

2B CONNECTED

Your 2B CONTINUED Newsletter

Continuing the Conversation

A new school year, a month of awareness, and opportunities to connect.

As a new school year gets underway, we're excited to get back into classrooms across our nine-county service area. Our Teen Mental Health First Aid instructors are preparing for another school year, with 32 schools participating in the 2026–27 school year.

September is also Suicide Prevention Awareness Month, a time dedicated to raising awareness, reducing stigma, and encouraging conversations about mental health and suicide prevention. While this work happens year-round, September gives us an opportunity to put an extra focus on the importance of these conversations and the role each of us can play.

Our Annual Bike Run and Annual Continuing Education Conference are intentionally held during Suicide Prevention Awareness Month, giving us two meaningful opportunities to bring people together through outreach and education. The Motorcycle Run takes place September 12, followed by our Continuing Education Conference on September 29.

Turn the page to learn more about these events!



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A MONTH OF CONNECTION & LEARNING

September is a busy month for us, and we're excited to host two of our annual events: the Bike Run on September 12 and the Continuing Education Conference on September 29.

Bike Run | September 12

Our annual Bike Run brings riders, families, and community members together in support of suicide prevention and mental wellness. A lot goes into planning the route and making sure everyone has a safe and enjoyable day.

Here's a look at what riders can expect:

- **A scenic, well-planned route:** The ride starts and ends at Neisen's Bar & Grill in Biscay, with check-in beginning at 9 a.m. and kickstands up at 11 a.m. Riders will travel a scenic route with stops in Winthrop, New Ulm, and Gibbon before returning to Biscay around 4:30 p.m. An after-party with supper and a silent auction will follow from 5–7 p.m.
- **Safety support:** Members of the Combat Veterans Motorcycle Association Chapter 48-3 Norsemen will help with traffic, intersections, group movement, and keeping everyone together along the route. We're grateful to have their experience and support.
- **Fun stops along the way:** In addition to the planned stops, there will optional opportunities for ice cream and a visit to the Gibbon Sunflower Field. 2B CONTINUED is grateful to be one of the field's beneficiaries this year, making this stop especially meaningful to us.

The bike run coincides with Biscay Daze, so there's plenty of reason to stick around after the bike run for live music, food, raffles, and more with the community.

In need of a hotel for the weekend? There is a block of rooms set aside at AmericInn in Hutch for the bike run, at a discounted rate. It's good Friday and/or Saturday. Call the hotel direct at 320-587-5515 and mention the 2B CONTINUED bike run to get the discount.

Whether you're joining us on two wheels, four wheels, or anything street legal in between, we're looking forward to a fun, safe, and memorable day. Thank you to CVMA 48-3 and all of the volunteers who help make the Bike Run possible. Visit 2BContinued.org for more information and to register.

Turn to page 3 to learn more about the Annual Continuing Education Conference.



OUR GRAND MARSHALS

Earl & Diane Thaumert

After losing their son, Mike, to suicide in 2013, Earl and Diane have dedicated themselves to sharing hope through education and awareness. We're honored to recognize them as the 2026 Bike Run Grand Marshals and grateful for their willingness to share Mike's story to inspire hope and encourage conversations about mental health.



OUR RIDE LEADERS

Chad & Nikki Teubert

Chad and Nikki spend countless hours planning the route, visiting stops, and working through the timing and logistics of the ride. They ride the route at least three times before Bike Run day and lead the group, setting the pace and guiding riders safely from stop to stop. We're grateful for the time and care they put into making the Bike Run possible.

Continuing Education Conference | September 29

Our 2026 Annual Continuing Education Conference, Knowledge Matters, brings healthcare providers, nurses, social workers, therapists, counselors, educators, law enforcement, clergy, and others with an interest in mental health and suicide prevention together for a full day of learning and connection.



2026 **2B** CONTINUED ANNUAL CONFERENCE

Knowledge Matters

The conference will be held September 29 from 8:00 a.m.

to 4:30 p.m. at the Glencoe City Center. Attendees can earn up to 6.5 clock hours of continuing education credit, with 2B CONTINUED serving as an approved CE provider through the Minnesota Board of Social Work.

This year's sessions cover a wide range of timely topics, including:

- Sextortion
- Burnout, stress, and neuroscience
- Upcoming mental health requirements for schools
- Connecting with crisis response services
- Gambling addiction and suicide
- Mental health basics in a "Psych 101" session

RESOURCE VENDOR
BOOTHS AVAILABLE

COMPLIMENTARY
MASSAGES AVAILABLE
DURING THE
CONFERENCE

The day also includes a continental breakfast, lunch, snacks, beverages, a resource vendor fair, and opportunities to connect with other professionals working in mental health, suicide prevention, and wellness. Tickets are \$65 per attendee, and registration closes on September 18. **As of this publication, only 50 tickets remain.**

FEATURED PRESENTERS



EMILY BENNETT, MA, LPCC
Mobile Crisis Supervisor
Canvas Health



JAIME BREMSETH
Founder & President
Carter Bremseth Memorial
Foundation



BOBBI JO PAZDERNIK
SAIC, Violent Crime
Reduction Unit
MN BCA



TAMMY DIEHN
Founder & Executive
Director
2B CONTINUED



BRIENNE LAHAYE, MA, LMFT
Mental Health Lead
MN Dept of Education



SONJA MERTZ
Community Educator
MN Alliance on Problem
Gambling



JIM ROBINSON, Ph. D.
Improvise
Table Salt Productions



RAYMOND STENGLEIN
President/CEO
Wings of Hope
Construction Worker Advocate



TERRY WU, PH. D.
Neuroscientist &
Leadership Speaker
Neuroscience-Powered
Leadership Training

A Message from Our Founder

Summer has been busy in the best kind of way. Our team has spent the past few months in our communities, meeting people, sharing resources, and having conversations that matter. We've seen so many familiar faces along the way, and we've also had the chance to meet people who are connecting with 2B CONTINUED for the very first time.



Now, we're getting ready for a new school year, and I'm excited about what's ahead. Our team continues to grow, our reach continues to grow, and we're preparing to bring Teen Mental Health First Aid to 32 schools across our nine-county service area this year.

None of this happens because of one person. It happens because of a team that cares deeply about this work, school staff who make room for these conversations, volunteers who show up, community partners who open their doors, and people like you who believe mental health and suicide prevention deserve our attention.

Thank you for being part of 2B CONTINUED. Whether you've stopped by our table at an event, attended a training, volunteered your time, shared our work, or supported us in another way, we're grateful for you.

TAMMY DIEHN
FOUNDER & EXECUTIVE DIRECTOR

SEPTEMBER 12, 2026

Bike Run
2026

2B
CONTINUED

A RIDE FOR HOPE

**\$30 REGISTRATION INCLUDES
LUNCH AND SUPPER**

STARTS & ENDS AT
**Neisen's
Bar & Grill**
BISCAY, MN

ROUTE:

NEISEN'S BAR & GRILL, BISCAY
GUNNAR'S BAR & RESTAURANT, WINTHROP
B & L BAR, NEW ULM
WHIT WORT BREWING, GIBBON
NEISEN'S BAR & GRILL, BISCAY

ENJOY LIVE MUSIC
AS A PART OF *Biscay Days*

SIGN UP AT 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.

Out & About in Our Communities

Why outreach is an important part of our mission

Community outreach is an important part of what we do at 2B CONTINUED all year long. Whether we're at a school, community event, festival, or fair, being out in the communities we serve gives us opportunities to share resources, raise awareness, and connect with people about mental health and suicide prevention.

Summer is an especially busy season for outreach, with our team often dividing and conquering to attend events throughout our nine-county service area. Just a few of the places you may have seen us this summer include:

- Winstock Country Music Festival
- Glencoe Days
- Rails to Trails in Watertown
- Chaska River City Days
- Bavarian Blast in New Ulm

These events allow us to meet people where they are and introduce more people to the programs, trainings, resources, and opportunities available through 2B CONTINUED. Sometimes that means a quick stop at our table to pick up a resource, and other times it opens the door to a meaningful conversation.

While summer keeps our outreach calendar especially full, you'll find 2B CONTINUED out in our communities throughout the year. It's an important part of our mission and one more way we continue increasing awareness of suicide prevention, mental health, and wellness through advocacy, education, and outreach.

Want 2B CONTINUED at your next community event?

Contact us at info@2BCONTINUED.org to learn more about having our team join you.



Teen Mental Health First Aid Updates

Kicking off a new school year

As a new school year gets underway, 2B CONTINUED is preparing to bring Teen Mental Health First Aid (tMHFA) back to classrooms across our nine-county service area. The program has grown significantly, expanding from 22 schools last school year to 32 schools for the 2026–27 school year.

Through seven classroom sessions, tMHFA gives students practical skills and knowledge to better understand mental health and support their peers. Students learn to recognize signs that a friend may be struggling, start conversations about mental health, respond appropriately, and connect a friend

with a trusted adult or other resources. The sessions also encourage students to understand and prioritize their own mental health and well-being.

This year, eight certified 2B CONTINUED tMHFA instructors (pictured below) will deliver the program throughout our region. We're excited to continue growing the program and reaching more students with important mental health education.

See the next page for a complete list of participating schools.

Meet Our 2026-27 Certified tMHFA Instructors



**HOLLY
BODE**



**ALICIA
DONOVAN**



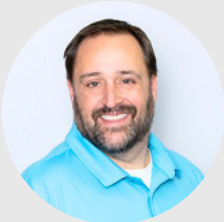
**AMY
GASCA**



**ANNA
KALLMAN**



**BILLY
MARQUARDT**



**COREY
ROSKAMP**



**EMILY
SCHWARZKOPF**



**JIM
STREHLKE**

2B CONTINUED

tMHFA Participating Schools

2026-2027 School Year

 ANNANDALE	 BELLE PLAINE	 BOLD	 BUFFALO	 BUFFALO LAKE HECTOR STEWART	 CENTRAL
 CHANHASSEN	 CHASKA	 DASSEL- COKATO	 DELANO	 EDEN VALLEY WATKINS	 GIBBON FAIRFAX WINTHROP
 GLENCOE SILVER LAKE	 HOWARD LAKE WAVERLY WINSTED	 HUTCHINSON	 INTEGRATED ARTS ACADEMY, CHASKA	 LESTER PRAIRIE	 LE SUEUR HENDERSON
 MAPLE LAKE	 MAYER LUTHERAN	 NEW ULM CATHEDRAL	 NICOLLET	 RENVILLE COUNTY WEST	 SLEEPY EYE ST. MARY'S
 ST. PETER	 SIBLEY EAST	 SLEEPY EYE	 SPRINGFIELD	 TERRA NOVA, BUFFALO	 WABASSO
 WACONIA	 WATERTOWN- MAYER	<i>Thank You, School Partners! We're grateful to these 32 schools bringing Teen Mental Health First Aid to their students this school year. Thank you for making mental health education a priority in your schools and communities!</i>			

Navigating Times of Transition

Finding your footing when routines and seasons change

Transitions are a normal part of life, but that doesn't mean they're always easy. A new school year, a change in routine, the end of summer, or simply moving into a new season can bring excitement and uncertainty at the same time.

Even positive changes can take some adjustment. Routines change, expectations shift, and it can take time to find your footing. During times of transition, it can be helpful to give yourself some extra patience and focus on the things you can control.

A few simple ways to make transitions a little easier:

Keep some familiar routines. Maintaining regular sleep, meals, movement, or other daily habits can provide a sense of stability.

Take things one step at a time. You don't have to figure out an entire new routine all at once.

Make time to check in with yourself. Notice how you're feeling and give yourself permission to slow down when you need to.

Stay connected. Spending time with friends, family, coworkers, or others you trust can make changes feel less overwhelming.



Use tools that help you reset. A few minutes of breathing, mindfulness, or gratitude can create a moment to pause and refocus.

Transitions don't have to be perfect. Giving yourself time to adjust, staying connected, and finding small ways to care for your mental well-being can make navigating change a little easier.

Need a Moment to Reset?

Try HOPE's Guided Mindfulness Tool

HOPE has a six-minute guided mindfulness session designed to help you slow down, refocus, and be present in the moment.

Choose from a male or female voice and select calming background sounds, including rain, ocean sounds, or music. The guided session walks you through breathing, mindfulness, and gratitude to help create a few quiet minutes in your day.

Find it on HOPE:

Visit 2BSupported.org > Select Wellness Tools > Choose Mindfulness

Take six minutes to pause, breathe, and reset.

Upcoming Events



Gibbon Sunflower Field | Through Mid-September

The Gibbon Sunflower Field is open throughout the season for photos, a maze, and other activities. Donations at the field support this year's beneficiaries, including 2B CONTINUED.

Movie Night at Stiftungsfest | August 27

Join us for a fun, family-friendly movie night featuring the movie "Elemental" at Stiftungsfest in NYA.

QPR at Blue Earth County | September 5

QPR training for Combat Vets 48-9 participants and the general public, providing participants with the skills to recognize warning signs of suicide, start a conversation, and connect someone with support.

Role of the Natural Helper in Meeker County | September 10

Tammy Diehn will present "The Role of the Natural Helper" (part of the Changing the Narrative program) during a Meeker County employee Lunch and Learn.

Buffalo Strong Street Party | September 10

2B CONTINUED will be part of the Buffalo Strong Street Party, connecting with the community and sharing mental health and suicide prevention resources.

QPR for Silver Lake Ambulance | September 10

A private QPR training providing participants with the skills to recognize warning signs of suicide, start a conversation, and connect someone with support.

"Ride for Hope" Annual Motorcycle Run | September 12

A community bike run bringing riders and community members together to promote connection and suicide prevention awareness. All street legal vehicles are welcome. [Register online or at event.](#)

First Responders 5k in Carver | September 12

Hosted by the Southwest Metro Chamber as part of Carver's Steamboat Days. 2B CONTINUED will have a resource table at the event.

Suicide Loss Support Group | Second Monday of Every Month (Next Meetings: September 14 and October 12)

A monthly gathering hosted by 2B CONTINUED for adults who have experienced suicide loss to share, connect, and spend time with others who understand.

QPR at Lower Sioux Community | September 14

A private QPR training providing participants with the skills to recognize warning signs of suicide, start a conversation, and connect someone with support.

QPR for Ag in New Ulm | September 15

A QPR training in New Ulm for the general public focused on agricultural communities and hosted by the Minnesota Department of Agriculture. [Register here.](#)

Veteran Support at Glencoe VFW | September 19

2B CONTINUED will provide mental health and suicide prevention resources focused on supporting veterans and their communities.

Shine the Light in New Ulm | September 20

2B CONTINUED will have a resource table at the Brown County Yellow Ribbon event in New Ulm focused on suicide awareness and prevention.

S'mores and Movies with the Glencoe Police Department | September 21

Join us for s'mores and a family-friendly movie night featuring the movie "The Land Before Time" with the Glencoe PD.

AFSP Suicide Walk in St. Peter | September 27

2B CONTINUED will have a resource table at the American Foundation for Suicide Prevention's Suicide Walk in St. Peter.

Mental Health Awareness Night in NYA | September 28

2B CONTINUED will have a resource table at the volleyball game at Central High School in NYA.

Continuing Education Conference | September 29

A conference offering practical education and resources for professionals focused on mental health and suicide prevention. [Registration closes September 18.](#)

QPR at Our Savior Lutheran Church in Excelsior | October 3

A QPR training for the general public providing participants with the skills to recognize warning signs of suicide, start a conversation, and connect someone with support. [Register here.](#)

Legends of the Opry | November 20-21

A live music charity event bringing the community together for a meaningful cause. Includes dinner and a show! [Tickets are selling fast.](#)

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

TRAININGS AT A GLANCE

Curious about the trainings 2B CONTINUED offers? Here's a quick look at our education and training opportunities for individuals, professionals, schools, and communities.



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



Volunteer Training

For those interested in volunteering with 2B CONTINUED, this training prepares you to represent the organization at community events and share mental health resources.

WHO IT'S FOR: Community members interested in volunteering as 2B CONTINUED Ambassadors.

WAYS TO GET INVOLVED

There are many ways to be part of 2B CONTINUED, from volunteering and donating to attending events, spreading awareness, and connecting your community with our programs and resources.

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.

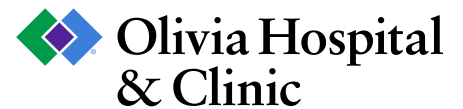
To learn more and view upcoming events, visit our events page.

PREMIER DONORS

Our Premier year-round donors make it possible for 2B CONTINUED to provide education, outreach, and resources throughout our communities.



Hutchinson Health



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



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.



presents

Legends OF THE Opry



**JOE AND
MELISSA
NEUMANN**
EMCEES

DINNER & LIVE MUSICAL TRIBUTE

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

NOV 20, 2026: 7PM | NOV 21, 2026: 1PM & 7PM

Venue Change!

GLENCOE CITY CENTER

1107 11th St E | Glencoe, MN

**NEW SHOW
EVERY YEAR!**

featuring local musicians



**Lacey
Borneke**



**John
Farber**



**Bill
Litzau**



**Christine
Passig**



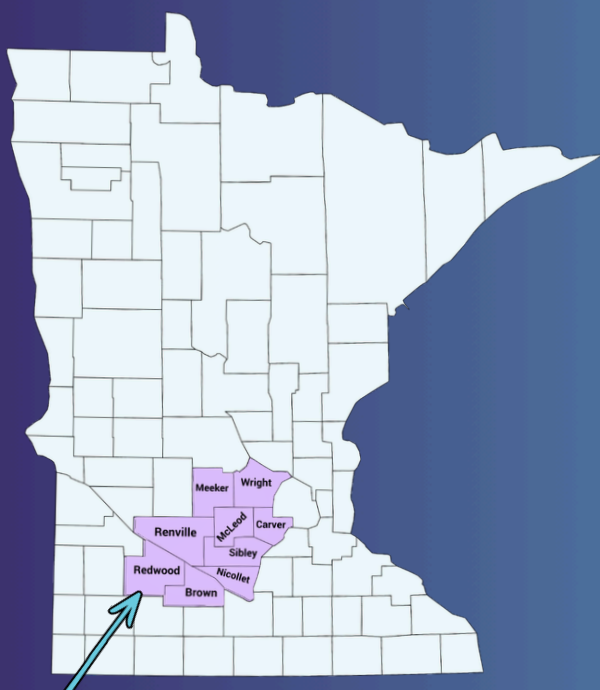
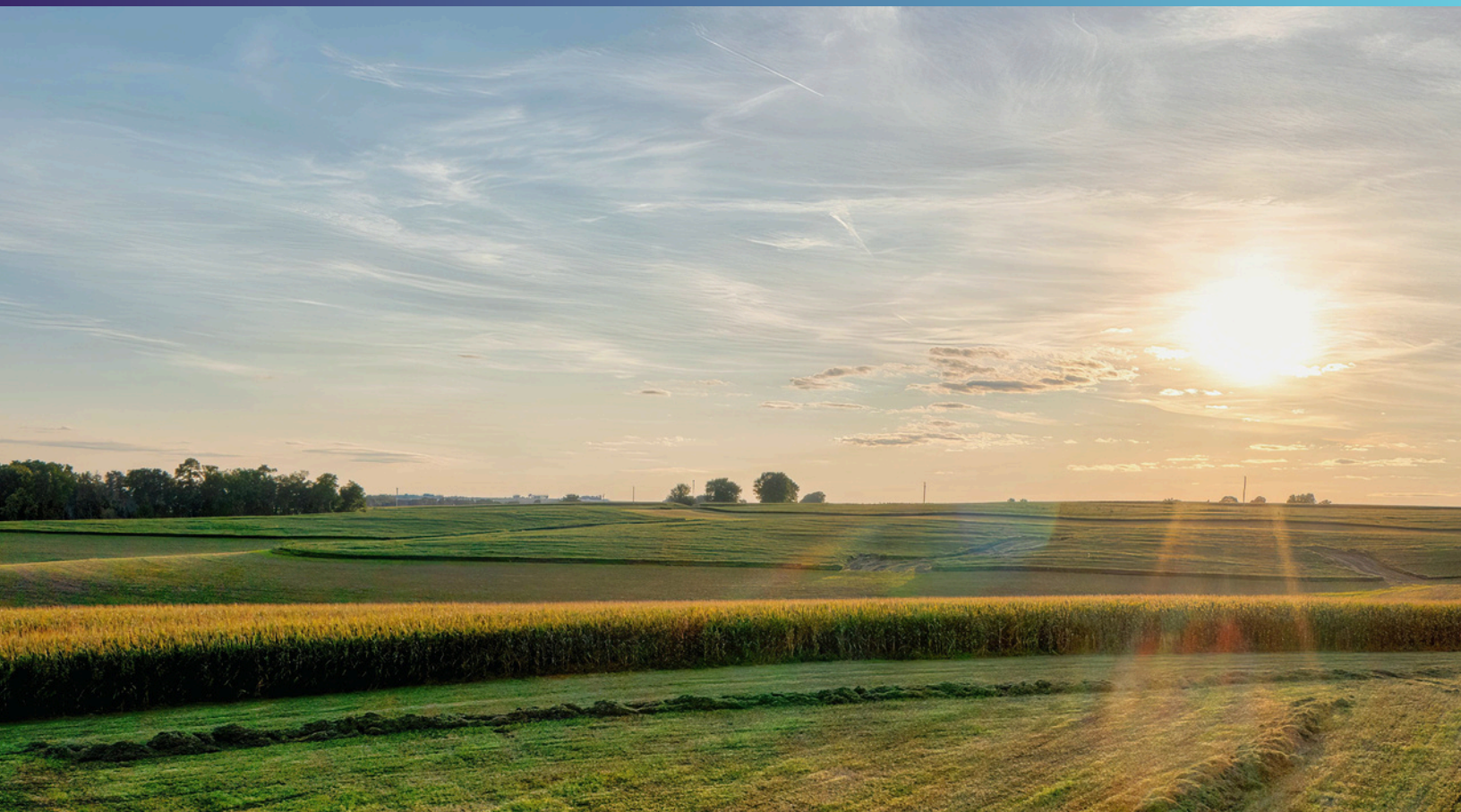
**Tanner
Stark**



With Sheldon Lee Brandt, Joe Maruska, & Chad Molva

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