May Inspiration and Updates

Mental Health Awareness Month

Established in 1949, Mental Health Awareness Month has grown to be an important way to promote the importance of mental health and wellness.

Asian Pacific American Heritage Month

Asian Pacific American Heritage Month pays tribute to the many generations of Asian and Pacific Islanders in the United States whose traditions and culture of Asia play an integral role in the nation’s history and are ever important in our future growth and success.

Celebrating our Pacific Islander Heritage: A TED talk with a special PBS news feature explores the history, traditions and culture of Asian and Pacific Islanders in the United States.

Asian American Heritage Month

Click here to learn more.

National Museum of American Jewish Heritage

Jewish American Heritage Month is a time to explore.

Celebrating our Jewish Heritage: Explore the National Museum of American Jewish Heritage.

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

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

Visit the Current QRS webpage along with the updated Spanish Documents to access the library and begin learning.

Tell Us What You Need

If you have any specific ideas on handout that you would like to see, please let us know so that we can incorporate the feedback.

Second Wind Fund is always looking for ways to support you during the referral process.

Tell Us What You Need

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

With Gratitude,

Kimberlee, Mary, and Elyse

All of these newsletters are now being posted on our webpage along with the updated Spanish Documents.

We have added a couple additional questions to the referral form to help us better understand the need.

Updated Authorization for Release/Waiver of Liability and Referral Form

As usual, they will continue to be attached to the referral but are also available on the updated version of Authorization for Release/Waiver of Liability and Referral Form.

We are in the process of updating all of our documents. We have just released the Updated Spanish Documents.

Here are three new releases:

- Interviewing A Provider
- Finding A Good Fit
- 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.

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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!

Elyse Baumgardner
Referral Specialist
ebaumgardner@thesecondwindfund.org

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.

Feedback About Making Referrals

We would love to hear any feedback about how Second Wind Fund works! Feel free to explore our website or reach out to program@thesecondwindfund.org

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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 do I get to help people, but I get to build relationships with people. It's the reason why I do what I do. I am also challenged 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 may 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 reflect on my own mental health on a day to day basis."

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