

## **How to Use this Resource:**

This resource was originally written with teaching student leaders in what they can do to help transform your ministry into a safe space for students with mental illness in mind. However, I would recommend considering including your adult youth leaders, as well as any student that wants to attend. The training will take 45-60 minutes to complete. Included with the manuscript is a fill-in-the-blank note page. Have those in attendance fill in the blanks as you teach through the manuscript.

Between points, there is blank space for taking notes. Encourage the students and leaders in attendance to jot down anything that stands out to them during the training. At the end, there is a challenge to make a commitment. Each person can play a part in transforming your ministry. Have the students make their commitments and share them with each other. They should be inspired by each other but sharing also allows for accountability and encouragement. It would also be a good idea to have the students share with whomever leads the student leadership team, who can share that information with the youth pastor (if those are two different people).

## **Before the Training:**

At the outset of the teaching series, inform your student leaders that you will be having a focused training time to specifically to address loving and serving students with mental illness after the series. If you have required regular meetings for your student leadership team, you might incorporate this into your regularly scheduled meeting. If not, you can select a group of students whom you view as natural leaders or just invite everyone.

Although this resource was originally written with teaching student leaders what they can do to help transform your ministry into a safe space for students with mental illness in mind, most high school students and adult leaders would grasp the material and benefit from this training. I recommend making an announcement at the conclusion of the third message in the series, after you've spent time talking about the importance of loving students with mental illness well. It is not recommended that you

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make the training during your normal youth meeting time. Announce a separate time, stressing the importance of leaders serving everyone well.