

# Second Wind Fund

YOUTH SUICIDE PREVENTION

## June Updates and Offerings



### Hello SWF Providers!

Welcome to June.

School is out and summer is here! The Summer Solstice is right around the corner and for those of us in the Northern Hemisphere, the Earth is mostly toward the Sun. More specifically, the Sun is directly overhead at noon 23.5 degrees north of the equator at the Tropic of Cancer. The word "solstice" comes from the Latin words sol (sun) and sistere (to stand still) which highlights what happens at the solstice. The Sun's rays and the plane of the Earth's equator appear to stand still. The solstice has been celebrated by many cultures around the world for a long time. For example:

- The ancient Egyptians celebrated it as their new year because the solstice coincides with the Nile River rising.
- In previous centuries, the Irish would cut hazel branches on the eve of the solstice to use in searching for gold, water, and precious jewels.
- In Sweden, Midsummer is one of the most celebrated holidays in the country.

No matter how you celebrate your start to Summer, we hope that you find something wonderful out of the start of the new season!

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

- PTSD Awareness Month
- Pride Month
- National Children's Day
- Father's Day
- Summer Solstice

This month we are invited to not only continue with our advocacy work as mental health professionals, but also remember those who make a difference in our lives.

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!](#)

### **End of Fiscal Year Approaching - Submit Claims Forms ASAP!**

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](mailto:mhoulihan@thesecondwindfund.org)  
Fax: 720-962-0821  
Address: 899 Logan Street, Suite 208, Denver, CO 80203

### **Provider Monthly Availability - Check Your Inbox!**

In an effort to ensure that we have your most updated availability, at the beginning of each month you will be receiving a two question form by email where we kindly ask that you let us know if you are currently taking on new clients.

We truly want to support both you and the youth referred to SWF. If we have your availability, then we won't refer youth to you until you are ready for new clients which will help cut down on phone calls. Plus the youth and families who reach out will be able to get support faster because they are not hearing that someone doesn't have availability.

Thank you for your help!

P.S. If you plan to be out of your office for Summer vacation, please let Mary know so that we can temporarily take you off referral lists during that time period.

Email: [mhoulihan@thesecondwindfund.org](mailto:mhoulihan@thesecondwindfund.org)

**We invite you to be entered into a drawing for a Starbucks gift card by providing feedback. What do you think about monthly emails reminders to update your availability? Would you have any recommendations for an easier way for you let us know your availability? Respond to this email and you will be entered in the drawing. We look forward to hearing from you!**

## Provider Offerings and Benefits

### **Free Consultation Calls with Stacey Freedenthal, PhD, LCSW**

#### **Limited Space Available**

We have received such great feedback from these calls! If you plan to attend, please register below [ASAP](#)

Make sure to register early if you would like to participate in the call with Stacey.



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](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.

### **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.

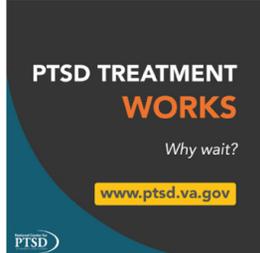
## Inspiration!

### **PTSD Awareness Month**

The PTSD Awareness Month theme for this year is about letting people know there are effective

[The National Child Traumatic Stress Network](#) is still one of the best resources for information,

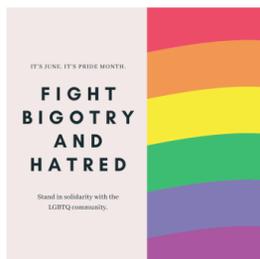
treatments for PTSD. Visit the [PTSD Awareness Month website](#) created by the National Center for PTSD to learn more.



training, and reading on trauma and children.

## Pride Month

Pride Month is celebrated to remember the Stonewall Uprising. The Library of Congress provides a clip from the documentary "Gay and Proud" showing the first Pride March! [Click here to watch.](#)



One Colorado has compiled a list of Pride events around the state. [Click here to find an event near you.](#)

## National Child's Day

In 1954 United Nations established "Universal Children's Day." Giving the official day the date of 20th November yearly, the UN General Assembly asked all countries to establish a date that they decided to promote awareness about children's rights, togetherness and improving children's welfare. The US picked June.

Why November 20?

- In 1959 the UN General Assembly adopted the Declaration of the Rights of the Child.

This year's theme is: "Investing in our future means investing in our children."

## Resources and Continuing Education Opportunities

### June Resources and Continuing Education Opportunities

[Examples of Racial Microaggressions in Therapeutic Practice](#)

Broken down into easy to visual columns, this sheet provides the type of microaggression, the definition, and an example. It is a great resource to come back to again and again.

The sheet was adapted from: Wing, Capodilupo, Torino, Bucceri, Holder, Nadal, Esquilin (2007). Racial Microaggressions in Everyday Life: Implications for Clinical Practice. American Psychologist, 62, 4, 271-286.

[Raising counselors' awareness of microaggressions](#)

While written in 2016, this article still rings true and provides great reminders about how microaggressions can surface. The article also lets us hear directly from people who have been impacted by microaggressions.

[Implicit Bias and Microaggressions: the Macro Impact of Small Acts](#)

A great talk given by Professor Derald Wing Sue of Teachers College, Columbia University at Stanford University. Dr. Sue talks about their work on microaggressions. Professor Sue studies the psychology of racism and antiracism; cultural diversity; and cultural competence.

### 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

[Learn Acceptance and Commitment Therapy](#)

Inspired by the most recent consultation call with Stacey Freedenthal, PhD, LCSW, this series of videos walks you through learning more about Acceptance and Commitment Therapy without having to purchase the book they are associated with for free. The link above is from the YouTube search that pulled all the videos up for viewing. The videos to focus on are the ones posted by New Harbinger.

## 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.



### MENTAL HEALTH AWARENESS MONTH SERIES



Second Wind Fund was asked to contribute and discuss stress and mental health. The four part video series is free to access on-demand and any teen could benefit from watching them.



**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 do you celebrate the start of Summer?

[Chris Weiss - Executive Director](#)

"To kickoff Summer, I thoroughly enjoy setting up the backyard for a season of BBQs and optimal relaxation!"

[Kimberlee Bow - Program Director](#)

"When Summer comes around, I am so ready for it to be light later in the day so that I can be outside as much as possible. With it being my son's first Summer, we are going to have to find as many new adventures as possible."

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

"This year, we'll be kicking off the summer by setting up our stock tank pool and finishing our outdoor space that we started working on last year. We also just adopted a dog, so we'll be enjoying Summer evenings outside with him."

[Mary Houlihan - Provider Engagement Manager](#)

"I start to plan whether my dog, Shylo, is getting her long walks early in the morning or in the evening because her fur gets her too hot to exercise in the middle of the day!"

[Elyse Baumgardner - Referral Specialist](#)

"I celebrate the start of summer by going on a long hike and a picnic with my dog!"

**Our mailing address is:**

899 Logan Street Suite 208  
Denver, CO 80203

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