



Care. Connect. Create.



**TAMMY DIEHN**  
Executive Director  
& Founder  
**2B CONTINUED**

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## Care: Definition

**Verb**

- 1 - feel concern or interest; attach importance to something
- 2 - look after and provide for the needs of

**Noun**

- 1 - the provision of what is necessary for the health, welfare, maintenance, and protection of someone or something
- 2 - serious attention or consideration applied to doing something correctly or to avoid damage or risk



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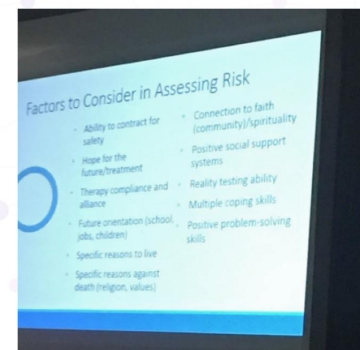
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## Care: 2018



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## Care: 2019



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## Care.

First Board Meeting held July 15, 2019

Founding Board Members:

- Dr. Kristine Knudten
- Chad Teubert
- Darlene Schmidt
- Jayme Krauth
- Renae Guetzkow
- Tammy Diehn

Goal: Continue the Conference

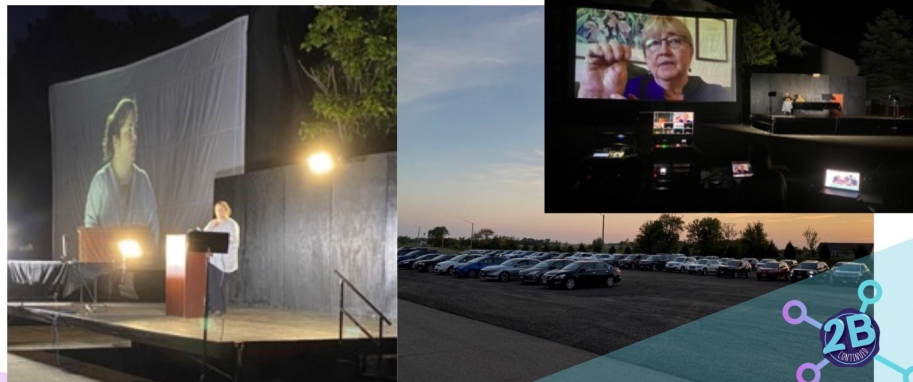
Funding: Shift from Walk to DLTS Event

Challenge: Find positive ways to interest people in such a difficult topic



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## Care: 2020 Conference



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## Care: 2021 Conference



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## Care: 2022 Conference



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## Care: Quality & Excellence



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## Care.

### Talk/Language Matters

- Safe messaging [mhmsafemessaging22.docx \(live.com\)](#)
- Suicide is complex, usually not a single reason
- Avoid sensationalism, graphic details, method

### Safety plan [Make a Safety Plan - Mental Health Minnesota \(mentalhealthmn.org\)](#)

- Pad in your folder

### Wellness plan [Make a Wellness Plan - Mental Health Minnesota \(mentalhealthmn.org\)](#)



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## Care.

### What did you "Care" about today?

- 1.
- 2.
- 3.

#### Definition:

##### Verb

- 1 - feel concern or interest; attach importance to something
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##### Noun

- 1 - the provision of what is necessary for the health, welfare, maintenance, and protection of someone or something
- 2 - serious attention or consideration applied to doing something correctly or to avoid damage or risk



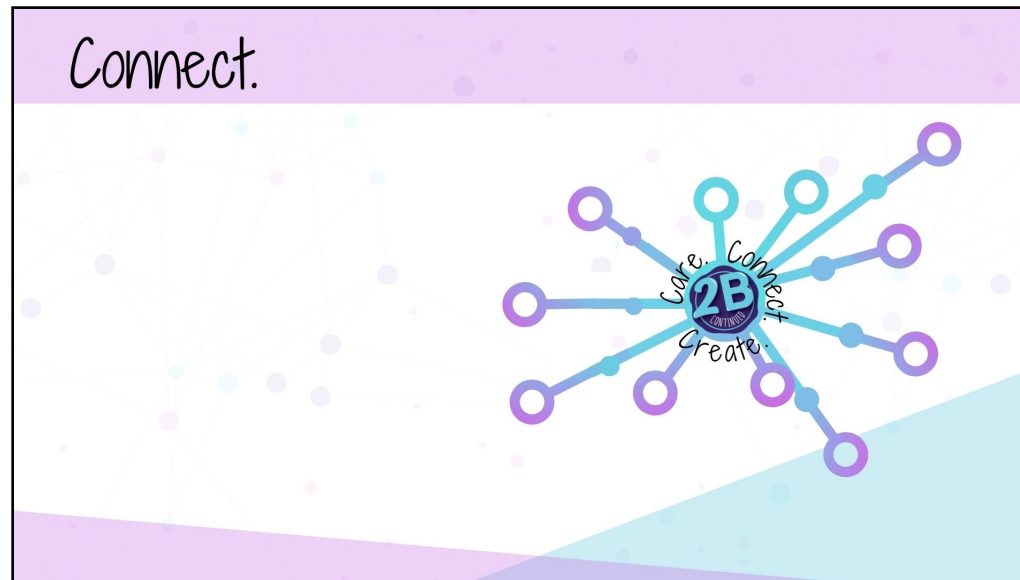
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## Connect: Definition

1. Bring together or into contact so that a real or notional link is established.
2. Join together so as to provide access and communication.
3. To provide or have a link or relationship with (someone or something)



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# Connect.

## 2B CONTINUED Tammy Diehn



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# Connect.

## Psychotherapy 101 Danielle Marti Jamie Rieser Katie Schwarz



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# Connect.

## 988 Update Emily Lindeman



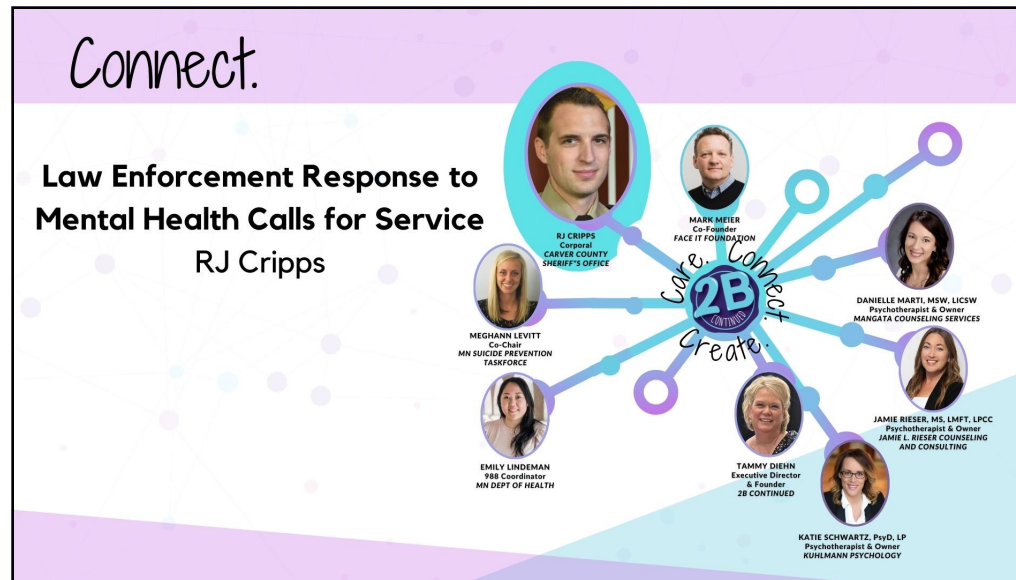
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# Connect.

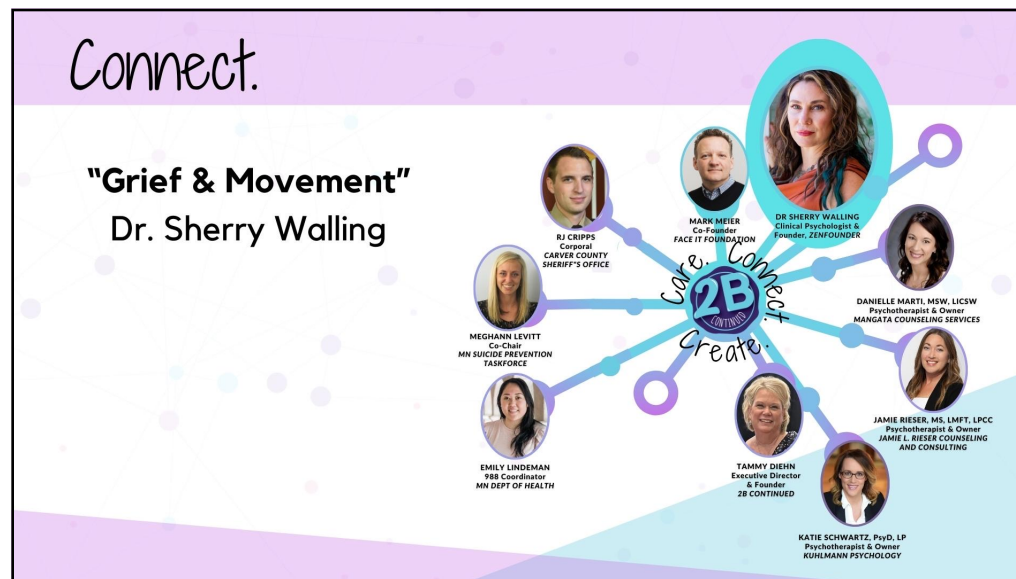
## MDH Suicide Data Brief & '23-'27 State Suicide Prevention Plan Meghann Levitt



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# Connect.

## LivinConnected

Introducing Hope



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# Connect.

## "The Sound of Being Seen"

Jenn Bostic

We will learn about  
connecting with ourselves and  
others through music

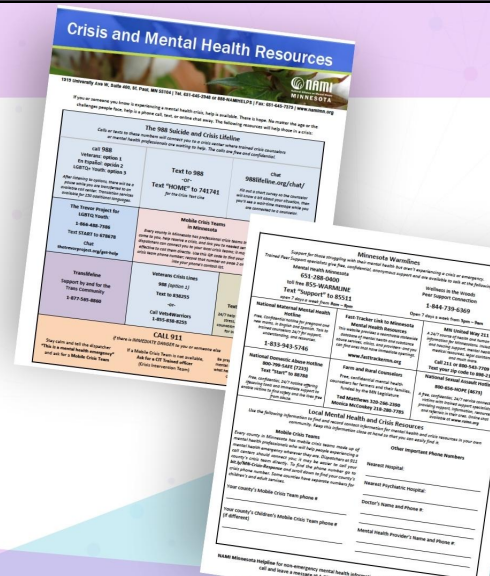


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# Connect.

## Vendors

- Resources
- Community support services
- Healthcare facilities
- Crisis services
- Gunlocks



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# Connect.

## What/Who did you "Connect" with today?

- 1.
- 2.
- 3.

Definition:

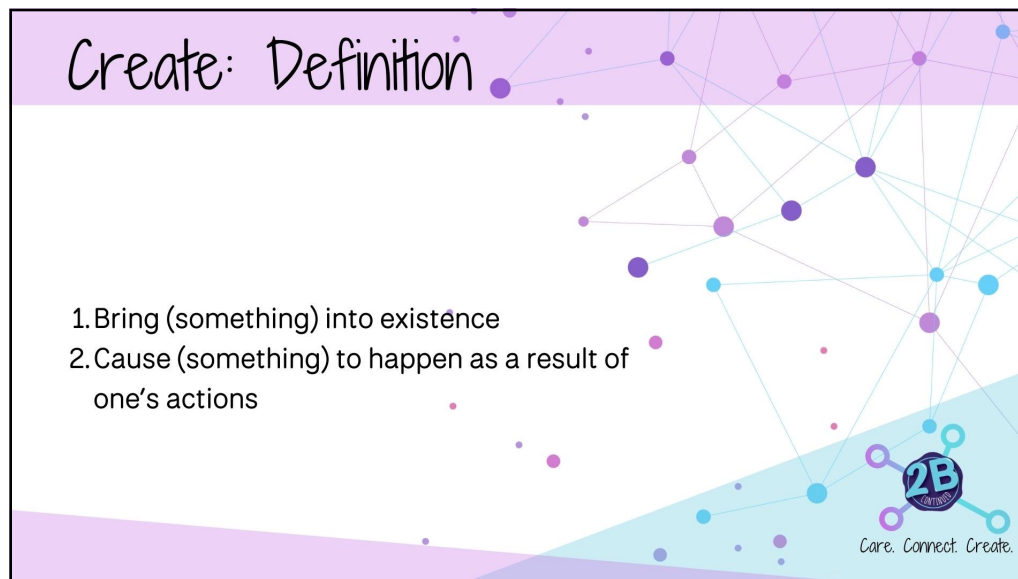
1. Bring together or into contact so that a real or notional link is established.
2. Join together so as to provide access and communication.
3. To provide or have a link or relationship with (someone or something)



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## Create.

- Knowledge and understanding
- Relationship
- Network
- Partnership
- Memory
- Inspiration
- Collaboration
- Community



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## Create.

**What did you  
"Create" today?**

- 1.
- 2.
- 3.

Definition:

1. Bring (something) into existence
2. Cause (something) to happen as a result of one's actions



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