



tMHFA
TEEN MENTAL HEALTH FIRST AID
SCHOOL PROGRAM
NEWSLETTER



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

HAPPY NEW YEAR!

As we welcome 2025, we're excited to expand the Teen Mental Health First Aid (tMHFA) program even further in our community. This year, we're thrilled to introduce the tMHFA program at **Le Sueur-Henderson High School!**

Schools we are currently in this month:

- BOLD
- CENTRAL
- EDEN VALLEY WATKINS
- HOWARD LAKE WAVERLY WINSTED
- LE SUEUR-HENDERSON
- ST PETER
- SIBLEY EAST



As we prepare to onboard Renville County West HS, we're offering YMHA training (partially funded by a grant from the MN Department of Education) at RCW school on Friday, Feb 14th from 9:30AM - 3:30PM. Open seats are available for other schools in our service area to register staff - send an email to info@2BCONTINUED.org to register!

INSIDE THIS ISSUE:

- HAPPY NEW YEAR!
- VIRTUAL STAFF OR PARENT INFO SESSIONS
- CELEBRATING OUR TEEN MENTAL HEALTH FIRST AID GRADUATES (PHOTO GALLERY)!

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 BELOW TO ATTEND!

FOR STAFF:

Fri, January 10
7:30AM

Tues, January 21
3:30PM

FOR PARENTS:

Wed, January 22
5:00PM

Celebrating Our Teen Mental Health First Aid Graduates!

Congratulations to all the students who have completed Teen Mental Health First Aid training since our November newsletter!



**A FREE
COMMUNITY
EVENT**

2B CONTINUED

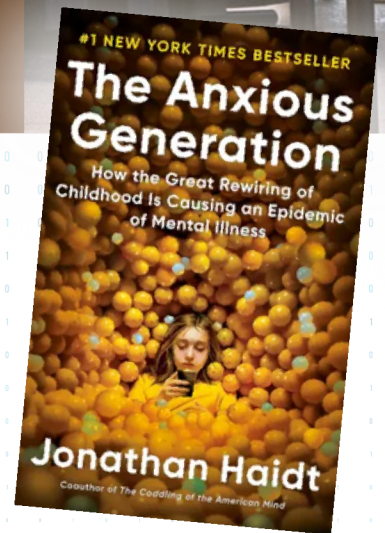


in person or virtual

The Anxious Generation

DR. AMANDA BLACK

**JANUARY 23, 2025 | 6:30-8:30PM
HUTCHINSON HS AUDITORIUM
OR ATTEND ONLINE!**



Parents and community members are invited to this enlightening event exploring how the "Internet Age" has fundamentally reshaped childhood and adolescent experiences.

Presented by Dr. Amanda Black, a board-certified psychiatrist with Hutchinson Health and Olivia Hospital & Clinics, this discussion draws insights from Jonathan Haidt's book, *The Anxious Generation*. Dr. Black will explore how constant device use and unlimited Internet access impact mental health and wellbeing in kids and teens.

Don't miss this opportunity to gain valuable insights and tools for fostering mental health in the digital age!

**HUTCHINSON HS AUDITORIUM
1200 ROBERTS RD SW
HUTCHINSON, MN 55350**



**Click or Scan to
register for
in-person or virtual
attendance!**

2BCONTINUED.ORG
info@2BCONTINUED.ORG
(320) 854-HOPE (4673)



LIMITED TICKETS NOW ON SALE!

2B CONTINUED
PRESENTS

dancing like the stars

Annual Gala to Benefit Suicide Prevention & Mental Health Awareness

PRE-SHOW FEATURING LIVE MUSIC BY AL HEIDORN

Attend this LIVE production show featuring 12 STAR COUPLES from Brown, Carver, McLeod, Nicollet, Renville, Sibley, & Wright counties participating in a friendly dance competition!



Jacob & Stephanie Brandt

GAYLORD



Todd & Courtney Breyer

GLENCOE



Greg & Missy Brock

LITCHFIELD



Juan Elizalde & Tina Castillo

FAIRFAX



Derik & Jess Johnson

RENVILLE



Justin & Jessica Helget

ST PETER



Dustin & Tricia Mackenthun

NYA



Whitey & Josie Sanken

BROWNTON



Brad & Angie Schugel

NEW ULM



Marcus Tevis & Megan VanEyll

WACONIA



Jim "Winnie" & Lisa Weninger

MAPLE LAKE



Nathan & Brooke Wentzloff

HENDERSON

And an opening group dance performance by staff from

New Ulm Medical Center

BUY TICKETS and VOTE NOW at:

WWW.2BCONTINUED.ORG/DLTS2025

**Support this event and our local couples!
Proceeds fund our tMHFA program.**

'24-25 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



MAYER LUTHERAN



NEW ULM
CATHEDRAL



NICOLLET



ST. PETER



SIBLEY EAST



SLEEPY EYE



SPRINGFIELD



WACONIA



WATERTOWN-
MAYER

MEET THE tMHFA CERTIFIED INSTRUCTORS



AMY GASKA



BILLY MARQUARDT



BETH OSLUND



ANNA PANNING



EMILY SCHWARZKOPF



JIM STREHLKE

2B CONTINUED SCHOOL PROGRAM STAFF CONTACT INFORMATION:



ADMINISTRATOR:
Tammy Diehn

TAMMY@2BCONTINUED.ORG

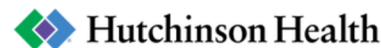


COORDINATOR:
Andie Franck

ANDIE@2BCONTINUED.ORG

'24-25 FINANCIAL PARTNERS

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



New Ulm Area
Foundation, Inc.



Pieschel Family
FOUNDATION

