

2B CONNECTED

Your 2B CONTINUED Newsletter

Training Day Returns June 17

A la carte training, free and open to professionals and community members

On Wednesday, June 17, 2B CONTINUED will host Training Day 2026 at the Glencoe City Center — a full day dedicated to mental health awareness, suicide prevention education, and strengthening communities through learning and connection.

Training Day brings together community members, educators, healthcare professionals, first responders, employers, faith leaders, parents, and advocates from across the region for accessible, practical, and evidence-based training opportunities focused on supporting mental wellness and suicide prevention awareness.

As conversations around mental health continue to grow throughout schools, workplaces, and communities, Training Day creates space for people to gain knowledge, build confidence, and strengthen their ability to recognize concerns and support others.

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2B CONTINUED'S
Training Day
2026



TRAINING DAY 2026 LEARNING OPPORTUNITIES

Multiple trainings and educational sessions will be offered throughout the day, including:

- ASIST
- safeTALK
- QPR
- Adult Mental Health First Aid
- Youth Mental Health First Aid
- Naloxone Training
- Additional educational breakout sessions

Whether participants are looking for introductory education or more in-depth training, there are opportunities designed for a wide range of backgrounds and experience levels.

Several trainings also offer continuing education or clock hour opportunities for professionals.

Training Day reflects 2B CONTINUED's ongoing commitment to increasing awareness of suicide prevention, mental health, and wellness through education, advocacy, and outreach across rural Minnesota communities.

Registration is now open, and early registration is encouraged as some trainings have limited capacity.

Find the free registration and full schedule at 2BCONTINUED.org/training-day

REGISTER HERE



Training Day 2026 is made possible in part by grants from the Glencoe Regional Health Foundation and McLeod Cooperative Power's Operation Round Up program.



A Message from Our Founder

As another school year wraps up, I continue to feel encouraged by the conversations happening throughout our communities around mental health awareness and suicide prevention.



This year, schools across our region continued prioritizing Teen Mental Health First Aid (tMHFA), helping students build awareness, strengthen peer support skills, and learn the importance of connecting with a trusted adult. We are incredibly grateful to the schools, educators, and community partners who helped make this programming possible throughout the 2025–26 school year.

In this issue of 2B CONNECTED, we are highlighting the continued growth and impact of the tMHFA program and looking ahead to the schools joining the program next year.

Another incredible part of this spring was our Dancing Like the Stars charity event and the support shown by our communities. The generosity of our dancers, volunteers, donors, and attendees helps make this work possible.

Thank you for your continued support of mental health awareness and suicide prevention.

TAMMY DIEHN
FOUNDER & EXECUTIVE DIRECTOR

Mental Health Awareness Yard Signs

We still have free mental health awareness yard signs available. Displaying a sign is a simple way to show support and raise awareness.

Signs can be picked up at our office in Glencoe. Please call or email to arrange a pickup time at (320) 854-HOPE or info@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 nine 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.

2026 Dancing Like the Stars

Thank you! We are grateful for the generosity, conversations, and community support that made this year's event so impactful.

Every year, Dancing Like the Stars — our annual signature charity event — brings communities together in a powerful way while raising awareness for mental health, wellness, and suicide prevention. Through months of outreach and fundraising, this year's STAR couples created an impact that extended far beyond the dance floor.

Thanks to the incredible generosity of supporters, this year's event raised more than \$560,000 to support our education and outreach initiatives. We are deeply grateful to every couple, donor, volunteer, and attendee who helped make this year's event so meaningful. From the bottom of our hearts, **THANK YOU.**



Building Awareness and Connection in Schools

Teen Mental Health First Aid at 2B CONTINUED

HOW THE PROGRAM WORKS

Teen Mental Health First Aid (tMHFA) is an evidence-based program designed to help students in grades 9–12 better understand mental health and substance use challenges, recognize warning signs, and know how to respond appropriately when concerns arise.

As mental health challenges among young people continue to impact schools and communities, the program helps students build awareness, strengthen supportive peer relationships, and understand the importance of involving a trusted adult when someone may be struggling.

Developed by the National Council for Mental Wellbeing, the curriculum is delivered during the regular school day by 2B CONTINUED's certified tMHFA instructors and includes seven classroom lessons featuring discussions, activities, videos, and workbook exercises.

WHAT STUDENTS LEARN

Through the program, students learn about:

- common mental health and substance use challenges
- stress management and healthy coping strategies
- self-care and wellness
- recognizing changes in thoughts, feelings, or behavior
- how to respond supportively to peers
- the role of trusted adults and available supports

One of the most important parts of the program is helping students understand that they are not expected to handle difficult situations alone. Instead, students learn how to recognize concerns, support peers in a responsible way, and involve trusted adults when needed.

As schools continue prioritizing mental health education, tMHFA is helping strengthen awareness, connection, and peer support within school communities throughout our region.

2B CONTINUED is grateful to the schools, educators, faculty, staff, and community partners who continue supporting this programming throughout our communities.

If your school is interested in learning more about tMHFA, please contact 2B CONTINUED at info@2BCONTINUED.org or visit 2BCONTINUED.org.



About the tMHFA Curriculum

Teen Mental Health First Aid is an evidence-based curriculum developed by the National Council for Mental Wellbeing and delivered locally by 2B CONTINUED's certified tMHFA instructors.

2B CONTINUED does not create the curriculum, but instead partners with schools to bring this nationally recognized program to students throughout our region.

NATIONAL COUNCIL
for Mental Wellbeing

A Look Back at the 2025-26 School Year

Thank you to the schools making this work possible

During the 2025-26 school year, 2B CONTINUED partnered with 22 schools across the region to bring tMHFA to students. A total of 1,695 students completed the program throughout the school year. Below is a look at the participating schools and the number of students trained at each location.



BOLD
48 Students



**BUFFALO LAKE
HECTOR STEWART**
36 Students



CENTRAL
87 Students



**EDEN VALLEY
WATKINS**
57 Students



**GIBBON FAIRFAX
WINTHROP**
50 Students



**GLENCOE
SILVER LAKE**
99 Students



**HOWARD LAKE
WAVERLY WINSTED**
84 Students



HUTCHINSON
213 Students



LESTER PRAIRIE
33 Students



**LE SUEUR
HENDERSON**
63 Students



MAPLE LAKE
56 Students



MAYER LUTHERAN
47 Students



**NEW ULM
CATHEDRAL**
31 Students



NICOLLET
17 Students



**RENVILLE
COUNTY WEST**
37 Students



ST. PETER
157 Students



SIBLEY EAST
63 Students



SLEEPY EYE
42 Students



SPRINGFIELD
58 Students



WACONIA
289 Students



WACONIA ALC
4 Students



**WATERTOWN-
MAYER**
124 Students



22
Schools



74
Sections

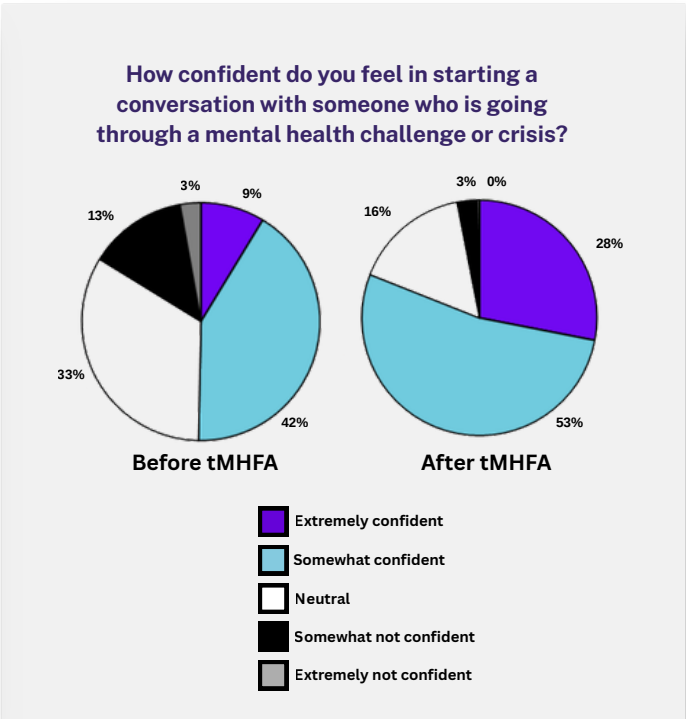
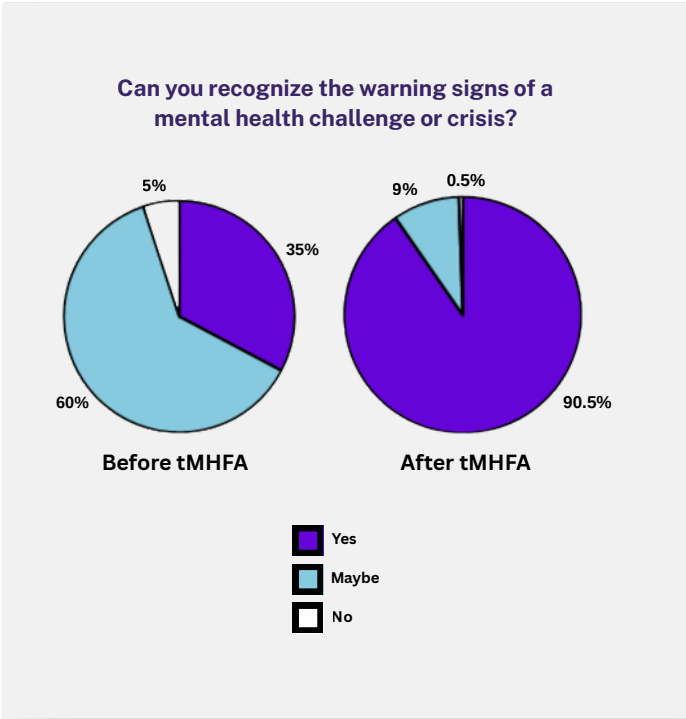


1,695
Students

All schools participating in the 2025-26 school year will return for the 2026-27 school year, showing the continued commitment schools are making to student mental health and wellness. We are also excited to share that new schools are joining the tMHFA program next year. Turn the page to see our new school partners!

The Impact of tMHFA

Pre-and post-training survey results show clear growth in students’ confidence. These gains reflect the real-world impact of tMHFA in strengthening awareness, skills, and help-seeking behaviors.



Data is from 22 schools, (74 sections of students) August 2025 - May 2026

Looking Ahead to 2026-27

Several new schools will join the tMHFA program for the upcoming school year, reflecting the continued growth of proactive mental health education across the area. New schools joining the program include:

- Annandale
- Belle Plaine
- Buffalo
- Dassel-Cokato
- Delano
- Eastern Carver County Schools (including Chaska, Chaska ALC, and Chanhassen)
- Sleepy Eye St. Mary’s
- Terra Nova Charter School, Buffalo

We are grateful for the continued support from schools prioritizing awareness, connection, and student wellness within their communities.

31

Total Number of
Participating
Schools in 2026-
27 School Year

Welcome to Our New
School Partners!

ANNANDALE

BELLE PLAINE

BUFFALO

CHASKA

CHANHASSEN

DASSEL-COKATO

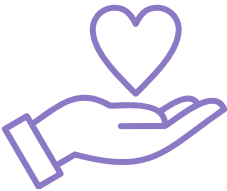
DELANO

ST. MARY'S

TERRA NOVA

Community Support Makes tMHFA Possible

Teen Mental Health First Aid (tMHFA) is provided to participating schools at no cost through the support of donors, grant partners, community organizations, charitable giving, fundraising efforts, and local supporters who invest in mental health education and awareness. This support helps 2B CONTINUED offer evidence-based mental health education without creating financial barriers for schools.



We are especially grateful to the following organizations and supporters:

Our 2026 Year-Round Premier Donors & Large Grantors



Our 2026 tMHFA Grant Partners

These organizations have provided restricted funding to support tMHFA in the following schools.

Allina Health Foundation

NEW ULM CATHEDRAL
AND SLEEPY EYE

Arlington Chamber

SIBLEY EAST

Henderson Community Foundation

LE SUEUR HENDERSON

Minnesota Valley Electric Cooperative

LE SUEUR HENDERSON AND
SIBLEY EAST

Pieschel Family Foundation

SPRINGFIELD, SLEEPY EYE,
AND SLEEPY EYE ST. MARY'S

Renville County Public Health PrimeWest Health

BOLD, BUFFALO LAKE HECTOR STEWART,
GIBBON FAIRFAX WINTHROP, AND
RENVILLE COUNTY WEST

Box Breathing: A Simple Tool for Stress

*Slowing your breathing can help create
a moment to reset and refocus*

Stress can show up in many ways. Some people notice racing thoughts, difficulty concentrating, irritability, or feeling emotionally overwhelmed. Others may feel physical symptoms like tension, headaches, restlessness, or trouble sleeping.

When the body experiences stress, it activates a natural “fight or flight” response. Heart rate increases, breathing becomes quicker, and the body stays on high alert. While this response can be helpful in certain situations, staying in that heightened state for long periods of time can affect your overall well-being.

Breathing exercises are one simple way to help calm the nervous system and bring the body back to a more regulated state. One commonly used technique is called **box breathing**.

Box breathing is a paced breathing exercise that follows four equal steps:

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds

This pattern is repeated several times, creating a slow and steady rhythm that may help reduce stress, improve focus, and support emotional regulation.



Many people use box breathing:

- before stressful conversations
- during moments of overwhelm
- before sleep
- before presentations or appointments
- at school or work
- anytime they need a quick reset

Like many wellness tools, box breathing is not about eliminating stress completely. Instead, it can help create a small moment to slow down, refocus, and support emotional balance during difficult or overwhelming moments.

New to Box Breathing?

HOPE can guide you.

HOPE is a confidential, non-AI wellness platform available at 2BSUPPORTED.org that includes coping tools, wellness resources, and support information.

The platform also features a guided Box Breathing tool that walks you through the exercise step-by-step and can be accessed online anytime.

Visit 2BSUPPORTED.org to try this tool!

Upcoming Events



Suicide Loss Support Group | June 8

Support for adults grieving a suicide loss. 7:00–8:30 PM at the 2B CONTINUED office. No registration required.

Training Day | June 17

A day of suicide prevention and mental health education featuring multiple training opportunities for professionals and community members. [Click here to register.](#)

Movie Night at Glencoe Pool | July 11

Join us for a fun, family-friendly movie night featuring the movie “Inside Out” at the Glencoe Pool.

Suicide Loss Support Group | July 13

Support for adults grieving a suicide loss. 7:00–8:30 PM at the 2B CONTINUED office. No registration required.

Cologne Glad Days “Team Andy” 5K Run/Walk | July 25

Join Team Andy during Cologne Glad Days for a 5K Run/Walk with the Andy Hendel Foundation in memory of Andy Hendel, with proceeds supporting 2B CONTINUED. [Click here to register.](#)

Suicide Loss Support Group | August 10

Support for adults grieving a suicide loss. 7:00–8:30 PM at the 2B CONTINUED office. No registration required.

Watch for us at many parades and town festivals this summer!

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



Movie Night at Stiftungsfest | August 27

Join us for a fun, family-friendly movie night featuring the movie “Elemental” at the Stiftungsfest Norwood.

Annual Motorcycle Run | September 12

A community bike run promoting connection and suicide prevention awareness. [Click here to register.](#)

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.**



Summer Food Truck Days

Join us this summer for Food Truck Days at 2B CONTINUED in Glencoe. These are come and go events between 11:00 AM and 2:00 PM, so feel free to stop by for lunch, connect with others in the community, and enjoy a variety of local food truck options. Food and beverages will be available for purchase from each truck.

- June 10 – Sweet Winks Food
- June 24 – Squeaky Cow
- July 15 – Squeals on Wheels
- July 29 – Sweet Winks
- August 5 – Sweet Winks
- August 12 – Squeals on Wheels
- September 9 – Squeals on Wheels

Meet the Team



**TAMMY
DIEHN**
Founder,
Executive Director

BOARD



**CHAD
TEUBERT**
Chairperson



**DARLENE
SCHMIDT**
Vice Chairperson



**BROOKE
DINGELS**
Director and Suicide Loss
Support Group Facilitator



**JESSE
GRAN**
Director



**MOLLY
HEIMERL**
Director



**MELANIE
KING**
Treasurer



**JAYME
KRAUTH**
Secretary



**MIKE
SCOTT**
Director

STAFF



**HOLLY
BODE**
Instructor



**KATE
CURTIS**
Grant Coordinator,
Marketing Assistant



**ALICIA
DONOVAN**
Instructor



**ANDIE
FRANCK**
Office Coordinator,
Administrative Assistant



**AMY
GASCA**
Instructor



**AMY
KARLSON**
Instructor



**BILLY
MARQUARDT**
Instructor



**ANNA
PANNING**
Instructor, Outreach Specialist



**CHRISTINE
PASSIG**
Media & Marketing Specialist



**COREY
ROSKAMP**
Instructor, Outreach Assistant



**EMILY
SCHWARZKOPF**
Instructor, Bookkeeper



**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.

Attend an event with **2B CONTINUED**

Join us at upcoming 2B CONTINUED events focused on mental wellness, suicide prevention, and community connection, including Training Day, the Bike Run, Continuing Education Conference, Legends of the Opry, and more.

To learn more and view upcoming events, visit our events page.



Suicide Loss SUPPORT GROUP



Supportive and safe environment for adult suicide loss survivors to share and connect with others who have also experienced the loss of a loved one to suicide.

Meets the second Monday of every month from 7pm-8:30pm at the 2B CONTINUED office in Glencoe.

To sign up, email info@2BCONTINUED.org or call (320) 854-4673

WHERE THERE'S A NEED FOR SUPPORT, THERE'S HOPE.

HOPE is a guided, non-AI chat tool that helps connect individuals to support resources. Tell HOPE what you're going through and find support options quickly.



I'm here for you!
VISIT 2BSUPPORTED.ORG

HOPE BY THE NUMBERS

Feb 2024 – Mar 2026

of People Who
Have Visited HOPE

6,496

of Returning
Users

457

People Directed
to Resources

861

of People
Directed to 988*

277

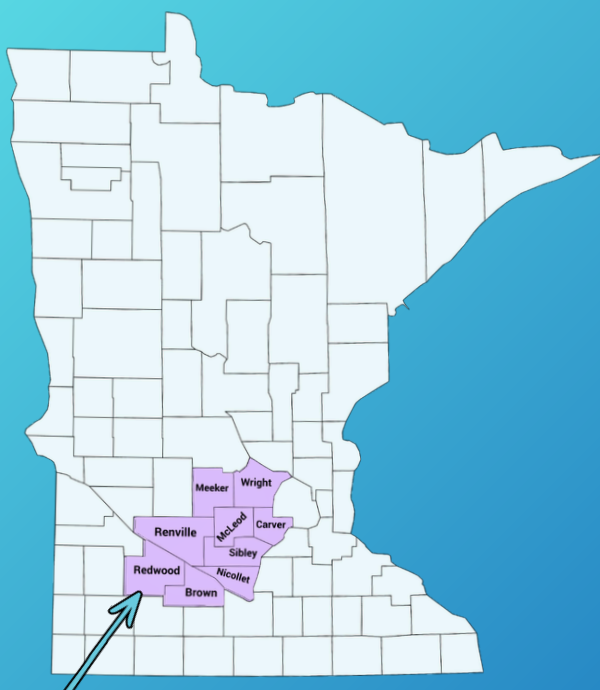
988

SUICIDE & CRISIS
LIFELINE

* HOPE connects individuals to resources, including the 988 Suicide & Crisis Lifeline, a separate, free, 24/7 national crisis hotline. 2B CONTINUED does not provide professional services.

OUR MISSION

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



REDWOOD COUNTY — NEW IN 2026!

2B CONTINUED

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(320) 854-4673

Email:
info@2BCONTINUED.org

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



@2BCONTINUEDMN