Stacey Freedenthal, PhD, LCSW

Stacey Freedenthal is a clinical practice specialist whose research focuses on suicide prevention and mental health. She is also an Associate Professor at the University of Denver Graduate School of Social Work.

Her clinical experience includes assessment, crisis intervention, and psychological and social work services. Her work has been with survivors of domestic violence and sexual abuse, psychiatric emergency casework, and psychiatric emergency room social work. She currently has a small clinical practice providing psychotherapy, consultation, and clinical supervision.

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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 comes from Dialectical Behavior Therapy - the FAST acronym (Linehan, M., 1993).

This acronym can be a useful approach for steps one may take in making daily choices on the road to building better self-esteem. There are daily choices that everyone makes that can help or hurt self-esteem building. Supporting clients to develop the skills to make those choices can go a long way.

F – Be Fair

Be fair to one’s self as well as other people. Everyone has needs and everyone’s needs are important.

Be able to be assertive in getting one’s needs met and also be able to speak one’s truth.

A – No Apologies

Learning how to not be overly apologetic and not apologizing for having opinions or disagreeing with other people.

S – Stick to Values

Everyone has values and being able to stick to them without compromising or abandoning them just to please others or conform.

T – Be Truthful

Practicing being truthful and not making excuses or exaggerating or telling little lies.

Below are some other great resources for interventions and worksheets for building self-esteem.

7 Most Effective Self-Esteem Tools and Activities
18 Self-Esteem Worksheets and Activities for Teens and Adults
Self-Esteem and Self-Criticism Worksheets & Exercises
Accountability Partner Program - Get Extra Support!

As caregivers, we dedicate so much time to others that we sometimes forget about ourselves. We at Second Wind would love 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 long lives.

This is an opportunity to become more connected with the Second Wind Fund community and also have some extra support. Accountability Partners are a great chance to have someone in your corner holding you accountable, but also there to listen when you have a bad day.

Click here to complete the form if you are interested.

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 out to us.

Mary Houlihan
mhoulihan@thesecondwindfund.org

Get to Know the Second Wind Fund Staff

Our staff continues to be here for you and if you have any thoughts, questions, or comments...

This question this month: If you could have any superpower, what would it be and why?

Mary Houlihan - Provider Engagement Manager

“My superpower would be flying in to help people in multiple places on once so that I could be with everyone at the same time and not cut into an important conversation.”

Mandy McKnight - Controller/Director of Operations

“If I could choose a superpower, it would be regeneration. After several sports injuries and car accidents, it would be fascinating to be able to fully recover from physical trauma and never have to worry about surgery or physical therapy. It would also open up opportunities for extreme sports that I would normally be too afraid to try.”

Josh Kumin - Development Director

“My one superpower would be to fly! I think it would be an absolutely freeing experience and I would love the experience of visualizing a bird’s eye view of the world.”

Our mailing address is:
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