



Upcoming Changes

FOR MENTALHEALTH EDUCATION IN SCHOOLS

THURSDAY, JANUARY 15, 2026

Welcome!

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Introductions

Upcoming Changes

FOR MENTALHEALTH EDUCATION IN SCHOOLS



Tammy Diehn
Founder & Exec. Director
2B CONTINUED



Dr. Michael Scott
Director of Teaching & Learning
Hutchinson Public Schools



Jennifer Telecky
Principal
Hutchinson HS



Stephanie Downey
Suicide Prevention Coordinator
MN Department of Health



Brienne LaHaye
Mental Health Lead
MN Department of Education

Mental Health Education Curriculum Options for Schools



Stephanie Downey
Suicide Prevention Coordinator
Minnesota Department of Health



Brienne LaHaye
Mental Health Lead
Minnesota Department of Education

2025 Minnesota Statutes

120B.21 MENTAL HEALTH EDUCATION.

(a) School districts and charter schools are encouraged to provide mental health instruction for students in grades 4 through 12 aligned with local health standards and integrated into existing programs, curriculum, or the general school environment of a district or charter school. The commissioner, in consultation with the commissioner of human services, commissioner of health, and mental health organizations, must, by July 1, 2020, and July 1 of each even-numbered year thereafter, provide districts and charter schools with resources gathered by Minnesota mental health advocates, including:

(1) age-appropriate model learning activities for grades 4 through 12 that encompass the mental health components of the National Health Education Standards and the benchmarks developed by the department's quality teaching network in health and best practices in mental health education; and

(2) a directory of resources for planning and implementing age-appropriate mental health curriculum and instruction in grades 4 through 12 that includes resources on suicide and self-harm prevention. A district or charter school providing instruction or presentations on preventing suicide or self-harm must use either the resources provided by the commissioner or other evidence-based instruction.

(b) Starting in the 2026-2027 school year, school districts and charter schools must provide mental health instruction in accordance with paragraph (a).

History: [2013 c 116 art 2 s 11](#); [1Sp2019 c 11 art 5 s 1](#); [1Sp2021 c 13 art 6 s 1](#); [2024 c 109 art 8 s 2](#)

Reference: <https://www.revisor.mn.gov/statutes/cite/120B.21>

► Academic Standards (K-12)

Arts

Computer Science

Dual Language Immersion

English Language Arts

Ethnic Studies

Gifted Education

► Health Education

Health Implementation

**► Health Standards Review and
Revision**

Health Standards Review and Revision

Standards Revision and Rulemaking

In accordance with [Minnesota Statutes 2024, section 120B.021, subdivision 4](#), the Minnesota K-12 Academic Standards in Health are revised every 10 years. The last time the Health standards were revised was in the 2024-25 school year. The next time they will be revised is in the 2034-35 school year.

On Monday, December 15, 2025, the Notice of Intent to Adopt Rules has been published in the [State Register](#). This step includes a public comment period on the standards. Written comments will be accepted until 4:30 p.m. CST on February 9, 2026.

As part of the Health Standards Process, the [Statement of Need and Reasonableness \(SONAR\)](#) was released on December 15, 2025. The SONAR describes the standards review committee's process of writing the proposed standards and why each Anchor Standard (also known as rules) is needed and reasonable.

Reference: <https://education.mn.gov/MDE/dse/stds/hpe/healthstand/>

The 4 Components of Mental Health Literacy

1. Decrease Stigma
2. Understand and Identify mental illnesses and their treatments
3. Understand how to obtain and maintain good mental health
4. Enhance help-seeking efficacy

Mental Health Education Curriculum At-a-Glance

Curriculum Name	Which Mental Health Literacy Components are addressed?				Is suicide prevention addressed?	Grade(s) / Grade Level(s)	Free?
	Decreasing Stigma	Understanding how to foster and maintain positive mental health	Understanding how to seek help effectively	Understanding mental health disorders and their treatments			
COPE2Thrive		X	X		No	Elem, Middle, High	No
Ending the Silence	X	X	X	X	Yes	Middle, High	Yes, free
Erika's Lighthouse	X	X	X	X	Yes	Elem, Middle, High	Yes, free
Hazelden Lifelines	X		X		Yes	Grades 5-12	No
Mental Health Essentials	X	X	X	X	Yes	Grades 7-12	No
Pathways to Empower	X	X	X	X	Yes	Elem, Middle, High	No
Reach Out	X	X	X	X	No	Grades 7-12	Yes, free
Sharpen Minds	X	X	X	X	Yes	High	No
tMHFA	X	X	X		Yes	High	No

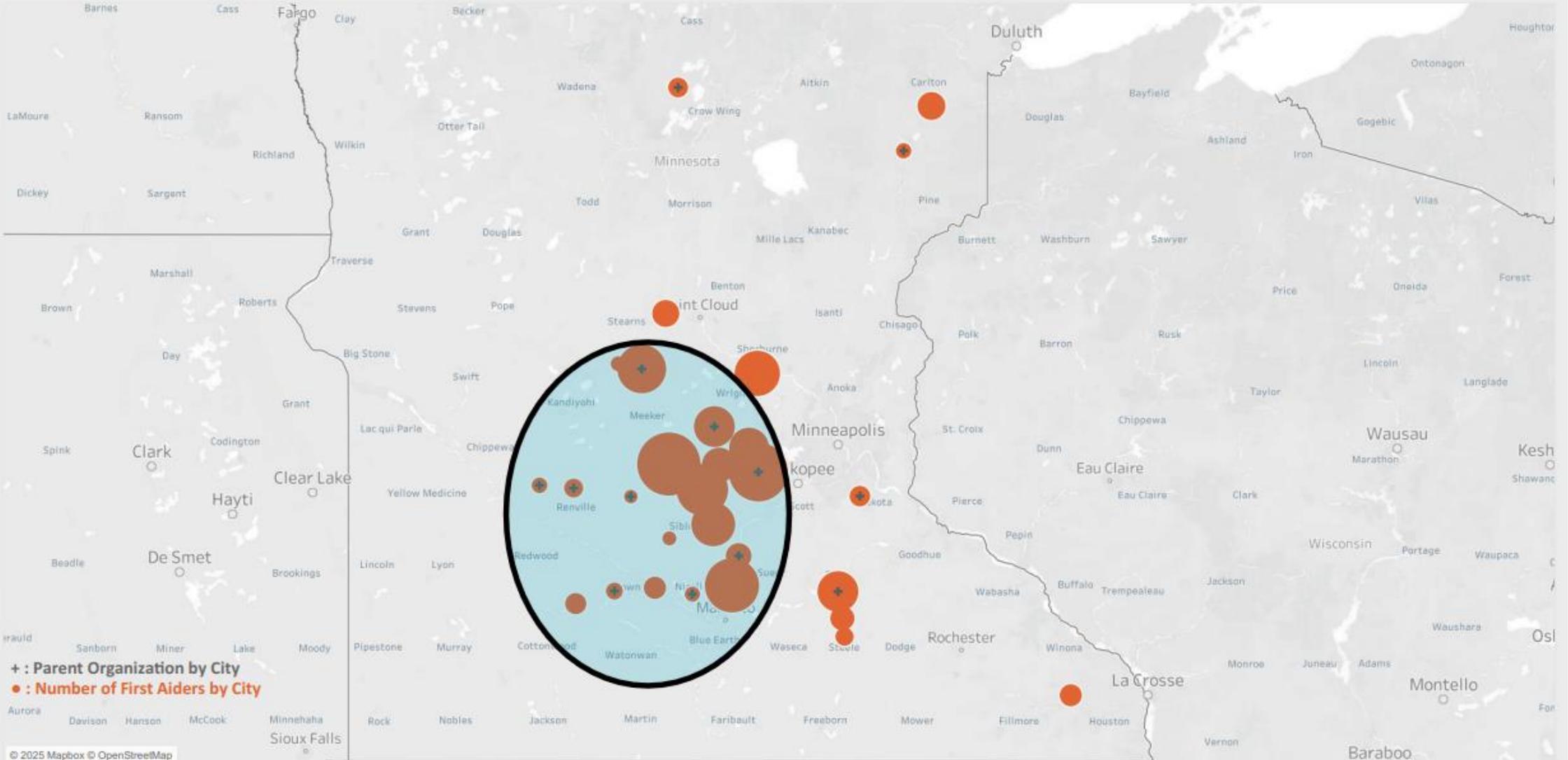
Reference: [MDE and NAMI-MN Mental Health Education Guidance document](#)

tMHFA

- Evidence based training approved for 9-12th graders
- Mental health in general and mental health challenges in teens
- Mental health crisis, including suicide, violence, bullying, abuse
- Substance use and abuse challenges in teens
- Recovery and resilience
- Connecting with a parent or other trusted adult

Teen First Aider Heat Map

4,400 Total Teen First Aiders
 172 Number of Courses
 35 Number of Sites
 17 Number of Contracting Organizations
 Course City All
 Course County All
 Course State Minnesota
 Site Name All
 Contracting Organizat.. All
 Start Date All



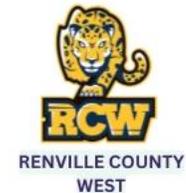
Teen Mental Health First Aid

1,626

80 Sections of Students
Trained Jan 1 - Dec 10, 2025

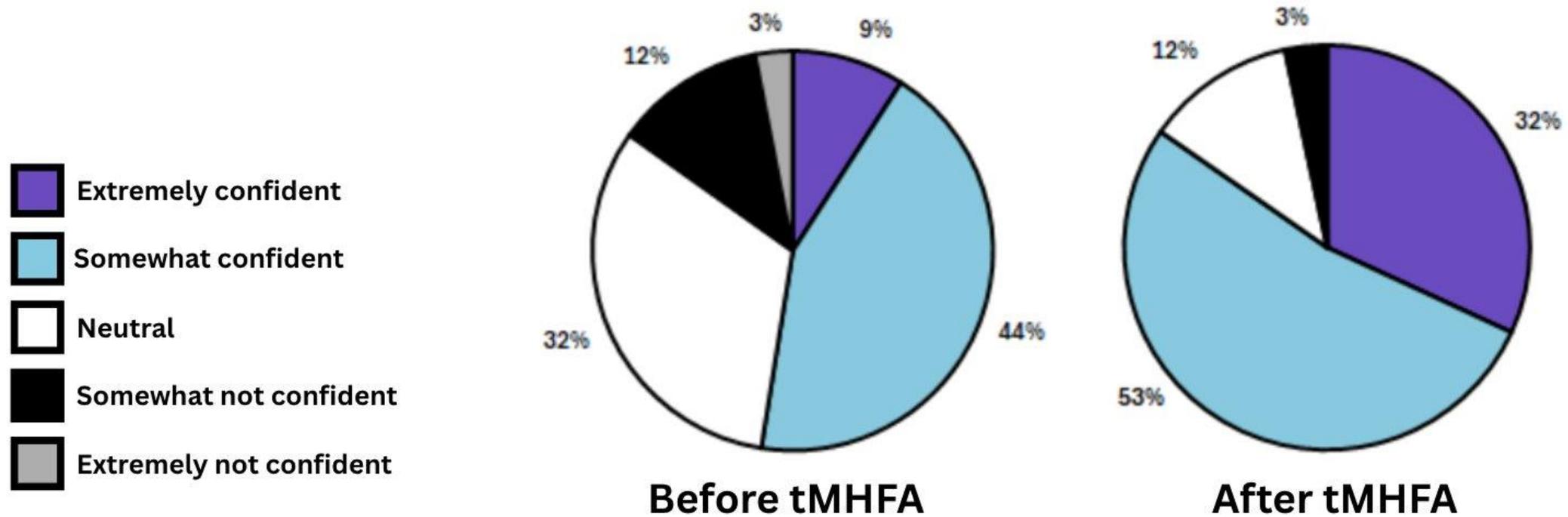


21 PARTICIPATING HIGH SCHOOLS



HOW TMHFA MAKES A DIFFERENCE

How confident do you feel in starting a conversation with someone who is going through a mental health challenge or crisis?



Data is from 10 schools, (24 sections of students) Fall 2025

Panel Discussion

- Stephanie Downey, MDH, Suicide Prevention Coordinator
- Dr. Michael Scott, Hutchinson High School, Director of Teaching & Learning
- Jennifer Telecky, Hutchinson High School, Principal
- Brienne LaHaye, MDE, Mental Health Lead



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Q & A

Discussion

Survey - Where Do We Go From Here?

- Continue the conversation, host another discussion?
- How would you like 2B CONTINUED to support your school with these changes?
 - Expand programming to includes curriculums for **grades 4–8 within our eight-county service area?**
 - Add an extra day to tMHFA for 9-12 that includes the 4th standard, End the Silence?
 - Other?
- Our District does not need further support from 2BC. Consider expanding tMHFA outside of its 8-county service area?

Contact Info

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Scan to get involved



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