



tMHFA

TEEN MENTAL HEALTH FIRST AID

SCHOOL PROGRAM

NEWSLETTER



2B CONTINUED Designated by the National Council for Mental Wellbeing to teach tMHFA since 2021.

ATTEND A STAFF OR PARENT INFO SESSION

This year, 2B CONTINUED is offering **online** information sessions for both staff and parents. Staff and parents from all participating schools have several date/time options to choose from. Though they will not be school specific, staff sessions and parent sessions will still be held separately.

Dates and times are listed in the right sidebar of this page.

In-person sessions tailored to your school community are still available upon request. 2B CONTINUED is required to offer these sessions before the delivery of the first tMHFA class at your school each year. Attendance is optional for staff and parents; however, we strongly encourage participation.

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- Staff & Parent Info Sessions
- tMHFA Approved for 9th Graders
- Meet the tMHFA Certified Instructors
- '24-25 Participating Schools

VIRTUAL INFO SESSIONS

CLICK A BUTTON TO REGISTER!



FOR STAFF:

Wed, August 21
1:00PM

Tue, August 27
8:00AM

Thurs, Sept 12
3:30PM

FOR PARENTS:

Wed, August 21
6:30PM

Tue, August 27
12:00PM

Thurs, Sept 12
5:30PM

OR SCAN:



tMHFA APPROVED FOR 9TH GRADERS

As indicated in our last newsletter, tMHFA is now approved for grades 9-12. The National Council for Mental Wellbeing made this change after extensive nationwide feedback and reviewing best practices from school-based mental health programs.

Since most schools in the 2B CONTINUED school program currently offer tMHFA to 10th graders, we are offering a transitional period by expanding tMHFA to both 9th and 10th graders over the next 1-2 school years, for any school that would like the course to be delivered to this lower grade level. Three schools (Central HS, Eden Valley Watkins HS, and New Ulm HS) have opted to take this approach during the '24-'25 school year, which ensures continuity without missing any students or skipping any grades.

Please contact us to discuss a customized implementation plan at your school.

MEET THE tMHFA CERTIFIED INSTRUCTORS



MELISSA BERGET



AMY GASKA



BETH OSLUND



ANNA PANNING



SHARI SALIC



EMILY SCHWARZKOPF

'24-25 PARTICIPATING HIGH SCHOOLS



BOLD



BUFFALO LAKE
HECTOR STEWART



CENTRAL



EDEN VALLEY
WATKINS



GLENCOE
SILVER LAKE



HOWARD LAKE
WAVERLY WINSTED



HUTCHINSON



LESTER PRAIRIE



MAYER LUTHERAN



NEW ULM
CATHEDRAL



NICOLLET



ST. PETER



SIBLEY EAST



SLEEPY EYE



SPRINGFIELD



WACONIA



WATERTOWN-
MAYER

AND THREE MORE
SCHOOLS PENDING!

'24-25 FINANCIAL PARTNERS

We wish to express our deepest appreciation to all of our '24-25 school program financial partners:



See you soon!

2B CONTINUED SCHOOL PROGRAM STAFF CONTACT INFORMATION:



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