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The Upswing Fund

for Adolescent
Mental Health



With our last newsletter of 2021, we want to thank you for being a part of our community.

We launched in October 2020 as a COVID-relief fund and throughout this year, we've had the honor of partnering with 92 amazing organizations working to close gaps in mental health care for adolescents of color and LGBTQ+ youth.

There have been stories of great success, many featured here in our newsletters,

as well as challenges shared in what has been an unprecedented past two years.

What remains is the affirmation that **mental health is important**. And more so, everyone deserves access to tools and resources to promote positive mental health — particularly adolescents who face higher barriers to accessing care.

As we head into the holiday season, we wish you joy, rest, and a strong start to the new year.

With thanks,
The Upswing Fund



On December 7th, the U.S. Surgeon General, Dr. Vivek H. Murthy, released a Public Advisory: [Protecting Youth Mental Health](#). The release of this advisory follows on the heels of [a declaration of a national emergency in child and adolescent mental health](#) in October.

We feel encouraged to see the mission of serving adolescents of color and LGBTQ+ adolescents (inclusive of all points of diversity) elevated to a

national stage by this advisory. The advisory contains recommendations and resources to help different stakeholders take action in supporting youth mental health, including Young People, Families, Educators, Health Care Professionals, and more.

Funding Opportunities

Nationwide:

- [Addressing Access to Care](#) [Klingenstein Third Generation Foundation]. For academic investigators conducting research on mental health care delivery or prevention approaches for children and adolescents. **Deadline: January 13th.**
- [Pre-K-12 Conflict Resolution Training](#) [JAMS Foundation + Association for Conflict Resolution]. Grants up to \$40,000 to support conflict resolution education and training for pre-K through 12th grade students in school, non-profit, government sites, and alternative education settings. **Deadline for Initial Project Idea: January 15th.**
- [Aim High: Supporting Out-of-School Time Programs Serving Middle School Youth](#) [New York Life Foundation + Afterschool Alliance]. Both one- and two-year grant opportunities (applicants can only apply for one of these grant types). One-year grants up to \$15,000 will focus on supporting programs' racial equity and social justice efforts in serving middle school youth. Two-year grants up to \$50,000 or \$100,000 total, dependent on organizational budget, will focus on supporting programs enhancing direct service activities, technical assistance, and capacity building. **Deadline: February 1st.**
- [50 States, 50 Grants Initiative](#) [It Gets Better Project]. Support for school-based projects that uplift, connect, and empower LGBTQ+ youth in all 50 states. This initiative will provide up to \$10,000 to one project in each of the 50 U.S. states. See website for eligibility, application details, and sample projects. **Deadline: February 10th.**

Northeast:

- [Mental Health Grant Programs](#) [Van Ameringen Foundation]. For organizations in the 5 boroughs of New York City and Philadelphia. Both Direct Service (\$25,000-\$75,000) and Non-Direct Service (\$25,000- \$250,000) grants available for up to three years. **Deadline for Letters of Inquiry: February 4th.**

South:

- [Summer Arts Education Project Grants](#) [South Carolina Arts Commission]. Up to \$50,000 over two years to arts education programs for K-12 students to help them meet educational, developmental, and social needs. The opportunity requires a 1:2 match. **Deadline: January 4th.**

Midwest:

- [Children First Initiative](#) [William Swanston Charitable Fund]. To support innovative projects that prevent or reduce risk factors for disparities in the health and wellness, education, and services access of children in the Mahoning and Trumbull counties of Ohio. More details [here](#). **Deadline: January 1st.**

West:

- [Edna E. Harrell Community Children's Fund](#) [Oregon Community Foundation]. Supports enrichment programs for low-income youth and families provided by schools in Baker County and the North Powder area of Oregon. Enrichment programs include summer camps, after-school programs, arts programs, athletic programs, and more. **Deadline: January 15th.**

Resources & Tools

- **(Online Resource)** [Healthy Native Youth](#). A website for educators, parents, and caring adults.

- [Implementation Toolkit](#): A step by step guide to choosing and implementing an evidence-based health curriculum with community support and engagement.
- [Community of Practice \(CoP\)](#): A FREE virtual gathering held on the second Wednesday of every month to share resources and to stay connected. CoP calls are for anyone and everyone committed to improving the lives of Native youth.
- [Resources](#) for youth, adults, and educators to support 2SLGBTQ+ youth and launch effective social media campaigns.
- **(Online Resource)** [We R Native](#). A comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. See here for [youth resources and helplines](#).
 - [Paths \(Re\) Membered Project](#): centers Two Spirit and LGBTQ+ community in the movement toward health equity.
- **(Training)** [Communications Training for Nonprofits](#). A no-cost training program to help small non-profit organizations boost their public relations knowledge and strategy. The training requires an application. Three to four participants will be selected with monthly seminars from March - August 2022.
Application Deadline: January 21st.
- **(Video)** [A Mental Health Crisis Deserves a Mental Health Response](#). This video from the National Alliance on Mental Illness (NAMI) shines a light on the flaws and losses associated with police and law enforcement response to mental health crisis. It provides information about the upcoming 988 hotline and explains how to reframe our crisis response system to appropriately support those in crisis.
- **(Interactive Map)** [Identity Document Laws and Policies for LGBTQ+ Individuals](#). Movement Advancement Project maintains an up-to-date map detailing the state requirements for changing one's gender marker and/or name on their driver's license, birth certificate, or other identifying documents.

- **(Resource Hub)** [QTBIPOC Mental Health and Well-Being](#). This webpage from the Human Rights Campaign serves as a comprehensive resource base for supporting the mental health and wellness of QTBIPOC adults, youth, and families.
- **(Resource Hub)** [Safe Schools for All](#). This resource website launched by GLAAD, GLSEN, PFLAG, and the National Center for Lesbian Rights (NCLR) serves to help LGBTQ+ students understand their rights, what to do if they are experiencing bullying, harassment, and/or discrimination in school, and where/how to file a report.

Upcoming Events

Times listed in event host's time zone

- **(Workshop Series) Building A National Movement to Prevent Trauma and Foster Resilience. January 7th, 1:00 - 5:00 PM EST.** [Register here](#).
 - This 8-part workshop series is hosted by Campaign for Trauma-Informed Policy and Practice (CTIPP), National Prevention Science Coalition (NPSC), and PACEs Connection. It will take place every other Friday from January 7th - April 15th. Topics will include community coalitions, education and healthcare, child welfare and justice systems, and more.
- **(Webinar) Providing Inclusive, Accessible Supports for LGBTQ+ Youth & Young Adults with Disabilities. January 12th, 1:00 - 2:30 PM EST.** [Register here](#).
 - This webinar will tackle conversations around LGBTQ+ inclusive spaces and how they can support neurodiverse individuals and individuals with intellectual and emotional disabilities. Led by Alyssa Fenix, MA (she/her) and Finn Gratton, LMFT, LPCC (they/them), the conversation will examine the intersections of gender, sexuality, and disability in school, clinical, and community-based settings. CEU and CME versions are available.

Partners in the News

The National SOGIE Center recently established by a collaborative led by The Institute



[The Institute for Innovation and Implementation](#) at the University of Maryland's School of Social Work (The Institute) has established [The National SOGIE Center](#), a collaborative with a mission to improve the lives of children and youth with diverse sexual orientation, gender identity, and expression (SOGIE) needs. The collaborative is comprised of organizations across the nation who champion serving LGBTQ2S+ youth across direct care services, systems design, research and evaluation, advocacy, policy, and more. Among The National SOGIE Center's partners are [Judge Baker Children's Center](#), [Youth Move National](#), and [Family Acceptance Project](#).

Urban Health Media Project releases video introducing their Student Journalists

THE STUDENT JOURNALISTS OF
URBAN HEALTH MEDIA PROJECT





Jojo Brew
Washington, D.C.

[Urban Health Media Project](#), a non-profit that trains youth from under-resourced communities to produce multimedia journalism, recently [released a video](#) introducing their diverse team of student journalists. In it, they spotlight young people using media to break down barriers, address social and public health challenges, and tell the stories of their communities. Tune in to hear about these students' journeys, their aspirations for the future, and what being a journalist means to them.

Mount Sinai Adolescent Health Center
publishes research on the impact of
COVID-19 on inner-city female youth

ORIGINAL ARTICLE | [ARTICLES IN PRESS](#)

Impact of COVID-19 Mitigation Measures on Inner-City Female Youth in New York City

Angela Diaz, M.D., Ph.D., M.P.H.   • [Anne Nucci-Sack, M.D.](#) • [Rachel Colon, M.S.W., L.C.S.W.](#) •
[Mary Guillot, M.D.](#) • [Dominic Hollman, M.D.](#) • [Marie Brunelli, M.D.](#) • [Robert D. Burk, M.D.](#) •
[Nicolas F. Schlecht, Ph.D.](#) • [Show less](#)

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[The Mount Sinai Adolescent Health Center](#) conducted a [longitudinal study](#) on the impacts of COVID-19 on young women in New York City, an epicenter of the pandemic. Through monthly online surveys, they assessed the loss of loved ones, financial impacts, social interactions, proximity to dangerous situations, and mental health impacts during 2020. Over 400 young women (ages 15 - 28) participated in this study, one of the first of its kind, providing timely insights into the unique experiences of young women in the city during the pandemic.

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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