

Second Wind Fund

YOUTH SUICIDE PREVENTION

August Updates and Offerings



Hello SWF Providers!

Welcome to August.

It is time to think about back to school and shorter days. There always seems to be something in the air around back to school and the transition into something new and exciting. Kids will be learning new things, and teachers will have new kids to meet. Possibilities abound for all of us!

As we at Second Wind Fund look into this coming school year, we stand ready to take referrals and are beyond thankful for your tireless devotion to supporting the youth in your community. Even as we are ready to take referrals, we also are continuously learning, growing, and striving to improve our program for everyone. We hope that this year we also benefit from the possibilities abound. Our organization exists because three individuals wanted to make a difference in their community, and we still exist because counselors like you continue to carry that same heart into your work.

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 closed 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 this month, August 31st.** 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

We Need Some Updates

Monthly Client Availability Form

Beginning last month, we began to send out, via email, monthly Client Availability Forms with two questions asking 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

We have also implemented our new system to remind you to submit your required updated liability insurance yearly. At the beginning of the month your insurance expires, you will receive an email asking you to directly upload your insurance to us. Super simple!

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.

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. We will be sending a form for you to upload directly to us.

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](#)

Please join us in
September.



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.

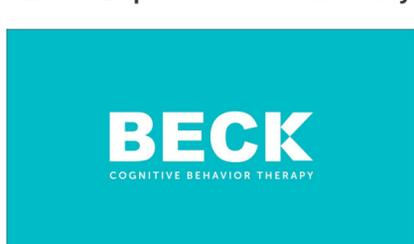
[Click here to complete the form if you are interested.](#) We will ask a few questions to understand what you are looking for in a partner and then we will take it from there.

Free Trainings for You Our Providers!

Registration for Trainings

You will be receiving a follow up email with a form to complete if you are interested in attending any or all of the below trainings. Keep an eye on your inbox!

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.

This training will be 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

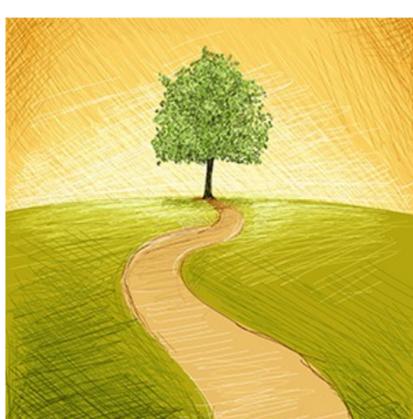


The Envision:You Behavioral Health Provider Training Program will introduce providers to models of identity development for LGBTQ+ individuals, while stressing the importance of affirmative behavioral health care for LGBTQ+ client populations within multicultural and intersectional contexts. To reframe 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.

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



“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).

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 or October 2021. It will be a virtual training experience.

Resources and Continuing Education Opportunities

July Resources and Continuing Education Opportunities

[Suicide-Focused Assessment and Treatment: An Update for Professionals](#)

Offered by McLean Hospital and the Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine.

The suicide rate has increased significantly over the past two decades, with nearly 50,000 people currently dying from suicide in America each year.

To respond to our field's most pressing clinical challenge, national suicide experts will present the most recent, cutting-edge advances in suicide-focused assessment and treatment using a comprehensive online syllabus.

Sign up now for this free session. Optional continuing education credits (CME, CEU) are available.

Objectives

Upon completion of this activity, participants will be able to:

- Identify current risk factors, including recognizing the vulnerability of special populations and older adults
- Utilize current methods of assessment, such as classifying suicide risk and formulating approaches to crisis care
- Apply newer approaches to suicide assessment
- Evaluate the newer treatments—such as ketamine, transcranial magnetic stimulation (TMS), and cognitive therapy—their impact on improving outcomes

[An Update on the Latest Treatment Strategies for Suicidal Adolescents and Parents/Caregivers](#)

Suicide is a significant public health problem in the United States and remains the second leading cause of death among high school teens 14 to 18 years. Between 2009 and 2018, suicide rates for those 14 to 18 years old increased by 61.7%, from 6.0 to 9.7 per 100,000. In addition to deaths by suicide, there are many more who make a suicide attempts or struggle with suicidal ideation. Misuse of alcohol and drugs significantly increases the risk of suicidal behavior in adolescents.

In this 90 minute event, Dr. Spirito will overview the role of substance use in adolescent suicidal behaviors. He will describe the core treatment techniques for suicidal adolescents that cut across evidence-based practices with the strongest data, including those that integrate substance use treatment strategies for suicidal adolescents and their parents/caregivers.

Learning Objectives

By the end of this of this presentation, participants will be able to:

- Name three core treatment techniques for suicidal adolescents who misuse alcohol and drugs
- Name three core strategies for parents of suicidal adolescents
- Describe two specific strategies for integrating substance use treatments into suicide prevention protocols

You can receive 1.5 hours of NBCC Credit through Portland DBT Institute for attending this event. Next steps on how to receive credits will be emailed to you following the event. To make sure you receive next steps, please register.

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](#).

Intervention of the Month

Bring on the Music!

The creative arts have such power to reach youth. This month's intervention focuses on music. Please [click here](#) for some inspiration on how to incorporate music into your work with youth.

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 are all 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



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

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: What are you looking forward to as we transition into fall?

[Chris Weiss - Executive Director](#)

"I thoroughly enjoy the changing of seasons. Watching the leaves transition in fall from greens to yellows, reds and browns is one of my favorite parts."

[Kimberlee Bow - Program Director](#)

"The cool crisp mornings, the sound of crunching leaves, and the colors."

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

"Autumn is my favorite season! I love the weather cool-down, the smells, the tastes, the colors, and getting ready for the upcoming holidays....oh, and my birthday is always a nice bonus."

[Mary Houlihan - Provider Engagement Manager](#)

"I am looking forward to crisp air and making more hearty meals."

[Elyse Baumgardner - Referral Specialist](#)

"I'm looking forward to cool weather and Halloween!"

Our mailing address is:

899 Logan Street Suite 208

Denver, CO 80203

Would you like to change how you receive these emails?

Please [update your preferences](#) or [unsubscribe from this mailing list](#).



Facebook



LinkedIn



Youtube



Instagram