



Introducing the CarePath™ Program

So, what is a CarePath™? CarePath™ is a blueprint for achieving and maintaining better overall health and wellness.

MHANYS CarePath program was designed to assist individuals and their family members or other identified supporters for the first 90-120 days during a transition from any type of treatment setting- be it hospitals, supportive housing, addiction rehabilitation centers, youth residential settings, correctional facilities; however, the evidence is in, CarePath™ is appropriate for anyone interested in learning more about whole-person and family health and wellness.

So, what makes CarePath unique?

What makes CarePath™ unique is it addresses the health of both the individual in recovery and their identified supporters – be it family members or other supporters and they all participate together in the CarePath™ program. When a loved one is not well it impacts all within the family including the children. The CarePath program protects the integrity of health within the family because it's a relational perspective on achieving and maintaining wellness. Because after all, our health and well-being are never in isolation of others.

In participating in the CarePath program, the individual's disorder is no longer the center of attention because all within the family are designing their own path to better overall health and in that process, all are developing a wellness mindset rather than living with an illness perspective.

So, what is the role of a CarePath™ Coach?

A CarePath™ Coach supports the individual in recovery and their identified supporters in person-centered planning as each participant defines their own health and wellness with the realistic expectation that that their wellness similar to illness exists on a continuum. CarePath™ participants learn together about the interconnectedness of all the dimensions of their health and select support tools designed to enhance their mind-body health. CarePath™ participants are exposed to options that support healthy lifestyle choices but most important they are building their resilience together.

The Mental Health Association in NYS is now offering online certification to become a CarePath Coach and will resume in-person training once our citizens health is no longer at risk. MHANYS online certification in the CarePath™ model includes instruction in trauma-informed guidelines for virtual engagement and creating a safe space for CarePath™ participants. Please check out MHANYS website at www.mhanys.org and look under products and you'll find detailed information about MHANYS CarePath program.