

Gateway to Hope  
UNIVERSITY  
Training Program of HHCI

## Gateway to Hope University Mental Health Coach Training

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

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

---

---

---

---

---

---

---

---

## Evidence Based Training Programs

- Faith Communities
- Schools
- Workplace
- Mental Health Coaches
  - Specialty Courses:
    - Addiction & Behavioral Health
    - Aging & Elder Care
    - Child & Adolescent
    - Trauma



**Mental Health Coach**

Mental Health Coach Training is designed to equip individuals with the skills and knowledge to support and assist others in their mental health journey. This training is designed to help individuals understand mental health challenges, recognize signs and symptoms, and provide support and resources to those in need. The training is designed to be a valuable resource for individuals who are interested in helping others and improving their own mental health awareness.

**Specialty Courses:** ADDICTION & BEHAVIORAL HEALTH, AGING & ELDER CARE, CHILD & ADOLESCENT, TRAUMA

3

---

---

---

---

---

---

---

---

## GTHU 4 Rs of Mental Health

**Recognize**

- What is Mental Health Burnout?
- Recognize the symptoms.

**Refer**


- Create a self-care plan.
- Do for yourself what you do for others.

**Relate**

- Burnout happens to people in all fields.
- Let yourself off the hook.

**Restore**

- Remember your WHY.
- Reimagine / Transformed materials.



4

---

---

---

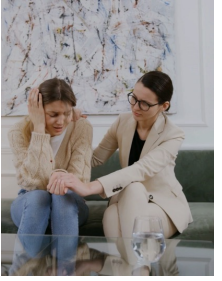
---

---

---

---

---



## What is Mental Health Burnout?

- Symptoms:
  - Exhausted / change in sleep
  - Negative / cynical
  - Work / Ministry overwhelming
  - Lost your joy / can't remember you "WHY"

5

---

---

---

---

---

---

---

---

## Burnout Facts & Statistics

**Work**

**Caregivers**

**Ministry / Non-Profits**

- 44% of surveyed U.S. employees feel burned out at work
- 45% feel "emotionally drained" from their work
- 51% feel "used up" at the end of the workday

- 53% experience stress as it relates to caregiving
- 41% experience depression, mood swings, and resentment

- 95% of leaders express some level of concern about burnout
- 76% of surveyed leaders indicate that burnout among their staff is at least slightly impacting their organization's ability to achieve its mission

6

---

---

---

---

---

---

---

---

Expectation:

- Take on the burden / responsibility.
- We can fix it and do it all.
- Endless support / resources.

Reality

- Something is better than nothing.
- We don't fix people. We support them.
- Let yourself off the hook.

### Mental Health Coach Burnout

```
graph TD; Emotional --> Cognitive; Cognitive --> Physical; Physical --> Emotional;
```

7

---

---

---

---

---

---

---

### Recognize Burnout Communication

8

---

---

---

---

---

---

---

### How to Refer or Find Support

Connect with GTHU Community!

9

---

---

---

---

---

---

---

### The Hope and Healing Center & Institute

- Resources:
  - 25+ different support groups.
  - Meeting times vary by group.
  - Completely free services.



10

---

---

---

---

---


---

---

---

### How to Relate

- Check In with Yourself.
- Create a Self Care Plan.
- Remember your WHY.



11

---

---

---

---


---

---


---

---


### Check In with Yourself



Be Intentional



Eating Healthy



Invest in Yourself

12

---

---

---

---


---

---


---

---


### Create a Self Care Plan



**Be Social**  
 Phone a friend  
 Join a network / social group  
 Connect with other GTHU Mental Health Coaches



**Invest in Yourself**  
 Set boundaries  
 Be intentional about self care  
 Practice saying "NO"



**Spend Time with God**  
 Increase your prayer time  
 Read scriptures on Mental Health  
 Spend time in worship

13

---

---

---

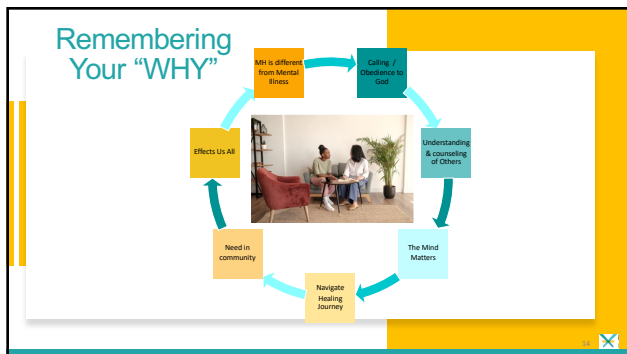
---

---

---

---

---



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

---

---

---

---

---

---

---

---

## GTHU Resources

### 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.

16

---

---

---

---

---



---

---

---

## Self Care Resources

- Checklist:
  - Based on our training material.
  - Physical, Mental, Emotional, Spiritual, & Social.
- Self Care Tips:
  - Perfect for MHCs or as a resource.
  - All resources available in Spanish and English.

17

---

---

---

---

---



---

---

---

## Houston Mental Health Coaches

- 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.
- <https://hoganandhealingcenter.org/support-w409-spring-breakfast/>
- Come and learn all that HHCI has to offer and how it can be a valuable resource to you as a Mental Health Coach.
- For more information, contact Valerie at [vschick@hhci.org](mailto:vschick@hhci.org) or 713-830-4141.

18

---

---

---

---

---

---

---

---

### Q & A with Joy Draper

Director of Clinical Services  
The Hope and Healing Center & Institute

Mark your calendars for Tuesday May 13<sup>th</sup> at 12 noon!

- What is the Hope Line?
- Difference between warm line and hot line.
- Types of calls received, support given, and resources available.
- How can The Hope Line assist individuals get services from HHCI?

Submit your questions to [tmelendez@hhci.org](mailto:tmelendez@hhci.org) by April 30<sup>th</sup>.

19

---

---

---

---

---

---

---

---

Gateway to Hope UNIVERSITY  
Training Program of HHCI

GTHU: GATEWAY TO HOPE UNIVERSITY

### Follow Us on Social Media & Stay Connected

[GatewaytoHopeUniversity.org](https://GatewaytoHopeUniversity.org)

20

---

---

---

---

---

---

---

---

### References

Gonzales, M. (2024, May 1). *Here's how bad burnout has become at work*. Welcome to SHRM. <https://www.shrm.org/topics-tools/news/inclusion-diversity/burnout-shrm-research-2024>

Resources. Gateway to Hope University. (n.d.). <https://gatewaytohopeuniversity.org/resources/>

Staff, C., & Heskett, C. (2024, July 30). *Nonprofit leaders cite burnout as a top concern in a new study on the state of U.S. nonprofits*. The Center for Effective Philanthropy. <https://cep.org/news/press-releases/nonprofit-leaders-cite-burnout-as-a-top-concern-in-a-new-study-on-the-state-of-u-s-nonprofits/#~:text=About%2050%%20of%20surveyed%20nonprofit%20leaders%20report,impacting%20their%20ability%20to%20achieve%20their%20mission.>

21

---

---

---

---

---

---

---

---