


tMHFA

TEEN MENTAL HEALTH FIRST AID

SCHOOL PROGRAM NEWSLETTER



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

SPRING tMHFA UPDATES!



We are thrilled to welcome **Nicollet High School** as the newest school to implement the Teen Mental Health First Aid (tMHFA) program!

March marks the start of tMHFA sessions at Nicollet High School and Hutchinson High School, where students will gain valuable skills to identify signs of mental health challenges and take action to support one another. We are grateful for the commitment of these schools in prioritizing student mental health and look forward to seeing these groups of teens become mental health advocates.

INSIDE THIS ISSUE:

- **SPRING tMHFA UPDATES!**
- **ANNUAL tMHFA MEETING**
- **CELEBRATING OUR tMHFA GRADUATES!**

ANNUAL tMHFA MEETING (VIRTUAL) – MARCH 26!



Join us on March 26 from 3:30–4:15 PM for our Annual Teen Mental Health First Aid (tMHFA) Meeting, open to returning schools and those onboarding for Fall 2025. We'll cover key program details, updates, and expectations to help schools prepare for successful implementation.

We'll also provide Youth Mental Health First Aid (YMHA) training dates to ensure all schools meet the 10% staff training requirement, including recertification for those due this year (every three years). Don't miss this important session!

CLICK THE BUTTON BELOW TO ATTEND!

Wed, March 26

3:30PM

NEW SESSIONS STARTING THIS MONTH:

- **Hutchinson**
- **Nicollet**

Celebrating Our Teen Mental Health First Aid Graduates!



BOLD HS

44 10th graders on 2/20/25



EDEN VALLEY-WATKINS HS

69 10th graders on 3/12/25



GLENCOE-SILVER LAKE HS

58 10th graders on 2/28/25



HOWARD LAKE WAVERLY WINSTED HS

108 10th graders on 3/13/25



CENTRAL HS

103 9th and 10th graders on 3/13/25



Congratulations to all the students who have completed tMHFA training since our February newsletter!



ST PETER HS

50 10th graders on 3/18/25



“

“I'm really glad you were able to come to my school. It was nice to see my fellow classmates get an understanding on what mental struggle looks like.”

~ A teen Mental Health First Aid student

SLEEPY EYE HS

19 10th graders on 2/28/25



WATERTOWN-MAYER HS

51 10th graders on 3/13/25



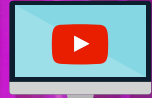
2B CONTINUED
PRESENTS

dancing like the stars

2 WAYS TO WATCH



WATCH PARTIES
AT LOCAL VENUES



FREE
LIVESTREAM

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

FOR SHOW INFO, WATCH PARTY LOCATIONS, & LIVESTREAM TICKETS:

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



JIM STREHLKE

2B CONTINUED SCHOOL PROGRAM STAFF CONTACT INFORMATION:



ADMINISTRATOR:
Tammy Diehn

TAMMY@2BCONTINUED.ORG



COORDINATOR:
Andie Franck

ANDIE@2BCONTINUED.ORG

'24-25 FINANCIAL PARTNERS

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



ALLINA COMMUNITY
CONTRIBUTION



BIRD ISLAND-OLIVIA
COMMUNITY FOUNDATION



CHASKA
LIONS CLUB



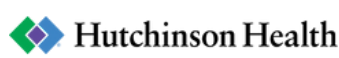
FORM A FEED



GLENCOE
REGIONAL HEALTH



HUTCHINSON
AREA COMMUNITY FOUNDATION



HUTCHINSON HEALTH



LEO KAYS FOUNDATION



MEDICA
FOUNDATION



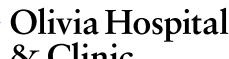
NEW ULM AREA
FOUNDATION, INC.



OLIVIA HOSPITAL
& CLINIC



PRESCHEL FAMILY
FOUNDATION



SENECA



SOUTHWEST INITIATIVE
FOUNDATION



WRIGHT-HENNEPIN
COOPERATIVE ELECTRIC ASSOCIATION



WACONIA



WRIGHT-HENNEPIN
COOPERATIVE ELECTRIC ASSOCIATION



WRIGHT-HENNEPIN
COOPERATIVE ELECTRIC ASSOCIATION