

2B CONNECTED

Your 2B CONTINUED Newsletter

Stepping Forward Together

*Dancing Like the Stars returns April 11, with
livestream and local watch parties available*

There is a lot of energy building as we count down to the 2026 Dancing Like the Stars. This year's event sold out faster than ever before, and we are deeply grateful for the way people and organizations continue to show up and support this mission. The ballroom at the Glencoe City Center will be full, and that speaks volumes about the heart of this community.

If you were not able to purchase an in-person ticket, you can still be part of the night. We are offering a free livestream so you can watch from wherever you are or join a local watch party at a participating establishment. This will be a live-only experience and will not be available for replay, so we encourage you to join us in real time!

Livestream and Watch Party Details:

- Saturday, April 11, 2026
- Pre-show begins at 5:30 PM | Showtime: 6:30–10:00 PM

(More on Dancing Like the Stars on page 2)

**ATTEND A
WATCH PARTY**

**FREE LIVESTREAM
TICKETS!**



In This Issue

Meet our Dancing Like the Stars STAR Couples

Message from Tammy

Stress and Burnout

tMHFA Updates

Our Programs

Upcoming Events

Meet Our Team

How to Get Involved



Join the excitement at a Dancing Like the Stars Watch Party! Watch the dance live at a participating local establishment, cheer on your favorite couples, and enjoy the energy together.

THE 2026 DANCING LIKE THE STARS STAR DANCERS



MEET THE 2026 STAR COUPLES

At the heart of this event are our 12 STAR Couples, representing communities across the region. Each couple brings their own story, personality, and reason for saying yes to this experience. Together, they reflect the strength and generosity of the counties we serve.

- Adam & Karlyn Armbruster — Sleepy Eye
- Jake & Taylor Behnke — Henderson
- Trevor & Amanda Berg — Cokato
- Jeff & Sue Brandes — Courtland
- Larry & Deb Dreier — NYA
- Matt & Sarah Hausken — Olivia
- Mike & Michelle Kiefer — Hutchinson
- Kyle & Brittany Krusenstjerna — Waconia
- Daryl & Marilee Peterson — Gibbon
- Ted & Therese Salonek — Montrose
- Brian & Heather Stockman — Silver Lake
- Luke & Alyssa Walford — Chaska

Since January, these couples have been practicing with a choreographer, organizing events, reaching out to friends and neighbors, and inviting others to be part of something meaningful. They had little to no dance experience before this journey began, yet they stepped forward anyway. Their willingness to show up, work hard, and represent their communities is what makes this event so special.

Whether you are in the ballroom, at a Watch Party, or tuning in from home, you are part of this night. Cast your vote for our People's Choice winners and cheer on your favorite couples alongside our judges. Your encouragement, participation, and support make it possible.



OPENING GROUP DANCE PERFORMANCE BY
STAFF FROM  Olivia Hospital
& Clinic

A Message from Our Founder

Welcome to the first issue of 2B CONNECTED. This newsletter is a new way for us to share stories, celebrate impact, and stay connected to the communities that make this work possible. What started as a vision has grown because of people like you who believe that education, awareness, and open conversations matter.



With Dancing Like the Stars just weeks away, the excitement is undeniable. Watching this event sell out in record time is incredibly humbling. Our STAR Couples have poured their hearts into preparing — not just to perform, but to champion a mission that touches lives across our region. To every dancer, volunteer, donor, and supporter, THANK YOU! Your energy and generosity make this movement stronger.

I truly believe this will be a powerful year of impact. Together, we will continue reaching students, families, and community members with education and resources that build understanding and connection.

Thank you for being part of 2B CONTINUED. We are better because of you.

TAMMY DIEHN
FOUNDER & EXECUTIVE DIRECTOR



Now Hiring!

2B CONTINUED is seeking two Teen Mental Health First Aid Instructors to deliver evidence-based suicide prevention trainings in local schools and support outreach efforts across our service area.

This role includes primarily daytime school hours, with some evenings and weekends as needed. Part-time and full-time opportunities available. Candidates must reside within 60 miles of Glencoe, have reliable transportation, strong communication and technology skills, and be willing to travel. Instructor certification training is provided upon hire.

To apply, please send a cover letter and resume to Tammy@2bcontinued.org.



About 2B CONTINUED

2B CONTINUED is a Minnesota-based nonprofit focused on increasing awareness of suicide prevention, mental health, and wellness through education, training, and community outreach.

Serving eight counties, we equip schools, workplaces, and community members with knowledge and resources that strengthen understanding, reduce stigma, and build connection.

 305 7th Street East | PO Box 24 | Glencoe, MN 55336

 (320) 854-HOPE (4673)

 office@2BCONTINUED.org

 2B CONTINUED is a 501c3 nonprofit organization.

You Don't Have to Walk Through Grief Alone

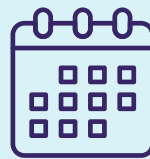
Suicide Loss Support Group at 2B CONTINUED

Grief after a suicide loss can feel different from other types of loss. Along with sadness, there can be confusion, guilt, anger, and questions that don't have easy answers. For many people, there can also be a sense of isolation.

2B CONTINUED offers a Suicide Loss Support Group as a supportive and safe space for adults who have experienced the loss of a loved one to suicide. People come together to share if they choose, listen if they prefer, and connect with others who understand the unique and complex emotions that accompany this kind of loss. Over time, many participants find comfort in the simple experience of being with others who "get it" without judgment.

The group meets on the second Monday of each month from 7:00 to 8:30 PM at the 2B CONTINUED office in Glencoe, Minnesota. If you or someone you know may benefit from joining, you are invited to reach out to our office to learn more or to join the group.

This space does not replace professional care, but it does offer connection, understanding, and the opportunity to walk alongside others who have faced similar losses. If you are interested, please contact us at info@2bcontinued.org or call (320) 854-4673 to get connected.



Next Meeting

- **Date:** Monday, March 9, 2026
- **Time:** 7:00–8:30 PM
- **Location:** 2B CONTINUED Office, Glencoe
- **Registration:** No registration needed. You are welcome to simply come as you are.

Meet Your Facilitator

In 2019, Brooke Dingels' awareness of mental health deepened after losing her father to suicide. She believes sharing her story helps raise awareness and reminds us that someone may be struggling, even behind a smile.

Brooke serves on the 2B CONTINUED Board of Directors. She and her husband, Casey, live outside of Norwood with their three sons. An RN with Ridgeview for 18 years, she is a strong advocate for mental wellness.



Brooke Dingels
Support Group Facilitator

Teen Mental Health First Aid (tMHFA) Program Continues to Grow

1,626 STUDENTS REACHED IN 2025

In 2025, 2B CONTINUED trained 1,626 students in tMHFA across 80 classroom sections throughout our eight-county service area. Each section represents students gaining practical tools to recognize signs of mental health challenges in their peers and respond in a supportive and responsible way. As more schools prioritize this education, the impact continues to expand across our region.

NEW SCHOOL PARTNERS

2B CONTINUED welcomes new school partners to Teen Mental Health First Aid, including Dassel-Cokato Public Schools and Terra Nova School in Buffalo. We are also in conversations with additional schools interested in bringing this education to their students.

Each new partnership reflects a shared commitment to strengthening awareness and connection within school communities. We are grateful to district leaders who are prioritizing proactive mental health education.

2025–26 SCHOOL YEAR PROGRAMMING

Our instructors are in full swing delivering Teen Mental Health First Aid to participating schools. Certified instructors Amy Gasca, Billy Marquardt, Anna Panning, Emily Schwarzkopf, and Jim Strehlke are leading classroom sessions across the region, equipping students with practical knowledge and confidence to support one another.

Sixteen high schools have reached the milestone of having their high school student body trained in Teen Mental Health First Aid. They will be recognized during a formal award presentation at our signature charity event, Dancing Like the Stars.



Pictured: Glencoe-Silver Lake High School 10th Graders

About
tMHFA

WHO

9–12th Grade Students

WHAT

Teen Mental Health First Aid (tMHFA) is an evidence-based training curriculum that teaches students how to identify, understand, and respond to signs of mental health and substance use challenges among their friends and peers, with a key emphasis on connecting with a trusted adult. The program includes six structured lessons delivered in 45-minute classroom sessions during the school day. It is taught by 2B CONTINUED's certified instructors to entire grade levels in classroom-size groups.

WHEN / WHERE

The training is provided in classrooms during the regular school day.

COST

While it costs about \$2,500 per classroom section (up to 30 students) to deliver tMHFA, 2B CONTINUED offers the program at no charge to eliminate financial barriers. To date, 22 schools (75 sections) are participating in the 2025–26 tMHFA school program.

INTERESTED?

If your school would like to bring tMHFA to your students, we would love to connect. Reach out to our team at office@2bcontinued.org or visit 2BCONTINUED.org to learn more.

When Stress Turns Into Burnout

Recognizing the signs and restoring balance

We all experience stress. Deadlines, packed schedules, and competing responsibilities are part of daily life. But burnout is different. While stress is often temporary and tied to a specific situation, burnout develops over time. It can leave a person feeling emotionally drained, detached, and less effective in roles that once felt manageable.

In schools, burnout may affect students who are balancing academic pressure, extracurricular commitments, and social expectations. It can also impact teachers and staff who carry heavy workloads and emotional demands. In workplaces, burnout often grows when responsibilities increase but staffing, time, or clarity do not. When effort consistently outweighs available support, exhaustion follows.

Burnout typically develops when several factors combine:

- **High and ongoing workload** with little time to recover
- **Limited control** over schedules or expectations
- **Unclear roles** or shifting priorities
- **Lack of recognition** or feedback
- **Minimal connection** or support from peers or leadership



Over time, these pressures can lead to warning signs such as chronic fatigue, difficulty concentrating, irritability, sleep disruption, or a growing sense of cynicism. Many people push through these signals, assuming things will slow down soon. When they do not, the impact can extend beyond work or school and begin affecting relationships and overall well-being.

Preventing burnout is not only an individual responsibility. It requires thoughtful leadership, realistic expectations, and environments where people feel heard. Schools and workplaces that prioritize open communication and sustainable workloads build stronger, healthier communities. Recognizing burnout early and addressing its root causes helps protect long-term mental wellness and keeps people engaged in the work and relationships that matter most.

Protecting Your Well-Being

Simple ways to reset

- **Set boundaries:** Protect personal time and disconnect when the day ends.
- **Prioritize rest:** Quality sleep helps restore energy and focus.
- **Take breaks:** Even short pauses can refresh your mind.
- **Stay connected:** Talk with friends, family, or coworkers for support.
- **Find purpose:** Focus on how your efforts make a difference.
- **Speak up:** Ask for support or resources when demands feel overwhelming.
- **Use HOPE:** HOPE is a non-AI chatbot that provides immediate, confidential mental health and wellness resources. Available anytime at www.2BSUPPORTED.org.



2B CONTINUED Programs

at a glance



Teen Mental Health First Aid

Teens learn how to recognize signs of mental health or substance use challenges in their peers and how to respond in a supportive, responsible way.

WHO IT'S FOR: Students in grades 9–12 (delivered in schools during regular school hours)



QPR

QPR (Question, Persuade, Refer) teaches participants how to recognize warning signs of suicide, start a conversation, and connect someone to appropriate support to save a life.

WHO IT'S FOR: Anyone age 18+



Youth Mental Health First Aid

Participants learn how to recognize signs of mental health or substance use challenges in youth and connect them to appropriate support.

WHO IT'S FOR: educators, coaches, youth leaders, parents, school staff, adults who interact with youth



safeTALK

A half-day training that teaches participants to notice invitations for help and connect someone to safety.

WHO IT'S FOR: Community members, including those in agricultural settings



Adult Mental Health First Aid

Participants learn how to recognize signs of mental health or substance use challenges in adults and respond with confidence.

WHO IT'S FOR: Community members, employers, faith leaders, first responders



ASIST

Applied Suicide Intervention Skills Training is an in-depth, two-day workshop that builds skills to support someone at risk and develop a safety plan.

WHO IT'S FOR: Professionals, community leaders, and individuals seeking advanced training



Upcoming Events

Suicide Loss Bereavement Support Group | March 9

Support and connection for adults grieving a suicide loss. 6:30–8:00 PM at the 2B CONTINUED offices in Glencoe. No registration required. [Learn more here.](#)

Dancing Like the Stars | April 11

Our signature charity event featuring local STAR Couples competing in an unforgettable evening of dance and community support. [Learn more here.](#)

Suicide Loss Bereavement Support Group | April 13

Support and connection for adults grieving a suicide loss. 6:30–8:00 PM at the 2B CONTINUED offices in Glencoe. No registration required. [Learn more here.](#)

Yard Sign Pick-Up Day | May 6

Pick up a mental health awareness yard sign and help spark conversations across our communities. A food truck will be on site from 11AM - 1PM. [Order your free sign here.](#)

DLTS Couple Events

Our Dancing Like the Stars (DLTS) STAR Couples are also hosting a variety of activities as part of their pre-event fundraising efforts. From community gatherings to creative events, there are many ways to get involved and show your support.

[Visit our website](#) for a full list of upcoming STAR Couple events, including their [Watch Parties](#) for the DLTS Show on Saturday, April 11.

Mental Health Toolbox Workshop | May 6

A creative, hands-on workshop exploring coping skills, boundary setting, and relationship building. Two workshop sessions offered. [Learn more and register here.](#)

Suicide Loss Bereavement Support Group | May 11

Support and connection for adults grieving a suicide loss. 6:30–8:00 PM at the 2B CONTINUED offices in Glencoe. No registration required. [Learn more here.](#)

Training Day | June 17

A day of suicide prevention and mental health education featuring multiple training opportunities for professionals and community members. Registration coming soon.

Take 5 to Save Lives Bike Run | September 12

A community bike run promoting connection and suicide prevention awareness. Registration opens June 1.

Annual Continuing Education Conference | September 29

A regional conference offering education and resources for professionals. Registration opens July 15.

Legends of the Opry | November 20-21

A live music charity event bringing the community together for a meaningful cause. Tickets open July 1.

View all events and full details at 2BCONTINUED.org/events!

Meet the **2B** CONTINUED Team

OUR BOARD



**TAMMY
DIEHN**

Founder, Executive Director



**CHAD
TEUBERT**

Chairperson, Board



**DARLENE
SCHMIDT**

Vice Chairperson,
Board



**JAYME
KRAUTH**

Secretary, Board



**MELANIE
KING**

Treasurer, Board



**BROOKE
DINGELS**

Director, Board and Suicide Loss
Support Group Facilitator



**JESSE
GRAN**

Director, Board



**MOLLY
HEIMERL**

Director, Board



**MIKE
SCOTT**

Director, Board

OUR STAFF



**TAMMY
DIEHN**

Instructor, Executive
Director



**ANDIE
FRANCK**

Office Coordinator,
Administrative Assistant



**AMY
GASCA**

Instructor



**AMY
KARLSON**

Instructor



**KATE
CURTIS**

Grant Coordinator,
Marketing Assistant



**BILLY
MARQUARDT**

Outreach Specialist, Instructor



**ANNA
PANNING**

Outreach Specialist, Instructor



**CHRISTINE
PASSIG**

Media & Marketing Specialist



**EMILY
SCHWARZKOPF**

Bookkeeper, Instructor



**JIM
STREHLKE**

Instructor



Ways to Get Involved

Together, we make a difference

Volunteer with **2B CONTINUED**

Volunteers make our education and outreach efforts possible. From parades and events to community awareness activities, your time helps expand mental health education across our service area.

We welcome new 2B CONTINUED Ambassadors and provide training to help you feel prepared and confident.

Interested? Visit our website to learn more and get involved.

Donate to **2B CONTINUED**

Donorship helps sustain our education and outreach efforts across the eight counties we serve. Every contribution supports mental health and suicide prevention training in schools, workplaces, and communities.

There are a variety of ways to give, whether through one-time gifts, recurring support, or event-related donorship.

Interested? Visit our website and look for the “give” button in the upper right corner.

Host a training with **2B CONTINUED**

2B CONTINUED offers a variety of education and training programs designed to strengthen awareness and connection. Available offerings include Teen Mental Health First Aid (tMHFA), Youth Mental Health First Aid, Adult Mental Health First Aid, QPR, safeTALK, and ASIST.

Interested in hosting a training or learning more? Visit our website to start the conversation and explore options for your group.

Become an instructor with **2B CONTINUED**

Our instructors help deliver education and training focused on mental wellness and suicide prevention across our eight-county service area. We are looking for individuals who are passionate about strengthening awareness and connection in their communities.

To apply, please send a cover letter and resume to Tammy@2bcontinued.org.

A Special Thank You to Our Premier Donors and Year-Round Partners

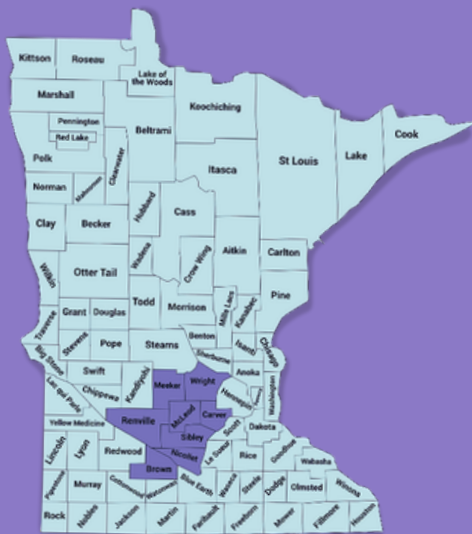
These community partners
are strengthening mental
health education in our
schools and communities.



Interested in becoming a donor?
Visit 2BCONTINUED.org/donorship

OUR MISSION

Increase awareness of suicide prevention, mental health & wellness through advocacy, education and outreach.



2B CONTINUED

Phone:
(320) 854-4673

Email:
info@2BCONTINUED.org

Address:
305 7th St E | PO Box 24
Glencoe, MN 55336



@2BCONTINUEDMN