

2B CONTINUED

Welcome!

2BCONTINUED.ORG

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[@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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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



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FOUNDER/EXEC. DIRECTOR
INSTRUCTOR



ANDIE FRANCK
OFFICE COORDINATOR/
ADMIN ASSISTANT



AMY GASCA
INSTRUCTOR



AMY KARLSON
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OUTREACH ASSISTANT



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CHRISTINE PASSIG
MEDIA & MARKETING
SPECIALIST



EMILY SCHWARZKOPF
INSTRUCTOR
BOOKKEEPER



JIM STREHLKE
INSTRUCTOR



Total Reached in 2024:

40,377



Education

- Mental Health First Aid (Teen – 9th-12th 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 20th 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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SAVE THE DATE!

NEXT YEAR'S CONFERENCE:

September 29, 2026

Resources

988

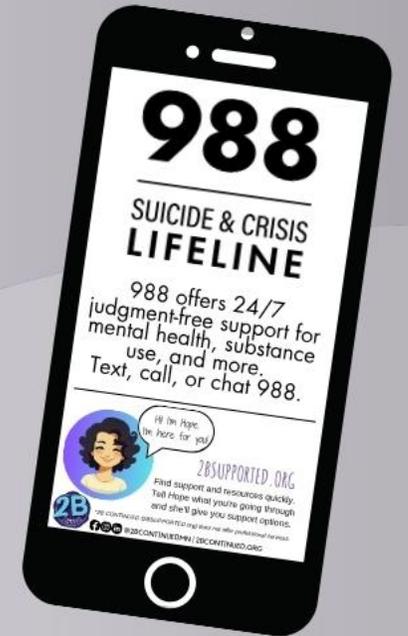
SUICIDE & CRISIS LIFELINE

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

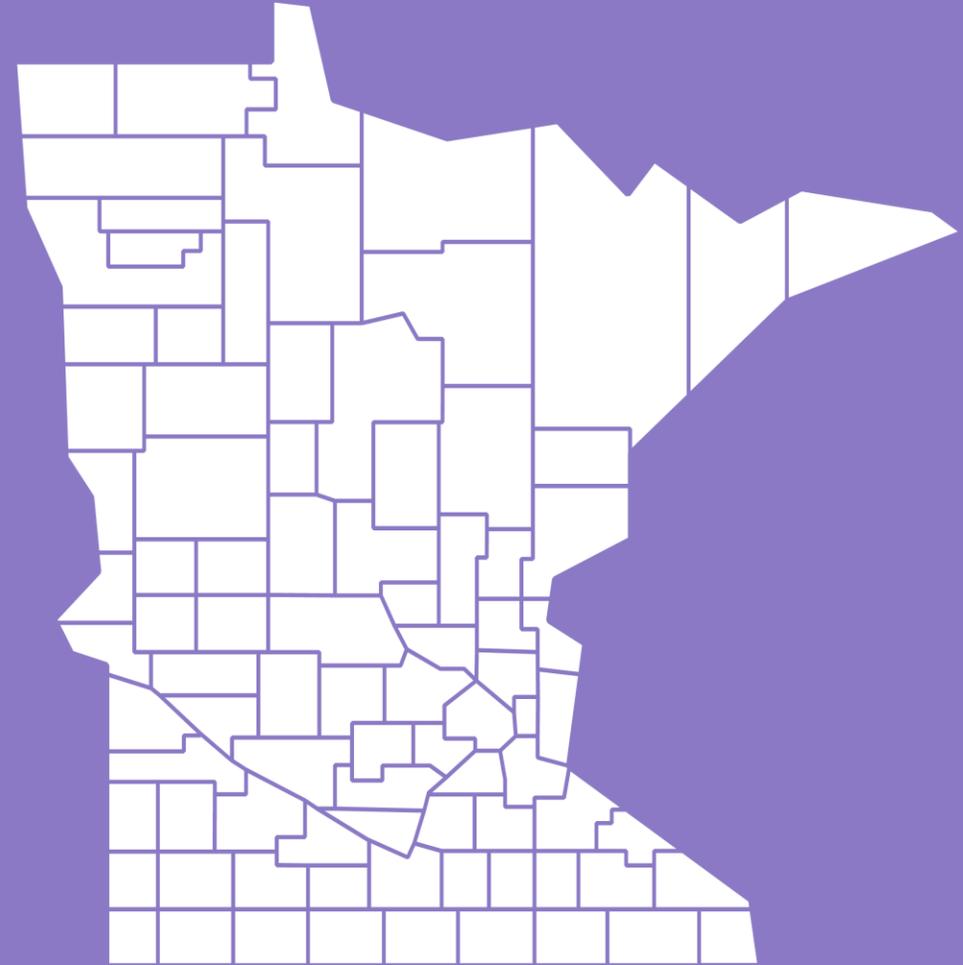


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Resources



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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

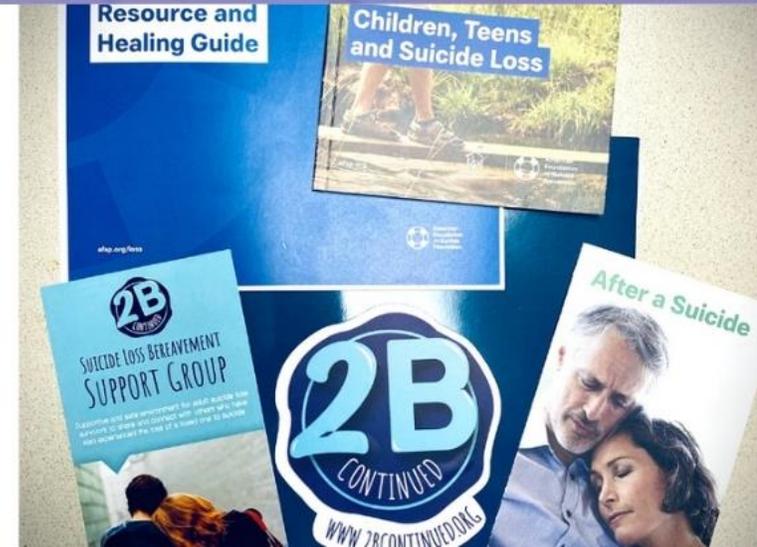


Meets the second Monday of the month
7:00-8:30 pm

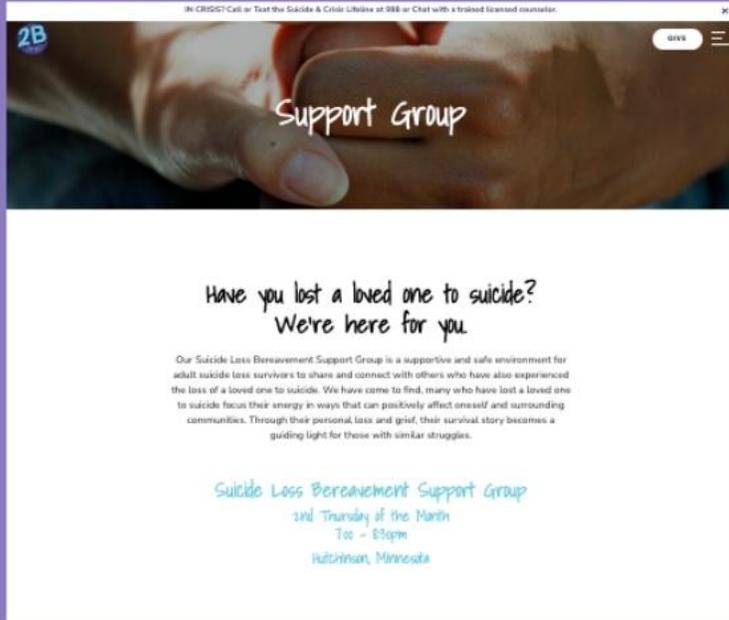
2B CONTINUED OFFICE

305 7th St E | Glencoe, MN 55336

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



Resources



IN CRISIS? Call or Text the Suicide & Crisis Lifeline at 988 or Chat with a trained licensed counselor.

Support Group

Have you lost a loved one to suicide?
We're here for you.

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. We have come to find, many who have lost a loved one to suicide focus their energy in ways that can positively affect oneself and surrounding communities. Through their personal loss and grief, their survival story becomes a guiding light for those with similar struggles.

2B
Suicide Loss Bereavement Support Group
1st Thursday of the Month
7:00 - 8:30pm
Hutchinson, Minnesota



IN CRISIS? Call or Text the Suicide & Crisis Lifeline at 988 or Chat with a trained licensed counselor.

Need Help Now?

Use these resources to reach out if you're
in crisis, find answers and information, or
get the tools to help someone else.

We can all help prevent suicide. The helplines below provide free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



CHAT WITH LIFELINE

Local + Regional
24/7 Crisis Lines

National
24/7 Crisis Lines

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.

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PRESENTS

dancing like the stars

SATURDAY, APRIL 11, 2026

Annual Gala to Benefit Suicide Prevention & Mental Health Awareness





 **GIBBON
SUNFLOWER
FIELD**







THREE SHOWS!

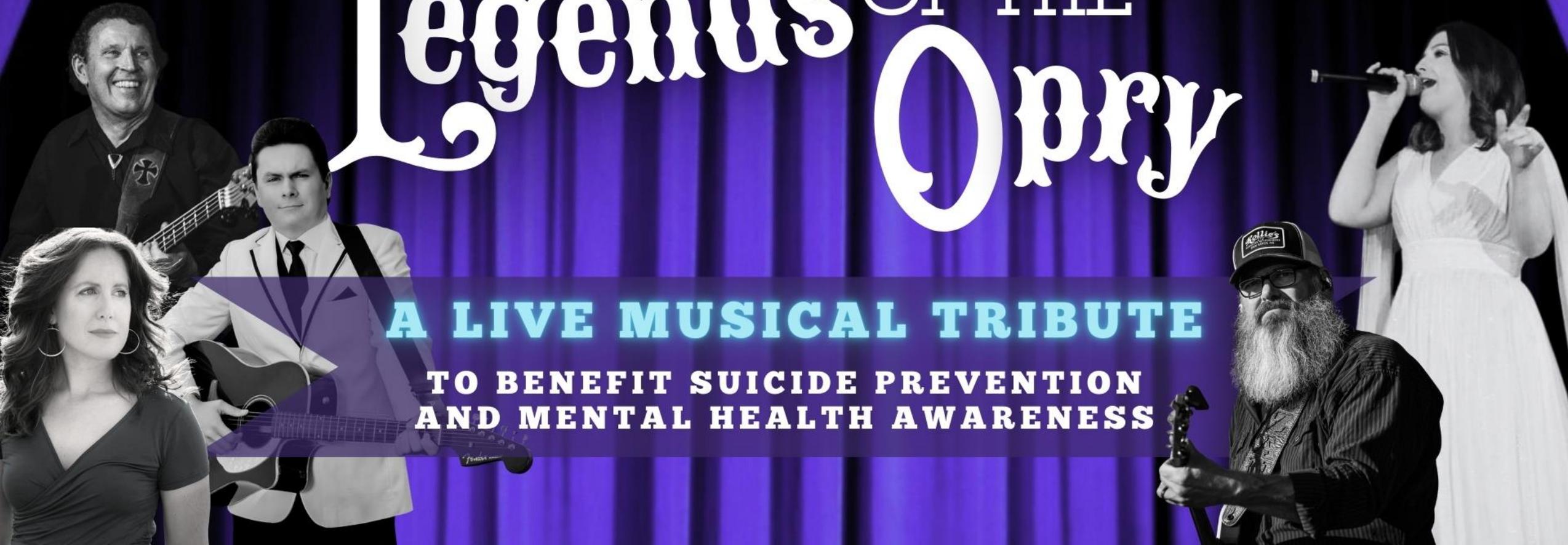
FRI, NOV 21: 7PM | SAT, NOV 22: 1PM & 7PM

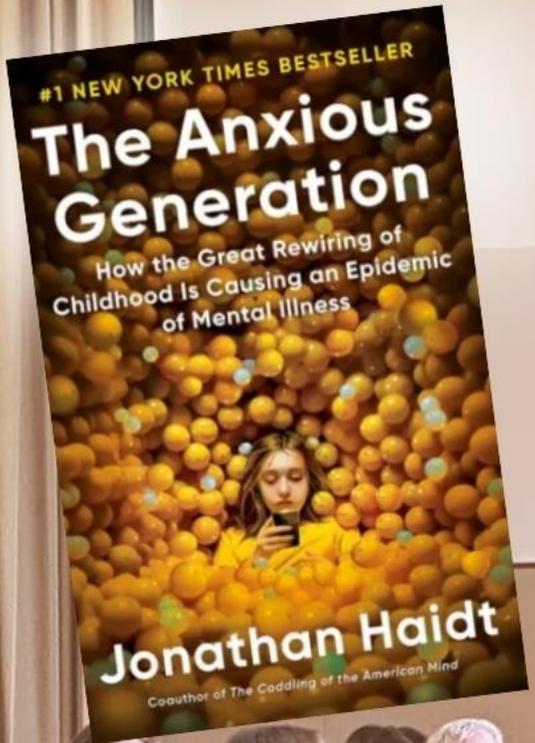
2B CONTINUED *presents*

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!

