



Second Wind Fund E-Newsletter

News and Notes About the Second Wind Youth Suicide Prevention Program

August 2006

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Dear Jeff,

Welcome to the Second Wind Fund, a Fund of The Jefferson Foundation. In our inaugural e-newsletter, we cover the basics of our organization and our current projects. Future letters will include more specialized articles.

5th Annual Second Wind Fund Walk/Run/Ride

Blockbuster Community Event Presented by Front Range Bank and St. Mary Land & Exploration Company

"Electric."

"Fun for my whole family."

"Personally transformative."

"Unforgettable."

As we begin planning our 5th annual fundraiser coming up this year on **Sunday, September 24**, we recall these words of our participants that attended last year's walk/run event. One by one, organizations and individuals in the community have stood up to unite for our youth in their struggles with the difficult and complicated issue of suicide.

Your collective efforts have transformed what began in

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2002 as a virtually unnoticed neighborly gesture to now become the largest single fundraising event (1,400 people last year) in the nation exclusively dedicated to teen suicide prevention. With a day of fun activities centered around two minutes--white homing doves circling over an enormous, silent crowd--it truly was an electric, unforgettable, and for some, even a transformative event.

Several new elements to our fundraising event will make it better than ever:

- First, **Denver Mayor John Hickenlooper** will be headlining our list of speakers, which will also include **Lakewood Mayor Steve Burkholder**, back for his fourth year of speaking and running, and **Jeffco Superintendent Dr. Cindy Stevenson**.
- We will also be hosting our first ever **bike ride**, a noncompetitive family ride, where participants can choose either our 1-mile or 3-mile course.

We are also keeping many favorite elements from previous years for our participants:

- **a free lunch for all, including choices of BBQ burgers or hot dogs, a taco bar from Jose O'Shea's, or sandwiches from Atlanta Bread Company;**
- **massages on demand** from the Colorado School of Healing Arts and Massage USA;
- **a live concert;** we have a new band this year—the soulful and mega-talented **Tempa and the Tantrums**.
- **a kids' activities tent and the gourmet Good Stuff ice cream truck;**
- **Shellene Cockrell** as our emcee;
- and, of course, **free t-shirts for all** participants.

Our participants still get all of this for **just \$10 for students**, \$25 for adults, or the fee waived is waived if you bring \$40 in pledges. **Please note that registration fees will be \$5 more if you register the day of the event**, so we are encouraging everyone to pre-register. Folks can pre-register online at our website, www.thesecondwindfund.org, or by filling out the brochures and sending them in.

Second Wind Fund, A Unique Model Program

Filling a Niche in Suicide Prevention

The mission of the Second Wind Fund is to reduce the incidence of youth suicide by removing financial barriers to treatment for at-risk youth.

Suicide prevention experts and clinicians from around the nation continue to say that no one else is doing what Second Wind is doing. While other suicide prevention organizations offer critical awareness and

education programs, and mental health agencies offer treatment services to uninsured and underinsured youth, **Second Wind Fund stands alone as being the only suicide prevention organization dedicated exclusively to providing efficient, free, high quality treatment services for the many uninsured and underinsured kids struggling with suicide-related issues.**

To date, 324 kids have been referred through the Second Wind Fund, with more than 85% of the kids referred in the past two school years. Kids served from our home office come from the Colorado counties of Jefferson, Adams, Denver, and Park Counties, but kids are also served through our affiliates in nearby Douglas County, as well as in Boulder, Colorado Springs, and Grand Junction.

Why is this program so needed?

The fact that as many as one quarter of teens have thoughts of suicide in any given year, according to several studies, is a major factor. However, mainly, it's because both federal and state governments have under-funded mental health agencies during a time when employers' health insurance plans, particularly mental health coverage, have been cut back considerably. Kids at-risk for suicide sometimes must wait weeks or more to receive any mental health treatment. Meanwhile, extraordinarily busy school staff, often-bewildered and anxious parents, and friends are left to try and support kids in the best way that they know.

Often, family and school support is loving and helpful--but sometimes it is not enough. Suicidal ideation can be so powerful, and is such a complex and delicate issue, that there is often no substitute for professional intervention. Clinical help is needed--in addition to family and other social support--to give a "second wind" to a kid who is struggling through his or her worst times and has not realized that they can return to a healthy state of mind.

This "perfect storm" of increasing numbers of teens experiencing suicidal thoughts, less private coverage, and cutbacks to mental health agencies, sometimes leaves kids, their families, and schools nowhere to turn for professional help. Second Wind, offering from 8 to 20 professional counseling sessions for students, fills that gap in services.

The program, designed by Dr. Marjorie Laird (Worley) and her husband and former Second Wind Fund Board Member Bob Worley, utilizes a simple paperwork scheme that allows school counselors to quickly receive referrals and arrange appointments with any one of our

therapists. Therapists keep school counselors apprised of the students' progress, but bill Second Wind directly for the sessions. All Second Wind providers are licensed, appropriately insured clinicians who have experience working with teens at-risk for suicide and who work at a reduced rate.

Grantmaking Foundations Honor Second Wind with Support

Foundations Recognize Niche Served and Incredible Community Support

Picture: Lena Cazeaux (2nd from left) and Jeff Lamontagne (3rd from left) of Second Wind Fund receive Second Wind's grant from representatives from Valleylab Cares Community Grant Foundation in Boulder.

Recognizing the two main strengths of our program—our tremendous community support and the unique program niche that we fill--the following foundations have awarded Second Wind Fund supporting grants in the past 15 months. **Thank you to all of our generous supporters!**

- The Jefferson Foundation
- Jefferson Center for Mental Health/The Colorado Trust
- Rose Community Foundation
- The Denver Foundation
- The Carson J. Spencer Foundation
- Valleylab Cares Community Grant Foundation
- The Colorado Health Foundation
- Anschutz Foundation
- Foothills Mental Health Foundation
- Social Venture Partners
- Comprefcare Foundation
- Buck Foundation
- Rolling Hills Country Club Foundation
- Gambro Cares Foundation
- Kenneth Kendal King Foundation
- A donor-advised fund of the Rose Community Foundation

Second Wind Fund is grateful to these leading foundations for recognizing our work in the community and for supporting our efforts in the prevention of youth suicide.

Second Wind is especially grateful to The Jefferson Foundation (www.jeffersonfoundation.org) for its significant support in helping to launch our program these past few years.

The Second Wind Fund was also particularly honored to be awarded the first-ever grant by the Carson J.

Spencer Foundation. The grant was awarded for purposes of expanding the Second Wind Fund program into Adams County, Colorado schools. More information about the Foundation is located at www.carsonjspencer.org. Formed in early 2005, the mission of Carson J. Spencer foundation is to support programs, services and scholars dedicated to early intervention and effective treatment for people with bipolar disorder and suicidal ideation.

Program Receives Community Awards

In the past year, Second Wind has been honored by various organizations in the community. Most recently, **our program's co-founders and volunteers were honored at the Jefferson County Good News Breakfast**. Each year, the "Good News" committee selects organizations and individuals doing good work in the community. This year, Second Wind was honored to not only receive an annual "Good News" award, but having also won the same award in 2004, Second Wind had the rare distinction of being named an honoree two of the past three years!

Other awards received by Second Wind Fund have included the following:

- **Parents and Communities Connecting Together (PACCT)**, Inaugural Asset Builder of the Year Award.
- **City of Lakewood**, September 12, 2004, deemed "Second Wind Fund Day" in the city.
- **Lakewood Foothills Rotary Club**, selected Jeff Lamontagne, Co-Founder and Executive Director, as a Finalist for its annual "Business Person of Character" award.
- **9News Cares**, nominated Scott Fletcher, Co-Founder, for its "9Cares Award."

Second Wind, By the Numbers

7—Colorado's state rank in per capita suicide rate.

90+—The number of years Colorado has ranked somewhere in the top half of all states in terms of per capita suicide rate.

30-40—Colorado's typical state rank in funding mental health programs.

25%--Approximate fraction of Colorado teens that have more than passing thoughts of suicide in a given year.

50%--By some estimates, fraction of Colorado kids that are either uninsured (and not on Medicaid) or underinsured (finances are a significant impediment to family paying copays or deductibles for mental health treatment).

200,000—Approximate number of middle schoolers and high schoolers in Denver metro area.

25,000—Based on above estimates, approximate number of kids just in the Denver area who qualify for Second Wind services—if they all came forward about their suicidal thoughts and all school officials understood and fully utilized the program.

324—number of kids referred through the Second Wind in Colorado.

226—number of Jeffco kids referred through Second Wind.

\$360—average program cost for course of therapy for one Second Wind client.

\$1,200—maximum cost, in unusual cases, for kids referred through Second Wind.

66%--the percentage of kids that follow through on their Second Wind referrals at some point. This number is disappointingly low but on a par with or higher than many government-funded mental health centers.

66—Number of participants at the 2002 walk/run fundraiser.

1,400—Approximate number of participants at the 2005 walk/run fundraiser.

4.5—According to recent research, the average number of counseling sessions that is needed to move a teen away from thinking about suicide as a viable choice.

0—Other organizations anywhere offering the same services as Second Wind.

0—Number of suicide attempts after treatment among youth that have followed through with our program services.

Array of Prizes for Second Wind Walk/Run Participants

Trip to Molokai Headlines Long List of Interesting Prizes

For the first time ever, we have major prizes for top pledge-earners at our walk/run/ride this year. The top

pledge-earning prize (minimum \$5,000) is a **week at a luxurious Molokai, Hawaii, condo, including two round-trip tickets to get there!** Other pledge-earning prizes will include a week in Winter Park and a weekend stay in exclusive Cherry Creek. Both of these trips will have gift certificates and other pieces associated with them.

Additional prizes will also be available for 4th and 5th place pledge-earners. Top runners will receive gifts from Runners' Roost-Lakewood and other prizes.

Once again this year, we're proud to offer additional prizes to all participants who raise \$100 or more in pledges, including a meal at Baja Fresh, a mug and smoothie from Jamba Juice, and personal pampering at Complete Health Care Services.

Major prizes will also be awarded to teams as follows:

School with largest team--30 Rockies tickets
School with 2nd largest team--2 hours of open free service from The Good Stuff Ice Cream Truck
School with 3rd largest team--Two hours of paintball or airball at The PARC for up to 30 participants
Business with largest Team--4' x 10' full- colored digitally printed banner by Signs by Tomorrow
Business with 2nd Largest Team--One two- hour seminar from Playmore on working playfully and effectively, for up to 100 people
Business with 3rd Largest Team-- Ergonomics/Work Safety Lecture for your company, from Complete Health Care Services
Largest Team from Large (300+) Church-- High-end carpet cleaning from Heaven's Best
2nd Largest Team from Large (300+) Church--Second Wind Green Team fall cleaning at your church for 3 hours!
Largest Team from Large (300+) Church--High-end carpet cleaning from Heaven's Best
2nd Largest Team from Large (300+) Church- -Second Wind Green Team fall cleaning at your church for 3 hours!
Largest Team from Small (<300) Church--Professional maintenance/refurbishment of stained glass, windows, doors, or screens, up to \$500 value
2nd Largest Team from Large (300+) Church- -A free 1-hour website consultation and 3 hours of website work from up2speed Computer Solutions

Launching of Second Wind Fund Endowment

Front Range Bank Gift Helps Ensure Long-term Vitality of Program

In the fall of 2005, the Board of Directors of Front

Range Bank, our Corporate Angel, decided to donate their personal directors' fees to Second Wind Fund. With that surprise generous contribution, Second Wind Fund began an endowment to ensure the long-term survival of the organization and the services it offers.

Although still in its infancy, Second Wind's endowment is beginning to grow. Normally, donations made "in memory of" someone will be placed into the endowment account, unless otherwise specified by the donor. Of course, others can also designate their gifts to the endowment as well, even if the donation is not "in memory of" someone.

Please contact us if you have special questions about donations to our endowment, or if you have questions about including Second Wind in your estate planning documents.

The Second Wind Fund is a 501(c)(3) organized in the State of Colorado. Thank you for your interest in our work. If you have any questions or need information about our program or upcoming event, please see the contact information below. We can immediately send to you more brochures, posters, or even yard signs announcing our event!

Sincerely,

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