



2026 **2B** CONTINUED ANNUAL CONFERENCE

Knowledge Matters

Awareness • Education • Prevention

TOPIC DESCRIPTIONS & PRRESENTER BIOS



JAIME BREMSETH
Founder & President
*Carter Bremseth Memorial
Foundation*

“Carter’s Story Spoke to the BCA”

Learning Objectives:

- Hear a firsthand account of how sextortion impacted a Minnesota family and community.
- Understand what sextortion is and explore the significant increase in cases across Minnesota.
- Learn strategies for discussing sextortion with children and protecting them online.

Jaime is the founder and president of the Carter Bremseth Memorial Foundation. Carter was her first born, and becoming his mom was one of the greatest moments of her life. She is blessed to have two more children to spend her days with; but the ache of Carter’s death has never gone away. She is also a mental health professional, working primarily with children and adolescents; and those in crisis situations. She is very passionate about mental health, especially helping children and adolescents become the best version of themselves. She feels strongly about spreading HOPE, teaching children how to grieve the losses in their lives, and is transparently sharing Carter’s story to reduce stigma around suicide and mental health.



BOBBI JO PAZDERNIK
SAIC, Violent Crime
Reduction Unit
MN BCA

SAIC Bobbi Jo Pazdernik of the Minnesota Bureau of Criminal Apprehension has over 32 years of law enforcement experience, which includes 18 years as an undercover state narcotics agent and the last ten years investigating and supervising the Predatory Crimes Section. In 2017, SAIC Pazdernik created the statewide MN Human Trafficking Investigators Task Force, which she built to over 50 members that reach from corner to corner in our state. In 2019, the MN Women’s Police Association awarded the Excellence in Performance Award to SAIC Pazdernik for her work in Human Trafficking Investigations. SAIC Pazdernik received her Bachelor’s Degree in Criminal Justice Leadership from Saint Mary’s University of Minnesota.



Terry Wu, Ph. D.
Neuroscientist &
Leadership Speaker
*Neuroscience-Powered
Leadership Training*

“Conquer Burnout, Outsmart Your Stressors with Neuroscience”

Using a framework built on neuroscience research, you’ll learn the 5 safety signals your brain needs to shift out of threat mode — and how to create those signals in your work, your relationships, and your daily life.

Learning Objectives:

- Understand how stress affects brain function and overall well-being.
- Learn why common stress-management advice may be ineffective or counterproductive.
- Discover approaches to reducing and mitigating stressors rather than simply managing stress.
- Identify the “Five Safety Signals” of stress resilience and learn practical ways to incorporate them into daily life.

Dr. Terry Wu is a neuroscientist who applies 35+ years of brain research to fix what the leadership industry got wrong. With a Ph.D. from Vanderbilt University and two decades of research at the University of Minnesota, he translates the science of human behavior into tools leaders can actually use. He teaches leaders to lead by science, not by chance.

Dr. Wu’s leadership training is built on the neuroscience of why people follow — the question the leadership industry keeps ignoring. His work reveals how stress, belonging, and decision-making are neurologically connected, and gives leaders practical, science-backed strategies they can apply immediately.

Dr. Wu has presented at over 200 events nationwide. Attendees consistently describe his sessions as the kind that change how they think — not just for an afternoon, but permanently. He makes the brain make sense, blending rigorous science with humor and real-world stories that stay with audiences long after the session ends.



RAYMOND STENGLEIN

President/CEO

Wings of Hope

Construction Worker Advocate

“You Good”

Everyday we greet each other on the job site, but do we really want to know? Suicide is the second leading cause of death in the construction industry, with employment shortages and people leaving our industry due to mental health it's time to begin Hardhat Courage and have a courageous conversation.

Learning Objective:

- Examine suicide statistics and risk factors specific to the construction industry.

Ray Stenglein is a devoted husband and father of two daughters, and a passionate advocate for mental health well-being and suicide prevention. His advocacy is rooted in deep personal experience. Ray is a survivor of suicide loss following the death of his 16-year-old daughter, Annika, in 2016, and Mentor Chris Shaw in 2021. These experiences transformed Ray's life and purpose.

With over 40 years in the construction industry. Ray has become a strong voice for mental health within his community and across Minnesota. Ray has presented and trained over 30 construction companies with gate keeper training as well as over 35 schools and communities. He serves as President of the local nonprofit Wings of Hope. Ray also co-facilitates a local suicide-survivor support group HEARTBEAT, and he volunteers with the Minnesota Chapter of the American Foundation for Suicide Prevention (AFSP).

Ray is trained and certified to present several evidence-based mental health and suicide-prevention programs, including SafeTALK, ASIST, Talk Saves Lives, TSL Construction, It's Real, More Than Sad teens, QPR and QPR Construction and VitalCog for construction.



BRIENNE LAHAYE, MA, LMFT

Mental Health Lead

MN Dept of Education

"Mental Health Education: An Upcoming Requirement For Schools & An Important Part of Tier 1 Mental Health Promotion"

Minnesota Statutes 2024, section 120B.21 Mental Health Education mandates that all school districts and charter schools in Minnesota provide mental health instruction for students in grades 4 through 12, beginning in the '26-27 school year. In this session, you will hear from MDE on the guidance provided to districts, schools, and charter schools in complying with this statute, how it aligns with the forthcoming MN Health Education Standards, and how mental health education for students is a vital part of Tier 1 (Mental Health Promotion for All) within a Comprehensive School Mental Health System.

Learning Objectives:

- Review Minnesota statutory requirements for mental health instruction in schools.
- Explore guidance and best practices for schools to meet state mental health instruction requirements.
- Examine how mental health instruction supports a Comprehensive School Mental Health System, particularly at the Tier 1 level.

Brienne LaHaye, MA, LMFT. As MDE's Mental Health Lead, Brienne serves as a source of information and support for schools in addressing the mental health needs of students, teachers, and school staff and developing comprehensive school mental health systems in school districts and charter schools. Brienne is a licensed mental health professional (LMFT) and board approved supervisor. She has spent the majority of her career providing and overseeing mental health services in schools, including Early Childhood programs, K-12 schools, alternative schools and Federal Setting III-V programs. She is deeply passionate about embedding mental health services within educational settings to improve the wellbeing of students, families, and staff.



TAMMY DIEHN
 Founder & Executive
 Director
 2B CONTINUED

2B CONTINUED School Program

Learning Objective:

- Explore the positive impact of 2B CONTINUED's school-based program on teen mental health and well-being.

Tammy Diehn lives in rural Arlington with her husband Allen on their family farm, where they raised their two children, Jesse and Bethany. Both Allen and Tammy have lost a sibling to suicide. After her sister's death in 2017, Tammy connected with other loss survivors who were also in this "club which nobody ever wishes to be a part of". She began advocating for suicide prevention and mental health in area communities, sharing her story of loss, raising awareness, and educating others. In 2018 Tammy became a certified QPR instructor. (Question, Persuade, Refer, the mental health version of CPR). She has taught QPR to more than 1,500 professionals and community members. Tammy is also certified to teach Adult Mental Health First Aid, Changing the Narrative, SafeTalk, Talk Saves Lives™ and It's Real: Teens and Mental Health. She is also a NAMI-MN Survivor Voices Train the Trainer. Tammy finds these efforts to be gratifying, knowing that they may help others in addition to being therapeutic for her in her own personal journey in the grief recovery process.



EMILY BENNETT, MA, LPCC
 Mobile Crisis Supervisor
 Canvas Health

"Connecting to Crisis Response Services"

Explore the crisis services spectrum from 911 to local county crisis line to 988

Learning Objectives:

- Understand the differences between 911, county crisis lines, and 988 response systems.
- Learn when and how to appropriately utilize 911, county crisis lines, and 988 services.

Emily holds a Master's degree in Clinical Psychology. She has been in the role of Mobile Crisis Services since October of 2025. She has over thirteen years of clinical experience serving clients throughout their lifespans and remains passionate about the work. She is a MN Board Approved Supervisor through both the MN Board of Behavioral Health and Therapy. She is trained in various treatment modalities including; Acceptance and Commitment Therapy, Functional Family Therapy, Cognitive Behavioral Therapy, Internal Family Systems Therapy, and Crisis Intervention.



SONJA MERTZ
 Community Educator
 MN Alliance on Problem
 Gambling

"Gambling Addiction & Suicide"

Coping with the negative consequences of gambling addiction can be overwhelming, leading to feelings of shame, guilt and hopelessness. The National Council on Problem Gambling has reported that about 20% of those diagnosed with gambling disorder attempt suicide – a higher percentage than any other addictive disorder.

As access to gambling and its influences on society and communities increases, the need for problem gambling awareness becomes vital to ensure that those communities remain healthy. This presentation will include current trends in gambling (including sports and online betting), the signs and risk factors of problem gambling, common co-morbidities, treatment and tools that are available, and the concept of low-risk guidelines and other prevention topics.

Learning Objectives:

- Identify the signs of problem gambling and understand its connection to mental health challenges and suicide risk.
- Explore strategies for preventing gambling-related harm and learn about available tools and resources for addressing problematic gambling behaviors.

Sonja Mertz is the Community Educator for the Minnesota Alliance on Problem Gambling. Formerly a Prevention Research Specialist with the Minnesota Prevention Resource Center, Sonja expands MNAPG's outreach efforts throughout Minnesota and develops programs specifically geared towards youth, young adults, families, and educators, while also promoting general awareness of gambling issues. Sonja holds a Master of Library and Information Science and is a Certified Prevention Professional.



JIM ROBINSON, Ph. D.
Improvise
Table Salt Productions

“Psych 101 – A Cram Session!”

In 2014, Table Salt created Psych 101, a full-length musical that covered an entire semester of an introductory psychology course, complete with midterm and final! In addition to its original theatrical run, the show has been performed at several local colleges and universities and has also been adapted for special corporate functions — and now it's coming to you!

Starting with a performance of songs and sketches from Psych 101, this session will close with an interactive workshop designed to teach the assembled group the basic tenets of improvisation (saying “yes, and”; practicing non-judgment; making your scene partner look good) and how to apply them in their day-to-day lives, specifically in working with high-risk populations, clients struggling with addiction, the elderly, and more. The workshop will include a lecture component as well as interactive large- and small-group exercises.

Learning Objectives:

- Review foundational psychological theories and concepts presented in an engaging and memorable format.
- Gain an in-depth introduction to the principles of improvisation and their application in caregiving and everyday interactions.
- Practice practical improvisational techniques through interactive small- and large-group activities.

Jim Robinson, PhD, has designed and presented classes and workshops for the University of Minnesota's Honors Program, the University of St. Thomas, St. Catherine University, Metropolitan State University, the Teach for Myanmar program (Yangon, Myanmar), UPEACE (Costa Rica), Chittagong University and the Asian University for Women (Bangladesh), as well as the Fulbright Specialist Program and the U.S. State Department's Citizen Diplomacy Action Fund (in Pakistan). He has instructed college and university students, physicians, lawyers, business leaders, therapists, Alzheimer's caregivers, and end-of-life care specialists, to name a few. Over the past decade, Jim has created and presented a series of workshops and practical trainings based around the “Improvisation and Mental Health” curriculum which he developed for St. Catherine University. During that time, the curriculum has evolved to include discussion of and exercises promoting the use of improvisational techniques to enhance client communications for lawyers, nurses, physicians, business leaders, counselors, and other care providers.

Table Salt Productions was founded in 2009, and produces musical concerts, original plays, improvisational theater and storytelling, as well as custom variety shows and original music for specific clients and a wide range of occasions.