



MHANYS CAREPATH™ COACH CERTIFICATION TRAINING APPLICATION

The CarePath™ Program acts as a support tool for individuals and families transitioning from a treatment setting or those individuals simply interested in achieving better health and wellness. In treatment settings individuals and families have waited on the experts to lead their way. Their treatment and relationship thus far is built on the experts and their expertise. The CarePath™ Coach is in a unique role because unlike a therapeutic setting where the doctors and therapist have the insight – a CarePath™ Coach relies on the participants' insight defining what establishes their overall health and wellness through the design of a CarePath™.

WHO SHOULD APPLY TO BECOME A CAREPATH™ COACH?

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

Partnering with individuals and their identified supporters/family can be a challenge, especially when bearing witness to their stress and pain. The role of a CarePath™ Coach is one of “support” and offering compassionate support is a major component in assisting in person-centered planning. The role of a CarePath™ Coach is similar to a travel agent who meets with individuals and families interested in planning a trip. The travel agent asks where they want to go and assists them in developing their itinerary. There are some key components that are instrumental in the role of a CarePath™ Coach:

- Have general knowledge of mental health and substance use challenges.
- Willingness to adhere to a trauma-informed approach.
- Practice cultural humility and a willingness to learn from CarePath™ participants.
- Comfortable facilitating and assisting in a group setting.
- Knowledgeable on person-centered care and planning.
- Understand that there are many paths to better health and wellness and everyone lives on a continuum of wellness.

A CarePath™ Coach will be introducing a new innovative program not only to individuals and families transitioning to better health but the larger community as well. A CarePath™ Coach will demonstrate;

- The ability to coordinate outreach and presentations about the program to community stakeholders'.
- Collect process measures and outcomes on each CarePath™ participant.

CAREPATH IS A PRODUCT OF THE MENTAL HEALTH ASSOCIATION, INC.

MHANYS CAREPATH™ TRAINING AND CERTIFICATION

CarePath™ Training

The CarePath™ Coach training takes place over three days and is taught by authorized MHANYS CarePath™ Coach Instructors. Each training accommodates a maximum of 16 candidates. Trainings typically run for eight hours each day, which includes designated time for “Coaching Clinics” and scenario role-plays. On the third day, each participant will provide a brief presentation introducing themselves and the CarePath™ Program. MHANYS CarePath™ Instructors will determine certification based on participation, basic understanding of materials presented and the final brief presentation.

Training includes:

- Overview of MHANYS CarePath™ Program
- The Role of a CarePath™ Coach & The Practice of Compassion & Self-Compassion
- Trauma, Complex Family Stress, Intergenerational Trauma, and Review Adverse Childhood Experiences Study (ACEs)
- A Trauma-informed Approach & The Core Values of a Trauma-informed Approach for a CarePath™ Coach
- The Continuum of Wellness & Guiding Principles of the Recovery Process
- Family Engagement, Reflective Listening Skills & Supporting Resiliency
- Cultural Understanding of Health & Mental Health & The Practice of Cultural Humility
- The Utility of The 8 Dimensions of Wellness in Defining Whole Family Health/Social Determinants of Health
- Recovery & A Wellness Mindset (a psychoeducational curriculum workshop)
- Moving the CarePath™ Out to the Community/Marketing Slides

Training hours include role-plays, videos and presentations.

Two Year Certification includes:

- 24 hours of classroom training within 3 days.
- Online access to CarePath™ programming materials, spreadsheets, marketing slides, support forms and group exercises.
- 6 webinars specific to the role of a CarePath™ Coach throughout certification period.
- 20 credit hours from OASAS for CASAC, CPP & CPS upon completion of training .
- Attendance to MHANYS annual conference once during certification period.
- Workshops designed for CarePath™ Coaches at MHANYS Annual Conference.
- Technical assistance and support as needed.

The CarePath™ Program is a small intimate program built upon the principles of a trauma-informed approach. Abiding by the six key principles of a trauma-informed approach ensures the role of a CarePath™ Coach is grounded in successful engagement and person-centered planning.

Six Key Principles of a trauma-informed approach include:

1. **Safety** – throughout the organization, staff and the people they partner with should feel physically and psychologically safe.
2. **Trustworthiness and Transparency** – building and maintaining trust between staff and the people they are partnering with.
3. **Peer Support** – also referred to as trauma survivors having a voice.
4. **Collaboration and Mutuality** – recognizing everyone has a role, and an importance is placed on partnering in relationships and shared decision making.
5. **Empowerment, Voice and Choice** – workforce development fosters empowerment for staff, and families in partnership with staff are supported in cultivating self-advocacy skills.
6. **Cultural, Historical, and Gender Issues** – policies, protocols and processes are responsive to racial, ethnic and cultural needs and addresses historical trauma.

Patricia Deegan Ph.D. wrote a great article titled, ‘Putting the Human Back in Human Services.’ Dr. Deegan is a leader in bringing the individual’s voice and choice to the center of clinical care. Dr. Deegan wrote “Care requires relationship.” Care is given, not through systems, but through human relationships. Caring for the person means we must show up as full human beings, however this is not so easy. The role of a CarePath™ Coach is one of “support” and within that role exposure to strained and stressed relationships will be evident. Patricia Deegan reminds us to acknowledge our purpose in the role of supporting others and remain human hearted.

The core values of a CarePath™ Coach include:

- Practicing compassion and valuing the individual’s experiences, knowledge and utilizing their strengths.
- Believing in recovery and that a return to symptoms lives on the continuum of wellness.
- Practicing cultural humility.
- Holding a safe space for participants to be heard.
- Reinforcing our wellness is never in isolation of others.
- A commitment to practice self-care and self-compassion.
- Staying focused and present without making assumptions or projections.

THE STORY OF WHY

Why are you interested in being certified as a CarePath™ Coach? (Max 150 words)

What has called you personally to help and support others? (Max 150 words)

Why is the practice of self-care and self-compassion so important in the role of a CarePath™ Coach? (Max 150 words)

Return to your story of why and your purpose when you are tired or overwhelmed.

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CAREPATH™ COACH TRAINING APPLICATION

First & Last Name: _____

Title: _____

Email: _____

Primary Phone Number: _____

Secondary Phone Number: _____

Mailing Address: _____

Gender: _____

Applicant Type (check all that apply):

- ☐ I am applying as an Independent (not affiliated with an agency)
- ☐ I am applying as an agent of my employer
- ☐ I identify as a person with lived experience or a person in long term recovery
- ☐ I support a family member with serious mental illness
- ☐ Other (please specify) _____

Organization Name: _____

Organization Type:

- ☐ Private
- ☐ Public
- ☐ Not-for-profit
- ☐ For-profit
- ☐ Other (please specify) _____

How did you find out about CarePath™ Coach training:

- ☐ Employer email
- ☐ Employer requirement
- ☐ Professional relationship
- ☐ Personal relationship
- ☐ Internet search
- ☐ Other (please specify) _____

Desired Training Date:

1st Choice: _____

2nd Choice: _____