



#### **MEDIA CONTACT**

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## **Professional Linebacker Tackles Mental Health in a Conversation at Gateways Hospital and Mental Health Centers in Echo Park**

*Professional Football Player Michael Hoecht spent the afternoon with kids and adolescent receiving care from Gateways Hospital and Mental Health Centers to discuss wellness and play outdoors*

#### **WHAT:**

On Tuesday, August 27, Professional football player Michael Hoecht opened up a discussion about mental health with adolescent clients at Gateways Hospital and Mental Health Centers. Hoecht provided insights on practicing wellness throughout his career as a professional athlete, and the importance of mental health.

Just as athletes rely on consistent practice and a strong support system to perform at their best, managing mental health involves building healthy routines and reliable support. With 45% of California youth between the ages of 12 and 17 reported struggling with mental health, according to a 2021 report from [UCLA](https://www.ucla.edu/), establishing that support early is essential.

Gateways offers mental health programming for adolescents and transition age youth, to provide clients with coping skills that will support them throughout their lives.

Currently, Gateways' comprehensive mental health services support adolescents and transition age youth, ages 6-21. Gateways partners with LAUSD to provide mental health services at over 20 schools, including two schools with students who are deaf and hard of hearing. To ensure that all students have access to adequate mental health services, Gateways has providers who communicate in ASL and Spanish, and translators when available.

Gateways Hospital and Mental Health Centers' unique approach to mental health services provides comprehensive care to the most vulnerable communities throughout Southern California, so that their treatment addresses their overall well-being. Gateways is a safety net hospital that has supported Los Angeles' most vulnerable communities since 1953.

#### **WHO:**

Michael Hoecht, Professional Football Player

Phil Wong, Chief Executive, Gateways Hospital and Mental Health Centers

**WHERE:**

Gateways Hospital and Mental Health Centers  
1891 Effie St, Los Angeles, CA 90026

**WHEN:**

Tuesday, August 27, 2024  
4:15 PM

**VISUAL:**

Adolescent clients and professional football player Michael Hoecht participating in outdoor activities, Michael Hoecht sharing the importance of wellness

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