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note of thanks

On behalf of the Board of Directors, I want to take a moment to express my heartfelt gratitude for your unwavering support of 2B CONTINUED throughout 2024. Thanks to your generosity, we have been able to reach over 40,000 people this past year. This report clearly illustrates the incredible impact of YOUR contribution.

This year marked a significant milestone for us — our 5th anniversary. We also celebrated the opening of our very first office space with a ribbon-cutting ceremony. These accomplishments are just a couple examples of the progress and growth we have experienced as an organization — achievements that would not have been possible without YOUR continued support.

Whether you donated financially, volunteered your precious time as a dedicated ambassador, or attended one of our events, you made a substantial contribution. Your trust and belief in 2B CONTINUED has touched countless lives in profound ways, and for that, we are deeply grateful.

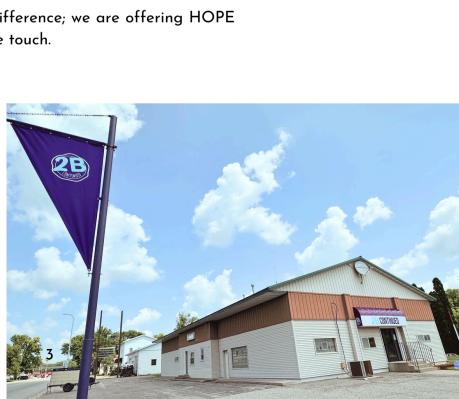
Together, we are not just making a difference; we are offering HOPE that resonates throughout the lives we touch.

With kindest regards,

Ing Chelm

Tammy Diehn

Founder & Executive Director





total reached in 2024:

40,377















2B CONTINUED is dedicated to empowering both adults and teens with comprehensive, evidence-based suicide prevention training and ongoing education.



MENTAL HEALTH FIRST AID (MHFA)

MHFA, an evidence-based training course from the National Council for Mental Wellbeing, teaches participants how to identify, understand and respond to signs of mental illness and substance use disorders. This training teaches participants skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use challenge and help connect them to the appropriate resources.



QUESTION, PERSUADE, REFER (QPR)

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. This 2-hour course is the most widely taught gatekeeper training in the United States that teaches best practices in suicide prevention.



SAFETALK FOR AG

LivingWorks safeTALK is a 4-hour evidence-based training providing in-depth skills to recognize signs of suicide, engage someone, and ensure a connection to safety. Participants aged 15 and older learn how to reach out to someone thinking about suicide and help them keep safe by promptly connecting them to further support.





training day

On June 12, 2024, we held our 5th annual Training Day, a collaborative effort bringing together 60 professionals and community members. The day featured a series of complimentary suicide prevention trainings: Question, Persuade, Refer (QPR), Youth Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), Counseling on Access to Lethal Means (CALM), and Naloxone training.

This diverse training lineup aimed to equip participants with a comprehensive set of skills and knowledge, fostering a community that is well-prepared to address mental health challenges and promote well-being.

continuing ed conference

In September, our 4th Annual Suicide Prevention Continuing Education Conference for Professionals, "Awareness 2B CONTINUED Into Action," brought together 300 attendees at the Glencoe City Center. This diverse group included healthcare providers, nurses, social workers, therapists, counselors, educators, law enforcement officers, clergy, and community members united by a shared passion for mental health and suicide prevention.

A highlight of the day was keynote speaker Chris Hawkey, a renowned musician, radio personality, and mental health advocate. Chris shared his personal mental health journey in an inspiring presentation, "Fighting the Darkness by Sharing Your Light," leaving a powerful impression on attendees. His heartfelt message and music underscored the importance of openness, resilience, and connection in the fight against mental health stigma.

The conference served as an impactful platform for learning and collaboration, equipping professionals and advocates with actionable tools and insights to better support individuals crisis. With engaging in meaningful presentations and dialoaue. "Awareness 2B CONTINUED Into Action" reinforced the importance of community efforts in saving lives and promoting mental health awareness.



Chris Hawkey, keynote speaker at our Annual Continuing Ed Conference



1,714
Students Trained in 2024

What is Teen Mental Health First Aid?

Teen Mental Health First Aid (tMHFA), from the National Council for Mental Wellbeing, teaches teens in grades 9-12 how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.

participating high schools in 2024

































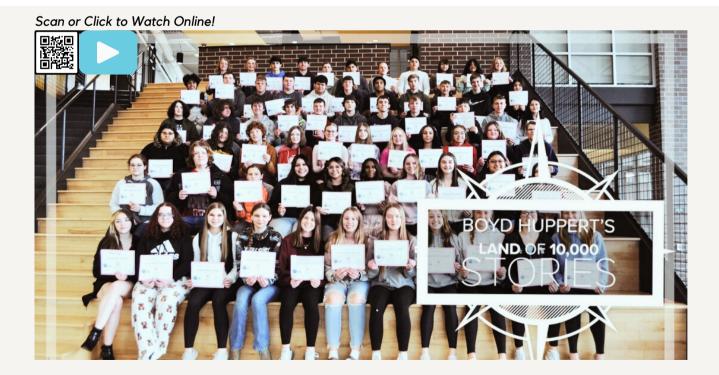
featured on Boyd Huppert's "Land of 10,000 Stories"

Teen Mental Health First Aid (tMHFA) is making waves in our community and beyond, equipping young people with life-saving skills to recognize and respond to signs of mental health challenges among their peers. Developed by the National Council for Mental Wellbeing, tMHFA is delivered over seven sessions by certified instructors and has been a cornerstone of 2B CONTINUED's efforts to promote mental health awareness and suicide prevention.

In May of this year, tMHFA achieved a significant milestone when it was featured on Boyd Huppert's acclaimed **Land of 10,000 Stories** segment on KARE 11. The feature highlighted the program's transformative impact on teens in our eight-county service area, showing how it fosters empathy, confidence, and readiness to help among students.

Since its launch in 2021-22 in 2 schools, tMHFA has expanded dramatically to 16 schools in 2023-24. We are now planning on 20 schools for the 2024-25 school year. The feature by Boyd Huppert underscored not only the growing need for mental health education but also the program's power to change lives.

The segment included powerful testimonials from students who've completed the training, sharing how they've learned to approach conversations about mental health with compassion and how they now feel empowered to connect peers in crisis with trusted adults or professional help. These stories affirm that education is a critical tool in breaking the stigma surrounding mental health and preventing suicide.







13,500 Reached at Parades



75 Enjoyed our Silent Disco Party



750 Yard Signs Distributed



2,000 Reached at Gaylord Eggstravaganza Weekend



1,000+ Gun locks distributed



6,500 Reached at County Fairs



2,500 Enjoyed Dancing Like the Stars



300 Danced at our Holiday Glow Party Arli-Dazzle Event



60 Educated at Form-A-Feed Quarterly Staff Meeting



At Our Take 5 to Save Lives Bike Run



2,500
Reached Through
Resource Tables at
Community Events



300 Walked the Scarecrow Trail at GlenFields, GRH Campus



800 Attended Legends of the Opry



P96 Reached at Community Speaking Engagements

HOPE:

Guiding Communities to Mental Health Resources

HOPE is a user-friendly chatbot designed to connect individuals with mental health resources and wellness tools. Through a collaborative partnership with our friends at the LIVIN Foundation, HOPE launched in April, 2024 at www.2BSupported.org. HOPE offers a safe, confidential space for people to access helpful information about mental health, suicide prevention, and local services. Whether you're seeking guidance for yourself or someone else, HOPE provides instant assistance and direction, empowering users to take the next step toward wellness.

With its intuitive interface, HOPE is available 24/7, ensuring that support is always just a click away. The chatbot is a valuable tool for those in need of mental health resources, offering an accessible and personal way to find immediate help, reducing the stigma around mental health conversations, and fostering a supportive community. Through a collaborative partnership with our friends at the LIVIN Foundation

ln 2024:

2,340

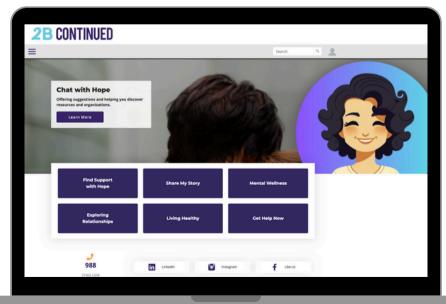
VISITED WWW.2BSUPPORTED.ORG

213

USED HOPE TO SEARCH FOR MENTAL HEALTH RESOURCES FOR THEMSELVES

125

USED HOPE TO SEARCH FOR MENTAL HEALTH RESOURCES FOR SOMEONE ELSE







Celebrating 5 years

In July, 2B CONTINUED marked a dual milestone with the celebration of our 5-year anniversary and the grand opening of our new office space in Glencoe, MN. Partnering with the Glencoe Chamber of Commerce, we hosted a ribbon-cutting ceremony to commemorate this exciting new chapter in our journey. The event brought together community members, supporters, and local leaders, offering a chance to reflect on our growth and share our vision for the future.

Our new space serves as a hub for advancing our mission of promoting mental health awareness and suicide prevention. Combining the anniversary with the grand opening was a perfect way to honor our achievements over the past five years, including the expansion of our educational programming and outreach events.

This celebration underscored the importance of community partnerships and support in making our work possible. We are grateful to everyone who joined us for this special event and look forward to continuing to make a difference together.





support groups

suicide loss support group

The Suicide Loss Support Group provides a nurturing and secure space for adult survivors grappling with the aftermath of suicide loss to come together, share experiences, and connect with others who understand the unique challenges they face. Now meeting in our welcoming office space in Glencoe, this group offers a safe haven for individuals to express their grief and begin the journey toward healing. Within this compassionate community, members find comfort in knowing they are not alone and draw strength from shared experiences. Many discover that those who have navigated the painful journey of losing a loved one to suicide often find ways to redirect their energy into transformative actions, creating positive impacts not only for themselves but also for their families and the wider community. This group serves as a vital resource, fostering understanding, resilience, and hope for those facing this unique and difficult loss.



Brooke Dingels
Support Group Facilitator

peer support for mental health



Frank Dorsey
Support Group Facilitator

Our weekly peer support group provides a safe and welcoming space for adults living with mental health concerns or symptoms of mental illness. Led by a trained facilitator with firsthand experience, the group fosters connection, understanding, and mutual support among participants. This peer-led approach empowers individuals to share their experiences in a judgment-free environment, helping them feel less isolated and more connected to others who truly understand their journey.





thank you, volunteers!

We couldn't fulfill our mission without our volunteers!







Dancing Like the Stars Participants



Legends of the Opry Participants, Musicians, and Emcees





special thanks

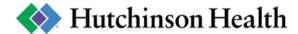
TO OUR 2024 SPONSORS, DONORS, & GRANT PARTNERS!

YEAR-ROUND PREMIER SPONSORS/DONORS

(\$7500+)

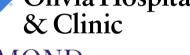














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J&R SCHUGEL TRUCKING, INC

KRATZKE FUNDRAISER EVENT

LIEN QDOBA FUNDRAISER

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MINNESOTA DEPARTMENT OF EDUCATION

PIERCE SILENT AUCTION FUNDRAISER

PLATO AMERICAN LEGION

RICE COMPANIES

RIDGEVIEW

SOUTHWEST INITIATIVE FOUNDATION

TOTAL SEED, INC

VFW POST 1783, NYA

WHITE BIRCH WIND

WINSTOCK COUNTRY MUSIC FESTIVAL

In the unfortunate event we omitted someone, it was not intentional and we appreciate your support!

GOLD (\$1500-\$2999)

Applied to Life.™

ALLINA COMMUNITY CONTRIBUTION (NUMC)

ALISSA EVENSON

AMERICAN LEGION POST 145, HOWARD LAKE

AMERICAN LEGION POST 145, HOWARD LAKE BURAU FUNDRAISER

ANONYMOUS

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BIRD ISLAND - OLIVIA COMMUNITY FOUNDATION (BIO LEGACY)

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SCHEELS

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SOUTHWEST MINNESOTA ARTS COUNCIL

VFW POST 906, HUTCHINSON

WRIGHT-HENN ELECTRIC TRUST, OPERATION ROUND UP

SILVER (\$750-\$1499)

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HAMBURG LIONS CLUB **HECTOR LIONS CLUB**

HUTCHINSON AREA COMMUNITY FOUNDATION

I'LL STILL MARRY YA, JERI ODENTHAL

KARL EXCAVATION

KRATZKE SPUDTACULAR FUNDRAISER LIFELONG VET CLINIC/LIEN FUNDRAISER

MATHIOWETZ

MCCORMICK'S FAMILY RESTAURANT

MIDWEST MACHINERY

MIKE MCGOWAN **OLIVIA LIONS CLUB**

PIERCE SILENT AUCTION FUNDRAISER PIZZA PARTY WITH POLICE, BLHS PIERCE

FUNDRAISER PRO AUTO MN. INC PRO MAINTENANCE, INC RIVER OF HOPE

ST. PAUL EV. LUTHERAN CHURCH, LESTER

PRAIRIE

THE OTHER PLACE

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WACONIA CLINIC PHARMACY

WILD OLIVE TREE WINGS INSURANCE

BRONZE (\$375-\$749)

4 SQUARE BUILDERS, INC 3M CLUB OF NEW ULM 3M VOLUNTEER MATCH A & M PROCESSING INC

AFTER BURNER AUTO BODY & TOWING, INC

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AMERICAN LEGION POST 510 & SAL SQUADRON 510,

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ANDERSON LARSON- ATTORNEYS AT LAW

ANGIE HONSTAD

ANONYMOUS X4

ARLINGTON HAUS X2

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CARPETS PLUS COLOR TILE CEDAR CREST OF SILVER LAKE CENTRAL REGION COOPERATIVE CHICK-FIL-A. CHANHASSEN CHRIST LUTHERAN CHURCH X2 CITIZENS BANK AND TRUST CO

CITIZENS INSURANCE AGENCY CITYWIDE WOOD FLOORS

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FASHION INTERIORS

FIRST DISTRICT ASSOCIATION FIRST LUTHERAN CHURCH OF HECTOR

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GAYLORD ROTARY CLUB GAYLORD SERTOMA CLUB GLENCOE CO-OP ASSN **GLENCOE LIONS CLUB GLENCOE ROTARY CLUB**

GOLDSMITH EYE CARE **GORDON & SHERRY BATES GREEN ISLE LIONS CLUB X2**

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HOME STATE BANK, WILLMAR HOMETOWN BANK

HOWARD LAKE LIONS CLUB HUTCHINSON AREA WOMEN OF TODAY

HUTCHINSON CO-OP X2 HUTCHINSON ELKS LODGE #2427 HUTCHINSON FAMILY DENTISTRY

HUTCHINSON LIONS CLUB ID SIGN SOLUTION

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JAY MALONE MOTORS

JAY ZENDER, STATE FARM AGENCY, ST. PETER &

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KLETSCHER MEDICAL CONSULTING, LLC KNIGHTS OF COLUMBUS, ARLINGTON KRATZKE ICE CREAM FUNDRAISER

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MICHAEL MELBERG

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XTREME ELECTRICAL SERVICES Y-NOT PLUMBING & HEATING, INC

17



Front Row, L-R: Jayme Krauth (Secretary), Kristen Budahn (Director), Melanie King (Treasurer), Darlene Schmidt (Vice Chairperson), Molly Heimerl (Director)

Back Row, L-R: Chad Teubert (Chairperson), Jesse Gran (Director), Brooke Dingels (Director), Tammy Diehn (Founder, Executive Director)

our staff



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FRANCK
Office Coordinator/
Administratove Assistant



ANNA
PANNING
Outreach Assistant,
tMHFA Instructor



AMY GASCA tMHFA/YMHFA Instructor



CHRISTINE
PASSIG
Media & Marketing
Specialist



BETH OSLUND tMHFA/YMHFA Instructor



EMILY SCHWARZKOPF Bookkeeper, tMHFA Instructor



BILLY MARQUARDT tMHFA Instructor



JIM STREHLKE tMHFA Instructor

View all events at 2BCONTINUED.org/events!

upcoming events

Jan 23, 2025

"The Anxious Generation" Presented by Dr. Amanda Black

Feb, 2025

Faith Community Symposium

Apr 12, 2025

Dancing Like the Stars 2025

Sept 6, 2025

Take 5 to Save Lives Bike Run

Sept 30, 2025

Annual Continuing Ed Conference

Nov 22 & 23, 2025

Legends of the Opry

