



tMHFA TEEN MENTAL HEALTH FIRST AID SCHOOL PROGRAM NEWSLETTER



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

SESSIONS ARE IN FULL SWING!

We have already completed 4 sections of students at Waconia HS! In all, we will teach 9 sections of seniors at Waconia HS during this fall trimester.



tMHFA sessions have begun at St. Peter, New Ulm Cathedral, Hutchinson, Glencoe Silver Lake, Springfield, Sleepy Eye, and Buffalo Lake Hector Stewart High Schools, with Central (NYA) starting October 9.

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VIRTUAL STAFF OR PARENT INFO SESSIONS



This year, 2B CONTINUED is offering **online** information sessions for both staff and parents. Staff and parents from all participating schools have several date/time options to choose from. Though they will not be school specific, staff sessions and parent sessions will still be held separately.

In-person sessions tailored to your school community are still available upon request. Attendance is optional for staff and parents; however, we strongly encourage participation to learn more about the trainings..

CLICK A BUTTON TO REGISTER!

FOR STAFF:

Tues, October 15
3:30PM

OR SCAN:

FOR PARENTS:

Tues, October 15
5:30PM



SAFETY IS KEY!

Each school must have a safety protocol in place for responding to a learner who is experiencing distress.

SCHOOL DISTRICT MINIMUM POLICY REQUIREMENTS:

Immediately follow up with teens if they are (or have been) suicidal.

If a teen has expressed suicidal thoughts or behaviors, it's critical for school staff to follow up with them right away. Providing immediate support can make a significant difference in their mental health and safety.

Discuss tMHFA course content with students at increased risk before the course.

School staff should engage in a conversation with students who may be more vulnerable, such as those affected by suicide, before offering the Teen Mental Health First Aid (tMHFA) course. This ensures the course is appropriate for each individual's emotional state and readiness.

Allow school staff to speak with students they are concerned about, even if they haven't asked for help.

School staff should feel empowered to approach students they are worried about, regardless of whether the teen has requested assistance. Taking proactive steps can create an open line of communication and provide much-needed support.

NATIONAL COUNCIL FOR MENTAL WELLBEING'S REQUIREMENTS DURING COURSE DELIVERY:

Two adults must be in the classroom at all times.

The school classroom teacher is responsible for classroom management and student engagement, while the 2B CONTINUED tMHFA instructor delivers the training content.

A school counselor or mental health professional must be available in the building.

They should provide immediate support if needed and respond to any concerns raised through exit tickets.

Exit tickets must be completed by all participants at the end of each lesson.

Students can use these tickets to ask questions, share something they've learned, or request an adult check-in. The 2B CONTINUED instructors will distribute then review each ticket and pass along any follow-up requests or concerns to the school counselor or designee for timely follow-up. Note: 2B CONTINUED staff are not trained to provide counseling or therapy.



FOR AN EXAMPLE OF A SCHOOL SAFETY POLICY MANUAL:

[CLICK HERE!](#)

Support our work in your school and community by getting tickets for the "Legends of the Opry" fundraiser, or help spread the word by sharing the event with others! Every ticket helps bring vital suicide prevention trainings (like tMHFA) to more students and community members.

2B CONTINUED *Presents*
Legends OF THE Opry

A LIVE MUSICAL TRIBUTE

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



**JOHN
FARBER**



**MITCHELL
HALL**



**BILL
LITZAU**



**CHRISTINE
PASSIG**



**BARB
SABAL**



**JOE AND MELISSA
NEUMANN
(EMCEES)**

**WITH
SPECIAL
GUESTS:**

**SHELDON BRANDT
BERNELLE HANSON
JOE MARUSKA
CHAD MOLVA**



**2023 TRIBUTE ACT OF
THE YEAR AWARD
NOMINEE!**

NOVEMBER 2, 2024

**TWO SHOWS: 1PM AND 7PM
CASH BAR AND OPTIONAL DINNER**

ARLINGTON EVENT CENTER

204 SHAMROCK DRIVE | ARLINGTON, MN

**FOR MORE INFO
AND TICKETS:**

[CLICK HERE!](#)

'24-25 PARTICIPATING HIGH SCHOOLS



TWO NEW SCHOOLS ADDED TO OUR PROGRAM:



Both of these schools are in the process of fulfilling the prerequisite of having at least 10% of staff in their building trained in YMHFA. Welcome!

'24-25 FINANCIAL PARTNERS

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



MEET THE tMHFA CERTIFIED INSTRUCTORS



MELISSA BERGET



AMY GASKA



BETH OSLUND



ANNA PANNING



SHARI SALIC



EMILY SCHWARZKOPF



JIM STREHLKE

2B CONTINUED SCHOOL PROGRAM STAFF CONTACT INFORMATION:



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OUR NEWEST FINANCIAL PARTNER



New Ulm Area
Foundation, Inc.

Thank you to the New Ulm Area Community Foundation for supporting our Teen Mental Health First Aid (tMHFA) trainings at New Ulm Cathedral this academic year. As the school transitions to offering tMHFA to 9th graders, we are excited to be teaching both 9th and 10th graders this year!