

# Second Wind Fund

## YOUTH SUICIDE PREVENTION

### February Updates and Offerings



#### Hello Providers!

Welcome to February.

During the month of February, we have a lot to celebrate! Without listing every holiday and theme for February, here are some highlights:

- Black History Month
- Valentine's Day on February 14th
- Random Acts of Kindness Day on February 17th

Each of the above listed are the inspiration for the newsletter this month. We hope that these continue to be helpful to you all and we always welcome feedback for items you would like to see added to the newsletter and to our provider benefits.

As 2021 is underway, we hope that everyone had a great start to the new year and we look forward what may come!

With Gratitude,  
Kimberlee and Mary

#### Free Consultation Calls with Stacey Freedenthal, PhD, LCSW - Extended and Filling Up Fast!

We have received such great feedback and attendance that we are extending these group consultation call opportunities!

If you plan to attend, please register below **ASAP**

Date: March 11, 2021 @  
6:00 pm - FULL

If you would like to be added to the waitlist [click here](#).



Date: May 12, 2021  
@ 8:30 am

[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](http://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](http://www.helpingthesuicidalperson.com/blog)) and a Facebook page ([www.facebook.com/helpingthesuicidalperson](http://www.facebook.com/helpingthesuicidalperson)) for additional information.

#### Accountability Partner Program - Get Extra Support!

As caregivers, we dedicate so much time to others that we 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 is 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.

#### Black History Month

[Meet the man who created Black History Month](#) A good read about the man who created Black History Month.



[Theme of Black History Month for 2021](#) Each year there is a theme for Black History Month. Click the link above to learn more about this year's theme!

#### February Resources and Continuing Education Opportunities

[FREE CE COURSELifting Black Voices: Therapy, Trust, and Racial Trauma \(Ep. 95\)](#)

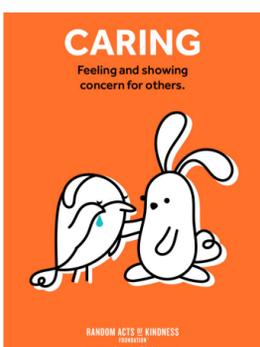
Black and African American individuals engage in mental health treatment at a significantly lower rate than White individuals, and simultaneously report higher levels of hopelessness, sadness, and worthlessness. Why is this, and what can be done to create more therapeutic safety for this population? This panel interview, featuring three BIPOC clinicians, explores the impact of transgenerational and personal racial trauma on the pursuit and engagement in mental healthcare by Black and African American people. This frank and engaging discussion covers themes about what it means to be Black in America, and the first steps therapists can personally take to build therapeutic safety and trust.

#### 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](#).

#### Random Acts of Kindness Day

[Random Acts of Kindness Website](#) Come one come all to the celebration of Random Acts of Kindness Day! This website has some great activities and suggestions that you might be able to use with your clients.



[Kindness Videos](#) Some quick and great videos that share some stories of inspiration and the power of kindness.

#### Intervention of the Month

Positive Psychology - Positive Relationships Intervention

This intervention is pretty flexible and straightforward using structured, open-ended thought-provoking questions. Have the youth go through the following process:

- Think of a family member you admire and mention why
- Mention one strength that your family member has
- Write about someone who has struggled in life and have come out it successfully
- For the person you mentioned above, write about the skills that you think helped him fight stress and get his happiness back

Reference: [19 Best Positive Psychology Interventions + How to Apply Them](#) - This article has other great ideas, interventions, and inspiration.

#### We Need More Providers!

We need your help! Second Wind Fund is seeking more providers to join our network in Colorado. As you all are aware, the need for mental health providers right now is high. 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:

### Get To Know The Second Wind Fund Staff - New

In the coming newsletters, we would like introduce ourselves a little bit more so you know about us and who you are interacting with at Second Wind Fund. Each month we will either share quotes, fun facts about ourselves, or what inspires us. We are all here for you and welcome any thoughts, questions, and concerns.

The question this month: What is your favorite thing about working at Second Wind Fund?

[Chris Weiss - Executive Director](#)

"Second Wind Fund has such an amazing mission and teen suicide in Colorado continues to need our constant attention. My favorite thing about working at Second Wind Fund is being able to lead a small, mighty, and high performing team."

[Kimberlee Bow - Program Director](#)

"I love the daily opportunities to connect with such amazing people around the state. Everyday I hear such great stories of people making a difference in their communities. It inspires me and warms my heart to know the care and dedication that the youth in Colorado are receiving."

[Mandy McKnight - Controller/Director of Operations](#)

"In all the years of working at Second Wind Fund, my favorite thing has been the people associated with the organization. I have met so many wonderful and caring individuals, and many have become lifelong friends."

[Mary Houlihan - Referral Specialist](#)

"My favorite part about working at Second Wind Fund has been supporting connections between youth and the people who can help them navigate the overwhelm in their lives."

[Josh Kumin - Development Director](#)

One of the main reasons I love working for SWF is due to the close communication and collaboration among the entire staff. It truly feels like we are all part of a team working to help save lives. I personally gain so much from working for SWF and have the autonomy to try new things in my role and to propose new ideas. It is a wonderful place to work and grow



### We Are Hiring!

Our team at Second Wind Fund is growing! The Program Department is hiring a third staff member. If you know of anyone who might be interested please share the job description link by [clicking here](#).

**Our mailing address is:**

899 Logan Street Suite 208  
Denver, CO 80203

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