Gateway to Hope University Mental Health Coach Training

PRESENTED BY
Tanya Melendez
Community Education Manager
tmelendez@hhci.org

Gateway to Hope
UNIVERSITY
Training Program of HHCI

1

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.

2

Mental Health Coach Training

- **Specialty Courses:**
  - Addiction & Behavioral Health
    - Signs of addiction
    - Types of addiction and disorders
    - Recovery & support
  - Aging & Elder Care
    - Support Caregivers
    - Help elders foster resilience and well-being
  - Child & Adolescent
    - Early mental health detection
    - Supporting the caregiver or family system
    - Creating a support system
  - Trauma
    - Long term trauma, PTSD, & ACES

Mental Health Coach

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

We'll teach you how to 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

See more...

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

ADDICTION & BEHAVIORAL HEALTH | AGING & ELDER CARE | CHILD & ADOLESCENT | TRAUMA

3

Recap

- If you missed our last call, check it out at: https://learn.gthu.org/courses/meet-your-new-community-education-manager/
- New Community Education Manager
  - Scan the QR code to get connected to our MHC FB Page.
  - Spanish Mental Health Coach training is now available.
- Events
  - Via Eventbrite.
  - All recordings are posted on GTHU Resource Page within 24 hours.

SCAN ME

4

4

GTHU 4 Rs of Mental Health

- Recognize
  - Is the individual experiencing symptoms that are disrupting their daily lives?
  - Have the symptoms lasted 6 months or more?
- Refer
  - To their primary care provider or a trusted provider for a proper diagnosis and treatment plan.
- Relate
  - Be empathetic.
  - Ask how they need to be supported.
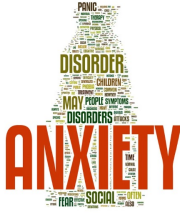 - Understand their symptoms.
- Restore
  - Supportive community.

5

5

What is Anxiety?

Clinical Definition:

- Excessive worry, anxiety, or fear
- Occurring more days than not
- Lasting for at least 6 months
- Interferes with one's daily activities.
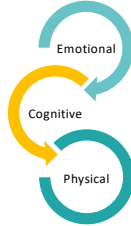
6

6

What Does Anxiety Look Like?

- Emotional
  - Trouble controlling feelings of nervousness
  - Feeling irritable or "on edge"
  - Panic attacks
- Cognitive
  - Excessive worrying daily
  - Trouble concentrating
  - Know they worry too much

Emotional

Cognitive

Physical

- Physical
  - Feeling restless or have trouble relaxing
  - Trouble falling or staying asleep
  - Headaches, muscle aches, or stomachaches
  - Tremble or twitch

7

7

What is a Panic Attack?

Panic Attacks

Heart Racing

Perspiration & Sweating

Numbness or Tingling Sensation

Feeling Dizzy or Lightheaded

Nausea

Chest Pain or Discomfort

Trembling or Shaking

8

8

Grounding Techniques

Box Breathing is a simple grounding technique that relieves stress naturally.
- Breathe in for 4 seconds.
- Hold for for 4 seconds.
- Repeat to complete the box.
  - Continue until individual is calm and anxiety has passed.

5, 4, 3, 2, 1 is another grounding technique that uses the five senses to relax the individual.
- All resources available in Spanish and English.

9

9

Slide 10

Anxiety By the Numbers

Child & Adolescent

Adults

Older Adults

31.9% of Teens 13 – 18 Yrs Old Experience an Anxiety Disorder

31.1% of U.S. Adults Experience an Anxiety Disorder in Their Lifetime

10

Slide 11

Child & Adolescents

Worry excessively about grades, family issues, relationships with peers, and performance in sports.

Older Adults

Frequently associated with traumatic life events. Such as death of a loved one, fall, or health issues.
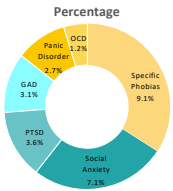
11

Slide 12

Facts & Statistics

Percentage

- Generalized Anxiety Disorder
  - Most diagnosed anxiety disorder.
  - Women are twice as likely to be affected then men.
  - GAD often co-occurs with Major Depression.
- Social Anxiety Disorder
  - Affects 15 million adults.
  - Affects men and women equally.
  - Symptoms begin around 13 yrs old.
- Specific Phobias
  - Affects 19.3 million adults.
  - Symptoms usually begin in childhood. Average age of onset is 7 years old.
  - OCD & PTSD are often related and occur at the same time along with depression.

OCD 1.2%
Panic Disorder 2.7%
GAD 3.1%
PTSD 3.6%
Specific Phobias 9.1%
Social Anxiety 7.1%

Generalized Anxiety Disorder | Panic Disorder
Social Anxiety Disorder | Specific Phobias
Obsessive-Compulsive Disorder | Post Traumatic Stress Disorder

12

How to Refer or Find Providers

GatewaytoHopeUniversity.org/Mischer-Behavioral-Health

13

13

How to Relate

- Psychoeducation is one way to be empathetic.
  - Empower trainings.
    - 4 R's
  - Great resource for the individual's support system.
  - Understand their symptoms.

14

14

How to Restore –

ReImagine & Transformed Groups

- ReImagine
  - 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.

15

15

Slide 16

Get Help

The Hope Line

The Hope Line
(832) 831-7337

Open daily, 5 PM - 8 PM CT

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

Talk To Grace

Grace, Friendly AI Assistant
Have questions about mental or
behavioral health? Talk to Grace.

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

16

Slide 17

Connect with GTHU Community

SCAN ME

Tanya

17

Slide 18

**Houston MHCs Join
Us for 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://hopeandhealingcenter.org/support-
us/2025-spring-breakfast/.

HOPE AND HEALING
CENTER & INSTITUTE
SPRING
BREAKFAST
2025

18

GTHU: GATEWAY TO HOPE UNIVERSITY

**Follow Us on Social Media &
Stay Connected**

GatewaytoHopeUniversity.org

Gateway to Hope
UNIVERSITY
Training Program of HHCI

19