


tMHFA

TEEN MENTAL HEALTH FIRST AID

SCHOOL PROGRAM NEWSLETTER


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

CONGRATULATIONS to tMHFA Instructor Anna Panning!



ANNA PANNING AND TAMMY DIEHN. PHOTO BY JIM JORDAHL PHOTOGRAPHY.

We are thrilled to announce that Anna Panning has been nationally recognized by the National Council for Mental Wellbeing for her outstanding work teaching Teen Mental Health First Aid (tMHFA)! Anna received an award for "Teaching the Most First Aiders as a New Instructor in 2024," an incredible honor given to only 10 instructors out of 2,155 new instructors across the United States.

From September to December 2024, Anna taught an impressive 472 students at Waconia, St. Peter, New Ulm Cathedral, and Hutchinson High Schools — making a tremendous impact on teen mental health awareness in our communities.

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- YMHA TRAININGS
- CELEBRATING OUR tMHFA GRADUATES!

YMHA TRAININGS

Reminder: Each school building must have at least 10% of staff certified in Youth Mental Health First Aid (YMHA). Certification is valid for three years, and we are aware that many schools are currently in need of staff recertifications or additional certifications to remain compliant.

For your convenience, we have **FOUR** upcoming YMHA trainings available especially for school staff. These sessions are free of charge, include lunch, and offer 7 CEUs.

UPCOMING YMHA TRAININGS:

Thursday, MAY 15 | 9AM-3PM

Glencoe City Center

Wednesday, June 18 | 8AM-2PM

Glencoe City Center

Tuesday, July 22 | 9AM-3PM

2B CONTINUED Office

Wednesday, August 20 | 9AM-3PM

2B CONTINUED OFFICE

**SCAN OR
CLICK
TO REGISTER!**



Celebrating Our Teen Mental Health First Aid Graduates!



ST PETER HS

50 10th graders on 3/18/25



**MAYER
LUTHERAN HS**

45 10th graders on 3/21/25



**LESUEUR
HENDERSON HS**

81 9th graders on 3/24/25



SIBLEY EAST HS

68 10th graders on 4/14/25



2B CONTINUED
PRESENTS

dancing like the stars



Annual Gala to Benefit Suicide Prevention & Mental Health Awareness

Thank You!

Wow! We are so appreciative of the outpouring of support! Thank you to all participants, donors, volunteers, & everyone who played a part in making this event a huge success!

View pics from the event at
www.2BCONTINUED.org/DLTS2025

Yard Signs For Mental Health Awareness Month

1. Reserve your
FREE sign here:



2. Pick up your sign on May 5
at either of these locations
(and enjoy a delicious meal!):

2B CONTINUED
11AM-4PM

305 7th St E | Glencoe



Squeels On Wheels
Food Truck
on site!

OLIVIA HOSPITAL & CLINIC
11AM-4PM

100 Healthy Way | Olivia



GOUDA Q
Food Truck
on site!



2B CONTINUED

Training Day

Wednesday, June 18, 2025
Glencoe City Center

À LA CARTE TRAINING, FREE AND OPEN TO PROFESSIONALS
AND COMMUNITY MEMBERS! REGISTRATION IS REQUIRED.

Trainings Offered:

- APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) - 16 HOUR, 2-DAY TRAINING (JUNE 17 & 18)
- QUESTION, PERSUADE, REFER (QPR)
- COUNSELING ON ACCESS TO LETHAL MEANS (CALM)
- NALOXONE TRAINING
- SAFETALK FOR AG
- MENTAL HEALTH TOOLBOX
- YOUTH MENTAL HEALTH FIRST AID (YMHFA)
- ADULT MENTAL HEALTH FIRST AID (AMHFA)
- 2B CONTINUED VOLUNTEER TRAINING

**CEUs
Available!**

**REGISTER
HERE:**



MENTAL HEALTH TOOLBOX
MADE POSSIBLE BY A GRANT
FROM THE SOUTHWEST MN
ARTS COUNCIL

THANK YOU TO OUR
GRANT PARTNER:



'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:



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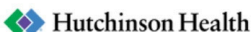


COORDINATOR:
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TMHFA FINANCIAL PARTNERS

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



New Ulm Area
Foundation, Inc.

