

Second Wind Fund

YOUTH SUICIDE PREVENTION

July Updates and Offerings

HELLO JULY!

*"Keep your face to the
sunshine and you will not see
the shadows."
— Helen Keller*

Hello SWF Providers!

Welcome to July.

We are halfway through the year! The sun is high in the sky and the extended sunlight gives us more time to be outside. Summer vacation is in full swing and we are finding ways to connect with each other after many months of not being able to.

Rather than provide you with a bunch of information this month, please enjoy a shortened newsletter with very specific updates, requests, and offerings. We will pick back up next month with our usual newsletter when we think about transitioning back to school.

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

With Gratitude,
Kimberlee, Mary, and Elyse

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 June 30th. In order for us to take care of the necessary end-of-year tasks, we need all claim forms for the year submitted no later than the end of August. If you can submit those claims for ASAP, we would greatly appreciate it.

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

Monthly Client Availability and Insurance Updates Start This Month

Monthly Client Availability Form

Beginning this month, you will begin to receive via email your monthly Client Availability Form with two questions that we kindly ask to complete so we 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.

Liability Insurance Updates

This month we will also be implementing our new system to remind you to submit your required updated liability insurance yearly. At the beginning of the month you will receive an email asking you to directly upload your insurance to us. Super simple!

Thank you for your help!

Culture Change

We are sure that you all have noticed Second Wind Fund has been taking several steps to improve our program for you, the youth we serve, and the people who make a referrals. It is important to us that we honor and respect everyone, as you all are part of the Second Wind Fund family.

We are now asking for your support in helping to improve the program and bring about a positive culture change at Second Wind Fund.

Therapist and Practice Updates

For the past few months, we have been sending out the SWF Provider Information. This form is important because we need to have all your information up-to-date so that we are making sure to send you the proper referrals and that the families have the correct information. To those of you that have completed it already, we are extremely grateful! If you have yet to complete the form, please search your inbox and junk folder and take a moment to complete it. You will also be receiving a reach out from one of the Program Committee members to help support you through the process.

Second Wind Fund Provider Handbook

In a previous newsletter, we talked about some great resources that would be coming like the Second Wind Fund Provider Handbook. It has officially arrived and is ready for you all to read and sign! This handbook will be your go-to resource for supporting your provider experience. Everyone will receive a copy in the coming months and you will need to sign and return electronically. Super easy!

August Licensure Renewal and Continuing Education Submission

Yep! It is that time of year again when we all start thinking about renewing our licenses. Second Wind Fund will need everyone to submit a copy of their renewed license once you have renewed as part of the requirements of being a provider. We also need you to submit your relevant continuing education for the past two years, if you have not already done so.

Organizational Survey

In the coming months, we are requesting your expertise. As Second Wind Fund grows, expands, and works towards becoming a more equitable organization, we want to include the voices of everyone. We are currently crafting what this survey will look like and look forward to hearing from you!

Background Checks

The organization, with input from trusted SWF community members, has made the decision to require background checks for all of our providers. If you are a new provider who has just been onboarded, then you have likely already submitted yours. For those of you who have been with the organization for a bit, you will be required to submit a background before July 2022 in order to continue as a provider. Background checks must cover the sex offender and criminal databases and have been conducted within the last two years. Here is a website that we have found that does a good job for low cost and quickly:

<https://www.goodhire.com/personal-background-checks/>

We understand that these are asks of your time and resources, and we appreciate you being willing to help bring about this culture change. Staff and volunteers will be reaching out to you throughout this process for support and to listen to any concerns and feedback.

With all of this shared, as part of the culture change we have more to give you as well! Please make sure to read the Provider Offerings and Free Trainings for You Our Providers below because we have some fantastic opportunities and offerings for 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**

Date: July 12, 2021
@ 6:00 pm
[Register Here](#)



Date: September 23,
2021 @ 8:30 am
[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.

Free Trainings for You Our Providers!

CBT for Depression and Suicidality Taught By the Beck Institute



Learn how to elicit and respond to clients' feedback, measure progress, and prevent relapse. The third day of training focuses on identifying and assessing suicidal clients, implementing specific strategies for preventing and managing suicidal crises, and ethical issues.

Learn the fundamentals of cognitive behavior therapy (CBT) for depression and suicidality through an experiential workshop at Beck Institute. You will learn how to conceptualize depressed clients, plan treatment based on an individualized conceptualization, establish the therapeutic relationship, instill hope, and use effective cognitive and behavioral strategies to motivate clients to complete homework, modify their maladaptive thinking and behavior, and solve problems on their own.

We are tentatively planning on providing this training April 20-21, 2022. It will be a 2 day virtual training from 8:30 to 4:00 pm each day.

Envision : You LGBTQ+ Behavioral Health Provider Training Program



The Envision:You Behavioral Health Provider Training Program will introduce providers to models of identity development for LGBTQ+ individuals, while stressing the importance of affirmative behavioral health care for LGBTQ+ client populations within multicultural and intersectional contexts. To reframe the identity developments of gender and sexual minorities as normative and healthy expressions of humanity, we must acknowledge the cultural context that LGBTQ+ individuals and families exist in; it is one that has long sought to pathologize and erase them.

Working effectively with LGBTQ+ clients and family systems requires not only a re-examination of our heterosexual- and cisgender-centric assumptions, but a commitment to changing these assumptions at the personal, professional, societal, and cultural levels as well. This course is designed to teach providers how to make the vital changes required to become more conscious advocates for LGBTQ+ populations inside the consultation room, outside of it, and within their circles of influence.

We will be offering this training starting the end of July. This is a two part training. The first part is completed online at your own pace and the second part you register for an online in-person training.

Motivational Interviewing Taught by Noeticus Training Institute



Over 385 studies to date have demonstrated the effectiveness of the model at increasing client engagement, retention, compliance, and improving treatment outcomes.

We will be providing this training in September 2021. It will be a virtual training experience.

"Motivational interviewing (MI) is a client-centered collaborative style of conversation designed to strengthen a person's motivation for and commitment to change. MI is counselor-guided in that the counselor is skilled at managing ambivalence, eliciting change-talk, and honoring the client's autonomy about taking the next step toward a commonly agreed-upon goal" (Miller & Rollnick, 2010).

Resources and Continuing Education Opportunities

July Resources and Continuing Education Opportunities

[Suicide Prevention Summit](#)

Mental Health Academy (MHA) have partnered with the American Counseling Association (ACA) and the American Association of Suicidology (AAS) to bring you the 2021 Suicide Prevention Summit.

The purpose of this Summit is to equip practicing mental health professionals with the most up-to-date, advanced knowledge and treatment options on suicide prevention.

To achieve that, we've assembled 10 highly respected experts on suicide into one online specialized Summit.

Over 2 days, July 24-25, you'll have free access to all Summit sessions, live (via webinar). You will then have on-demand streaming access to video recordings until the end of September.

One of the most powerful resources we have to reduce suicide is our frontline mental health workforce. We believe that by providing mental health practitioners with global best-practice knowhow and skills, we can tangibly reduce suicide rates in North America.

We see our role as bringing global best-practice education to practitioners – for free. Your role is taking the time to learn and apply.

As we endeavor to save valuable lives, we look forward to seeing you at the online 2021 Suicide Prevention Summit.

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 July 20th, 2021. Please [click here](#) to fill out the application for this training. These do fill up fast!

Intervention of the Month

Remembering the Power of Play!

Kids, as we know, learn by playing! Playing can be so powerful, even for teens and adults. Here is an article, with ideas and techniques, to stimulate your creative juices about how you might be able to use play to support some of your clients. [Click here to read.](#)

Second Wind Fund Related News and Updates

We Are in Larimer County!

As of July 1st, we have expanded to Larimer County! We are excited to be able to support another county in Colorado. Please help us spread the word. We would love your help recruiting new providers and letting people and organizations know that we are ready to take referrals.

Please reach out to us with any questions, suggestions, or thoughts at program@thesecondwindfund.org.



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



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: If you could be a summer fruit, what summer fruit would you be and why?

[Chris Weiss - Executive Director](#)

"I would be a Papaya. During my time in the Peace Corps in Belize, I had plenty of Papaya. So good!"

[Kimberlee Bow - Program Director](#)

"Hands down a watermelon. I love being in water and a watermelon has plenty of that."

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

"I would want to be a lemon because I love warmer climates and being near the ocean. If I was a really lucky lemon, I would live on a lemon tree on the Amalfi Coast in Italy amongst the best lemons in the world!"

[Mary Houlihan - Provider Engagement Manager](#)

"I would be a pomegranate! I love the tartness and texture."

[Elyse Baumgardner - Referral Specialist](#)

"If i was a summer fruit i would be a pineapple because they are grown in beautiful, tropical places!"

Our mailing address is:

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