



tMHFA

TEEN MENTAL HEALTH FIRST AID

## SCHOOL PROGRAM NEWSLETTER



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

## Youth Mental Health First Aid Training on August 20

To continue offering Teen Mental Health First Aid (tMHFA) in schools, at least 10% of staff must be trained in Youth Mental Health First Aid (YMHFA)—and 2B CONTINUED is here to help meet that goal. We're hosting a free training at our Glencoe office on **Wednesday, August 20, 2025, from 9:00AM to 3:00PM**. Open to staff, parents, and other adults who work with youth, this 6-hour course equips participants to recognize and respond to signs of mental health and substance use challenges in young people.

Whether you're new to YMHFA or due for your three-year recertification, this training provides valuable skills and confidence to offer early support and connect youth to appropriate help. Lunch is provided, and space is limited—register today!

[CLICK HERE TO  
REGISTER](#)

Or visit [2BCONTINUED.ORG/EVENTS](https://2BCONTINUED.ORG/EVENTS)

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2025 CONTINUING EDUCATION CONFERENCE

## SPOTLIGHT MENTAL HEALTH

Inspiring Awareness & Action Across Generations

**SEPTEMBER 30, 2025**

**TWO CONFERENCES, ONE LOCATION**

8:00 AM - 4:30 PM (2B CONTINUED)  
10:00 AM - 3:00 PM (REACH Program)  
McLeod County Fairgrounds  
CE credits available

2B CONTINUED and The REACH Program have teamed up to host a powerful day of connection and growth, uniting professionals, educators, advocates, and youth from across Minnesota.

Through a blend of joint sessions and audience-specific programming, attendees will engage in meaningful conversations and activities to strengthen mental wellness across generations.

[CLICK HERE TO  
REGISTER](#)

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

# WELCOME MAPLE LAKE HS!

We're thrilled to welcome Maple Lake High School as the newest participant in our Teen Mental Health First Aid (tMHFA) program! By joining this growing movement, Maple Lake is taking meaningful steps to support student mental wellness and create a culture of care.

Through the tMHFA program, students will learn how to recognize the signs of a mental health challenge, respond with confidence, and connect their peers to help. We're excited to partner with Maple Lake HS in building a brighter, more resilient future for youth.



## tMHFA FALL SESSION START DATES



**August 27 - Waconia**

**September 4 - Hutchinson**

**September 5 - Springfield**

**September 10 - Waconia ALC**

**September 15 - Glencoe Silver Lake**

**September 16 - St. Peter**

**September 23 - New Ulm Cathedral**

**October 7 - Sleepy Eye**

**October 8 - Buffalo Lake Hector Stewart**



## Scheduled tMHFA Parent/Staff Info Sessions\*

★ For Parents  
● For Staff

### IN PERSON:

August 12 - Sleepy Eye @ 11:30 AM ●  
August 12 - Sleepy Eye @ 5:00 PM ★  
August 19 - Waconia / Waconia ALC @ 8:00 AM ●  
August 20 - Waconia / Waconia ALC @ 6:00 PM ★  
August 21 - Le Sueur Henderson @ 5:30 PM ★  
August 25 - Glencoe Silver Lake @ 10:00AM ●  
August 27 - Central NYA @ 2:00PM ●  
August 27 - Central NYA @ 5:00 PM ★  
August 27 - Glencoe Silver Lake @ 5:00 PM ★  
August 27 - Eden Valley Watkins (time TBD) ●  
August 27 - Eden Valley Watkins @ 6:00 PM ★  
August 27 - Lester Prairie @ 3:00 PM ●  
August 28 - Buffalo Lake Hector Stewart @ 11:00 AM ●  
August 28 - Maple Lake @ 2:30 PM ●  
September 2 - Maple Lake @ 6:00 PM ★  
October 1 - Buffalo Lake Hector Stewart @ 5:00 PM ★

### VIRTUAL (Click for meeting link):

August 12 - [Springfield @ 1:00PM](#) ●  
August 19 - [New Ulm Cathedral @ 1:00PM](#) ●  
September 19 - [St. Peter @ 1:30 PM](#) ●  
September 9 - [St. Peter @ 5:00 PM](#) ★  
September 17 - [New Ulm Cathedral @ 6:30 PM](#) ★  
October 7 - [Le Sueur Henderson @ 7:30 AM](#) ●

**\*If you don't see your school listed,  
the info session date/time is still TBD**

## 2B CONTINUED NOW OFFERS ASIST TRAINING



Trusted by professionals, approved by the World Health Organization, and learnable by anyone, LivingWorks Applied Suicide Intervention Skills Training (ASIST) is the only workshop of its kind.

Updated continually to reflect new knowledge, LivingWorks ASIST has been training people to provide suicide first aid interventions for 40 years.

### A TWO-DAY, IN-PERSON SUICIDE PREVENTION WORKSHOP

-  Learn to recognize signs that someone may be thinking about suicide.
-  Gain skills to provide a safe, effective intervention and create a safety plan.
-  Explore how personal and community attitudes affect help-seeking and support.
-  Build confidence, readiness, and ability to offer suicide first aid.
-  Led by two trained facilitators in a safe, supportive setting.
-  ASIST training is shown to increase general counseling and listening skills.

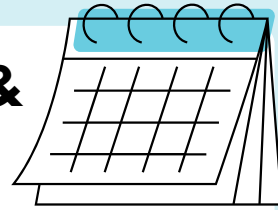
(From LivingWorks.net)

**SCAN OR CLICK HERE  
FOR UPCOMING  
ASIST TRAININGS!**

OR EMAIL US AT [INFO@2BCONTINUED.ORG](mailto:INFO@2BCONTINUED.ORG)



## AUGUST EVENTS & TRAININGS



### August 6–8

Renville County Fair, Bird Island

### August 6–10

Brown County Fair, New Ulm  
Carver County Fair, Waconia

### August 12

"The Anxious Generation" w/Dr. Amanda Black  
@ Cologne Academy (Private)

### August 13

Sibley County Backpack Fair, Gaylord

### August 19

QPR @ New County School, Henderson (Private)

### August 20

YMHFA @ 2B CONTINUED Office, Glencoe

### August 21

QPR @ River's Edge, St. Peter (Private)  
Stiftungsfest Family Movie Night, NYA

### August 23

Kick Off to September

### August 25

QPR @ Holy Trinity (Private)  
YMHFA @ St. Peter HS (Private)

### August 26

YMHFA @ Watertown Mayer HS (Private)  
Open House Booth @ Lester Prairie HS

### August 27

QPR @ Lester Prairie HS (Private)  
Open House Booth @ Central NYA HS

**VISIT [2BCONTINUED.ORG/EVENTS](https://2BCONTINUED.ORG/EVENTS) FOR ALL  
UPCOMING EVENTS AND TRAININGS!**





## '25-26 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

NEW IN '25-26!



MAPLE LAKE



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 GASCA



BILLY MARQUARDT



ANNA PANNING



EMILY SCHWARZKOPF



JIM STREHLKE

## 2B CONTINUED SCHOOL PROGRAM STAFF CONTACT INFORMATION:



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## '25-26 FINANCIAL PARTNERS

