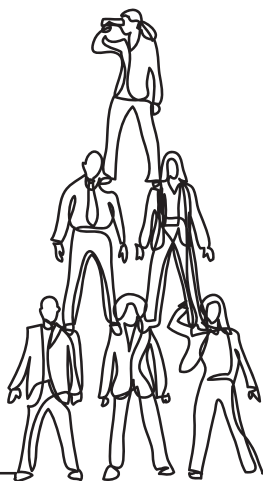


## What is a CarePath™?

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. CarePath participants define their overall health and well-being through the design of a CarePath™. This shared experience allows family members and supporters to better support their loved one. Each CarePath™ participant is engaged in choices that direct and promote a sense of well-being for themselves, thus making it easier to support one another.

The CarePath™ Program suggests recovery is a process that may be undertaken by the whole family, and achieving and maintaining better overall health may require a cultural shift away from an individual to a relational recovery focus. Understanding the process in recovery helps to eliminate unrealistic expectations and projections and build on success rather than the experiences in the past.



For more information about the  
MHANYS CarePath™ Program:

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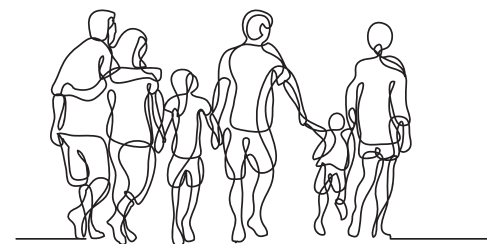


### Mental Health Association in New York State, Inc.

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The CarePath™ Program is a product  
of MHANYS

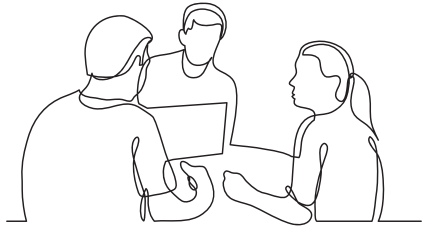
[www.MHANYS.org](http://www.MHANYS.org)  
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## MHANYS CarePath™ Program

Mental Health Association in New York  
State, Inc. CarePath™ Program assist in  
care planning and aftercare while  
educating families on whole family  
health and well-being.

## Purpose



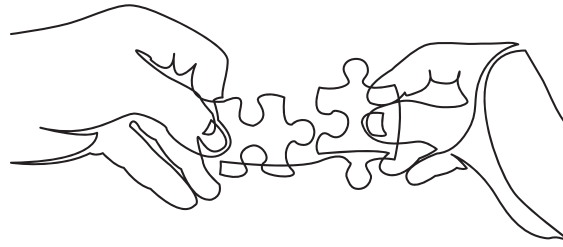
MHANYS CarePath™ Program assists individuals and their families or identified supporters in developing a comprehensive strategy called a CarePath™. This innovative program strengthens the overall health and well-being of individuals and families transitioning from any type of treatment facility and support healthy reconnections amongst family, friends, and within the community, be it – job, school, or other association.

This one-of-a-kind program was developed by MHANYS to supplement discharge planning and aftercare and educate families on whole family health and well-being. It guides and supports a group as they create a climate of well-being and connectedness in which the mental health of everyone is valued and supported. CarePath™ participants come to understand their health and well-being is not in isolation of each other.

MHANYS CarePath™ Program emphasizes the role culture plays in a family's experience of mental and/or substance use disorders. MHANYS CarePath™ Coach assists within the context of their cultural understandings of physical, mental and spiritual health and well-being. A family's values, beliefs, language, and faith all influence the path they take in achieving and maintaining their health and well-being.

## Why?

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, preserve and respect the integrity of each member's own health.

Focusing on the individual's recovery through the engagement of their family or identified supporters all participating on the same path ensures the patient/individual is no longer singled out as "ill" and a wellness mindset rather than an illness perspective develops and enhances recovery.

## What is the Role of a CarePath™ Coach?

A CarePath™ Coach offers transitional support through the engagement of the individual and their family or identified supporters for the first 90 days post discharge. CarePath™ 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

## **HOW TO BECOME A CERTIFIED CAREPATH™ COACH**

### **Who should consider being trained as a CarePath™ Coach?**

Professional and Para-Professionals partnering with families and support the principles of recovery and resiliency within a wellness mindset rather than an illness perspective.

MHANYS offers CarePath™ Coach Training and Certification. For details contact Deborah Faust at Dfaust@mhany.org or 518-434-0439 x221.