

Second Wind Fund

YOUTH SUICIDE PREVENTION

March Inspiration and Updates



Hello Qualified Referral Sources!

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 Qualified Referral Source 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 QRS](#) 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

New Resources for Making Referrals Even Easier!

Days can be so busy so we want to make our referral process even easier for you!

Template Emails

We have created template emails for you to use if you send the referral to the family by email. They will be attached to the email you receive from us so all you have to do is copy and paste into the email and complete a couple highlighted areas. Please do still follow up with a phone call to make sure the referral was received by the family.

Fillable Forms

Many of you asked for a fillable version the paperwork. They are now here and also attached to the email we send to you. You are now able to complete the Referral Form on your computer before sending to the family. The Authorization and Waiver of Liability are also fillable except for the parent signatures which still require a handwritten signature.

Check Lists

The good news keeps coming. Attached to the email you receive from us you will also find checklists for both you and the family. The one for you is to help guide you through the steps of the whole referral process - before and after. The one for the family can be sent with the referral to provide guidance on the step-by-step process of getting connected with a provider.

Family Handouts - Coming Soon!

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.

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](#)

Adverse Childhood Experiences, Overdose, and Suicide

Adverse childhood experiences (ACEs), overdose, and suicide are urgent and related public health challenges that have consequences for all of us. But these challenges are preventable if we adopt a coordinated approach that focuses on addressing today's crises while preventing tomorrow's. [To read this release from the Centers for Disease Control please click here.](#)

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.

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.

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

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: What is your favorite thing about working at Second Wind Fund?

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."



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