



May 2023

## Lunch & Learn

How to get a Loved One to Seek  
Help for their Mental Health

### Hosted By

Carolina Vargas

Community Education Coordinator

# Hope and Healing Center & Institute

## Our four-part approach



### 01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



### 02. Training

Develop local networks of guidance and support with Gateway to Hope training.



### 03. Clinical Services

Provide personalized mental health care through dedicated professional services.



### 04. Research

Explore and advance new resources and approaches for unmet mental health needs.

# Meeting Agenda

- Introductions to Today's Topic
- Next Lunch & Learn: June 1<sup>st</sup> 2023- Secondary Trauma
- How to get a Loved One to Seek Help for their Mental Health
- Questions
- Survey

# Barriers to Mental Health Care

## **Accessibility**

- No Transportation
- Serious Lack of Mental Health Facilities
- Too Few Mental Health Professionals

## **Affordability**

- Limited Financial Resources
- No Insurance or Mental Health Coverage

## **Acceptability**

- Stigma
- Cultural Beliefs
- Lack of Knowledge and Education



# The Four Rs

**RECOGNIZE**

**REFER**

**RELATE**

**RESTORE**

# ....REMEMBER

**GOING TO  
THERAPY  
IS NOT A SIGN OF  
WEAKNESS, BUT IT  
IS A SIGN OF  
STRENGTH**

**THERAPY IS FOR  
ANYONE WHO  
WANTS TO  
IMPROVE THEIR  
LIFE**

**THERAPY/MEDICATION  
IS NOT A CRUTCH, BUT  
A TOOL THAT CAN HELP  
PEOPLE GREATLY  
IMPROVE THEIR LIFE**

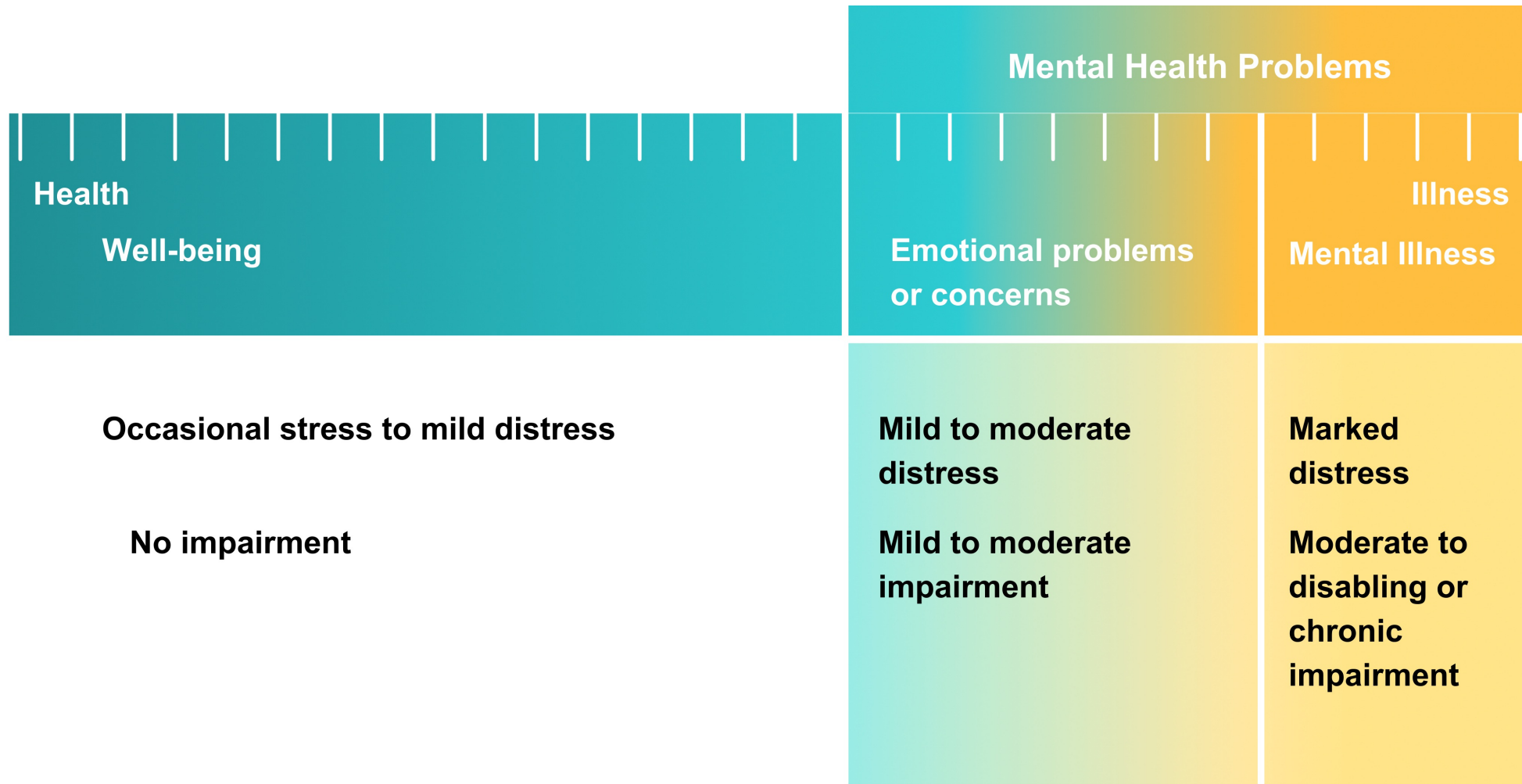
**THERAPY IS LIKE  
GOING TO THE  
GYM FOR YOUR  
MIND**



**RECOGNIZE**

a mental health problem

# Mental Health Exists on a Continuum







# Recognizing when a loved one needs professional mental health care





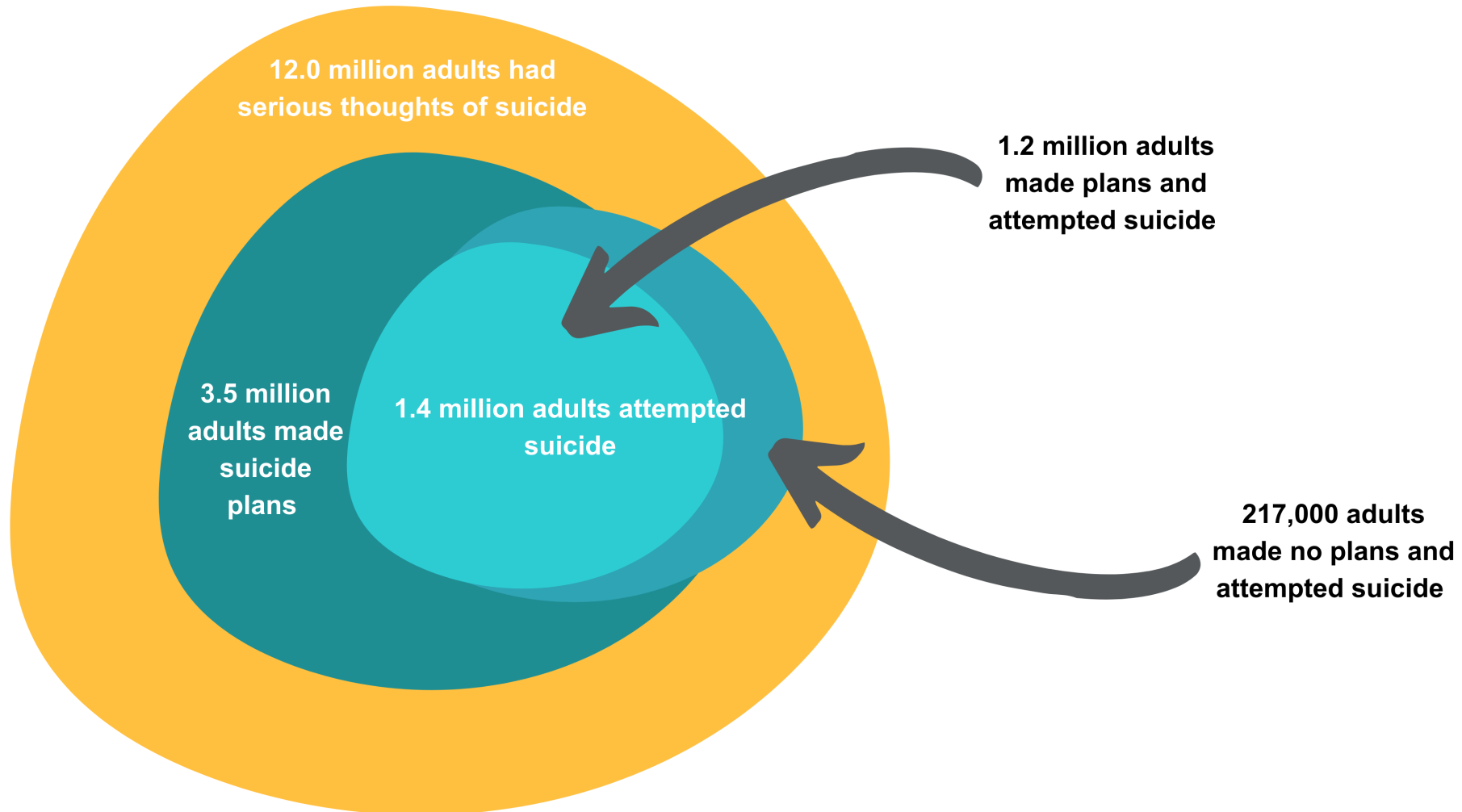
# When does my loved one need to see a professional?

- Sometimes, you just know
- The individual lacks enjoyment in activities that previously brought them joy
- Lacking hope in the way they talk
- Increasing negative talk about self or others
- Decrease in tolerance for stress
- Cancelling plans, or becoming avoidant
- Changes in sleep habits, and eating habits
- Misusing substances

# When is a professional care critical for the safety of myself or my loved one?

- Danger to themselves or others
- Actively suicidal
- Suicide attempt
- In a manic episode that is potentially dangerous
- On substances causing them to behave dangerously

# Prevalence of Suicidality





# Assessing Suicidality

Ask specifically if they...

- (1) are having suicidal thoughts/ideas
- (2) have a plan of action
- (3) have access to the lethal means

# REFER

to a mental health professional



# The Right Mental Health Provider

- Primary Care Doctor (*General Practitioners*)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

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# BARRIERS TO MENTAL HEALTH CARE AND THEIR SOLUTIONS

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## ACCESSIBILITY

- LIMITED PROVIDERS
- TOO FEW MENTAL HEALTH FACILITIES AND PROVIDERS
- NO TRANSPORTATION



- TELEHEALTH
- MENTAL HEALTH COACHES
- PEER SUPPORT
- SUPPORT GROUPS

## ACCEPTABILITY

- STIGMA
- CULTURAL BELIEFS
- LACK OF KNOWLEDGE OR EDUCATION



- EDUCATION AND KNOWLEDGE AROUND MENTAL HEALTH HELPS TO DIMINISH THE STIGMA
- CHANGE THE LANGUAGE AROUND MENTAL HEALTH

## AFFORDABILITY

- LIMITED FINANCIAL RESOURCES
- NO INSURANCE OR MENTAL HEALTH COVERAGE



- SLIDING SCALE
- FREE RESOURCES
- SUPPORT GROUPS



# TYPES OF THERAPY

**COGNITIVE  
BEHAVIORAL  
THERAPY**

**GROUP THERAPY**

**FAMILY THERAPY**

**DIALECTICAL  
BEHAVIOR  
THERAPY**

**GROUP THERAPY**

**MINDFULNESS  
BASED  
THERAPY**

# Treatment- Medication

- Most serious mental health disorders are treated by a combination of medication and therapy
- Depending on the disorder, some medications may be used short-term while others are long-term



**RELATE**





- Although our loved ones may not be in critical it can still be painful and frustrating to watch them be resistant to treatment
- As much as we want to help them, the individual themselves must be ready for the help
- Your support may have to look like patience until they are ready

# FIND THE RIGHT PLACE & RIGHT TIME

*To talk about mental health treatment*

**FIND A PRIVATE & COMFORTABLE  
PLACE TO TALK**

**APPROACH THE SUBJECT  
WITH COMPASSION**

**DON'T BRING IT UP DURING A FIGHT**

# WORDING IS EVERYTHING

*when talking about mental health*

**AVOID USING STIGMATIZING  
LANGUAGE**

**SAY HAVE YOU EVER CONSIDERED THERAPY  
INSTEAD OF YOU NEED TO GO TO THERAPY**

**APPROACH THE  
CONVERSATION WITH HOPE**

# Additional Tips

- Be patient
- Be compassionate
- Explain specific situations
- Don't insist
- Offer your consistent support
- Follow up with them





**RESTORE**

through supportive  
community

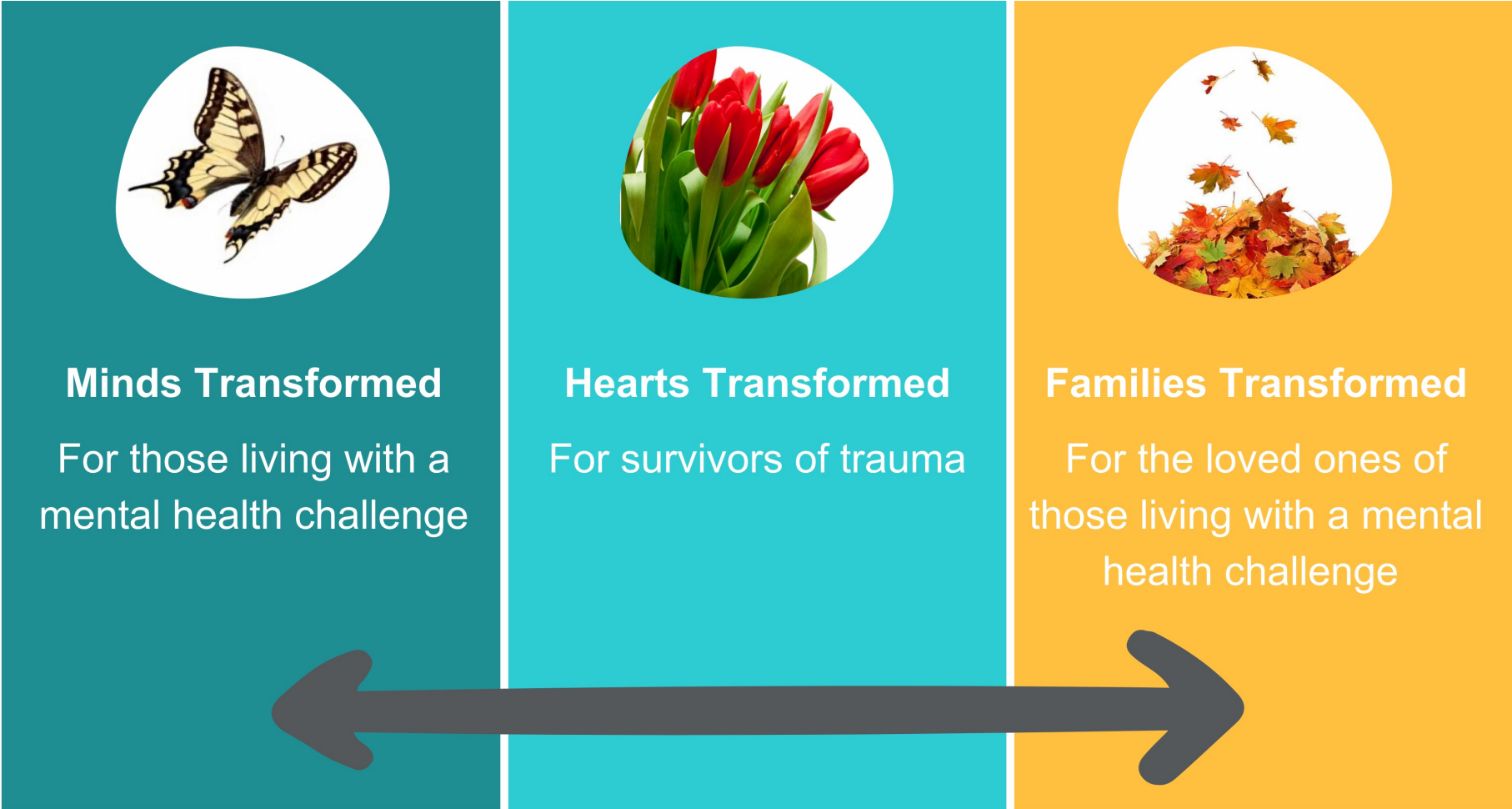
# Help yourself

- Prioritize your wellness
- Self-Care
- Boundaries
- Seek treatment yourself
- Find a support group that fits your needs such as al-anon

# Benefits of Support Groups

- Provides a safe place for people to share thoughts and feelings
- Demonstrated to reduce problem symptoms and distress
- Renews faith and builds hope
- Reinforces the fact that “you are not alone”
- Provides an opportunity to increase knowledge and access resources
- Improves social skills
- Increases self-awareness and understanding
- Easily accessible opportunity to help others

# Transformed Groups Curricula





# Gateway to Hope Trainings

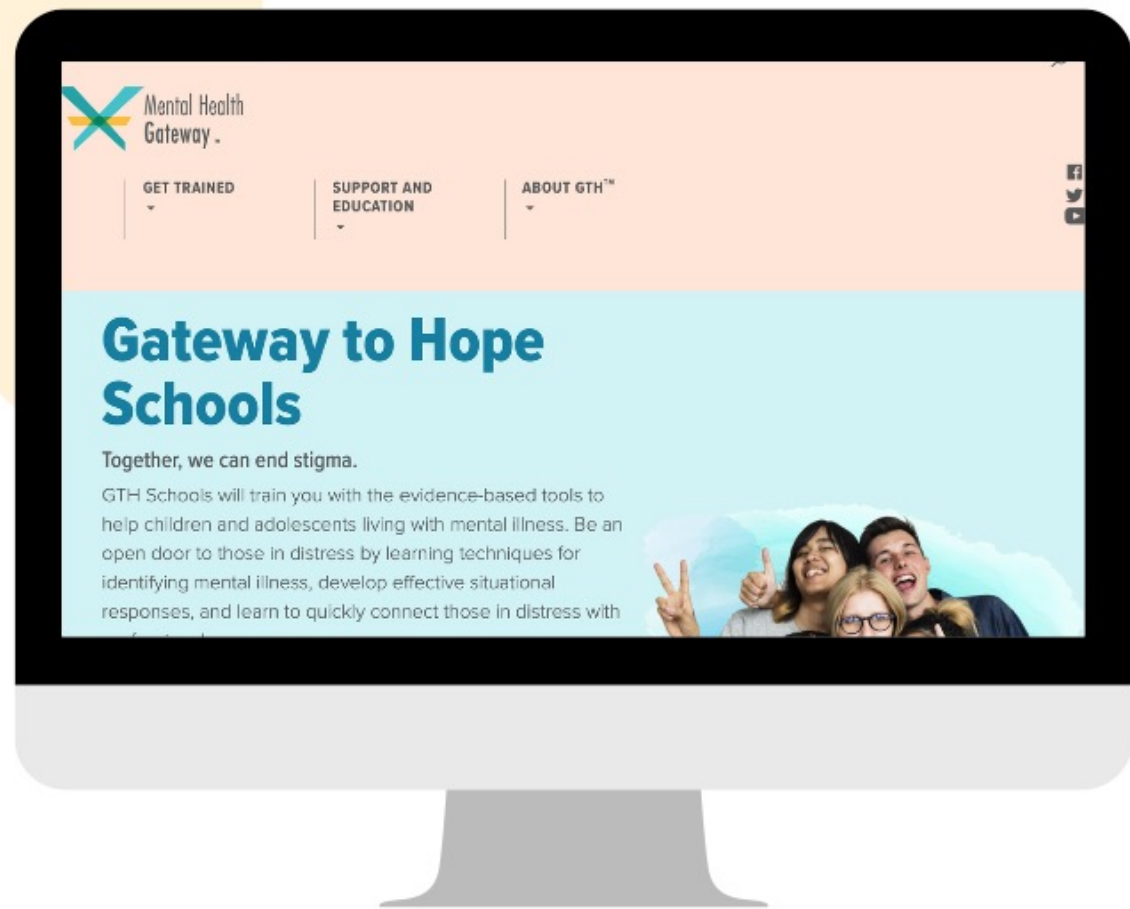
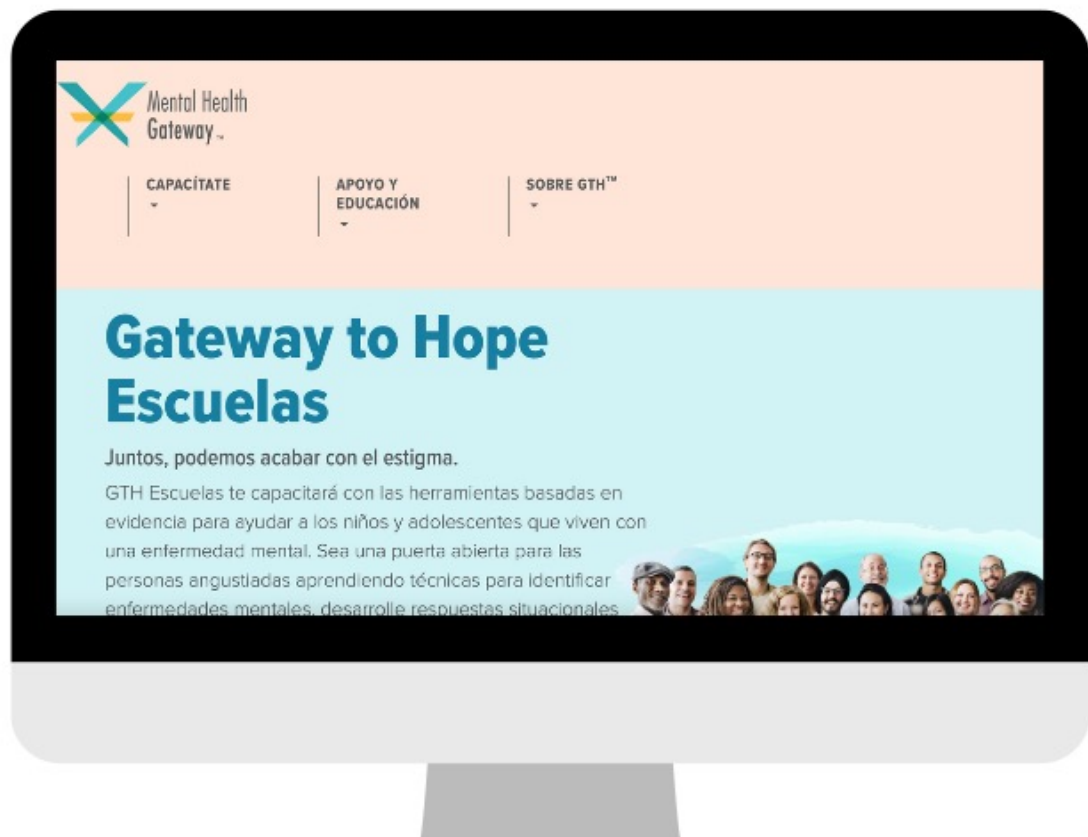


# Hope Line



**Relief. Just a Call Away.**

mentalhealthgateway.org/es

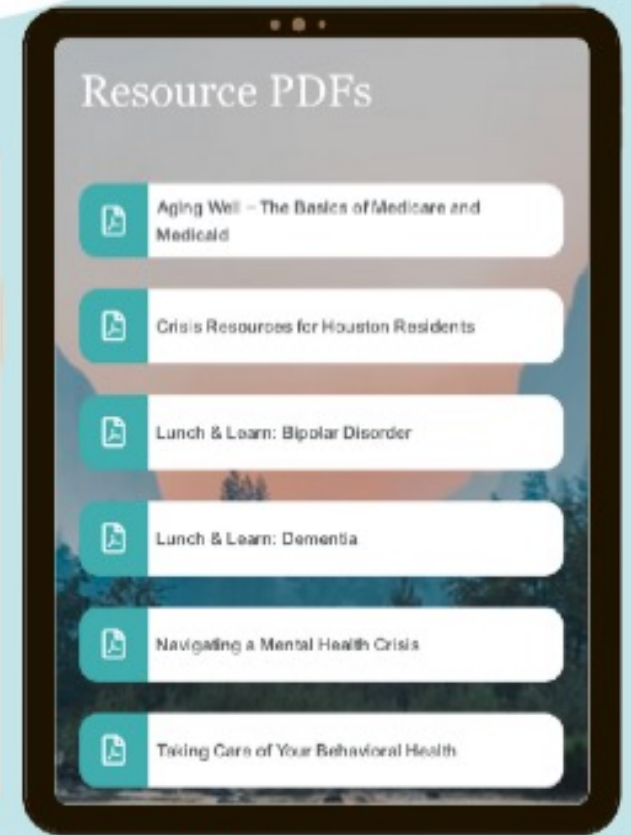
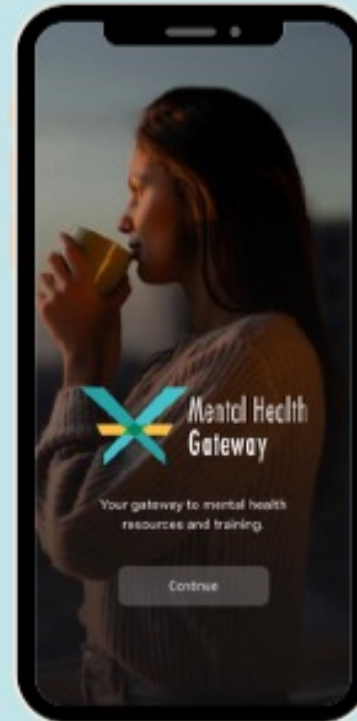


mentalhealthgateway.org



# Mental Health Gateway App

- Mental health resources- videos, workbooks, and PDFs
- Easy Access to Trainings
- Features specifically for Mental Health Coaches



DOWNLOAD OUR  
MENTAL HEALTH  
GATEWAY APP

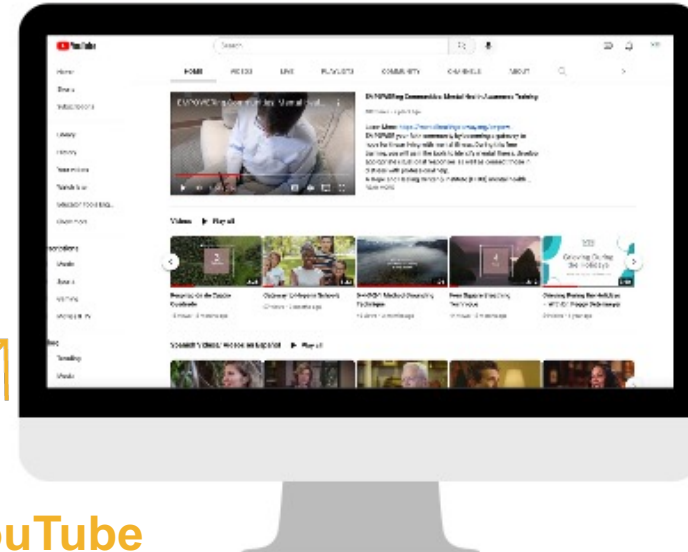
# GTH Communications

Additional Platforms: Facebook, Twitter, LinkedIn

Newsletters



Instagram



YouTube



# Questions?

- Use the Chat function or unmute yourself to ask any questions.
- If you think of any questions later, reach out to me!



# We're Here for You!

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GTH: GATEWAY TO HOPE

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Follow us on social media and  
join the Coach Facebook Group!

