

# Second Wind Fund

YOUTH SUICIDE PREVENTION

## January Important Updates and Changes



### 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 Has Taken Affect!

It is official! As of January 1, 2021 SWF payment rates are \$90.00 a session. All sessions completed on or after January 1st will be paid out at the new rate.



#### Hello Providers!

Happy New Year! Welcome to 2021.

There are so many different traditions that surround the new year's celebration.

- In ancient Thailand, guns were fired as a way to frighten off demons.
- In Denmark, plates and glasses are thrown at each others' doors to banish bad spirits.
- In Spain, people try to eat 12 grapes before the 12th stroke of midnight. If successful, they will have good luck for the coming year.
- In Scotland, for the celebration of Hogmanay, bonfire ceremonies are held where people parade while swinging giant fireballs on poles.
- Early Egyptians traded earthenware flasks.

These are just a few examples of the many out there.

For us at Second Wind Fund, this year is a year of change as we launch the new session rate and other great provider benefits. We shared many of them with you in the last newsletter and will again in this newsletter. Please take advantage and continue to let us know what else we can do to support you as a valued member of the Second Wind Fund family.

May your 2021 be healthy and happy. Cheers!

With Gratitude,  
Kimberlee and Mary

#### 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! If you plan to attend, please register below [ASAP](#)

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](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.

#### Provider Resource Page - New!

With the launch of our new website, we have created a special provider resource page. The hope of the page is to help you find additional resources to support your clients. Here are just a few examples of what you will find on this page.

- Different types of safety plan templates
- Useful apps for clients
- A variety of links to different trainings, many of which are free

[Please click here to explore the page.](#) We are constantly updating the page with new resources so continue to check back to see what else we have added!

To access the page directly, visit [thesecondwindfund.org](http://thesecondwindfund.org) and scroll down the bottom of our home page. In the bottom right corner of the footer you will see, in white lettering, Current Provider. Click there and you will be on your page.

#### Accountability Partner Program

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.

#### 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:

Mary Houlihan  
[mhoulihan@thesecondwindfund.org](mailto:mhoulihan@thesecondwindfund.org)

#### Intervention of the Month

Worksheets and Handouts

Giving clients tangible exercises and worksheets, when appropriate, can be a great therapeutic strategy. There are so many great exercises and worksheets that can be utilized or adapted to work with your clients.

UW Medicine Harborview Medical Center has a rather large collection of worksheets on different topics and even a fair few resources for therapists. Here are the topics that they cover:

- Engagement/Motivational Enhancement
- Assessment
- Coping Skills
- CBT for Anxiety
- CBT for Depression
- Trauma Focused CBT
- Parent Management Training
- General Skills
- Substance Use
- Suicide and Self Injury
- Child Sexual Behaviors
- Other Mental Health Problems

[Click here to start exploring!](#)

### **January Resources and Continuing Education Opportunities**

[Telehealth Certification Institute - The Psychosocial Aspects of Pandemic Virus Handbook](#)

The intention of the “The Psychosocial Aspects of Pandemic Viruses” presentation is focused on mental health disaster strategies that enhance good mental, behavioral, and psychosocial functioning during the COVID-19 crisis. This public health disaster has significantly altered the mind, body, and spirit of all clients/patients as well as professional providers. The Pandemic Risk and Resiliency Continuum (PRRC) model will be presented to identify clients with low, moderate, and high-risk medical, physical, and mental health symptoms related to the COVID-19. Emphasis on healthy-unhealthy and normal-abnormal mental and behavioral health functioning will be explored. Implications for current research and future resources are offered through a 130 page handbook. The Handbook is available here as a stand-alone item. Additionally, the identification and recognition of empathy fatigue is explored for mental health professionals navigating clients/patients during the COVID-19 pandemic. Recommendations and guidelines for self-care are presented.

### **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](#).

#### **Our mailing address is:**

899 Logan Street Suite 208  
Denver, CO 80203

Would you like to change how you receive these emails?

Please [update your preferences](#) or [unsubscribe from this mailing list](#).



Facebook



LinkedIn



Youtube



Instagram