Hello Qualified Referral Sources!

Welcome to April.

April brings lots of new opportunity to explore lesbian, gay, bisexual, transgender, queer, and other LGBTQ+ genders and sexualities. This self-guided Safe Zone training will give you an understanding of what stigmatizing picture. Now take all that and multiply it by 100 when we're talking about workplaces, and communities — we are often misinformed, or painted an unhealthy, stigmatizing picture.

Gender and sexuality show up in our lives hundreds of times a day. Despite being core aspects of who we are, conversations about these concepts are often hushed or not taught. This website was designed in partnership with the California Association of School Counselors and Wisconsin School Counselors Association. This multidisciplinary team has a great list of military family resources.

This website has a 5 minute line is perfect: Find Your Inspiration!

If you have any specific ideas on handout that you would like to see, please let us know.

We received great feedback about the template emails, check lists, and other released handouts. We will also have the following available to you here in the coming weeks:

- Handout on the role of physical activity in improving mental health.
- Handout on stress management techniques.
- Handout on the importance of resilience.
- Handout on the benefits of exercise for clients as well as their therapists available in many of the areas that we serve.

We are in the process of updating all of our documents. As part of that process, we will be getting the updated documents also distributed to you. If you would like any other information you are welcome to contact us.

If there is another language that you would find helpful as well, please let us know.

We appreciate each and every one of you! We all work with such passion each and every day, burning brightly. Make sure to take care. The theme for Counseling Awareness Month this year is Burn Bright Not Out. You are appreciated.

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.

Do you recommend exercise to your clients well?

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Second Wind Fund Related News and Updates

Feedback About Making Referrals
We would love to hear any feedback about how COVID-19 and/or virtual learning has impacted your ability to make referrals. Please reply to this email with any feedback that you would like to share.

The Program Staff is Growing and Changing!
We have exciting news to share with you! The program staff is growing and changing and we are better able to support all of our QRS's and our community. We expect these changes to improve our services.

Mary Houlihan
Provider Engagement Manager - New Position at SWF!
mhoulihan@thesecondwindfund.org

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 non-profit sector. At the Rose Andom Center in Denver, she supports survivors of domestic violence and sexual assault. Elyse believes that everyone deserves the opportunity to be safe. Elyse is a Dallas native. She moved to Colorado in 2017 to attend law school and graduated in 2020.
ebaumgardner@thesecondwindfund.org

If you would like to reach out to Elyse, please email her at ebaumgardner@thesecondwindfund.org.
Meet Elyse Baumgardner!

LivingWorks Start is a one-hour, online, interactive training program that gives you the skills and knowledge to keep family, friends, and coworkers safe from suicide. For more information, click here. To access the training, click here and enter access code: OSP Gen. Please note that once you are a registered user of the training, you can continue to login and retake the training as often as you would like. The training is FREE of charge. If you have any questions or concerns, please email LivingWorks at LearningSupport@LW.org.

We would love to hear any feedback about how COVID-19 and/or virtual learning has impacted your ability to make referrals. Please reply to this email with any feedback that you would like to share.