



2023 IMPACT REPORT

2BCONTINUED.ORG
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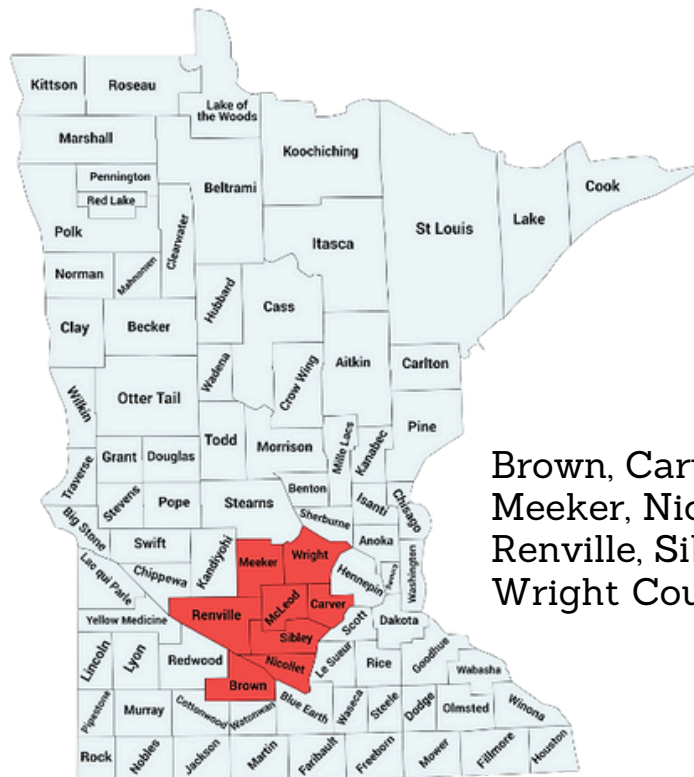


CHRISTINE PASSIG
Media & Marketing
Specialist

2B CONTINUED OUR MISSION

We're striving to increase awareness of suicide prevention, mental health & wellness through advocacy, education and outreach.

OUR SERVICE AREA



Brown, Carver, McLeod,
Meeker, Nicollet,
Renville, Sibley, and
Wright Counties

2B CONTINUED CONTENTS

EDUCATION

page 6

2B CONTINUED provides strong, evidence-based suicide prevention training and continuing education to equip adults and teens with the skills to identify, understand and respond to signs of mental illnesses and substance use disorders.

OUTREACH

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Through lively community events, the distribution of eye-catching yard signs, proud participation in parades, and the setup of engaging booths at county fairs, our outreach initiatives have made a positive mark across our service area. These efforts have successfully placed crucial suicide prevention resources directly into the hands of those who need them, amplifying our impact and fostering a community committed to mental health and well-being.

SUPPORT

page 12

Our Suicide Loss Bereavement Support Group is a supportive and safe environment for adult suicide loss survivors to share and connect with others who have also experienced the loss of a loved one to suicide.





LETTER FROM OUR EXECUTIVE DIRECTOR **TOGETHER WE CAN MAKE A DIFFERENCE**

Dear Supporters,

I want to express my sincere appreciation for supporting 2B CONTINUED in 2023. This report is a testament to the real impact of your contributions, reaching over 22,000 individuals.

Our '23 Dancing Like The Stars Show (DLTS) has provided opportunities to further expand our educational programs in schools and communities. For example, our teen mental health first aid high school program has grown from two schools in 2021, nine schools in 2022, to sixteen schools in our 8-county service area for the 2023-24 school year. Three more schools are on our waiting list for fall 2024! We now have four certified instructors on staff. While it costs about \$2,500 to teach one classroom of 30 students, the success of the DLTS Show has allowed us to offer this training at no cost to the schools, thus eliminating financial barriers to the program.

Through monthly peer support group meetings and bereavement care packets, we are continuing to offer comfort and hope to survivors of suicide loss.

Whether at one of our educational training courses, connecting with a participating dance couple, by the warmth of a yard sign message, a shout-out at a parade, or a friendly visit to our fair booth, many engaging conversations about mental health were started and helpful resource information was shared.

For the past year, we had been renting a climate-controlled storage room for our belongings while continuing to conduct business virtually from our homes. After several months of searching, we recently moved into a building with office space in Glencoe that has the potential for us to host trainings onsite. We are still working on getting settled in while managing our busy programming schedule and conducting daily operations. With the help of dedicated staff, board members, and volunteers, we are slowly getting settled. Watch for an "Open House" announcement in the coming months. We can't wait to welcome you in!

None of this would be possible without YOUR generosity and support. Thank you for believing in the importance of our mission and supporting it. No matter how big or small of a contribution you made, I can assure you, it was impactful!

Together, we are not just making a difference; we are creating heartwarming moments that echo through the lives we touch.

With kindest regards of gratitude and hope,

Tammy Diehn
Founder, Executive Director, 2B CONTINUED

OUR PROGRAMMING 2023:

EDUCATION, OUTREACH, & SUPPORT

TOTAL
IMPACTED IN
2023:

22,415



EDUCATION

SUICIDE PREVENTION TRAINING

2B CONTINUED is dedicated to empowering both adults and teens with comprehensive, evidence-based suicide prevention training and ongoing education. Our educational offerings go beyond the surface, equipping individuals with the essential skills to not only recognize but respond effectively to signs of mental distress.

Through these initiatives, we strive to create a community that is not only aware but actively engaged in promoting mental health, fostering an environment where everyone can play a role in supporting those in need.



In 2023, we trained:

187 EDUCATORS, SCHOOL STAFF,
& COMMUNITY MEMBERS



Mental Health
FIRST AID
ADULT/YOUTH

74 EDUCATORS &
SCHOOL STAFF



American
Foundation
for Suicide
Prevention

More Than Sad



411
COMMUNITY
MEMBERS



ASIST

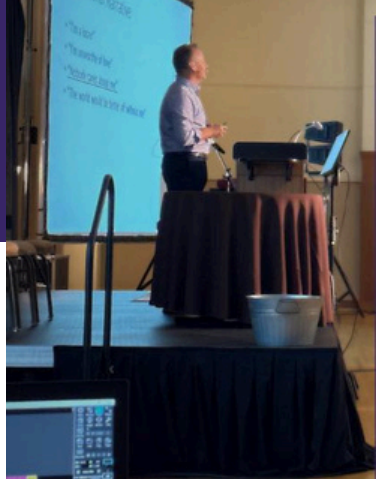
38 HEALTHCARE
WORKERS, SOCIAL
WORKERS, AND OTHER
PROFESSIONALS



73 COMMUNITY
MEMBERS

EDUCATION ANNUAL CONFERENCES

2B CONTINUED *Suicide Prevention Symposium* A TRAINING DAY FOR FAITH LEADERS



"Teaching people how to identify their emotions and learn how to be vulnerable will go a long way in preventing suicide."

~ MARK MEIER

CO-FOUNDER, FACE IT FOUNDATION

Looking back at our impactful Suicide Prevention Symposium held in February, we gathered 41 faith leaders and workers from diverse walks of faith for a Training Day devoted to a suicide prevention, providing vital knowledge and resources to those in positions of influence within faith communities, recognizing the pivotal role they can play in suicide prevention. This symposium was an invaluable opportunity for attendees to explore the critical role faith leaders can play in preventing deaths by suicide. Open to faith leaders and workers from all walks of faith, the event served as a unifying platform, fostering understanding and collaboration across diverse faith communities.

This past June marked the success of our 2nd annual Training Day, a collaborative effort bringing together 88 professionals and community members. The event featured a series of complimentary trainings, covering essential topics such as Question, Persuade, Refer (QPR), Youth Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), Counseling on Access to Lethal Means (CALM), and an array of other valuable sessions. 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.

2B CONTINUED TRAINING DAY

CONTINUING EDUCATION CONFERENCE



Care. Connect. Create.

Reflecting on the success of our 3rd Annual Suicide Prevention Continuing Education Conference in September, we welcomed a diverse audience of 280 healthcare providers, nurses, social workers, therapists, counselors, educators, law enforcement officers, clergy, and individuals passionate about mental health. This gathering served as a dynamic platform where professionals deepened their understanding and enhanced their skills in suicide prevention.



"It was by far the best conference that I have been to...It was very well put together and every presenter was wonderful!"

STEPHANIE FOGARTY DEBLOIS, LSW
SOCIAL SERVICES TEAM LEAD, HUTCHINSON HEALTH

Notably, singer/wongwriter Jenn Bostic explored the profound impact of music—whether listened to, created, or performed—in helping patients feel heard, seen, and understood. Additionally, Mark Meier (Face-It Foundation) spoke to the group about the strength peer support provides, especially for men.

EDUCATION

TEEN MENTAL HEALTH FIRST AID SCHOOL PROGRAM

Teen Mental Health First Aid teaches teens in grades 10-12 how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.



The training gives teens the skills they need to have supportive conversations with their friends and emphasizes the importance of getting help from a responsible and trusted adult. The 6-lesson course is taught in the school by 2B CONTINUED's certified tMHFA instructors.

INSTRUCTORS



MELISSA BERGET
tMHFA Coordinator
tMHFA & YMHFA Instructor



MARIAH LENZ-SCHERPING
tMHFA Instructor



BETH OSLUND
tMHFA & YMHFA Instructor



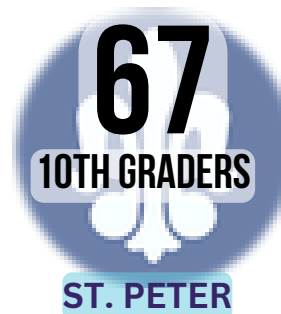
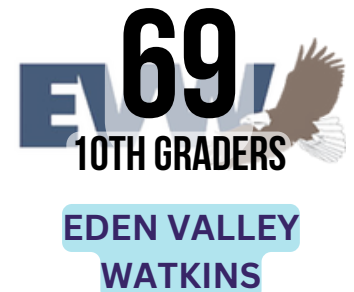
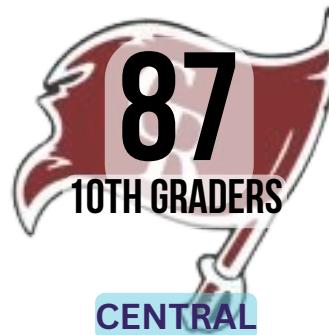
EMILY SCHWARZKOPF
tMHFA Instructor

"I love that the students had an opportunity to participate and identify ways to stop the stigma of mental health."

Rebecca Riesgraf, Waconia HS Teacher

1,364 STUDENTS TRAINED
IN 2023
PLUS **94** SCHOOL STAFF TRAINED IN
YOUTH MENTAL HEALTH FIRST AID

16 PARTICIPATING
HIGH SCHOOLS



OUTREACH



10,000+
AT PARADES



1,000
ENJOYED OUR
DANCING LIKE THE
STARS EVENT



700
YARD SIGNS DELIVERED



300
AT STIFTUNGSFEST
MOVIE IN THE PARK



250
AT CHRISTIAN
MUSIC FESTIVALS



2000
988 MAGNETS
DISTRIBUTED



75

AT OUR TAKE 5 TO
SAVE LIVES BIKE RUN



426

ENCOURAGED BY OUR CHALK
MESSAGES AT THE GRH FUN WALK



500

AT SIBLEY EAST TRUNK OR TREAT



3,700

VISITED OUR
COUNTY FAIR
BOOTH



200+

ENJOYED OUR
DUELING PIANOS
SHOW



750

HAD A ROOTIN'
HOOTIN' GOOD TIME AT
LEGENDS OF THE OPRY

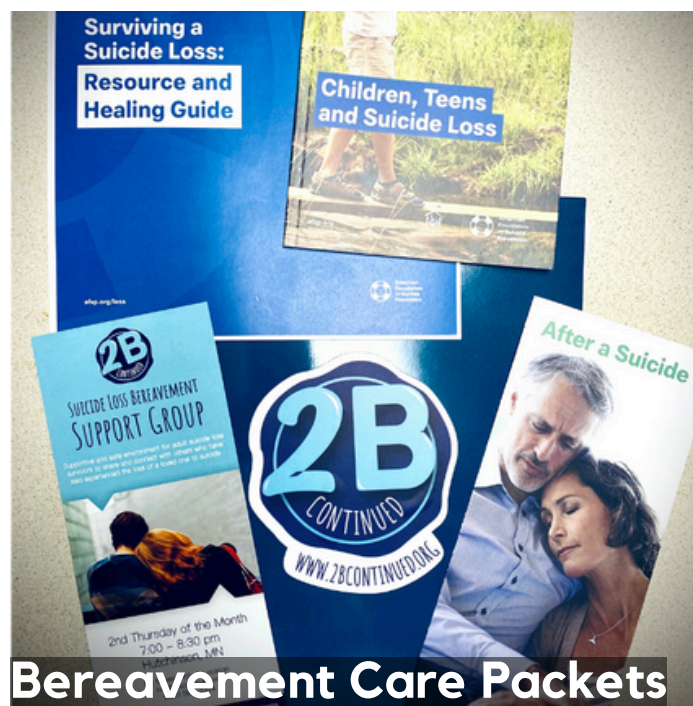


300

DANCED AT OUR
HOLIDAY GLOW
PARTY

The Suicide Loss Bereavement 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. Within this compassionate community, individuals find solace in discovering that many who have navigated the painful journey of losing a loved one to suicide redirect their energy in transformative ways, positively impacting both themselves and their communities.

Additionally, we extend our outreach through Bereavement Care Packets, accessible via local funeral homes or direct contact with us, as part of our commitment to providing comfort and resources during the grieving process.



Bereavement Care Packets

"A support group helped me so much when I was new to my grief in the loss of my oldest son. It has become my passion to help others in the dark days of their grief...I want to help others and share that there is hope."



**Michele Reno, Support Group Facilitator
& Suicide Loss Survivor**

THANK YOU TO OUR 2023 GRANT PARTNERS, SPONSORS, AND DONORS!

2023 YEAR-ROUND PREMIER SPONSORS



Hutchinson Health



Science.
Applied to Life.™

2023 DIAMOND (\$3000+)

AM LEGION POST 141, SILVER LAKE
DONATIONS IN MEMORY OF DAVID RAIN
FORM-A-FEED, STEWART
GREY FOX TAVERN, GREEN ISLE
JIM HIRSCH & SONS CONSTRUCTION INC, HOWARD LAKE
OTTO BREMER TRUST, ST PAUL
PRAIRIE COMMUNITY CHURCH OF LESTER PRAIRIE
RIDGEVIEW
WACONIA LIONS
WATERTOWN LIONS CLUB

2023 GOLD (\$1500-\$2999)

AGRI TRADING, HUTCHINSON
AIR & AG SUPPLY, INC, WINTHROP
AM LEGION POST 145, HOWARD LAKE (X2)
BRICK HOUSE MEATS, GAYLORD
FORM-A-FEED, INC, STEWART
GLENCOE VFW POST 5102 (X2)
HUBBARD RADIO MN - KS95, ST PAUL
JACOBS, GRACE, CHASKA
KLN ENTERPRISES, INC, PERHAM
LAKEVIEW CLINIC, WACONIA
MCLEOD COOPERATIVE POWER, GLENCOE
MICHAEL FOODS, GAYLORD
MN VALLEY ELECTRIC COOPERATIVE, JORDAN
NYA FIREFIGHTERS RELIEF ASSOCIATION
RIVER OF HOPE, HUTCHINSON
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ST JOHN'S LUTHERAN CHURCH, NYA
ST JOHN'S LUTHERAN SCHOOL, NYA
TRUMAN WELTERS, BUFFALO
UNITED WAY OF MCLEOD COUNTY, HUTCHINSON
VFW POST 906, HUTCHINSON
VFW POST 1783, NYA

2023 SILVER (\$750-\$1499)

A-TOWN TAVERN, ARLINGTON
BROWN & BROWN INSURANCE, NORTH MANKATO
CHILSON FUNERAL HOME, WINSTED
CITIZENS BANK & TRUST, HUTCHINSON
DAN KARL EXCAVATION & DEMOLITION, BUFFALO LAKE
DIETZ BUILDERS, INC, GAYLORD
EDWARD BORN AM LEGION POST 343, NYA
GALLERY 512 BOUTIQUE, NEW ULM
GARDNER BUILDERS COMPANIES, LLC, MINNEAPOLIS
GAYLORD SANITATION, INC
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GREEN ISLE LIONS CLUB
HADE, JARED & KYLEY, CHICAGO IL
HAMBURG LIONS CLUB
HOPPERS BAR & GRILL, WACONIA
HUTCHINSON CO-OP
J & R SCHUGEL TRUCKING, INC, NEW ULM
KEVIN'S TOWING & RECOVERY, GLENCOE
MARTI, TED, NEW ULM
NEUBARTH LAWN CARE & LANDSCAPING, GLENCOE
NEW ULM MEDICAL CENTER
NIELSEN, ROBERT, GREEN ISLE
NORWOOD YOUNG AMERICA LIONS
OLD NATIONAL BANK, NYA
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OLSON, KATHY, GLENCOE
ONTIME PETROLEUM LLC, GAYLORD
PIPEFITTERS LOCAL 539, MINNEAPOLIS
REINER ENTERPRISES, HUTCHINSON
SAWATZKE, DAWN, WAVERLY
SCHELLS BREWERY, NEW ULM
ST JOHN'S UNITED CHURCH OF CHRIST, NYA
ZINPRO CORP, EDEN PRAIRIE

THANK YOU TO OUR 2023 GRANT PARTNERS, SPONSORS, AND DONORS!

2023 BRONZE (\$375-\$749)

1919 ROOTBEER, SLEEPY EYE
3M NEW ULM
4 SQUARE BUILDERS, GLENCOE
AFTER BURNER AUTO BODY & TOWING, INC, ARLINGTON
ALLOY INSURANCE AGENCY
AMERICAN LEGION POST 96, HUTCHINSON
AMERIPRISE FINANCIAL - CHARLES BRANIFF, ASSOC FIN
ADVISOR, MAPLE GROVE
AGCOUNTRY FARM CREDIT SERVICES, FARGO
THE ANCIENT ORDER OF HIBERIAN, BELLE PLAINE
ANDERSON INS. & FINANCIAL SVS, INC, GLENCOE
AWI MANUFACTURING INC, WINSTED
BERGMANN INTERIORS, GLENCOE
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BLACK, MANDY, HUTCHINSON
BRAU MOTORS, ARLINGTON
BRITTY CAKES, LESTER PRAIRIE
BRUESEHOFF SEED INC, NYA
BUFFALO LAKE LIONS CLUB
BV CONSTRUCTION INC, BUFFALO
BYRON, LISA & DAVID, HUTCHINSON
CARLSON SV, NEW ULM
CARQUEST AUTO PARTS OF NORWOOD
CARTIER, MICHELLE, DULUTH
CHARITIES AID FOUNDATION AMERICA, ANDOVER
CIRCLE F TRUCKING, GAYLORD
CITIZENS BANK MN, NEW ULM
CITIZENS STATE BANK LAFAYETTE
CITIZENS STATE BANK NYA
CITY MEAT MARKET OF BROWNTON
COLDWELL BANKER REALTY (FRED & CATHY WERTH),
GLENCOE
CORTRUST BANK, GLENCOE (X2)
CRAIGS CHILDCARE, FAIRMONT
CREEKSIDE DAIRY, WAVERLY
DD HOME IMPROVEMENTS, ARLINGTON
DISCOVER CHIROPRACTIC LIFE CENTER, CHASKA
DRESSEN, CHUCK AND LEANNE, WAVERLY
ECKBERG TILING, GAYLORD
EJ'S BAR & GRILL, GAYLORD
THE ELBERT AGENCY, HUTCHINSON
ELK'S LODGE, HUTCHINSON
FARM BUREAU FIN SERVICES, ATWATER
FASHION INTERIORS, GLENCOE
FIRST COMMUNITY BANK, LESTER PRAIRIE
FIRST CONGREGATION CHURCH, GLENCOE
FIRST NATIONAL BANK MN, GAYLORD
FOGARTY, MICHAEL, EDEN PRAIRIE
FOREVER SMILES PLLC, GLENCOE
FROMMS FRAMING TO FINISH LLC, NEW ULM
FRUMHOLTZ, PIERRE, MINNEAPOLIS
GAYLORD FD RELIEF ASSN
GAYLORD GAME PROTECTIVE LEAGUE
GLENCOE LIONS CLUB
GLENCOE ROTARY CLUB
GORDON, JOHN & PATRICIA, MINNEAPOLIS
GRAY, DAN, ST PAUL
GREEN ISLE FD RELIEF ASSOCIATION
GUARDIAN INHOME HEALTH & SECURITY, LLC, GLENCOE
HAGER JEWELRY, HUTCHINSON
HEIDORN, ALLEN, MAYER
HJERPE CONTRACTING, INC, HUTCHINSON
HOME STATE BANK, HUTCHINSON
HUTCHINSON ELKS LODGE #2427
ID SIGN SOLUTION, GLENCOE
INSURANCE BROKERS OF MN - THE MESSNER AGENCY,
WACONIA
JOHNSON, BRETT, DASSEL
K BAR K CATTLE COMPANY, LITCHFIELD
KARL EXCAVATING AND DEMO, BUFFALO LAKE
KNIGHTS OF COLUMBUS, ARLINGTON
THE KUENSTER FAMILY, MENDOTA HEIGHTS
LAFAYETTE AREA LIONS

LARRY'S WOOD & LAMINATE, WINSTED
LEGION POST #433, GAYLORD
LESTER PRAIRIE LIONS CLUB (X3)
LITCHFIELD VFW POST #2818
MANGATA COUNSELING SERVICES LLC, NEW ULM
MARTI, TED, NEW ULM
MATRIX NUTRITION, GAYLORD
MCGRAW-MAHON, PA, HUTCHINSON
MEEKER MEMORIAL HOSPITAL & CLINICS, LITCHFIELD
MESSNER BUILDERS INC, WINTHROP
MINNESOTA VALLEY FUNERAL HOMES, NEW ULM
MY OWN BODY SHOP, GLENCOE
NAGEL, JOSEPH, HUTCHINSON
NAPA AUTO PARTS, HUTCHINSON
NORTH CENTRAL INTERNATIONAL, GLENCOE
NORWOOD DENTAL ASSOCIATES, PA, NYA
NYA LIONS (X2)
NYA WEST CARVER LIONS (X2)
PANNING, TAMMY, CHASKA
PASSA, TRACY, BEMIDJI
PLATO WOODWORK, INC
PROGROWTH BANK, GAYLORD (X2)
RACHEL SWENSON COUNSELING, GAYLORD
RDV CONSTRUCTION, GLENCOE
REYNOLDS, RICHARD & SHEILA, MOUND
RUNNINGS, LITCHFIELD
SCHEELS, EDEN PRAIRIE
SCHLAUDERAFF IMPLEMENT CO, LITCHFIELD
SENECA FOODS CORP, GLENCOE
SILVER LAKE LIONS CLUB
SLS, INC, GLENCOE
STEARNSWOOD, INC, HUTCHINSON
TANGLETOWN GARDENS LLC, MINNEAPOLIS
TANKER BAY BAR, GAYLORD
THRIVENT-HENKE HESS FINANCIAL GROUP, WACONIA
(X2)
TIMBERLINE WOOD PRODUCTS, GREEN ISLE
TOWN AND COUNTRY TIRE, HUTCHINSON
TROCKE MONUMENTS, NYA
TWIN CITY ORTHOPEDICS, GOLDEN VALLEY
UNITED FARMERS COOPERATIVE, WINTHROP
VANDERLINDE, REBECCA, WATERTOWN
VINEYARD UNITED METHODIST, HUTCHINSON
WEISENBURGER, BRYON & LUANN, LESTER PRAIRIE
WM MUELLER & SONS, HAMBURG
WOLTER FARM SEEDS, NYA
WRIGHT FARMS, HUTCHINSON
WUETHRICH, KIM, BROWNTON
ZENTNER, CLINT, LITCHFIELD

IN KIND DONATIONS

A-TOWN TAVERN, ARLINGTON
BLUENOTE BALLROOM, WINSTED
BUMPS FAMILY RESTAURANT, GLENCOE
CITY OF NEW GERMANY
CLUB NEW YORKER, GREEN ISLE
COUNTRY FRIED GRUBERS BAND, GLENCOE
CUZZY'S BRICK HOUSE, CHASKA
DAHLHEIMER BEVERAGE, GREEN ISLE
DAVE'S PLACE, LAFAYETTE
DREAM DAY DRESSING ROOMS, ANDOVER
FASHION INTERIORS, GLENCOE
FATBOYZ, NEW GERMANY
GLENCOE CITY CENTER, GLENCOE
HEIMEY'S PLACE, NEW GERMANY
HYTEST AG, GREEN ISLE
JIM JORDAHL PHOTOGRAPHY, HUTCHINSON
KRAUSER'S DODGE HOUSE, LESTER PRAIRIE
NUVERA, NEW ULM
OEM, GREEN ISLE
SCOTT EQUIPMENT, ARLINGTON



Annual Gala to Benefit Suicide Prevention & Mental Health Awareness

2023 DANCING LIKE THE STARS PARTICIPANTS

DANCERS

CHAD & KIM BERGSTROM
JOSH & LEAH BERNAU
JESUS & MIRIAM CASTILLO
RYAN & JOANN DAMMANN
MATT & SHAUNA GRUBER
KYLE & DANIELLE MARTI
BOB & ROCHELLE NIELSEN
ANNA PANNING & REECE CHIRIBOGA
MCKOY & STEPH RODNING
JOE & BETH SAWATZKE
PAUL & HEATHER WRIGHT
CLINT & BRANDY ZENTNER
RIDGEVIEW NURSES DANCE GROUP

WATCH PARTIES

A-TOWN TAVERN, ARLINGTON
CLUB NEW YORKER, GREEN ISLE
EJ'S BAR & GRILL, GAYLORD
FATBOYZ, NEW GERMANY
GLENCOE VFW
GLENFIELD'S LIVING WITH CARE, GLENCOE
GREFOX, GREEN ISLE
KRASUER'S DODGE HOSE, LESTER PRAIRIE
NORTHSIDE GRILL, NYA
SCHELL'S BREWERY BIER HALL, NEW ULM
ST JOHN'S LUTHERAN SCHOOL, NYA
THE OTHER PLACE, HECTOR
VINYARD UNITED METHODIST CHURCH, HUTCHINSON

CHOREOGRAPHERS

ALICIA BESTE
KELLY BESTUL
NATALIE BOTES
NANCY MARCKS
MARYANN PORTER
DANNY ROSS
MISSY VISSER

JUDGES

KRISTI CHARLES
ROBERT FOSTER
KRISTIN HAUBRICH
MIKE PHELPS

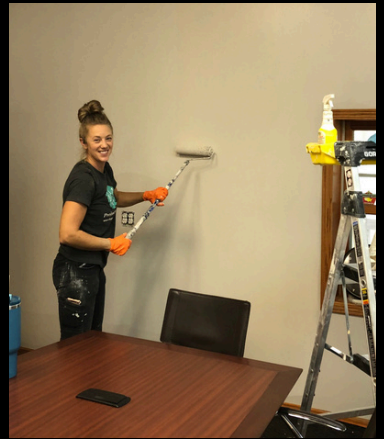
EMCEES

CHRIS KNUDTEN
KRISTINE KNUDTEN

REHEARSAL SPACE

AMERICAN CLASSIC BALLROOM, CHASKA
ARLINGTON HAUS
KELLY'S DANCE ACADEMY, HUTCHINSON
KNOCKOUT NUTRITION, GLENCOE
NEW DISCOVERIES MONTESSORI ACADEMY, HUTCHINSON
NEW ULM WELLNESS COLLECTIVE
PANTHER FIELD HOUSE, GLENCOE
RISING STAR DANCE ACADEMY, WACONIA
RIVER VALLEY DANCE ACADEMY, CHASKA

Thank You VOLUNTEERS!



AND THE STAR CAST OF DANCING LIKE THE STARS



Our Mission:

Increase awareness of suicide prevention, mental health and wellness through advocacy, education and outreach.



There is hope.

IN CRISIS OR KNOW SOMEONE WHO MAY BE?
HELP IS AVAILABLE! CALL TEXT OR CHAT 988.

