

# Second Wind Fund

## YOUTH SUICIDE PREVENTION

### March Updates and Offerings



#### Hello Providers!

Welcome to March.

Time to get some sleep!

March hosts Sleep Awareness Week - March 14th through March 20th. This annual event celebrates sleep health and encourages people to prioritize sleep to improve their overall health and well-being. Why bring this up? There is a connection between sleep and suicide!

March also is home to a few other notable themes or fun holidays:

- Women's History Month
- International Women's Day on March 8th
- Saint Patrick's Day on March 17th

Hopefully, these themes provide some inspiration for you this month. They did for us in this newsletter. We truly want these newsletters to not only be a good way for us to share information with you that you need to know as a provider for Second Wind Fund, but we also want them to be useful. Please consider sharing your feedback with us about the newsletter or anything else that you think would be helpful to you.

All of these newsletters are now being posted on our [Current Providers webpage](#) along with the additional resources. This section has been newly updated with other resources. Please continue to check back as we continue to add and expand this page!

"A good laugh and a long sleep are the two best cures for scything."  
- Irish Proverb

With Gratitude,  
Kimberlee and Mary

#### Free Consultation Calls with Stacey Freedenthal, PhD, LCSW Don't miss out on this opportunity!

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**

Date: March 11, 2021 @

6:00 pm - FULL

If you would like to be added to the waitlist [click here](#).



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.

#### Sleep Awareness Week

The [National Sleep Foundation](#) is a great resource for learning or sharing about sleep.



[Poor Sleep May Worsen Suicidal Thoughts](#) is a quick read that talks about the connection.

#### Women's History Month

[Women's History Month](#) provides a wealth of information about women and their contributions. You can also access links to other great websites.



Google created a short but inspiring video: [First of Many — Women's History Month 2021](#)

#### March Resources and Continuing Education Opportunities

##### [Suicide Bereavement Clinician Training](#)

The suicide of a loved one can have a profound and sometimes devastating impact on those left behind, and requires a level of support that often goes beyond traditional grief counseling.

Yet one of the most difficult problems faced by suicide survivors is finding mental health professionals whose education, training, and professional experience has equipped them to work effectively with survivors of suicide loss.

Developed jointly by the American Association of Suicidology, the American Foundation for Suicide Prevention, and John R. Jordan, Ph.D., one of the world's leading experts in this area, the Suicide Bereavement Clinician Training Program (SBCTP) is intended for clinical professionals seeking to bolster their knowledge and understanding of — and empathetic regard for — people bereaved by suicide. Clinical professions for which 6.5 hours of CE credits may be available (check specific listings to confirm availability) at a fee if desired include: physicians/psychiatric nurses, psychologists, certified counselors, social workers, and licensing marriage and family therapists. While designed for clinical professionals, the training is also open to clergy, pastoral counselors, school personnel, and interested others. The workshop will include didactic and video presentations, group discussion, and case examples.

Topics to be covered:

- The psychological impact of suicide on survivors of suicide loss and common themes in the bereavement of loss survivors
- What research with survivors tells us is needed
- The tasks of loss integration and recovery for survivors
- Principles of longer term clinical work with survivors
- Examples of specific clinical techniques for use in grief therapy with survivors

The official date for the end of April has not been officially announced so keep checking the page to register as soon as it opens. This training will most likely fill up quickly.

#### March Resources and Continuing Education Opportunities

##### [Stress Management During a Quarantine for Mental Health Providers Serving Latino Clients](#)

Mental health providers serving Latino groups should consider how culture influences the way Latinos experience, understand and describe mental health issues, including the current stressors being faced by Latino communities. Some of the struggles that Latino communities and immigrants are facing include concerns of COVID-19 contagion, acculturative stress, economic status, and poverty, fear of deportation, loss, and trauma. Also, children and adolescents are facing struggles adjusting to virtual classes. This booklet offers culturally responsive strategies to manage the stress that practitioners that serve Latino populations during the pandemic could implement.

## 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. 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)

### 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 have any superpower, what would it be and why?

[Chris Weiss - Executive Director](#)

"If I had one superpower it would be traveling at the speed of light. I've always had dreams of seeing the world and being able to take a weekend trip across the globe would make it a lot easier!"

[Kimberlee Bow - Program Director](#)

"My superpower would be the ability to be in multiple places at once so that I could be with everyone at the same time and not miss a precious moment."

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

"If I could choose a super power, it would be regeneration. After several sports injuries and car accidents, it would be life-changing 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."

[Mary Houlihan - Provider Engagement Manager](#)

"I think my superpower would be teleportation, my why is that I want to be able to visit people and places I love more easily."

[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 birds-eye view of the world."

#### Our mailing address is:

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