



Greetings!

We look forward to seeing you at our next NYS- Trauma-informed Coalition meeting on **Monday, March 23 at 2:00 p.m.** We are excited to have **Grace Ashline** from the ***Mental Health Association of NYS (MHANYS) to discuss CarePath™***, a program designed to assist individuals over 12 years of age and their family members or other chosen supporters for 90 days. MHANYS CarePath™ encourages healthy connections amongst family, friends, and within the community- be it job, school, or other associations.

**Teena Brooks is inviting you to a scheduled Zoom meeting.**

**Topic:** NY Trauma-informed Coalition

**Time:** May 23, 2022, 02:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://columbiauniversity.zoom.us/j/93438977853>

Meeting ID: 934 3897 7853

Passcode: 323337

One tap mobile

+16468769923,,93438977853#,,,,\*323337# US (New York)

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Dial by your location

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Passcode: 323337

## **NYS Trauma-informed Coalition**

### **Mission**

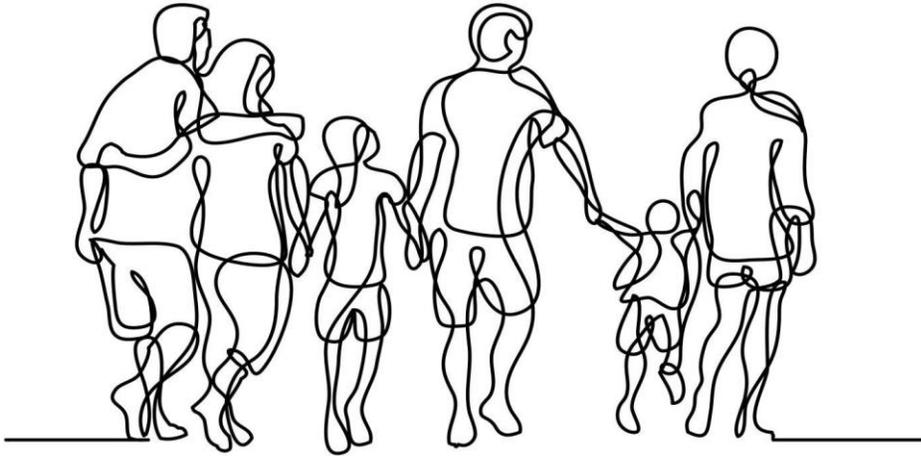
*The NY Trauma-Informed Coalition is dedicated to learning and sharing knowledge on the latest research and developments in the subject of trauma, as well as understanding how trauma manifests and affects our communities. Armed with this knowledge, the NY Trauma-Informed Coalition will work to prevent and mitigate the effects of trauma within New York City and New York State by:*

- 1. Working with like-minded organizations and individuals to raise awareness about trauma and its devastating effects on and in our communities and systems (prison, courts, social services, etc.)*
- 2. Celebrating and highlighting best practices adopted within the state and*
- 3. (when appropriate) Encouraging active collaboration and participation in best practice initiatives within the community. By taking an active role in raising awareness about trauma and promoting best practices, the NY Trauma-Informed Coalition would like to encourage significant and enduring change in our systems and communities' approaches to trauma. Ultimately, we would like New York to be a trauma-informed state.*

### **Presenter Bio**

*Grace is a single mother of three children under the age of 10 and comes from 12 years of working directly in the human services field from acting as a Director for a prevention program for children at risk of compulsory placement, providing direct support through a mentoring program with Big Brothers Big Sisters of the Capital Region to supervising a federally funded Mentoring Children of Prisoners Program for individuals who had lost a loved one to incarceration. Grace has experience working in Outpatient Psychiatric care leading a variety of groups, interned at a homeless shelter and has served as Chairperson to a various committees targeting gang-prevention, SPOA (Single Point of Accessibility), Alcohol & Other Drugs, court mediation and is the present Chair of the Human Services Advisory Committee for Oneida, Madison, Otsego and Herkimer Counties.*

*Grace was certified as a CarePath Coach through the MHANYS in 2019 and has been actively teaching the CarePath program since. Grace is a Trauma Informed Consultant who has created curriculum around Trauma Informed practices, approaches and interventions who was recently hired as a Consultant for the Brave of Heart partnership with the MHANYS.*



### **What is a MHANYS CarePath™?**

MHANYS CarePath™ is a blueprint for achieving and maintaining better overall health and wellness. CarePath™ is appropriate for anyone who experienced a mental health setback and interested in learning more about achieving and maintaining mind-body health. Managing behavioral health conditions often goes beyond what traditional treatment and discharge planning can accommodate. MHANYS CarePath™ is designed to assist individuals over 12 years of age and their family members or other chosen supporters for 90 days. CarePath™ supports recovery and protects the integrity of health within a family. MHANYS CarePath™ encourages healthy connections amongst family, friends, and within the community- be it job, school, or other associations.

### **What makes MHANYS CarePath™ Unique?**

The individual in recovery selects who they want to participate in the program with them – be it family members, friends or simply their CarePath™ Coach. CarePath™ protects the integrity of health within the family because it's a relational perspective on achieving and maintaining wellness. When a loved one is not well it impacts all within the family, including the children. The individual in recovery 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 realistic expectations and creating a wellness mindset. A wellness mindset is the most influential asset for achieving and maintaining mind-body health.

### ***What is the role of a MHANYS CarePath™ Coach?***

A CarePath™ Coach facilitates person-centered planning as each person defines their own health and wellness with an understanding that the process in recovery is understood as existing on the continuum of wellness. 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 importantly they are building their resilience together.



A MHANYS CarePath™ Coach assists the individual in recovery and their family members or other identified supporters in:

- ◆ understanding mental health as multidimensional and existing on a continuum of wellness
- ◆ learning the process and principles of recovery
- ◆ developing effective communication skills and family guidelines
- ◆ designing explicit goals for a defined period of time (90)
- ◆ identifying mind-body health through the 8 dimensions of wellness
- ◆ taking a wellness temperature for guiding resources and support
- ◆ introducing mindful practices to build awareness of developing symptoms and healthy connections to mind-body health.
- ◆ identifying support tools that focus on activating the “Care Giving System” to rebalance the nervous system
- ◆ exercises that help expand the definition of support to include; people- places and things
- ◆ designing their CarePath™ to support healthy connections amongst family, friends, and within the community- be it job, school, or other associations.

The Mental Health Association in NYS is now offering on and offline certification to become a CarePath Coach. MHANYS CarePath™ training includes instruction in trauma-informed guidelines for on and off line engagement and creating a safe emotional space for CarePath™ participants. Additional information can be found at <https://mhanys.org/products/carepath/>

**Three-year certification as a MHANYS CarePath™ Coach includes:**

- ◆ 21 hours of in-person classroom training or 15 hours of online class instruction
- ◆ 20 **renewal** clock hours are offered for Peer Support Specialists, Family Peer Advocates and from (OASAS) CASAC counselors
- ◆ Family-psychoeducational curriculum for a 90-minute wellness workshop/support group designed for CarePath™ participants for on-going engagement
- ◆ MHANYS CarePath™ Coaching Manual and access to the MHANYS CarePath™ webpage for all programming materials, spreadsheets, marketing slides, support forms and group exercises
- ◆ Support and Technical Assistance
  - 3 webinars throughout certification period
  - quarterly CarePath™ Newsletters
  - attendance at MHANYS annual conference