

# Second Wind Fund

YOUTH SUICIDE PREVENTION

## April Updates and Offerings



### Hello Providers!

Welcome to April.

April showers bring May flowers! Spring has sprung and along with it a sense of renewal and hope. April is also home to Earth Day and this year's theme is Restore Our Earth. The theme this year seems so fitting in so many ways.

A few other notable themes for the month of April (not an all inclusive list):

- Stress Awareness Month
- National Pet Month
- Move More Month
- Month of the Military Child
- Counseling Awareness Month

Why bring up the different themes and awareness month topics lately? It can be helpful to draw on what these themes might inspire, remind us about, and the opportunities for potential community connection.

Our hope for you this month is that you are making sure to take some time out for self care. The theme for Counseling Awareness Month this year is Burn Bright Not Out. You all work with such passion each and every day, burning brightly. Make sure to take "you" time so that you don't burn out. We appreciate each and every one of you!

**In the spirit of self-care, Second Wind Fund would like to help encourage those "me time" moments. If you respond to this email with one way that you plan to integrate self care into your month, you will be entered into a drawing for a Starbucks gift card. Please make sure to respond by April 23rd.**

All of these newsletters are now being posted on our [Current Providers webpage](#) along with the additional resources.

With Gratitude,  
Kimberlee, Mary, and Elyse

## Provider Offerings and Benefits

### Free Consultation Calls with Stacey Freedenthal, PhD, LCSW Limited Space Available

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](#)

Make sure to get registered if you would like to take advantage of this opportunity. We intentionally keep these calls smaller so that you get quality time with Stacey.



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.

## Inspiration!

### Month of the Military Child

[Military Family Resources](#) has a great list of resources for behavioral health providers who are working with military children and families.



Military children by the numbers:  
\* Approximately 2 million military children have experienced a parental deployment since 9/11.

\* There are currently 1.2 million military children of active duty members worldwide.

### Move More Month

American Heart Association is the inspiration behind [Move More Month](#). Their tag line is perfect: Find Your Fierce - whatever gets you up and moving - for better physical and mental health. The website has 5 minute movement break videos as well as other inspiration to get you moving!



Do you recommend exercise for clients as well?

[The Exercise Effect:](#) Evidence is mounting for the benefits of exercise, yet psychologists don't often use exercise as part of their treatment arsenal. Here's more research on why they should.

## Resources and Continuing Education Opportunities

### March Resources and Continuing Education Opportunities

[Overview of Clinical Military Counseling Skills, Online Self-Study](#)

Qualified professionals are eminently needed to provide competent services to active duty service members, veterans, veterans with disabilities, and their families across the different military branches and in a variety of settings. This course is based on the Clinical Military Counseling Certificate (CMCC) credential offered through the Telehealth Certificate Institute. Participants will increase their knowledge, awareness, and skills in the assessment, diagnosis, and treatment of military vs. civilian or community mental health and related services. Participants' are offered comprehensive material related to the service member and veterans' medical, psychosocial, behavioral, mental health, family life, vocational, and career transition needs.

This FREE course includes over an hour of recorded instruction and 174 slides of content.

### [Military Family Programs Course](#)

Nineteen FREE courses designed for Family Program staff cover critical topics to military life and family readiness ranging from emergency family assistance and volunteer coordination to an overview of important military programs such as the Exceptional Family Member Program, Employment Readiness Program and non-medical counseling. While not all of the nineteen would apply to mental health professionals, a fair number of them would give an introduction to military family resources and help get you prepared to support military families.

### **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](#).

### **Intervention of the Month**

This month's intervention is not a specific intervention but rather a collection of interventions from the Association for Play Therapy (APT). The APT created a very nice collection of interventions around working with youth and COVID-19. [To access the pdf please click here.](#)

## **Second Wind Fund Related News and Updates**

### **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

### **The Program Staff Is Growing and Changing!**

We have exciting news to share with you! The program staff is growing and that means we are better able to support all of our SWF community. We each have different roles.

### **Kimberlee Bow, MA, LPC, R-DMT, CT, CFE/T, RSME/T, RYT200**

**Program Director**  
kbow@thesecondwindfund.org

Devoted to growing and improving our program, the Program Director is responsible for program management, community relations, and building a stronger program.



Kimberlee joined the Second Wind Fund team in April of 2019 as the Program Manager and was promoted to Program Director in February of 2020. Kimberlee brings over 8 years of experience of clinical and nonprofit experience. She received her Masters in Somatic Counseling Psychology with a concentration in Dance/Movement Therapy in 2011 from Naropa University. Since graduating, Kimberlee has been fortunate to have worked and volunteered with and for several great organizations in roles such as Co-Director, Community Outreach Specialist, and Group Leader. Kimberlee is passionate about volunteering, giving back to the community, and building strong bonds within communities.

### **Mary Houlihan**

#### **Provider Engagement Manager - New Position at SWF!**

mhoulihan@thesecondwindfund.org

Devoted entirely to you as providers, the Provider Engagement Manager's role is to recruit new providers, support you all as current providers, and devise ways to better support you all. Mary will be your primary contact within the Program Department. When you have a question or need to submit a claim form please reach out to Mary directly. Also, always feel free to share your thoughts and feedback with Mary.



Mary joined the Second Wind Fund team in March of 2020 as the Referral Specialist and was promoted to Provider Engagement Manager in March of 2021. After graduating from Knox College with an educational focus in Psychology and Inter-Group Dialogue practices, Mary worked for a local Colorado community mental health center where she provided clinical care to youth. Both in the community and in the home, Mary was fortunate enough to support middle school students in prevention and early intervention, as well as work to provide trauma focused care on an in-home therapy team. Mary is driven by her passion for supporting healthy systems, both big and small, and the resilience of the human spirit.

### **Elyse Baumgardner**

#### **Referral Specialist**

ebaumgardner@thesecondwindfund.org

Devoted to our Qualified Referral Sources (QRS's) and the families we serve, the Referral Specialist's role is to work directly with our QRS's to support the referral process, authorize referrals, and support the families in connecting to you all.

### **Meet Elyse Baumgardner!**



Elyse joined the Second Wind Fund team in March of 2021 as Referral Specialist. After graduating from the University of Michigan with a Bachelor's degree in Criminology and Criminal Justice Studies, she began volunteering in the nonprofit sector. At the Rose Anom Center in Denver, she supports survivors of intimate partner violence by connecting them with resources to aid in their healing process. Elyse is driven by a passion to empower others as well as the desire to make a difference in the community.

[If you ever are not sure who to reach out to for support, please email: program@thesecondwindfund.org](mailto:program@thesecondwindfund.org)

### **Get to Know the Second Wind Fund Staff**

SWF staff continues to be here for you! We welcome any thoughts, questions, and concerns.

The question this month: If you could go visit anywhere in the world, where would you go?

#### [Chris Weiss - Executive Director](#)

"If I could visit anywhere in the world, I would travel to the Maldives. I've always seen pictures of the over-water bungalows with the crystal blue waters. I hope to visit someday, for an extended period of time!"

#### [Kimberlee Bow - Program Director](#)

"I have always dreamed of going to Egypt because of the history."

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

"If I could travel anywhere in the world it would be to New Zealand to do the tour of Middle Earth from Lord of the Rings. Those books changed my life and I think it would be such a blast to visit Hobbiton and some of the other beautiful places where they filmed the movies across New Zealand."

#### [Mary Houlihan - Provider Engagement Manager](#)

"I would love to go back to Ireland!"

#### [Josh Kumin - Development Director](#)

"I would travel to Thailand! Beautiful country and friendly people."

#### [Elyse Baumgardner - Referral Specialist](#)

"I would go to Ireland to see the amazing scenery!"

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

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