

FEBRUARY 2025



tMHFA

TEEN MENTAL HEALTH FIRST AID

SCHOOL PROGRAM NEWSLETTER



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

EXCITING TMHFA UPDATES!

We are excited to welcome two new schools to the Teen Mental Health First Aid (tMHFA) program! Le Sueur-Henderson High School officially started sessions in January 2025, and Renville County West High School is kicking off their sessions this month. Both schools are equipping students with essential skills to support their own mental health and assist their peers.

We are thrilled to have both schools participating in the program, joining 18 other schools in our region that have embraced Teen Mental Health First Aid. Their commitment to equipping students with essential skills to support their own mental health and assist their peers is helping to create a stronger, more supportive community for teens.

Additionally, we invite parents to attend a Parent Information Session on February 19, 2025, at 6:00 PM at Renville County West School. This in-person session will provide valuable insight into the tMHFA program, including what students are learning and how parents can support their mental well-being. We hope to see you there!

INSIDE THIS ISSUE:

- CELEBRATING OUR TEEN MENTAL HEALTH FIRST AID GRADUATES!
- "THE ANXIOUS GENERATION" PRESENTATION RECAP



Le Sueur-Henderson HS
Started sessions in January



Renville County West HS
Starting sessions in February

VIRTUAL STAFF OR PARENT INFO SESSIONS



CLICK A BUTTON BELOW TO ATTEND!

FOR STAFF:

FOR PARENTS:

Thurs, March 6
7:30AM

Thurs, March 6
6:00PM

NEW SESSIONS STARTING THIS MONTH:

- Watertown Mayer
- Mayer Lutheran
- Hutchinson
- Sibley East

As we prepare to onboard Renville County West HS, we're offering YMHA training (partially funded by a grant from the MN Department of Education) at RCW school on Friday, Feb 14th from 9:30AM - 3:30PM. Open seats are available for other schools in our service area to register staff - send an email to info@2BCONTINUED.org to register!

Celebrating Our Teen Mental Health First Aid Graduates!

Congratulations to all the students who have completed Teen Mental Health First Aid training since our January newsletter!



69 9th graders on 1/16/25



70 9th & 10th graders on 1/31



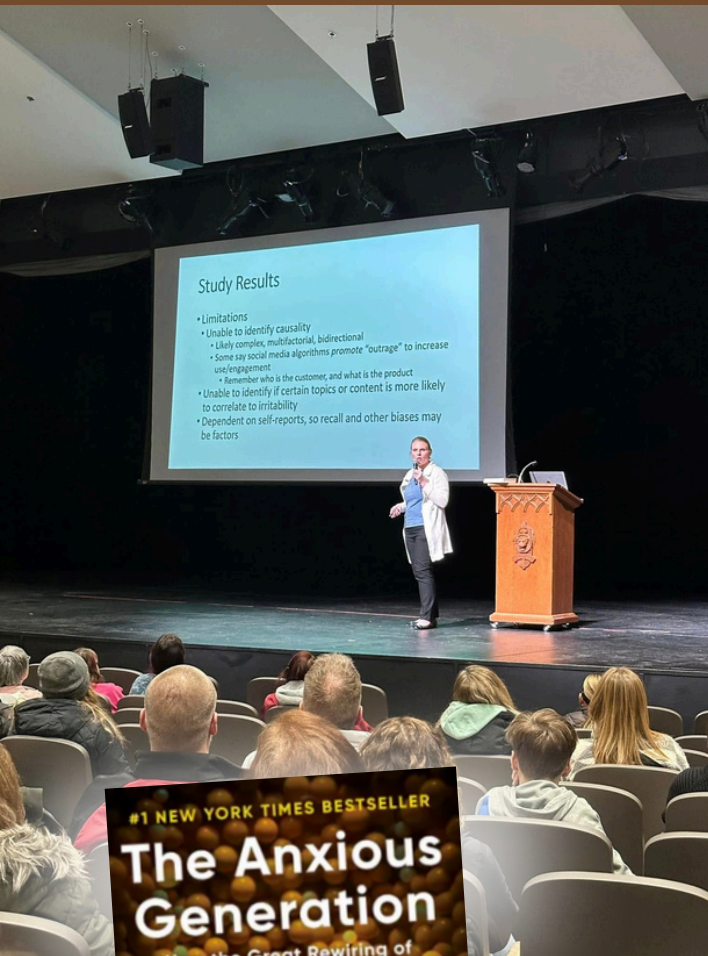
75 10th graders on 1/30



The Anxious Generation

DR. AMANDA BLACK

JANUARY 23, 2025 | 6:30-8:30PM
HUTCHINSON HS AUDITORIUM

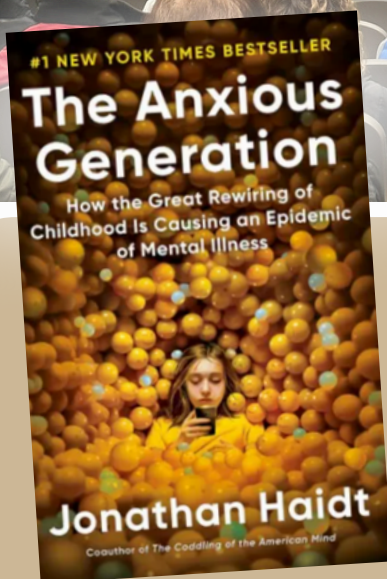


Thank You to All Who Attended!

Thank you to everyone who joined us for **The Anxious Generation** presentation with Dr. Amanda Black on January 23, whether in person at Hutchinson High School or online. We were thrilled to see such a strong turnout, with over 350 attendees coming together to explore the challenges today's youth face in the digital age and how we can better support their mental health and well-being.

Dr. Black provided valuable insights into the impact of technology and social media on young people, drawing from Jonathan Haidt's book, "**The Anxious Generation**." She offered research-backed perspectives on how unregulated internet use and constant connectivity are reshaping childhood and adolescent experiences. Attendees left with a deeper understanding of these issues, as well as practical strategies to help mitigate negative effects and promote healthier relationships with technology.

We sincerely appreciate your time and commitment to this important conversation. A special thank you to Hutchinson High School for being such gracious hosts and assisting with the technology to ensure both in-person and online attendees had a great experience.



MISSED IT OR WANT TO WATCH AGAIN? YOU CAN VIEW THE RECORDING [HERE](#)



OR SCAN:



LIMITED TICKETS NOW ON SALE!

2B CONTINUED
PRESENTS

dancing like the stars

Annual Gala to Benefit Suicide Prevention & Mental Health Awareness

PRE-SHOW FEATURING LIVE MUSIC BY AL HEIDORN

Attend this LIVE production show featuring 12 STAR COUPLES from Brown, Carver, McLeod, Nicollet, Renville, Sibley, & Wright counties participating in a friendly dance competition!



Jacob & Stephanie Brandt

GAYLORD



Todd & Courtney Breyer

GLENCOE



Greg & Missy Brock

LITCHFIELD



Juan Elizalde & Tina Castillo

FAIRFAX



Derik & Jess Johnson

RENVILLE



Justin & Jessica Helget

ST PETER



Dustin & Tricia Mackenthun

NYA



Whitey & Josie Sanken

BROWNTON



Brad & Angie Schugel

NEW ULM



Marcus Tevis & Megan VanEyll

WACONIA



Jim 'Winnie' & Lisa Weninger

MAPLE LAKE



Nathan & Brooke Wentzlaff

HENDERSON

And an opening group dance performance by staff from

New Ulm Medical Center

BUY TICKETS and VOTE NOW at:

WWW.2BCONTINUED.ORG/DLTS2025

**Support this event and our local couples!
Proceeds fund our tMHFA program.**

'24-25 PARTICIPATING HIGH SCHOOLS



BOLD



BUFFALO LAKE
HECTOR STEWART



CENTRAL



EDEN VALLEY
WATKINS



GIBBON FAIRFAX
WINTHROP



GLENCOE
SILVER LAKE



HOWARD LAKE
WAVERLY WINSTED



HUTCHINSON



LESTER PRAIRIE



LE SUEUR
HENDERSON



MAYER LUTHERAN



NEW ULM
CATHEDRAL



NICOLLET



RENVILLE COUNTY
WEST



ST. PETER



SIBLEY EAST



SLEEPY EYE



SPRINGFIELD



WACONIA



WATERTOWN-
MAYER

MEET THE tMHFA CERTIFIED INSTRUCTORS



AMY GASKA



BILLY MARQUARDT



BETH OSLUND



ANNA PANNING



EMILY SCHWARZKOPF



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'24-25 FINANCIAL PARTNERS

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



New Ulm Area
Foundation, Inc.



Olivia Hospital
& Clinic

Preschel Family
FOUNDATION



SOUTHWEST INITIATIVE
FOUNDATION

