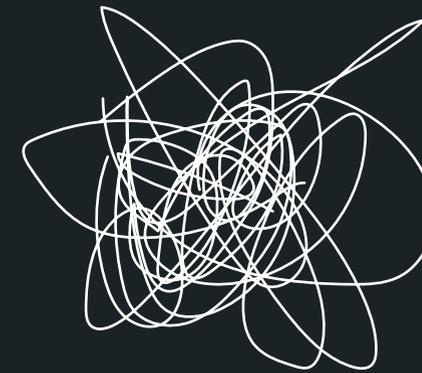




WE ARE  
ON A MISSION

**TO END**  
**HOPELESSNESS**

AMONG  
TEENS.



## Hopelessness holds everyone back.

Hopelessness shows up as a tangle of lies and pain that hold people back and constrict what they're capable of. Sometimes you see signs of this pain: harmful behaviors, destructive patterns, or unjust circumstances. Other times, a person's struggle is deep within, as they wrestle to believe in their worth or that things will ever get better. Hopelessness doesn't just affect individual lives. It has a compounding impact, breaking down relationships, families, and communities.



## Teens are uniquely impacted by hopelessness.

**The teen years are defined by a search for identity, belonging, and purpose.** And when teens don't have positive voices speaking truth into their lives and circumstances—if hopelessness takes root during these critical years—it can affect the trajectory of the rest of their lives.



# 31%

of high school students report feeling sad or hopeless almost every day for two or more weeks in a row, causing them to stop doing some usual activities<sup>1</sup>

### HOPELESSNESS LOOKS LIKE:

- Increased symptoms of depression and anxiety
- Anger-related issues
- Problems in school
- Isolation and avoidance
- Self-harm
- Substance abuse
- Thoughts and attempts of suicide
- Bullying and aggression
- Unsafe sex and dating relationships
- Criminal behavior



Every teen will feel hopeless at some point in their journey.

We can't change the circumstances that teens face or promise they won't struggle or experience pain. But we can help them build resiliency and relationships that give them a solid footing and a transformed outlook.

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Ending hopelessness starts when teens believe what is true and what is possible.

**What a person believes at their core affects everything**—how they behave, the decisions they make, and the way they view themselves and the world around them. So many teens experience self-critical thought patterns and hear destructive messages—at home, at school, in their communities—about who they are and what they're worth. At TreeHouse, in all we do, we want to instill in every teen a belief in their God-given value and worth. Because when these beliefs rather than their circumstances begin to define their lives, teens start to see themselves the way they were created to be—and live into all that is possible for their futures.

**TRUTHS WE WANT EVERY TEEN TO BELIEVE:**

- I am lovable, capable, & worthwhile.
- I am loved without strings & never alone.
- I have a future.





# I am lovable, capable, & worthwhile.

Every person is uniquely created by God and has innate value that no person or circumstance can take away. Because of this, every life is worth living. Every person has purpose. And everyone has something to offer.



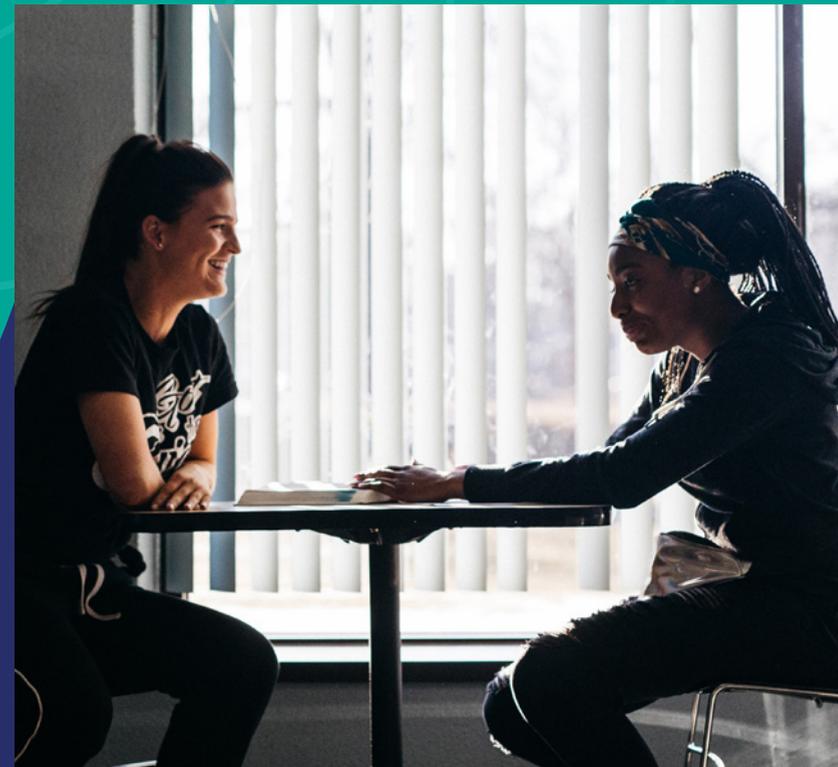
I can not only *be* loved but can love others and myself. I can do anything and everything I imagine—I am worth it. At TreeHouse, I am shown that I'm worthwhile by people treating me like I'm part of a family.

— KAYLEE, 15



# The path to hope is not a straight line.

**No one moves directly from hopelessness to hope.** There are ups and downs. Roadblocks. Momentum. Setbacks. For some this is a lifelong journey. But no teen has to walk this journey alone. We stick with them through it all, helping them believe the truth about who they are and what they are capable of.



→ No one person can ever meet every need. That's why we also introduce teens to a loving God who will always be with them and accept them exactly as they are.



## At TreeHouse, no teen walks alone.

**Relationships are a key part of the TreeHouse model.** Each teen who goes through our programs has the opportunity to be paired with a mentor and establish positive relationships with staff, volunteers, and peers. Our staff is deeply invested in our teens. We aren't just present during our programs, but also connect with teens through texting, phone calls, and conversations over coffee. In all this, we strive to become trusted voices of encouragement, wisdom, and care when a teen is in need.

# TreeHouse creates a safe space for teens to belong.

**When teens come to TreeHouse, sometimes it's the first time someone has looked them in the eye and been genuinely happy to see them all week.** We want teens to know how much they matter—which is also why many sites offer them free rides and dinner before programs each week. The sense of belonging at TreeHouse is evident as teens let their unique personalities shine and give voice to their untold stories. Our programs are built on proven models of effectiveness—we're grace-based, first and foremost, but we also hold consistent rules and shared practices that give teens something to count on. **At TreeHouse, teens know they'll be loved, accepted, and supported no matter what.**

“As a former principal, I saw every day that the most common type of hopelessness wasn't a lack of physical resources but a lack of connection, support, and love—especially from caring, present adults. I love how TreeHouse gives teens a picture of what a different path can look like while being surrounded by caring, invested adults.”  
—BRUCE LOCKLEAR, RETIRED EDUCATOR

## TREEHOUSE PROGRAMS:

### **SUPPORT GROUP**

One night a week, we create a safe space for teens to talk about what's really going on in their lives. Through Support Group, teens get to practice vulnerability and receive support from peers and adult leaders.

### **CONNECT**

We gather a second time to intentionally learn more about our God-given purpose. These times are designed to help teens develop the spiritual and personal life skills needed to grow into healthy young adults.

### **MENTORING**

When a teen joins TreeHouse, they have the opportunity to get connected with an adult mentor. Through this, teens get dedicated one-on-one time with a safe, caring adult who serves as a consistent presence and a voice of love in their life.

### **NEXT**

We offer personalized coaching to help teens create an educational or vocational track for their future. This includes college application assistance, ACT/SAT prep, vocational discernment, and interview prep.

## ADDITIONAL OFFERINGS:

### **Growth Groups**

Throughout the year, small groups of teens and staff focus on customized topic areas like anger, self-harm, leadership, and forgiveness—creating a space for discussion and learning.

### **Trips & Activities**

TreeHouse provides opportunities for teens to have fun, learn about themselves, and connect with God in a deeper way. This includes sporting events, retreats, service projects, and social activities.

3000+ TEENS SERVED ANNUALLY

40+ TREEHOUSE SITES NATIONWIDE

140+ SCHOOLS IMPACTED





# I am loved without strings & never alone.

God will never love anyone more or less than He already does—regardless of what a person does, good or bad. He’s fully committed and will never abandon the people He created and loves, no matter what.



No matter what I’m going through, there will always be someone there to remind me that I’m loved and not alone. — LAMONT, AGE 18



# When teens are rooted in living hope, transformation begins.

Some challenges are too big to face alone. That's why TreeHouse introduces teens to a loving God who they can trust and rely on. The grace of Jesus Christ is the foundation of our beliefs and values—but all teens are welcomed and loved, no matter their background or beliefs.

**With living hope at their core, teens begin to experience transformation from the inside out.** Hope grows as a teen's core beliefs impact their actions—showing up in the way they engage in their relationships, plan for their future, and care for themselves. These internal and external changes have a compounding impact on their families and communities.

## TREEHOUSE TEENS:

**73%** BELIEVE THEY'RE LOVABLE, CAPABLE, & WORTHWHILE

**78%** GIVE SUPPORT TO THEIR PEERS

**69%** STAND UP AGAINST NEGATIVE PEER PRESSURE

**80%** HAVE GOALS FOR THEIR FUTURE



## OUR GOALS FOR EVERY TREEHOUSE TEEN:



### ESTABLISH HEALTHY INTERNAL BELIEFS AND SKILLS

- Form healthy relationships with peers and mentors.
- Build coping skills to navigate obstacles in life.
- Move toward a stronger relationship with a loving God.
- Discover personal value and purpose.



### DISPLAY POSITIVE EXTERNAL BEHAVIORS AND ATTITUDES

- Graduate high school.
- Engage in an educational or career path after high school.
- Decrease negative mental health symptoms.
- Develop hope for their future.



When these internal beliefs and skills and external expressions can be seen in a teen's life, we believe it will make a significant contribution to the communities in which these teens live—**unleashing untold potential for all of us.**



# Ending hopelessness unleashes untold potential in our communities.

In 1979, TreeHouse founder Fred Peterson was a middle school teacher who saw too many teens slipping through the cracks. So he began meeting with local principals to see how he could help. At those meetings, he slid a blank sheet of paper across the table to them. "Write down the names of your toughest kids," he said. "Those are the ones I want."

That's how TreeHouse began—through the vision of one community member who saw a problem and decided to do something about it.

**Community partnership is a key part of the TreeHouse approach.** As an organization, we continue to partner with communities and local organizations to serve teens—and we rely on passionate community members to lead the charge. Because, while we know our programs work, it can only happen when a community is equally invested in ending hopelessness. When this happens, and when teens are rooted in the living hope of Jesus and understand their true value, it unleashes untold potential in communities everywhere.

“TreeHouse is a great community partner alongside local law enforcement. They provide stability to teens and give them an opportunity for mentorship and self-discovery in a safe and supportive environment. — RICHARD W. STANEK, SHERIFF (RET.)”

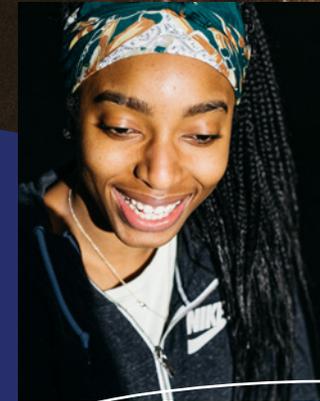
## COMMUNITY VOLUNTEER OPPORTUNITIES:

- Provide and Serve Meals
- Coach with TreeHouse Next
- Facilitate a Support Group
- Mentor
- Drive Vans
- Lead a Growth Group
- Assemble Care Packages
- Provide Special Event Support

# I have a future.

Neither past decisions nor current circumstances can limit anyone. God is always doing a new thing and every person has unique gifts and abilities that give them a future with purpose.

“No matter what I’ve done, or what’s been done to me, I can work through it, reach my goals, and become stronger. My life isn’t defined by this moment, but I have a future to look forward to. —ELLE, 16



## → EVERY TEEN HAS A FUTURE.

We want every teen to believe this at their core and we build on this by helping them make plans for their future. We want this for each teen individually, but we also see the cumulative impact it can have—among teens, in their communities, and in our society as a whole.

# It's time to multiply the potential for teens and communities everywhere.

Hopelessness is widespread and growing, experienced by more teens than ever. It is not a locational issue or unique to certain demographics. It's both systemic and situational. And it's affecting millions of teens across our country. We see a need to spread hope, and we're ready to answer the call.

**Now is the time to grow the TreeHouse model nationwide.** With decades of experience, we've established a proven and effective model of reaching teens—and we're positioning ourselves to share our curriculum and approach with more communities around the country, so that no teen is without hope.



## OUR GROWTH VISION INCLUDES:

- LEARN MORE** → Expanding our technology infrastructure and digital platform so we're best-in-class at gathering and stewarding data on the needs of teens and communicating with teens and volunteers.
- TELL MORE** → Connecting more communities to the TreeHouse story and programs through strategic messaging, media, and marketing.
- TRAIN MORE** → Establishing a training center and community hub that strengthens our leaders and network, as well as equipping our staff with vital resources to serve teens with excellence.
- PARTNER MORE** → Creating marketing, fundraising, and recruiting support that seeds new partnerships and makes it possible for TreeHouse to start sooner in more communities.

## 2025 GOALS:

**10k**  
TEENS SERVED

**180**  
TREEHOUSE SITES

**600**  
SCHOOLS IMPACTED



TreeHouse is headquartered in Minnesota. As we expand nationally, all new sites will receive consistent training, resources, and curriculum so that each teen experiences the same support and love, no matter which TreeHouse they attend.

# TOGETHER WE CAN **END HOPELESSNESS** **AMONG TEENS.**

## Visit a TreeHouse

→ Visiting a site is a great way for members of the community—including parents, donors, or potential volunteers—to check out our programs and see first-hand what teens experience each week.

## Volunteer

→ If you're interested in volunteering at a specific site, we offer both weekly and one-time opportunities—from mentoring a teen to serving meals, offering event support, or helping keep our sites clean.

## Start a TreeHouse

→ If there isn't a TreeHouse in your area, we can work with you and your community to start one. You will play a vital role in helping local teens encounter hope, find support, gain purpose, and experience transformation.

## Donate

→ Your support will impact the lives of teens in our communities through funding programs and events, hiring quality staff, and creating innovative and impactful curriculum to help teens grow in living hope.

**MORE TEENS.**

**MORE COMMUNITIES.**

**MORE HOPE.**

