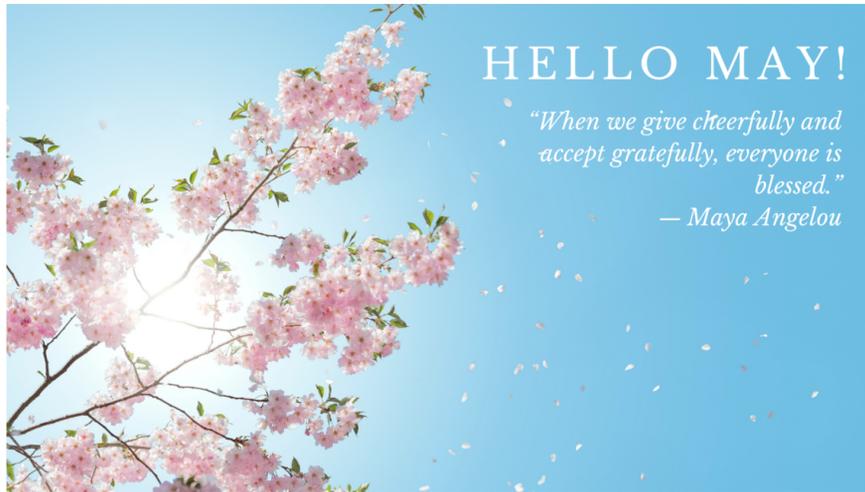


Second Wind Fund

YOUTH SUICIDE PREVENTION

May Inspiration and Updates



Hello Qualified Referral Sources!

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 QRS](#) 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!](#)

Tell Us What You Need

Second Wind Fund is always looking for ways to support you during the referral process to make it easy for you and the families. As you come up with ideas or hear requests from families, please let us know so that we can incorporate the feedback.

Family Handouts - Released!

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 three new releases:

- Credentials
- Finding A Good Fit
- Interviewing A Provider

More will be released in the coming weeks. You can find them on the Current QRS page. If you have any specific ideas on handout that you would like to see, please let us know.

Updated Spanish Documents

We are in the process of updating all of our documents. We have just released the updated version of 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 Current QRS website.

Updates to the Referral Form

We have added a couple additional questions to the referral form to help us better match the youth with providers.

- The initial questions on the first page of the referral form have been modified to help with clarity and help identify the specific need for the youth.
- Does the youth belong to a military family or are they currently part of the military?

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.

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



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

Resources and Continuing Education Opportunities

Cams-care.com Events and Webinars

Dr. Jobes, one of the world's leading suicidologists and developer of CAMS, makes available live and on-demand several educational events that support your knowledge of suicide prevention. Here are some examples of events that can be accessed on-demand:

- Adolescent Suicide Prevention
- Hidden Lesson from Black Suicide Science
- Suicide and Communities of Color

[Click here](#) to access the library and begin learning.

Racial Equity Support Line

The [Racial Equity Support Line](#) is a service led and staffed by people with lived experience of racism. They offer support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues. This line is available weekdays from 10am to 7pm, Pacific Standard Time.

Phone Number: 503-575-3764

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.

Second Wind Fund Related News and Updates

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.

Anyone who submits feedback by May 25th will be entered into a drawing this month for a Starbucks gift card!

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.



MENTAL HEALTH AWARENESS MONTH SERIES

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.

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: 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 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 nurture my own mental health on a day to day basis."



Our mailing address is:

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