

Gateway to Hope
UNIVERSITY
Training Program of HHCI

Gateway to Hope University Mental Health Coach Training

PRESENTED BY
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Introduction

**MEET YOUR NEW
COMMUNITY EDUCATION MANAGER**



TANYA MELENDEZ
COMMUNITY EDUCATION MANAGER,
GATEWAY TO HOPE UNIVERSITY

- University of Houston – Downtown Graduate
 - Bachelors in Psychology with a Minor in Communications
 - Masters in Non-Profit Management
 - Bilingual Mental Health Coach
- Work Experience:
 - Child Protective Services, Harris County District Courts, and various drug & alcohol testing programs & TPAS.
 - Experience with halfway houses, rehab facilities, and group homes.
- Volunteer Experience:
 - Small group leader, MHC, ReGen mentor, and Spanish Ministry

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What Led Me to Become a MHC?

Faith Based Community Need

- Pastoral Invite.
- Passion for helping others.
- Mental health crisis experience.
- God's Timing.



Mental Health Coach

Mental Health Coach Training equips you and faith communities to respond compassionately through the evidence-based training by the faith to mental distress, and establish and serve as a mental health resource to their organization.

With each year you have to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness.

Purchase this course for \$7500.

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

- ADDICTION & SUBSTANCE ABUSE
- AGING & ELDER CARE
- CHILD & ADOLESCENT
- TRAUMA

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Mental Health Coach Training

- Evidence-based training incorporating ongoing research and feedback from GTHU network of Mental Health Coaches
- Streamlined structure targeting key skills and application areas
- Expert lectures combined with focused course content and practice scenarios facilitate quick start-up
- Customizable Specialty areas deepen knowledge in priority areas



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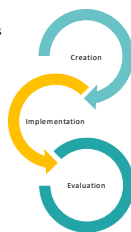
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My Time As A MHC

- Creation
 - Vision & Interest Meetings
 - Referrals & Screenings
 - Safe Place
 - Tracking
- Implementation
 - Program Launched
 - Positive Mental Culture
 - Increase in male MHCs
 - Added bilingual MHCs
 - Self Care
- Evaluation
 - Is this what we envisioned?
 - Is it impactful?



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Mental Health Coach Population



Majority Faith Based



Bridging the Gap



Using Skills and Resources Learned Through MHC Training

Spanish MHC Training Created

Specialized Training Created

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SIGN UP

GATEWAY TO HOPE UNIVERSITY

New Mental Health Coach Training

↓ ↓ ↓

learn.gthu.org/courses/mental-health-coach/

Learn more: GatewaytoHopeUniversity.org
Follow us on social [Gateway to Hope University](#)



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Connect with GTHU Community



Course Catalog Resources Dashboard Community Tanya



Tanya
@Tanya - March 2025 - Active User

Courses Profile Timeline Groups Forums

My Groups



Empower Workplace
Empower Workplace



Empower Schools
Empower Schools



Empower Faith Communities
Empower Faith Communities

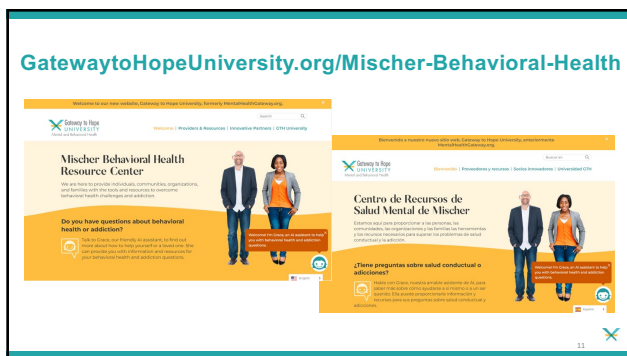


Mental Health Coach
Mental Health Coach

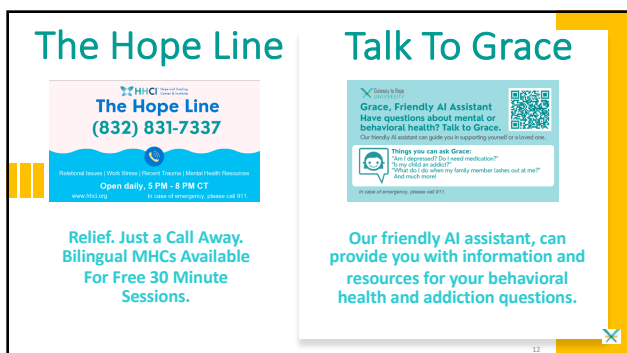
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Houston MHC Join Us for Breakfast

- Inaugural Spring Breakfast
- Tuesday, April 29, 2025 at 8 AM.

• We will honor longtime supporters of HHCI, **Marnie and Lee Hogan**, and listen to the esteemed **Dr. Crystal Collier, LPC-S**, who will discuss the importance of protecting our frontal lobe and its relationship to religion and addiction.

Tables and tickets are now available!

- <https://houstonmhcaddictioncenter.org/updates/2025-spring-breakfast/>



Dr. Crystal Collier, LPC-S, is an esteemed therapist, researcher, and educator dedicated to advancing the understanding of mental health and addiction recovery. In 2020, she was awarded a research fellowship at HHCI, which supported the completion of her acclaimed book, *The NeuroWhereAbouts Guide*. As a person in long-term recovery from substance use disorder, Dr. Collier is passionate about reducing the stigma surrounding addiction and mental illness while promoting brain health education in our community.

For the first time ever, she will present on *Hypofrontality: Development or Decadence*. She will examine the impact of high-risk behaviors on the prefrontal cortex and their implications for moral development and spiritual enlightenment. Dr. Collier will emphasize the importance of protecting our frontal lobe and its connections to religion and addiction, fostering a deeper understanding of these vital issues.

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