

SAFE & SEEN



TREEHOUSE



Creating mental health friendly youth ministries

The culture we foster in our ministry determines the level of safety for teens struggling with mental health.

This five-part video series will help your ministry team create a safe environment for any teen, including those struggling with mental health.



DISCUSSION GUIDE **SESSION 3** SHARED OWNERSHIP

About TreeHouse

TreeHouse exists to **unleash hope** in teens by empowering Christ-centered leaders to provide grace-based teen mental health support.

Our vision is to turn the tide of teen mental health by empowering the Church to bring living hope to teens in their community.

To learn more about how TreeHouse can help position your ministry as a community leader by offering non-clinical mental health support, visit TreeHouseHope.org/partner.

Let's Connect

TreeHouseHope.org

 @treehousehope

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SESSION 3 DISCUSSION: SHARED OWNERSHIP



Review group rules and their purpose:

Confidentiality: What's shared in this group stays in this group.

Respect: Listen without interrupting or judging.

Assume positive intent: Approach others' contributions with grace.

Speak for yourself: Use "I" statements to share your thoughts and experiences.

Practice empathy: Seek to understand others' experiences.

No dumping: Identify ministry growth areas without dwelling on past mistakes.

WATCH VIDEO 3: SHARED OWNERSHIP

1. Understanding Shared Ownership (10 minutes)

Engaging teens as co-creators in ministry, rather than passive participants, fosters a sense of belonging and responsibility. Reflect on how shared ownership can transform ministry culture.

- ☆ How might involving teens as co-laborers instead of participants change the dynamics of your ministry?
- ☆ Why is it important for teens to have ownership over their ministry environment?

NOTES:

2. Creating a Safe Ministry Culture (10 minutes)

Safe environments depend on everyone's participation, not just leaders'. Discuss how to involve teens in creating a culture of safety that fosters inclusivity and respect.

- ☆ Ana mentioned that safety is an "all-hands-on-deck" endeavor. How can you empower teens to contribute to a safe ministry environment?
- ☆ How do influential teens in your group impact the culture, positively or negatively? How can you partner with them?

NOTES:

3. Empowering Teens with Mental Health Struggles (10 minutes)

Giving teens with mental health challenges a voice in ministry helps address their unique needs and builds a sense of control. Explore how this empowerment can benefit individuals and the group.

- ☆ How can giving teens with mental health challenges a voice in ministry help them feel more connected and valued?
- ☆ What challenges might arise in empowering teens with mental health struggles, and how can you address them?

NOTES:

4. Recognizing the Importance of Influence and Control (10 minutes)

Marlen spoke about how lack of control over her environment affected her mental well-being. Discuss how providing opportunities for influence can improve a teen's sense of well-being.

- ☆ How might co-creating ministry environments help teens feel more in control and safe in unpredictable situations?

NOTES:

Possible Action Steps

Discuss these action steps and try to reach consensus on what step you will take next in your ministry.

- ☆ Place a staff person or volunteer in charge of developing a student leadership team.
- ☆ Create a regular rhythm where you cast the vision for shared ownership during your program.
- ☆ Identify influential teens that you may want to recruit into leadership positions.
- ☆ If a teen recently made a suggestion about the ministry, implement the suggestion and publicly praise the student for their contribution.
- ☆ Brainstorm a list of ministry tasks you can hand off to student leaders. Then delegate!

NOTES:

Closing Reflection & Prayer (5 minutes)

Takeaway:

- ☆ What is one step you can take this week to engage teens in co-creating a healthier ministry environment?

Prayer:

- ☆ Pray for wisdom, creativity, and openness as you empower teens to take ownership and build a thriving ministry.



NOTES:

DISCLAIMER

The Safe & Seen series is designed for educational purposes only. It is intended to provide tools and strategies for fostering a safe, supportive, and inclusive ministry environment for teens.

This course does not qualify or license any individual or organization, including the church, to practice mental health care, provide clinical counseling, or diagnose mental health conditions. We expect participants will observe the parameters of their respective roles and educational limits, referring individuals with significant mental health concerns to licensed mental health practitioners.

Mental health concerns or crises? Please reach out to a local mental health professional or seek immediate professional help for yourself or anyone in your ministry.

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Session five references The Relate study (2024). View the full study at relate.younglife.org.