQ, Academic, Mental Health, Community, and Religious Resources](#) provides a curated list of resources in the Ohio area for everything from cultural groups to academic support services to mental health and sexual violence resources.
- **(Journal Article)** Fenway Health's ["The Timing of Social Transition for Transgender and Gender Diverse Youth, K-12 Harassment, and Adult Mental Health Outcomes"](#) finds that early social transition for transgender youth results in good mental health outcomes, but unaccepting school environments may lead to greater risk of suicidality.

## Upcoming Events

Times listed in event host's time zone

- **(Webinar) 2:00 PM EST, August 19th - Building Equity in**

**Technology.** Hosted by Mental Health America, this webinar features speakers Wendy Chisholm (Microsoft), Dr. Desmond Upton Patton (Columbia University), and Theresa Nguyen (Mental Health America). They will discuss leveraging Microsoft AI for Accessibility in working with underserved communities, how programs can improve inclusive mental health care for Black communities, and how MHA is researching and helping co-design technologies for those living with mental health conditions. [Register here.](#)

- **(Webinar) 3:00 - 4:30 PM EST, August 19th - Promoting Racial Equity in Student Mental Health: Considerations and Strategies for Returning to In-Person Instruction.** Hosted by the Steve Fund and in partnership with National Center for Institutional Diversity, University of Michigan, and the University of Southern California Race & Equity Center, this session will provide context for racial equity in student mental health and offer practical, culturally responsive recommendations on how instructors can foster mental well-being for their students of color. [Register here.](#)
- **(Online Training) 10:30 AM - 12:00 PM EST, August 24th - Intro to Youth-Friendly Healthcare.** Hosted by Teen Health Mississippi, this online training aims to inform participants on identifying the elements of youth-friendly healthcare, assessing current YFHC practices, and how to implement and improve YFHC services in their work. [Register here.](#)
- **(Webinar) 8:30 AM PST, August 26th - Responding to a Crisis: Insights & Impact from the COVID-19 Global LGBTIQ Emergency Fund.** Hosted by OutRight Action International, this webinar will present the impact of and learnings from their COVID-19 Global LGBTIQ Emergency Fund 16 months after its launch, the state of the LGBTIQ rights movement globally, and what comes next. [Register here.](#)
- **(Virtual Workshop) 7:30 PM EST, August 31st - Release Workshop.** Hosted by Black Girls Smile and The Release Project, this virtual workshop lead by Trisha Monplaisir and Lenisha Sisnett aims to give Black girls, teens, and women space to discuss their friendships and familial relationships as well as how their support systems have changed during COVID-19. [Register here.](#)

**Partners in the News**

**Active Minds** is launching their Mental Health Advocacy Academy for BIPOC & LGBTQ+ High Schools Students - Applications Close August 30th, 2021!



[Active Minds](#) is launching their inaugural [Mental Health Advocacy Academy](#), a paid leadership development program that will empower BIPOC and LGBTQ+ high school students to make changes in their schools, communities, and states. Academy members will receive professional training from policy and mental health experts, participate in networking opportunities with other young adult mental health advocates, and have the opportunity to develop a mental health campaign that contributes to the field of mental health policy advocacy. Participants will receive a \$1,500 stipend in two installments and up to \$250 to cover project-related expenses (upon additional application request for project). The academy will run from September through December 2021. You can read more about this opportunity and share the application with young people from your organizations and networks [here](#).

**SaintA** Therapists to provide services at 8 **Boys & Girls Clubs of Greater Milwaukee**, as part of "Project Thrive" initiative





As part of the ["Project Thrive" initiative](#), therapists and counseling professionals from [SaintA](#) will provide trauma-informed services at eight sites of [Boys & Girls Clubs of Greater Milwaukee](#) in an exciting community partnership. The program also entails mental health first aid training for Boys & Girls Club staff and research into treatment efficacy by the Medical College of Wisconsin. This initiative is supported by a \$2 million grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). This work embeds mental health services in environments that youth and their families already utilize and trust.

Partnerships like this highlight the power of community-based integration of mental health services. This service delivery strategy mitigates barriers in youth access to care, increases the capacity of local organizations to serve youth, and contextualizes mental health care as a necessary facet of overall youth development.

**The San Antonio Mobile Mental Wellness Collaborative** receives funding support from Bexar County to increase service to two additional school districts



The [San Antonio Mobile Mental Wellness Collaborative](#) is a program created through six nonprofits: [Rise Recovery](#), [Jewish Family Services in San Antonio](#), [Family Services Association](#), [Clarity Child Guidance Center](#), [South Texas Children's Bereaved Family Center](#), and [Communities In Schools](#). The collaborative takes a holistic care approach in providing treatment, intervention, and prevention programs in San Antonio public schools. Services provided include consultations, case management, substance use evaluation and counseling, on-site counseling, support groups, adverse childhood event (ACE) screenings, and trauma informed assessments.

In order to bolster and expand services to support youth in two additional school districts, [Bexar County Commissions Court approved \\$4.75 million in funding over 5 years](#). This investment models what it means to support infrastructure for school-based mental health integration. This effort will serve to not address existing youth mental health struggles, but to prevent future difficulties by providing accessible services where youth already are.

**Silver Lining Mentoring's Iliana Joaquin** shares her story of growing up in the Massachusetts foster care system



Iliana Joaquin, a mentor to youth and board member of [Silver Lining Mentoring](#), shares her story of growing up in the Massachusetts foster care system in an [article with the Boston Globe](#). In the article, she speaks on her and her family's experience being homeless from birth, moving around foster care placements through her childhood, and dealing with distrust in others as she navigated DCF, school, sports, and two jobs. Her journey illustrates what many youth experience in the foster care system, the strength in her and other's stories, and the importance of empathy and presence in mentoring foster youth.

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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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