

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.

LEADER GUIDE



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

 @treehousehope

WELCOME TO SAFE & SEEN!

Thank you for your commitment to helping teens feel safe, valued, and supported in your ministry. This series equips you with tools to create an environment where all teens, especially those facing mental health challenges, can thrive. Below is a step-by-step guide to help you navigate the series effectively and implement meaningful change in your ministry.

STEP 1:

Take the Ministry Assessment

Before diving into the series, begin by assessing your ministry's current engagement in the five key areas covered in the series:

1. **Grace-First Ministry**
2. **Embrace Messy**
3. **Shared Ownership**
4. **Community Rules**
5. **Deep Relationships**

How to Access the Assessment:

[Click Here](#) to complete the Safe & Seen Ministry Assessment or scan the QR code. This online tool evaluates your ministry across the five areas, providing a score and insights to identify strengths and growth opportunities.

Once submitted, you will receive your results via email within 15 minutes.



Why Take the Assessment First?

Understanding where your ministry currently stands helps you and your team focus discussions and action steps on areas that need the most improvement.

STEP 2:

Organize Your Team

Gather leaders and volunteers from your youth ministry to participate in the Safe & Seen series.

Considerations for Building Your Group:

- ☆ **Diversity of Perspectives:** Include leaders with different roles and experiences (small group leaders, volunteers, parent volunteers, etc.).
- ☆ **Influence Within the Group:** Invite those who shape the culture of your ministry.
- ☆ **Commitment to Change:** Engage leaders who are open to learning and implementing new strategies.

Scheduling:

- ☆ Plan 5 weekly sessions, each covering one topic from the series.
- ☆ Allow for at least 1 hour per session: 10 minutes to watch the video and 50 minutes for discussion.
- ☆ Choose a time when your group can attend consistently, ensuring all voices are part of the process.

STEP 3:

Facilitate the Discussions

Each session includes a video that explores a key topic, followed by guided discussion questions. Your role as the facilitator is to create a safe space for honest dialogue and shared learning.

Tips for Leading Effective Discussions:

1. Set Ground Rules:

- ◇ Create a judgment-free environment.
- ◇ Encourage active listening.
- ◇ Review the group rules outlined in each discussion guide.

2. Encourage Participation:

- ◇ Use open-ended questions to prompt deeper discussion.
- ◇ Gently invite quieter participants to share their thoughts, but respect their choice to pass.

3. Stay on Track:

- ◇ Keep discussions focused on the topic while allowing space for meaningful insights and collaboration.
- ◇ If needed, you can use a timer to ensure there's time for all discussion questions.

4. End with Action:

- ◇ Conclude each session by identifying one or two actionable steps related to the topic.

STEP 4:

Select and Implement Action Steps

After completing all five sessions, guide your team to prioritize and commit to action steps for your ministry.

How to Choose Action Steps:

- ★ Review the list of potential actions provided in the series materials.
- ★ Consider the needs of your teens, particularly those struggling with mental health challenges.
- ★ Set realistic short-term and long-term goals.

Tips for Implementation:

- ★ Assign clear roles and responsibilities for each action step.
- ★ Set timelines and checkpoints to measure progress.
- ★ Celebrate small wins along the way to maintain momentum.

STEP 5:

Follow Up and Reflect

Building a mental health-friendly ministry is an ongoing process. Schedule regular check-ins with your team to evaluate progress and make adjustments as needed.

Reflection Questions:

- ◇ What changes have we seen in our ministry since implementing these steps?
- ◇ How are teens responding to the changes?
- ◇ What additional support or training do we need?

CONCLUSION

Following this guide will equip you and your team to cultivate a youth ministry where teens feel safe, valued, and seen.

Thank you for your dedication to this important work—your efforts will make a lasting impact on the lives of the teens in your care.

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.