

Gateway to Hope
UNIVERSITY
Training Program of HHCI


Gateway to Hope University Mental Health Coach Training

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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
Gateway to Hope University Training Program of HHCI
Mental Health Coach Training is a 12-week program that provides individuals with the skills and knowledge to become a mental health coach. The program is designed for individuals who are interested in helping others with mental health challenges. The program includes a mix of theoretical and practical learning, with a focus on building a strong foundation in mental health concepts and skills. The program is delivered through a combination of online and in-person training, with a mix of self-paced and live instruction. The program is designed to be flexible, allowing individuals to complete the program at their own pace. The program is designed to be a stepping stone to a career in mental health coaching, with a focus on providing ongoing support and resources to graduates.



3

What is Shopping & Gambling Addiction?

Shopping & Gambling Addictions Defined

Cause & Triggers

Treatment Options

Case Scenarios



5

Behavioral Addictions

Unlike substance addiction, behavioral addictions involve compulsive behaviors.

- Negatively impact finances
- Strain relationships
- Effect one's mental health





6

Shopping and Gambling Addictions Facts & Statistics

Shopping

- Excessive shopping and spending regardless of financial means.
- Pre-planned to deal with a negative emotion.
- 21 – 40% Have a co-occurring disorder.

Gambling

- Men are more likely to start gambling at a younger age compared to women, but women can progress to problem gambling much faster.
- 2 – 7% of youths develop a gambling disorder.

Demographics

- Shopping Addiction - Onset for women in early 20's while men begin to show average onset in their 30's.
- Gambling Addiction - College students gamble at a higher rate than the general population.



7

Known Risk Factors

Emotional State
Stress / Anxiety
Trauma
Depression / Low Self Esteem

Genetics
Predisposed to Addictive Behaviors
Co-Occurring Disorder

Environmental
Easy access to credit or online shopping
Highly competitive or workaholic

8

Cycles & Triggers

Emotional stress or trauma.

- Low self-esteem or loneliness.
- Social and cultural influences.
- Brain chemistry imbalances related to reward systems.

10

11

Behavioral Addiction Communication

12

12

How to Relate

- Understand this is a Behavioral Addiction and the individual needs a supportive environment to heal.
- Ask questions and help the individual make a plan.
- Refer to support groups in your community.



13

Referrals for Shopping & Gambling Addictions

CBT Therapy & Support Groups	Financial Counseling & Planning	One-On-One Coaching
<ul style="list-style-type: none">• Cognitive Behavioral Therapy• Shopaholics / Gamblers Anonymous• relImagine / Transformed Group	<ul style="list-style-type: none">• Create a Budget• Pay Off Debt• Financial Accountability	<ul style="list-style-type: none">• Self Reflection & Awareness• Cognitive Restructuring• Create a Support System



14

Shopping Addiction

Identifying Triggers & Patterns

- Explore the emotional and situational triggers that lead to her shopping sprees.
- * Have her track her spending habits to understand the extent of her addiction.
- Create a Financial Plan.
- * Sarah uses budgeting tools in the workbook to assess her financial situation.
- * Sets limits on spending, create a plan to pay off credit card debt, and learn to differentiate between needs and wants
- Replace shopping with healthier activities, such as joining a book club, practicing yoga, or volunteering
- * Learns to pause and reflect before making purchases and asking herself if this aligns with her values and goals.



16

Gambling Addiction

Learn about triggers and patterns

- * Reflects on the emotional states (e.g., stress, boredom) that lead him to gamble.
- * Set clear, achievable goals, such as reducing gambling sessions and financial planning.


Self – Reflection & Awareness

Cognitive restructuring.

- * "I can win back my losses" or "Gambling helps me relax."
- * "The odds are against me" and "I can find healthier ways to cope with stress."

Building coping strategies, accountability, and support.


- * Develop alternative coping mechanisms. Mindfulness exercises to help him manage urges.



17

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.

19



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22
