

Gateway to Hope  
UNIVERSITY  
Training Program of HHCI

## Gateway to Hope University Mental Health Coach Training

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## Gateway to Hope University

- **Our Mission:** "We mobilize individuals to effectively and compassionately meet the holistic needs of those who live with mental health challenges."
- **Gateway to Hope University (GTHU)** is the training organization of the Hope and Healing Center & Institute. We offer evidence-based mental health training through the GTH University Portal, behavioral health resources, and ongoing support to individuals, faith communities, schools, and workplaces.

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## Evidence Based Training Programs



**Mental Health Coach**

Mental Health Coach Training equips you and faith communities to respond compassionately through an evidence-based training to help those in mental distress, build support, and serve as a mental health resource to their organization.

With Gateway to Hope, offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness.

Purchase this course for \$75.00

**Specialty Courses - Available once you've completed our Mental Health Coach Course**

- ADDICTION & SUBSTANCE USE
- AGING & OLDER ADULTS
- CHILDREN & ADOLESCENTS
- TRAUMA

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## Recap



- If you missed our last call, check it out at: <https://learn.gthu.org/courses/mental-health-coach-call-may-coach-call/>
- New Aging with Grace Course is now available
  - Health Care Rights and Responsibilities
  - Legal Considerations
  - Understanding Living Options
  - Paying for Aging
- Scan the QR code to get connected to our MHC FB Page and stay connected to all upcoming events, resources, and trainings.

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## GTHU 4 R's

- What is Gaming and Social Media Addiction?
- Referrals using Mischer Behavioral Health Resource Center, Innovative Partners, & The Hope Line.
- Relate to Individuals & Caregivers.
- Restore through reimagine and Transformed Groups.



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## What is Gaming And Social Media Addiction?

- **Internet Gaming Disorder:**
  - Gaming habits become all-consuming
  - Significantly impacts their daily life / functionality
  - Negative consequences to relationships, school, and work life.
- **Social Media Addiction:**
  - Excessive use of social media
  - Uncontrollable urge to use social media; need to escape
  - Negative consequences to relationships, self-esteem, and physical health.




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**Gaming:**

- Increased gaming time during the week.
- Giving up social activities to spend gaming.
- Gaming community is more important than interpersonal relationship or work.

**Social Media:**

- Overly concerned with social media or missing out (FOMO).
- Experience withdrawal symptoms.
- Comparing virtual reality (VR) to actual life / in real life (IRL).

### Behavioral Risk Factors

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### Behavioral Addictions

- Non-substance abuse addictions
- Driven by behavior that becomes compulsive and obsessive.
- Powerful and impactful as substance addictions.
- Effects 8.5% of the US population vs 8.3% with substance addictions.

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### Effects on Brain Development

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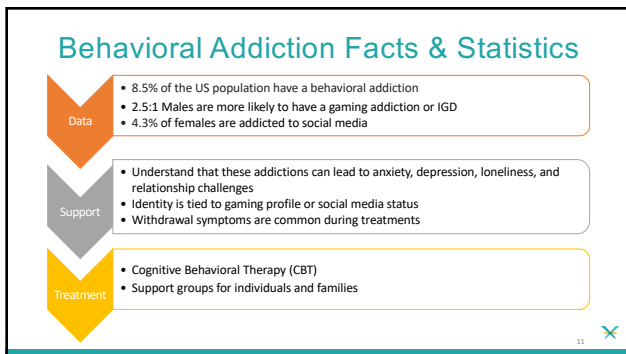
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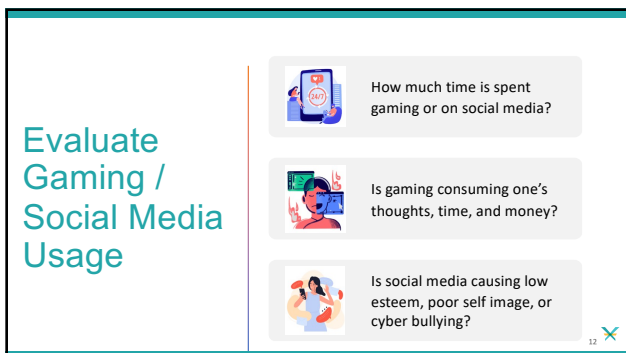
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## Create a Gaming / Internet Plan



**Create a Media Plan**  
Use screentime guidelines  
Agreed expectations / lead by example  
Use parental controls on all devices



**Tech Free Zones**  
Set boundaries to promote social interactions  
Be intentional  
No exceptions



**Activity Chart**  
Promote healthy alternatives  
Encourage creative outlets  
Spend time as a family

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## Gaming / Internet Blocking Apps

- Healthy Internet Usage:
  - Never use a reward.
  - Encourage healthy alternatives.
  - Use resources to keep safeguards in place.

**American Pediatric Society Screen Guidelines**

Age	Screen Time Per Day	Content Restrictions
0-18 months	0-1 hour/day	Only high-quality, educational content
18-24 months	0-1 hour/day	Only high-quality, educational content
2-5 years	1 hour/day	Only high-quality, educational content
6-17 years	1-2 hours/day	Only high-quality, educational content

**Parenting Tools**

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## How to Refer or Find Support

**Providers, Innovators & Resources**

Providers, Innovators & Resources

Providers, Innovators & Resources

**Behavioral Health Disorders**

Behavioral Health Disorders

Behavioral Health Disorders



SCAN ME

Connect with GTHU Community!

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## GTHU Resources

<https://gatewaytohopeuniversity.org/mischer-behavioral-health/providers-innovators-resources/>

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## How to Relate

## The Hope Line



**Relief. Just a Call Away.  
Bilingual MHCs Available For Free  
30 Minute Sessions.**

## Talk To Grace



**Our friendly AI assistant, can provide you with information and resources for your behavioral health and addiction questions.**

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## How to Restore – Relmagine & Transformed Groups

- **Relmagine**
  - One-on-one coaching resource.
  - Weekly topics to discuss and work through.
  - Helps the individual understand their symptoms and manage their triggers.
- **Transformed**
  - Support group resource.
  - Weekly topics to discuss and work through.
  - Helps build a community and support system to understand they are not alone in their journey.

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### Upcoming Events & Courses

- NEW Aging With Grace Course has launched on the GTHU website.
- <https://learn.gthu.org/>
- NEW scholarship opportunities for those looking to become Mental Health Coaches.
- <https://learn.gthu.org/mental-health-coach-scholarship>

The image shows two promotional banners. The top banner is for the 'AGING WITH GRACE' course, featuring a photo of two people and text about health care rights and responsibilities. The bottom banner is for the 'Mental Health Coach Scholarship', featuring a photo of people in a meeting.

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Scan and Complete the Survey to Earn Your CE Unit.

SCAN ME

Your input helps us improve future events.  
Thank you for your participation!

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GTHU: GATEWAY TO HOPE UNIVERSITY

Follow Us on Social Media & Stay Connected

GatewaytoHopeUniversity.org

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