

# 2B CONTINUED

Welcome!

[2BCONTINUED.ORG](https://2BCONTINUED.ORG)

[info@2BCONTINUED.ORG](mailto:info@2BCONTINUED.ORG)



[@2BCONTINUEDMN](https://www.linkedin.com/company/2BCONTINUEDMN)

# Our Mission

To increase awareness of suicide prevention, mental health and wellness through advocacy, education and outreach



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info@2BCONTINUED.ORG



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# Our Service Area

8 COUNTIES:

Brown      Nicollet  
Carver      Renville  
McLeod      Sibley  
Meeker      Wright



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# Thank you for 6 Years!



# September 2020 Drive In Conference



# September 2021 Inside the Commercial Building!

# Our Board



**TAMMY DIEHN**  
FOUNDER/EXEC. DIRECTOR



**CHAD TEUBERT**  
CHAIRPERSON



**DARLENE SCHMIDT**  
VICE CHAIRPERSON



**JAYME KRAUTH**  
SECRETARY



**MELANIE KING**  
TREASURER



**BROOKE DINGELS**



**DR. KRISTEN BUDAHN**



**JESSE GRAN**



**MOLLY HEIMERL**



# Our Staff



**TAMMY DIEHN**  
FOUNDER/EXEC. DIRECTOR  
INSTRUCTOR



**ANDIE FRANCK**  
OFFICE COORDINATOR/  
ADMIN ASSISTANT



**AMY GASCA**  
INSTRUCTOR



**AMY KARLSON**  
INSTRUCTOR



**BILLY MARQUARDT**  
INSTRUCTOR  
OUTREACH ASSISTANT



**ANNA PANNING**  
INSTRUCTOR  
OUTREACH ASSISTANT



**CHRISTINE PASSIG**  
MEDIA & MARKETING  
SPECIALIST



**EMILY SCHWARZKOPF**  
INSTRUCTOR  
BOOKKEEPER



**JIM STREHLKE**  
INSTRUCTOR



# Total Reached in 2024:

40,377



# Education

- Mental Health First Aid (Teen – 9<sup>th</sup>-12<sup>th</sup> graders, Youth, Adult)
- QPR (Question, Persuade, Refer)
- SafeTALK/SafeTALK for Ag
- ASIST (Applied Suicide Intervention Skills Training)
- Changing the Narrative on Mental Health & Suicide



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# tMHFA

TEEN MENTAL HEALTH FIRST AID

# SCHOOL PROGRAM



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# tMHFA TEEN MENTAL HEALTH FIRST AID SCHOOL PROGRAM OVERVIEW

- Evidence-based Training Curriculum
- Approved for 9-12 graders
- Entire grade level requirement
- Offered in a required course: Health, English, Social Studies, etc
- Class sizes typical for the school (large group assembly not allowed)
- Nonconsecutive days
- 6 lesson curriculum with action plan + 1 introductory lesson
- 45-minute class sessions





# tMHFA TEEN MENTAL HEALTH FIRST AID SCHOOL PROGRAM OVERVIEW

## PROGRAM GROWTH



- 2021-22: 2 Schools (Lester Prairie & Sibley East)
- 2022-23: 9 Schools
- 2023-24: 16 Schools
- 2024-25: 20 Schools
- 2025-26: 22 Schools



# tMHFA TEEN MENTAL HEALTH FIRST AID SCHOOL PROGRAM OVERVIEW

## tMHFA SAFETY



### Other Requirements:

1. School counselor or other designated MH professional must be in building and available during course delivery
2. Two Adults must in the classroom at all times:
  - a. Classroom Teacher (classroom management & engagement)
  - b. 2B CONTINUED tMHFA Instructor (course delivery)



# tMHFA TEEN MENTAL HEALTH FIRST AID SCHOOL PROGRAM OVERVIEW

## tMHFA PREREQUISITES



- Youth Mental Health First Aid (YMHFA) Training for adults who interact with youth
  - At least 10% of school staff must be trained
  - 3-year certification
- Training Details: ~1 hour self paced online prework required prior to 5 hour skills training. Class size minimum 8, maximum 30. Free, includes lunch! CEUs available



# Milestone & Media Recognition



Sibley East High School



Lester Prairie High School



Land of 10,000 Stories scheduled to air Monday, May 20<sup>th</sup> during 10pm News

[Students in 16 schools get training to hel... - SafeShare](#)

# Education in Schools

NATIONAL COUNCIL  
for Mental Wellbeing



participating high schools  
in the '25-'26 school year



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



MAPLE LAKE



MAYER LUTHERAN



NEW ULM  
CATHEDRAL



NICOLLET



RENVILLE COUNTY  
WEST



ST. PETER



SIBLEY EAST



SLEEPY EYE



SPRINGFIELD



WACONIA



WATERTOWN-  
MAYER

# 1,923

Students Trained  
in 2024/2025



ASIST

# 2B CONTINUED TRAINING DAY



HELD ANNUALLY IN JUNE



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info@2BCONTINUED.ORG



**SAVE THE DATE!**

**NEXT YEAR'S CONFERENCE:**

*September 29, 2026*

# Resources

# 988

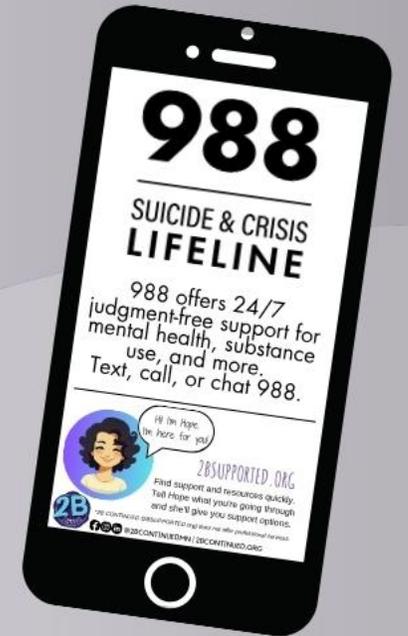
## SUICIDE & CRISIS LIFELINE

988 OFFERS 24/7 JUDGMENT-FREE SUPPORT FOR  
MENTAL HEALTH, SUBSTANCE USE, AND MORE.  
TEXT, CALL, OR CHAT 988.

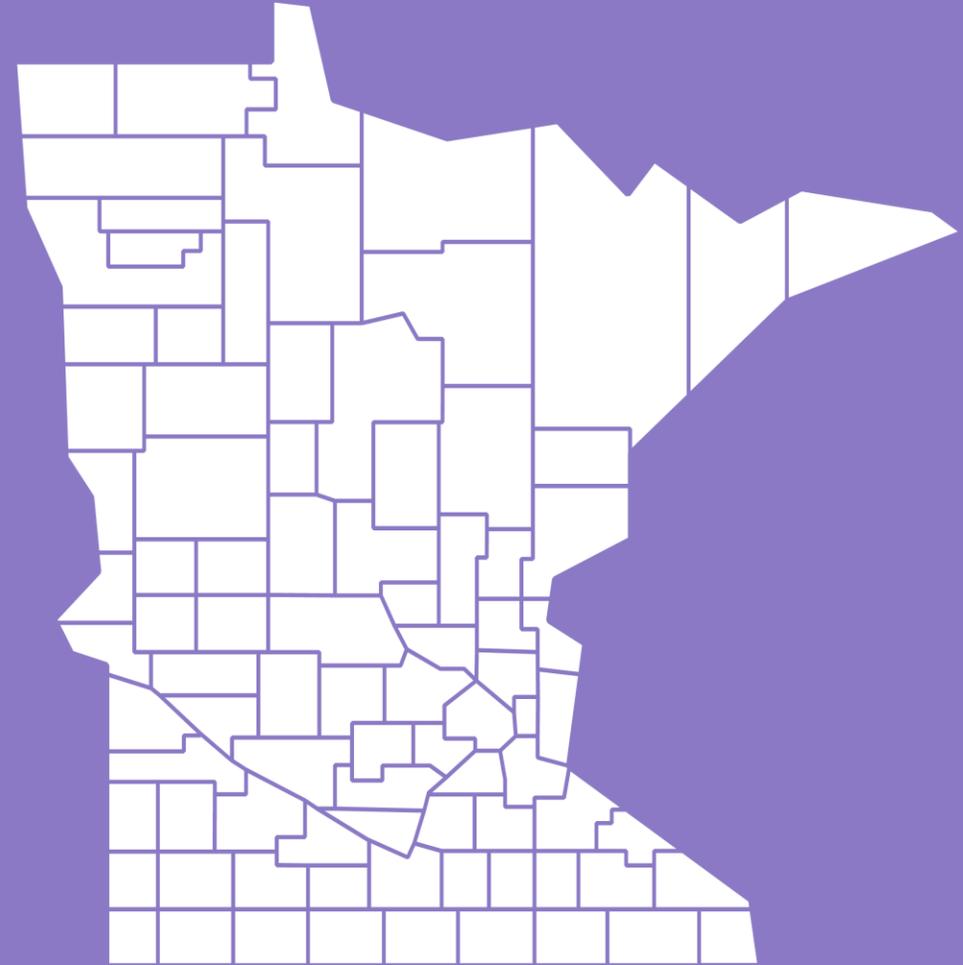


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# Resources



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[Adult mental health crisis response phone numbers / Minnesota Department of Human Services \(mn.gov\)](#)



# Resources

**YOU  
MATTER.** TALK TO US.



*No concern is too small*

**Minnesota Farm & Rural Helpline**



**833-600-2670**



**Text farmstress to 898211**



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**Brooke Dingels**  
Support Group Facilitator



Suicide Loss  
**SUPPORT GROUP**

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.

**Bereavement Care Packets**

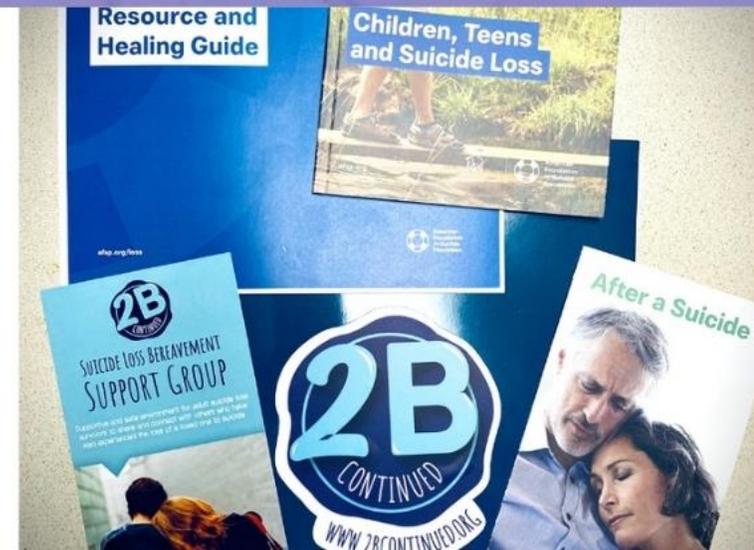


Meets the second Monday of the month  
7:00-8:30 pm

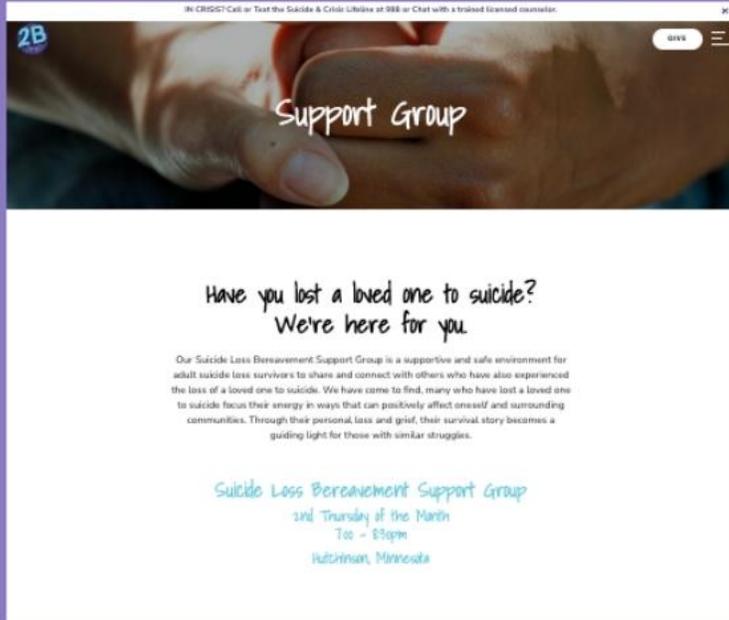
**2B CONTINUED OFFICE**

**305 7th St E | Glencoe, MN 55336**

To sign up, email [info@2BCONTINUED.org](mailto:info@2BCONTINUED.org)  
or call (320) 854-4673



# Resources



# 2BSUPPORTED.ORG



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Find support and resources quickly.  
Tell Hope what you're going through  
and she'll give you support options.

2B CONTINUED  
PRESENTS

# dancing like the stars

SATURDAY, APRIL 11, 2026

Annual Gala to Benefit Suicide Prevention & Mental Health Awareness





 **GIBBON  
SUNFLOWER  
FIELD**







# THREE SHOWS!

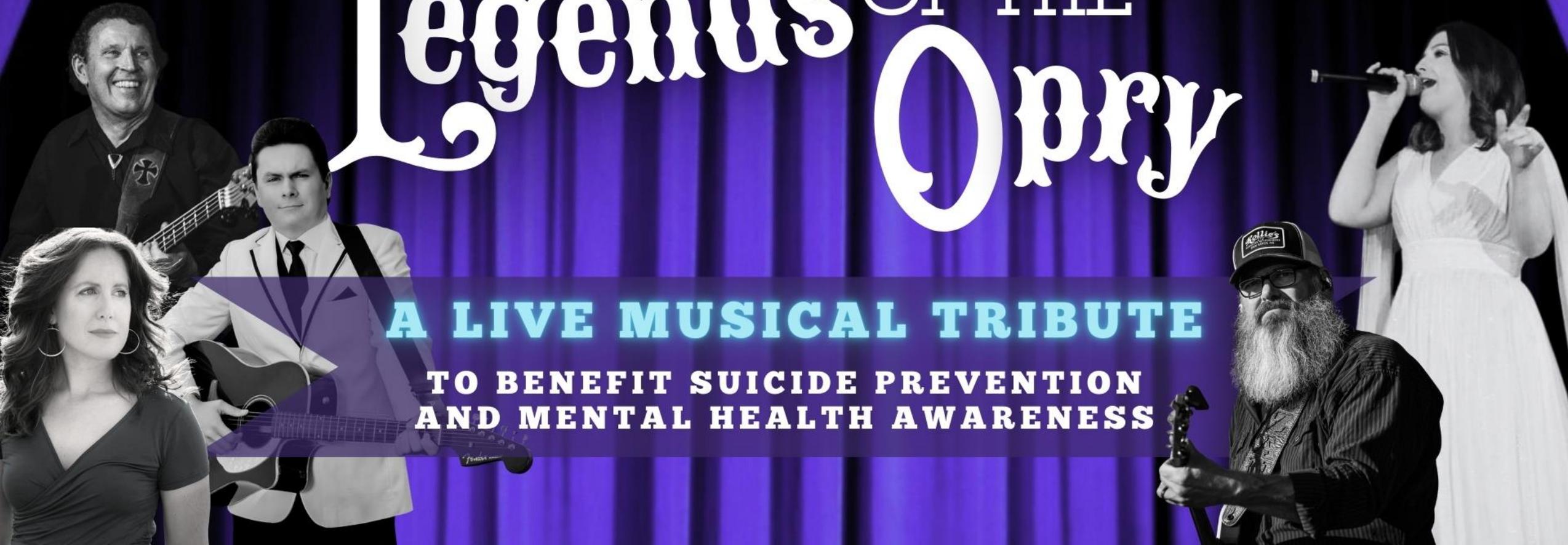
FRI, NOV 21: 7PM | SAT, NOV 22: 1PM & 7PM

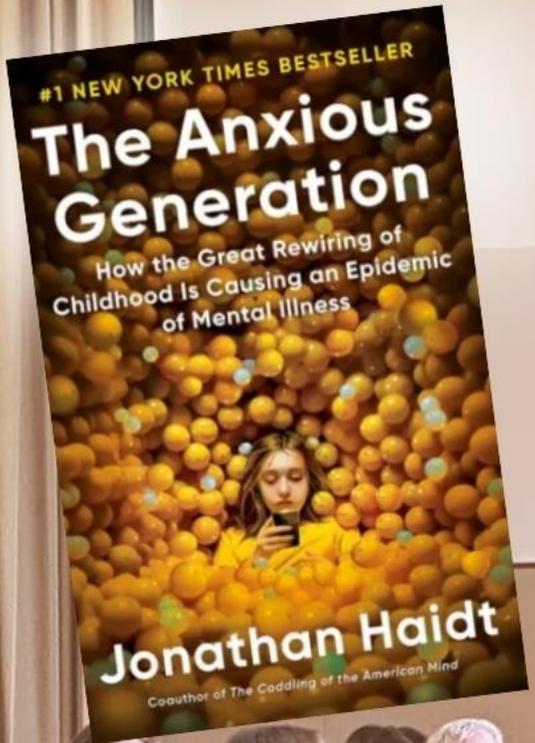
2B CONTINUED *presents*

# Legends OF THE Opry

**A LIVE MUSICAL TRIBUTE**

**TO BENEFIT SUICIDE PREVENTION  
AND MENTAL HEALTH AWARENESS**





# The Anxious Generation

DR. AMANDA BLACK

OCTOBER 5, 2025 | HECTOR  
OCTOBER 7, 2025 | WACONIA





# VOLUNTEER TRAINING

**FRIDAY, OCTOBER 10, 2025**

**2B CONTINUED OFFICE**

**UPCOMING  
2B CONTINUED  
TRAININGS**



**OCTOBER 11, 2025  
HACKAMORE BREWERY (CHANHASSEN)**

**OCTOBER 24, 2025  
HUTCHINSON HEALTH**

**UPCOMING  
2B CONTINUED  
TRAININGS**



**Mental Health  
FIRST AID**

*from* NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# **YOUTH MHFA**

**NOVEMBER 14, 2025**

**RENVILLE COUNTY (EXACT LOCATION TBD)**

**JANUARY 26TH, 2026**

**2B CONTINUED OFFICE**

**UPCOMING  
2B CONTINUED  
TRAININGS**



**LIVINGWORKS  
ASIST**

**OCTOBER 21 & 22, 2025  
NEW ULM**

**UPCOMING  
2B CONTINUED  
TRAININGS**



**NOVEMBER 10, 2025  
LITCHFIELD**

**DECEMBER 8, 2026  
RENVILLE**

# Networks & Coalitions

- Maps initiative <https://maps.helpingmn.com>
- Minnesota Suicide Prevention Trainer Network (MNSPTN)
- Meeker County Cares Coalition
- Kandiyohi, Renville Suicide and Mental Health Action Coalition (KR-SMAC)
- Wright County Youth Suicide Prevention Coalition

# Thank You to Our 2025 Year-Round Premier Donors!

