

Second Wind Fund

YOUTH SUICIDE PREVENTION

May Updates and Offerings



Hello SWF Providers!

Welcome to May.

This May, the feeling of change and transition seems to resonate after the previous year and all that has happened in the world. There are some things that are certain in life and change, and transition are among them. Here at Second Wind Fund, for example, our program staff has grown and our approach to caring for everyone who interacts with us has strengthened, among other changes.

This year's newsletters have also evolved to hopefully to provide you with much more than just information. We continue to be here for you and hope this year has brought some new and exciting changes that will be serve you as providers for Second Wind Fund youth. Our continued hope for the year is to work on building a strong foundation and community for you all, as well as make a difference in your communities.

May's notable themes for the month (not an all-inclusive list):

- Mental Health Awareness Month
- Asian Pacific American Heritage Month
- Jewish American Month
- Cinco de Mayo
- Mother's Day

This month we have multiple opportunities to learn, honor, and celebrate different cultures, people, and subjects that impact and inspire our lives.

"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."
- Barack Obama

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

With Gratitude,
Kimberlee, Mary, and Elyse

P.S. Keep reading to find another opportunity to win a Starbucks gift card!

Provider Offerings and Benefits

End of Fiscal Year Approaching - Submit Claims Forms!

It is that time of year again where we need to make sure that we have all claim forms for the fiscal year submitted. Second Wind Fund's fiscal year closes at the end of June. In order for us to take care of the necessary end of year tasks, we need all claim forms for the year submitted by June 30th.

Please submit claim forms to our Provider Engagement Manager via email, fax, or mail:
Mary Houlihan
Email: mhoulihan@thesecondwindfund.org
Fax: 720-962-0821
Address: 899 Logan Street, Suite 208, Denver, CO 80203

Free Consultation Calls with Stacey Freedenthal, PhD, LCSW Limited Space Available

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: May 12, 2021@
8:30 am
[Register Here](#)



Date: July 12, 2021
@ 6:00 pm
[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), 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) and a Facebook page (www.facebook.com/helpingthesuicidalperson) for additional information.

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.

Inspiration!

Mental Health Awareness Month

Mental Health of America's [Mental Health Month page](#) has additional resources as well as ideas for honoring this month.



Established in 1949, Mental Health Awareness Month was launched as a way to promote awareness of the importance of mental health and wellness.

The American Counseling Association has a collection of resources and articles specifically inspired by this month. [Click here to access.](#)

Asian Pacific American Heritage Month

Asian Pacific American Heritage Month pays tribute to generations of Asian and Pacific Islanders who have enriched American's History and are instrumental in its future



Celebrate Asian Pacific American Heritage Month this May and every day with a special PBS collection of stories that explores the history, traditions and culture of Asians and Pacific

growth and success.
[Click here](#) to learn more!

Islanders in the United States. [Click here](#) to explore.

Jewish American Heritage Month

Jewish American Heritage Month pays tribute to the many generations of Jewish Americans who have contributed and helped form the fabric of American history, culture, and society. [Click here](#) to learn more!



National Museum of Jewish American History has a fantastic collection of resources, videos, and programs. [Click here](#) to explore.

Resources and Continuing Education Opportunities

March Resources and Continuing Education Opportunities

[A Path Forward: A Virtual Roundtable with Stop AAPI Hate](#)

Tuesday, May 11, 4:30 PT

Join Stop AAPI Hate for a virtual event about the coalition and how we can address the root causes of racism and xenophobia in our communities.

Moderated by journalist Melissa Hung, this event will feature a conversation with Stop AAPI Hate leadership, including the following representatives from the coalition's three founding organizations:

- Cynthia Choi, Chinese for Affirmative Action
- Russell Jeung, Asian American Studies Department, San Francisco State University
- Manjusha Kulkarni, Asian Pacific Policy and Planning Council

[Roadmap to Resilience](#)

FREE e-book that you can share with your clients to support them in their journey and to help them cope with ongoing adversities and losses.

[Tips When Working with Unaccompanied Minors from Guatemala, Honduras, and El Salvador](#)

Comprehensive mental health services for unaccompanied minors should consider the context of immigration among Central American youths, migration trauma, common emotional and behavioral reactions by development stages after experiencing traumatic events. This product provides evidence-based tips and strategies to bolster resiliency and promote psychological recovery among unaccompanied minors during the therapeutic encounter. The factsheet also includes psychosociocultural considerations for clinicians working with Hispanic unaccompanied minors and their families.

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](#).

The next upcoming training is June 30th, 2021 from 8:00 to 5:00. Please [click here](#) to fill out the application for this training. These do fill up fast!

Intervention of the Month

[Self Awareness Workbook](#)

A free downloadable workbook to use with teens to help them explore more about themselves. There are opportunities for self-reflection in addition to opportunities to engage with others.

Second Wind Fund Related News and Updates

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

Empowerment Summit with the Denver Broncos

[The Empowerment Summit Digital Learning Series](#) hosted by the Denver Broncos provides opportunities for high school student-athletes who identify as female in Colorado and beyond to access virtual resources for personal and professional development. Our goal throughout this series is to equip students with skills and tools that will benefit them for years to come, and expose them to strong, female role models.

Second Wind Fund was asked to contribute and discuss stress and mental health. We created a four-part series to be released each week this month to honor Mental Health Awareness Month. The final week, we will be hosting a live Zoom session. The videos are free to access and any teen could benefit from watching them. However, the live session has been limited to female identifying teens/youth. If you have any client who could benefit from the live session, please have them register at this link:

dbron.co/mentalhealth

If registered early enough they will also receive a free goodie bag!



MENTAL HEALTH AWARENESS MONTH SERIES



Mary Houlihan
Provider Engagement Manager
mhoulihan@thesecondwindfund.org

Devoted entirely to you as providers, the Provider Engagement Manager's role is to recruit new providers, support you all as dedicated providers, and devise ways to better support you all. Mary will be your primary contact within the Program Department. When you have a question or need to submit a claim form, please reach out to Mary directly. Also, always feel free to share your thoughts and feedback with Mary.

[If you ever are not sure who to reach out to for support, please email: 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: How has working in suicide prevention shaped you as a person?

[Chris Weiss - Executive Director](#)

"Working in suicide prevention for the last few years has helped cultivate a tremendous amount of gratitude."

[Kimberlee Bow - Program Director](#)

"Being a therapist was and still is such a joy for me because not only to I get to help people, but I get to build relationships with people. In the process they grow, but I am also changed by the process as well. Suicide prevention work feels similar in that it draws me into relationships with people in a different way, forever connecting me with my own humanity but many others as well."

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

"Working in suicide prevention has shaped my awareness of the emotional needs of those around me. I am hyperaware when someone is showing signs of distress and have made it a habit to check in on my friends and family to make sure they are ok. You never know when it will save a life."

[Mary Houlihan - Provider Engagement Manager](#)

"Growing up in a home experiencing mental health challenges, but never talking about them openly, has drawn me to this work in suicide prevention; I hold the hope that the more we normalize communicating needs and allowing for spaces for needs to be heard, the better off we are towards building a brighter future."

[Elyse Baumgardner - Referral Specialist](#)

"Working in suicide prevention has made me significantly more empathetic, and has prompted me to nurture my own mental health on a day to day basis."

We invite you to join us in answering a question to be entered into a drawing for a Starbucks gift card.

How was being a therapist shaped you as a person?

Respond to this email and you will be entered in the drawing. We look forward to hearing from you!

Our mailing address is:
899 Logan Street Suite 208

Denver, CO 80203

Would you like to change how you receive these emails?

Please [update your preferences](#) or [unsubscribe from this mailing list](#).



Facebook



LinkedIn



Youtube



Instagram