

# Second Wind Fund

YOUTH SUICIDE PREVENTION

## April Inspiration and Updates



### Hello Qualified Referral Sources!

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.**

Please make sure to read below about the staffing change and meet your new contact here at Second Wind Fund!

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

With Gratitude,  
Kimberlee, Mary, and Elyse

### Tell Us What You Need

Second Wind Fund is always looking for ways to support you during the referral process to make it easy for you and the families.

We received great feedback about the template emails, check lists, and other released resources that we want to keep going but we need your help.

**What would you like to see? Please let us know. Reply to this email with your suggestions and you will be entered into a drawing for a Starbucks gift card. To be entered, please respond by April 23rd.**

We will also have the following available to you here in the coming weeks:

#### Family Handouts

Sometimes families need some additional information surrounding what therapy is, the process, finding a provider, understanding how to find a good fit, etc. These handouts will provide practical and useful information for the family on these topics and more.

Here are some examples of what is coming:

- Credentials
- Finding A Good Fit
- Interviewing A Provider

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

#### Updated Spanish Documents

We are in the process of updating all of our documents. As part of that process, we will be getting the updated documents also translated into Spanish. If there is another language that you would find helpful as well, please let us know.

#### Website and Provider Languages

If you have not yet visited our new website, make sure to take a look. In the bottom right corner there is a box that allows people to change the language of the website. We hope that you find this helpful when supporting families. Some of those languages are:

- English
- Spanish
- Chinese
- Italian
- German
- Portuguese
- Dutch

Please reach out to us if you have questions about what languages our providers speak. We do have multilingual therapists available in many of the areas that we serve.

## 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

### COVID19K12Counseling.org

This website was designed in partnership with the California Association of School Counselors and Wisconsin School Counselors Association. This multidisciplinary team of over 50 school administrators and counselors organized to provide a platform where information can be consolidated into a one-stop website to address massive school closures and community wide health, mental health and economic trauma. Information and links to resources were collected to assist educators, school-based mental health service providers, caregivers and PreK-12th grade students. [Click here to take advantage of this great resource.](#)

### Self Guided Foundational Safe Zone Training

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 dismissed. When we do hear about them — whether it's in the media, or in our schools, workplaces, and communities — we are often misinformed, or painted an unhealthy, stigmatizing picture. Now take all that and multiply it by 100 when we're talking about LGBTQ+ genders and sexualities. This self-guided Safe Zone training will give you an opportunity to explore lesbian, gay, bisexual, transgender, queer, and other

marginalized genders and sexualities (LGBTQ+). There is an option to take this course FREE of charge. [Click here to access.](#)

### **Funding LivingWorks Start Training**

The Office of Suicide Prevention is providing our partners across Colorado FREE access to the [LivingWorks Start](#) suicide prevention gatekeeper training. LivingWorks Start is a one-hour, online, interactive training program that gives you the skills and knowledge to keep family, friends, co-workers, and others safe from suicide. For more information, click [here](#).

To access the training, click [here](#) and enter access code: OSP Gen. Please note there are a limited number of licenses available for use and the training is available on a first come, first serve basis. Please do not share the URL and access code outside of Colorado.

\*LivingWorks Start works best with Google Chrome, Firefox, or Microsoft Edge browsers. It is not Internet Explorer compatible. If you have any questions or issues accessing the training, please contact Dymond Ruybal at [Dymond.Ruybal@state.co.us](mailto:Dymond.Ruybal@state.co.us).

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

### **Feedback About Making Referrals**

We would love to hear any feedback about how COVID 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 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](mailto: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.

### **Mary Houlihan**

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

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

Devoted entirely to our providers, the Provider Engagement Manager's role is to recruit new providers, support current providers, and devise ways to better support our entire network of providers across the state. Mary is the primary contact within the Program Department.

### **Elyse Baumgardner (Learn more about Elyse by reading her bio below) Referral Specialist**

[ebaumgardner@thesecondwindfund.org](mailto:ebaumgardner@thesecondwindfund.org)

Devoted to you, our Qualified Referral Sources (QRS's) and the families we serve! The Referral Specialist's role is to work directly with you, our QRS's, to support you with the referral process, authorize referrals, and support the families in connecting with a provider. Elyse will be your primary contact within the Program Department. When you have a question or need to discuss a referral please reach out to Elyse. Also, always feel free to share your thoughts and feedback with Elyse.

[If you ever are not sure who to reach out to for support, please email: program@thesecondwindfund.org.](mailto:program@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 nonprofit sector. At the Rose Andom 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.

### **We Are Here!**

Have any questions about how Second Wind Fund works? Feel free to explore our [website](#) or reach out to [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!"



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

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