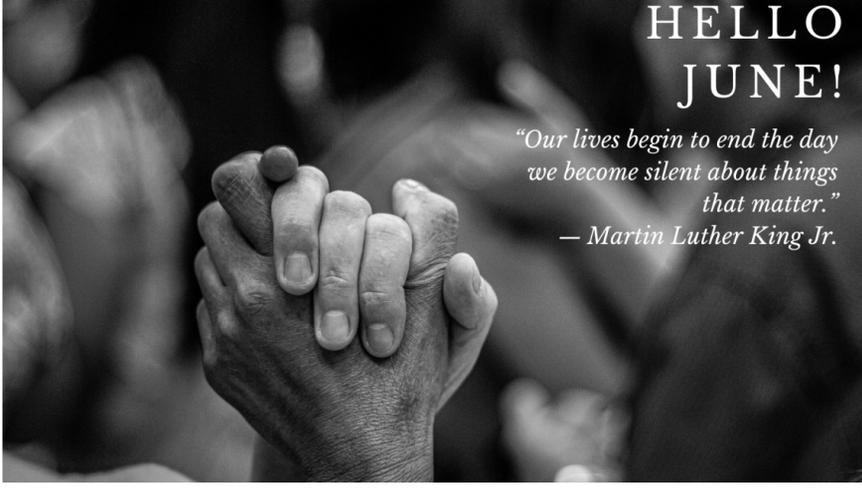


# Second Wind Fund

## YOUTH SUICIDE PREVENTION

### June Inspiration and Updates



#### Hello Qualified Referral Sources!

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 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!](#)

#### Time for Some Summer Self-Care!

Second Wind Fund is always looking for ways to encourage self-care. You work hard all year long and Summer seems like a great time to remember to rejuvenate and connect with others. So instead of an information download, we are opting to instead send you wishes for a wonderful Summer!

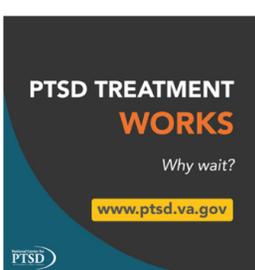
**Let us know how you plan to connect with others for the Summer! Respond to this email by June 25th and you will be entered into a drawing this month for a Starbucks gift card!**



## Inspiration!

### PTSD Awareness Month

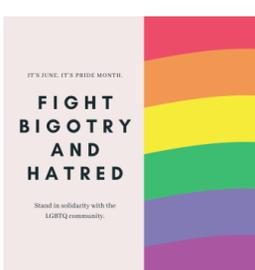
The PTSD Awareness Month theme for this year is about letting people know there are effective treatments for PTSD. Visit the [PTSD Awareness Month website](#) created by the National Center for PTSD to learn more.



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

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

### Self-Care Inspirational Videos

[A Self Care Action Plan](#)

Self-care can seem like a daunting task when you've already got a lot on your plate, so let's take a little time to reflect on what works best for you, and make an action plan.

[The Missing Ingredient in Self Care](#)

What happens if you push yourself too hard? What happens when your body tells you to stop yet, you keep going? Portia shares how self-care brought her back to health and it can help you too. Portia is passionate about promoting a holistic and inclusive approach to self-care that takes into consideration how cultural and social factors as well as experiences of discrimination based on identity markers (e.g. race, class, gender identity, sexual orientation) may trigger one's need for self-care and shape one's willingness--or reluctance--to engage in self-care practices. Preston has been an Assistant Professor of Public Health at Cal State Los Angeles for the past three years, and will transition to Cal State Fullerton, this Fall. Her research focuses on addressing health disparities and promoting health equity through inclusive approaches to self-care at the individual and organizational level. She earned her Doctorate of Public Health from UCLA, a Masters of Public Health in Health Behavior and Health Education from the University of Michigan, Ann Arbor, and her Bachelors degree in Cultural and Social Anthropology from Stanford University.

### 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](mailto: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.

### 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.



### Elyse Baumgardner

#### Referral Specialist

[ebaumgardner@thesecondwindfund.org](mailto: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 Aodom 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](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!"



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