

Second Wind Fund

YOUTH SUICIDE PREVENTION

December Newsletter

We Asked! You Gave Us Your Feedback! And We Listened!

We asked for feedback and you all provided honest and important answers. Below we have some exciting news and changes. Stay tuned as we continue to integrate your feedback!



We are raising our payment rates!
As of January 1st we will now be paying \$90.00 a session.
SWF would not be where it is today and have helped as many youth without you.
We value and appreciate all of you!

Session Rate Increase!

It is official! As of January 1, 2021 we will no longer be paying \$70.00 a session. We will be raising our session rates to \$90.00. All sessions completed on or after January 1st will be paid out at the new rate.

Free Consultation Calls with Stacey Freedenthal, PhD, LCSW

We all know the benefits of case consultation. It can be great for bringing a new perspective. In our efforts to continue to support your work with the youth who are referred by Second Wind Fund, we are offering two opportunities for group consultation with Stacy Freedenthal, PhD, LCSW. Bio below. Bring your questions and cases!

Date: January 15, 2021
@ 9:00 am

[Register Here](#)



Date: March 11, 2021
@ 6:00 pm

[Register Here](#)

Stacey Freedenthal, PhD, LCSW

Stacey Freedenthal is a clinical practice specialist whose research focuses on suicide prevention and help-seeking among young people and adults. She is also an Associate Professor at the University of Denver Graduate School of Social Work.

Her clinical experience includes assessment, crisis counseling and psychotherapy with survivors of domestic violence and sexual abuse, psychiatric emergency casework, and emergency room social work. She currently has a small clinical practice providing psychotherapy, consultation and clinical supervision.

At GSSW, Dr. Freedenthal teaches MSW courses in mental health assessment with adults and cognitive interventions, as well as a doctoral statistics course.

Her new book, *Helping the Suicidal Person: Tips and Techniques for Professionals*, provides a practical toolbox for mental health professionals and can be interspersed into any type of therapy, no matter what the professional's theoretical orientation or the client's experience or time in therapy. Dr. Freedenthal has also developed a website, *Helping the Suicidal Person* (www.helpingthesuicidalperson.com), which contains lists of books, conferences, online classes, and other resources for people who want to improve their knowledge and skills in working with suicidal clients. There is also a blog (www.helpingthesuicidalperson.com/blog) and a Facebook page (www.facebook.com/helpingthesuicidalperson) for additional information.

Accountability Partner Program

As caregivers we dedicate so much time to others and sometimes forget about ourselves. Well we at Second Wind want to help encourage and support that self care experience. We are launching our new accountability partner program.

We have a network of providers around the state who have a variety of experiences, specialties, and big hearts. This is an opportunity to become more connected with the Second Wind Fund community and also have some additional support. Accountability partners are a great chance to have someone in your corner holding you accountable but also there to listen when you have a hard day.

[Click here to complete the form if you are interested.](#) We will ask a few questions to understand what you are looking for in a partner and then we will take it from there.

We Need More Providers

We need your help! Second Wind Fund is seeking more providers to join our network in Colorado. If you know of any licensed mental health providers who would be interested in becoming part of the Second Wind Fund network, please have them reach to:

Mary Houlihan
mhoulihan@thesecondwindfund.org

Intervention of the Month

A New Frame of Mind

(Art Based Intervention based on Dr. Deah Schwartz work)

The goal of this intervention is to express feelings that people tend to keep to themselves and find constructive ways to manage and or reframe these feelings.

Pre-cut matting boards or any materials for clients to allow them to make their own frame. Have available: pencils, markers, drawing paper, collage materials optional (scissors, glue sticks, magazines). If your client would be better suited to do the cutting and designing themselves that is always an option.

Have the clients, using any art supplies they choose, create a graphic representation of what they are feeling insecure/concerned/worried about. The directive of having them imagine that they are having a conversation with their best friend or someone they trust and they want them to know how they REALLY feel can be helpful. Using the framing materials, have the client create a frame with words or images that they imagine their best friend or someone they trust would tell them when they saw the drawing. Frame their art work once complete and have the client place it where they will find it most helpful.

CAMS Training through the State

In light of COVID-19, the Office of Suicide Prevention has moved all CAMS trainings to a virtual platform. If you are a behavioral health provider interested in participating, sign up to receive more information [here](#). To learn more about the training, visit CAMS-Care.com.

There is an upcoming training on December 8th. If you are interested in the training, please apply by clicking [here](#).

December Resources and Continuing Education Opportunities

[Suicide In Military Members & Veterans \(Free Training\)](#)

This course is designed for health care professionals, mental health professionals, and public health providers. Dr. Craig Bryan of the University of Utah National Center for Veterans Studies provides an overview of military suicide statistics and explains unique factors that may be related to increased rates in military suicide. In addition, Dr. Bryan discusses symptoms and risk factors of suicidal behavior, outlines adaptive and protective traits, and discusses evidence-based treatment modalities proven to help prevent suicide. By the end of this course, the learner will be able to describe the four domains associated with the suicidal mode, and discuss how deployments and experiences affect suicide rates within the military population.



Colorado Gives Day

Second Wind Fund is gearing up for Colorado Gives Day on December 8th! If you would like to support SWF, you can now schedule a donation at: www.coloradogives.org/secondwindfund. All donations scheduled for December 8th are matched by an incentive fund. Helping to spread the word about the importance of SWF's program is also really helpful! Keep an eye out on our social media pages for posts to share/like. Thank you for all of your support!



Hello Providers!

We have officially reached December, the Winter Solstice, and the holiday season. December 21st at 3:02 am we have the shortest day and the longest night of the year. This also marks the beginning of winter.

Alban Arthan, Welsh for “Light of Winter,” is probably the oldest seasonal festival of humankind. In the Druidic traditions, the Winter Solstice is a time of death and rebirth. It is a time when Nature’s powers and our own souls are renewed. The solstice moment is the time when the Old Sun dies (at dusk on the 21st of December) and when the Sun of the New Year is born (at dawn on the 22nd of December).

As we say goodbye to this year and hello to the next, we are excited about the new changes and hope to continue integrating your feedback in the coming year. Thank you to you all for your dedication to the youth Second Wind Fund serves.

With Gratitude,
Kimberlee and Mary

Our mailing address is:

899 Logan Street Suite 208
Denver, CO 80203

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