

MHANYS CarePath™ Program



Living well is never in isolation of others, thus the health of the individual/patient and their family or identified supporters is paramount for a successful transition in achieving and maintaining wellness.

MHANYS' CarePath™ Program directly addresses those daily challenges of both the individual and their family or identified supporters.

MHANYS CarePath™ Program helps to assist individuals and their families or identified supporters in developing a comprehensive path designed for managing the first 90 days in achieving and maintaining recovery.

- ◆ 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 their wellness journey is no longer in isolation of one another.
- ◆ Individuals and families are challenged by the acceptance of the disorder, developing realistic expectations, communication that builds on success rather than the experiences in the past.
- ◆ Participants of the CarePath™ Program design a care path and in that process a wellness mindset rather than an illness perspective develops and enhances recovery.

A Culturally Competent CarePath™

MHANYS CarePath™ Program emphasizes the role culture plays in a family's experience of mental and/or substance use disorders.

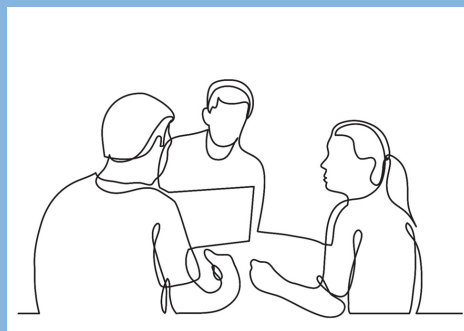
- ◆ MHANYS CarePath™ Coach assists within the context of our cultural understandings of physical, mental and spiritual health and well-being. Our values, beliefs, language, and faith all influence the path we take in achieving and maintaining our well-being.

Physical and mental health go hand-in-hand, so monitoring health is critical for maintaining wellness.

Our wellness lives on a continuum similar to illness.

A CarePath™ Coach assist individuals/patient and families in;

- ◆ understanding the process and principles of recovery alongside their loved ones
- ◆ developing realistic expectations, communication skills and building on successes that will influence the health and well-being of the whole family
- ◆ developing explicit goals and key elements of care based on the individual and their family or identified supporters for a defined period of time.
- ◆ identifying their health and well-being through the 8 dimensions of wellness
- ◆ advocacy, education, support and resources for the first-year post discharge



MHANYS CarePath™ Program compliments a treatment or discharge plan by providing a comprehensive inventory of what has worked and what has not for the individual and family in achieving and maintaining their wellness utilizing the 8 Dimensions of Wellness.

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



Mental Health Association in New York State, Inc.