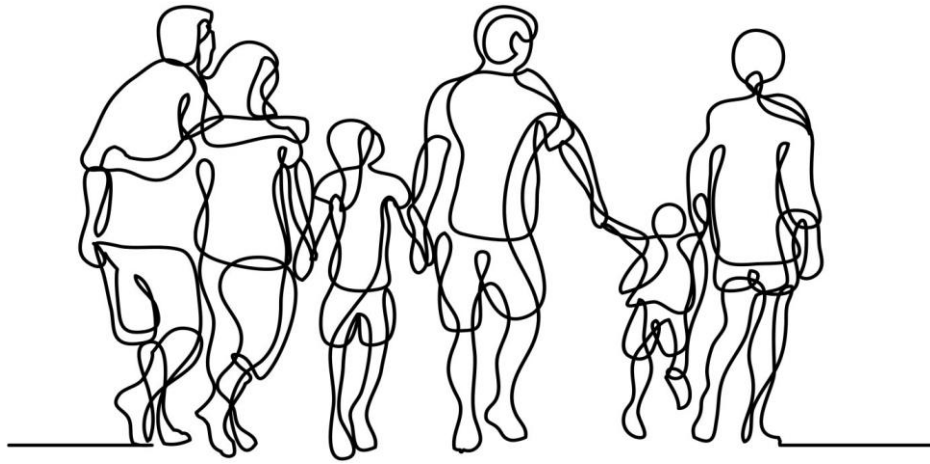


MHANYS CarePath™ Program



Purpose

MHANYS' CarePath™ Program is designed to assist individuals and their families and/or identified supporters in transitioning from a treatment setting back to their community, or for those interested in achieving better overall health and wellness. This innovative program strengthens the health of a family after a loved one's stay in any treatment setting, including discharge from: hospitals, supportive housing, addiction rehabilitation centers, youth residential settings, correctional facilities, etc.

This one-of-a-kind program was developed by MHANYS to supplement discharge planning and aftercare while educating families on whole family health and well-being. It guides and supports an individual and their supporters as they create a climate of well-being and connectedness in which the mental health of everyone is valued and supported.

Why?

Our wellness is never in isolation of others. Families are typically 'First Responders' for many individuals living with mental health and substance use disorders. Frustrated family members often call 911 because they do not have the skills to deescalate situations that lead to crisis and end up calling the police, going to the emergency room, and/or promoting repeat hospitalizations.

Families need to be equipped with the tools and resources that acknowledge and maximize shared contributions in care planning and aftercare amongst the support network, and at the same time, teach how to preserve and respect the integrity of each member's own health.

Managing chronic physical, mental and/or substance use disorders often goes beyond what traditional treatment and discharge planning can do. MHANYS CarePath™ Program assists individuals and their families or identified supporters in developing a comprehensive strategy called a CarePath™ to help manage post-discharge and support healthy reconnections amongst family, friends, and within the community, be it – job, school, or other association.

What is a CarePath™?

A CarePath™ is a blueprint for maintaining better overall health and well-being. CarePath™ participants develop realistic expectations about the process of recovery and learn the language of health together. Each participant creates their own CarePath™ and the shared experience allows family members and supporters to better support one another. Each participant recognizes how their choices direct better health outcomes. The loved one in need, who is no longer the only focus, can also offer support and encouragement to their supporters in this group effort.

Managing or recovering from chronic mental and physical health conditions often goes beyond what traditional treatment and discharge planning can do. MHANYS CarePath™ Program assists individuals and their families or identified supporters in developing a comprehensive strategy for achieving whole-person/family health and wellness.

What is the Role of a CarePath™ Coach?

A CarePath™ Coach offers transitional support through the engagement of the individual and their identified supporters attending five sessions within 90 days, and the CarePath™ offers continuous support throughout the first year. Participants all embark on a process of recovery alongside their loved ones and define their health and well-being with the realistic expectation that wellness similar to illness lives on a continuum.

A CarePath™ Coach assists the key person in need and their family members and/or supporters in:

- ◆ understanding the wellness continuum
- ◆ learning the process and principles of recovery
- ◆ developing realistic expectations and effective communication skills
- ◆ designing explicit goals and key elements of care for a defined period of time (90 days)
- ◆ each person identifies health and well-being through the 8 dimensions of wellness
- ◆ building on successes that influence the health of the whole family, including the children
- ◆ skill building to encourage connectedness and supportive relationships
- ◆ promotion of responsible decision-making and healthy lifestyle choices

Two Year certification as a CarePath™ Coach includes:

- ◆ 21 hours of in-person classroom training or 15 hours of Online class training
- ◆ 20 **renewal** clock hours from NYS Office of Addiction Services & Support (OASAS) for CASAC, CPS, CPP
- ◆ CarePath™ Coaching Manual and presentation materials
- ◆ Family-psychoeducational curriculum for a 90-minute wellness workshop/support group designed for CarePath™ participants for on-going engagement post CarePath™
- ◆ Access to CarePath™ webpage for all programming materials, spreadsheets, marketing slides, support forms and group exercises
- ◆ Support and Technical Assistance
 - 6 webinars throughout certification period & quarterly newsletter
 - attendance at MHANYS annual conference once during certification
 - workshops specifically for CarePath™ Coaches at MHANYS annual conference

Information about MHANYS CarePath™ Program visit <https://mhanys.org/products/carepath/>