

**Children and Families Subcommittee  
May 8, 2024**

**Present:** Tammy Breen, Angela Tracy, Robin Richards-Szabo, Colleen Maziejka, Victoria Gracia, Meghan Mitchell

**Staff:** Linda Wright, Tracy Terry, Rob York

Agenda Item	Outcome	Action
<b>Introductions</b>	<p>Meeting commenced at 10am and introductions were made around the room.</p> <p>Purpose: Building Community Partnerships Based on Shared Power and Accountability</p> <ol style="list-style-type: none"> <li>1. Strengthen opportunities to prevent mental health and substance use disorders</li> <li>2. Increasing access to flexible behavioral health and substance use services</li> <li>3. Prevent and address adverse childhood experiences</li> <li>4. Facilitate supportive environments that promote well-being and dignity for people of all ages</li> </ol>	Attendance taken and encouraging members to share and actively recruit participation from missing organizations.
<b>Presentation- Megan Spagnola – Mental Health Association in NY State (MHANYS) – Mental Health Community Partners &amp; CarePath Programs</b>	<p>Tier I – MHCP – 90-day program offered to youth 12+ and adults with high mental health needs and their families/supports as they transition from unwell to well. To access the training to provide program an agency needs to be set up as a partner site. Training is 9 hours, often broken down into three sessions.</p> <p>Tier II – CarePath – 90-day program offered to youth 12+ and adults managing all levels of mind-body health conditions and engages families/supports to participate together. Training is offered to anyone ages 16+ interested and is 15 hours often broken down into 5 sessions. MHANYS is seeking more individuals to become dual certified to offer 6 months of support to individuals and their families/supports.</p> <p>Group format is available as well to offer support and is often utilized in school-based settings. Training is free and recertification (free) is required every three years. Trainings can be virtual, in-person at MHANYS training center (Wolf Rd. Colonie) or “retreat style” if there are 15-20 participants enrolled.</p>	<p>Slides from the presentation will be emailed to subcommittee members.</p> <p>Upcoming training dates for MHCP and CarePath can be found on MHANYS website:</p> <p><a href="https://mhcommunitypartners.org/">https://mhcommunitypartners.org/</a></p>
<b>Systems of Care – Implementation Grant</b>	Subcommittee members were updated on the SOC grant received by WAIT House from CCSI. Grant includes funding for a SOC coordinator position at the WAIT House. Robin Richards-Szabo accepted this	Whitehall School District is actively involved in SOC. Robin will be meeting with

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	position and started this week. Robin will be connecting with school districts in Washington Co. to facilitate parent and youth focus groups to identify needs and collaborate on systemic changes within children's services.	staff at Greenwich School District next week.
<b>Agency Updates</b>	Southern Adirondack Child Care Network recently certified two childcare providers in Whitehall.	None
<b>Informational Items</b>	Partnership for Community Belonging: The group includes local employers and institutions and representatives of the health care, higher education, hospitality, and professional services sectors as well as representatives of local governments and charitable and non-profit groups. The group's purpose is to gather and share information with the community and to encourage a public conversation about ways to make our community more welcoming and inclusive.	The next Partnership for Community Belonging event will be <b>Wednesday, May 8th from 5-7 p.m. at SUNY Adirondack</b> . The aim is to spend most of the time brainstorming real actions using a framework to help guide our work.
<b>Adjournment and Next Meeting</b>	<i>Meeting was adjourned at 12 noon. The next meeting of the Children and Families Subcommittee of the Warren and Washington County Community Services Boards is scheduled for Wednesday, September 11, 2024, 10a-12noon at 230 Maple St., Glens Falls.</i>	



# MHANYS Family Mental Health Programs Mental Health Community Partners & MHANYS CarePath™



# Intergenerational Family Mental Health

**Tier I:**  **Mental Health  
Community Partners**

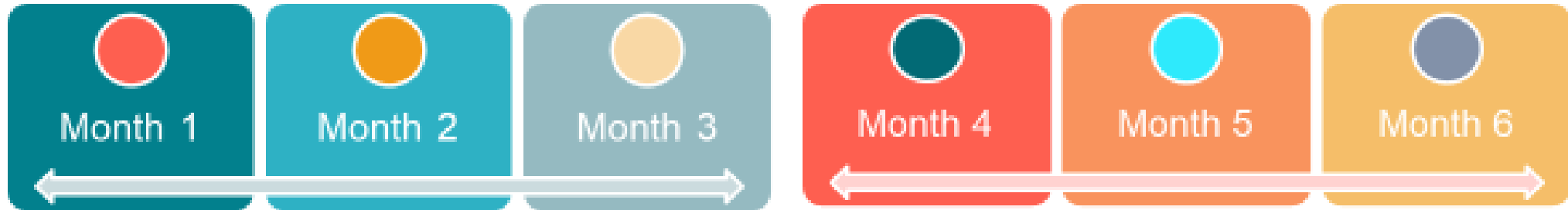
MHCP offers 90 days of support to youth 12+ and adults with high mental health needs and their family or chosen supporters as they transition from unwell to well

**Tier II:**  *CarePath™*

MHANYC CarePath™ offers 90 days of support to youth 12+ and adults managing all levels of mind-body health conditions and engages their chosen supporters to all participate together in CarePath™



**Mental Health  
Community Partners**



***Dual certification offers six months of direct support.***

# Supports Diverse Families



- Combats Western, Euro-centric individualistic bias in mental health
- Relational approach more culturally aligned with collectivistic diverse families
- Non-clinical program more approachable to communities with medical trauma
- Addresses self, family & cultural-stigma
- Activities explore connection between identity, family, community & mental health



**Mental Health  
Community Partners**

**“Wellness In Partnership  
With Others”**



**“Health & Wellness is  
Never in Isolation of Others”**

# MHCP & CarePath™ Program Model



- Mind-body health & healing
- Non-clinical approach with best practices
- Managing mind-body health is similar for everyone
- Mind-body health is always in movement
- Recovery exists on a continuum of wellness
- Mental health is multi-dimensional
- **Family mental health is a protective factor**

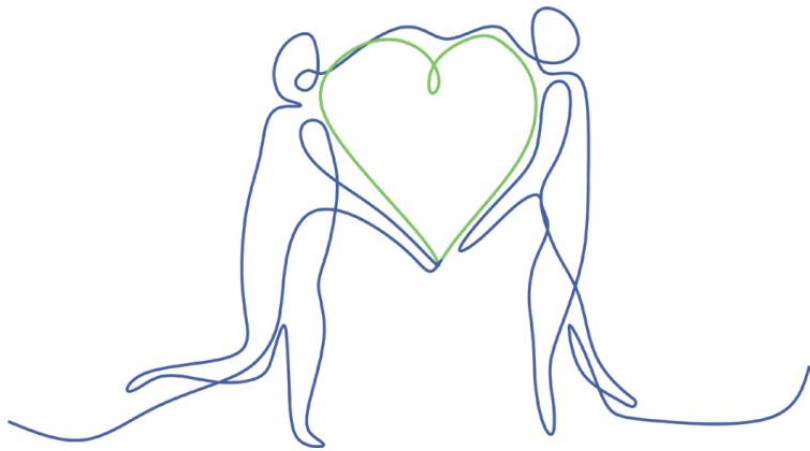


# MHCP Program Details



- Person in recovery identifies chosen supporters, or enrolls independently with MHCP as their supporter
- 90 day non-clinical, structured program
- Weekly Visits in-person, online, or hybrid
- Chosen family or group format

# CarePath™ Program Details



- Supports individuals and families in managing their mind-body health and healing.
- Structured program for one on one, family or support group settings.
- 5-10 in person, virtual or hybrid sessions
- Develops a 5 step action plan called: A CarePath

# CarePath™ Temperature

## Mind

Emotional wellness,  
thought process, etc.



## Body

Physical health,  
movement, nutrition, etc.



## Spirit

Connections to others, to a  
higher power, to self, etc.

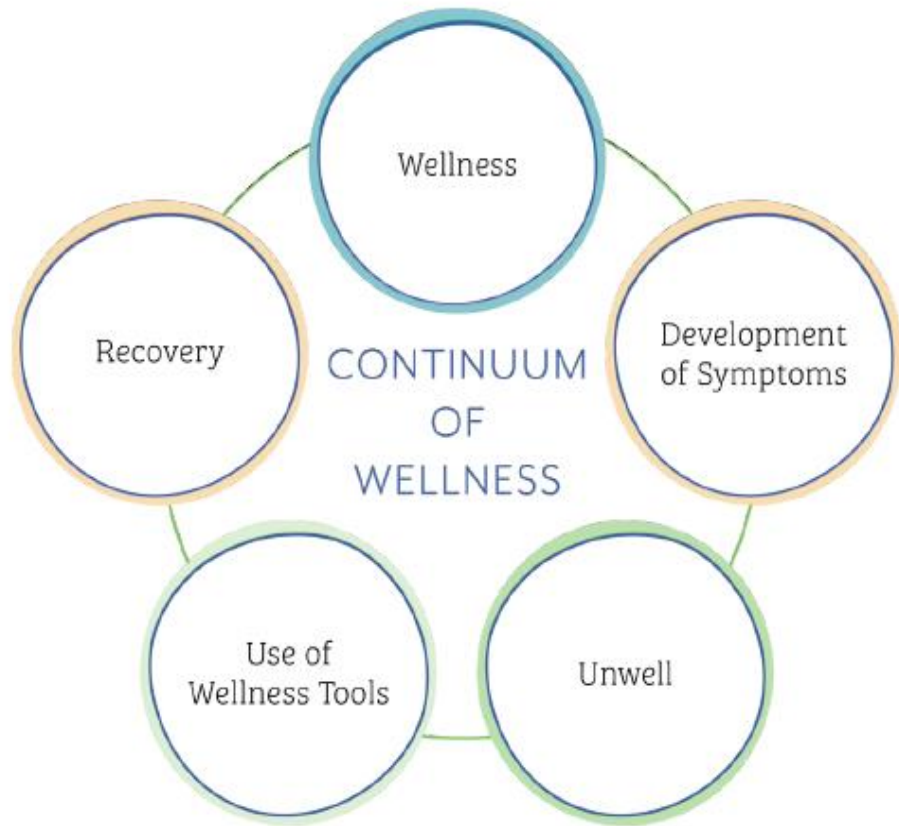


Take your  
temperature in the  
categories of  
Mind, Body & Spirit.

On a scale from 1-10  
rate each category.

1= Well  
10= Unwell

# Continuum of Wellness



- Encourages realistic expectations
- All health is in movement, moving day to day along the continuum, etc.
- No matter what is going on in your life, you'll move through the continuum.

# Mental Health Community Partners: Self-Management & Skill Building Activities

## Core Activities for Every Visit:

- ★ Communication Guidelines
- ★ Continuum of Wellness
- ★ 8 Dimensions of Wellness

## Beginning-Program Activities

- Self-Compassion
- How Support Shows Up for You
- Culture, Identity & Wellness

## Mid-Program Activities

- Library of Wellness Tools
- Expanding the Definition of Support
- Emotional Safety Plan
- Map of Community Connections

## End-Program Activities

- Support Action Plan
- Mind-Body Health Maintenance Plan
- MHCP Crisis Plan

# MHANYS CarePath™ :

## Core Activities & Wellness Mindset Moments

### The Three C's:

- ★ CarePath™ Temperature
- ★ Continuum of Wellness
- ★ Communication Guidelines

### Wellness Mindset Moments:

- Realistic Expectations
- Reset Your Mind
- Healthy Boundaries
- Wonderfulness Narratives

### Additional Activities:

- The Final CarePath
- Exit Reflections Handout

# Support Groups



- **Timeline:** 12 weeks
- **Format:**
  - Group of all peers in recovery
  - Group of individuals with their families
- **Class Size:**
  - Support Groups: 10-12 individuals
  - Seminars: 30 individuals



- **Timeline:** 5-10 weeks
- **Format:**
  - Group of all peers in recovery
  - Group of individuals with their families
  - Self Care Group for Youth & Students
  - Self Care & Wellness Group for the Workforce
- **Class Size:**
  - Support Groups: 10-12 individuals

# MHANYS Family Mental Health Programs In Action!

## Small, flexible programs can be embedded into existing services

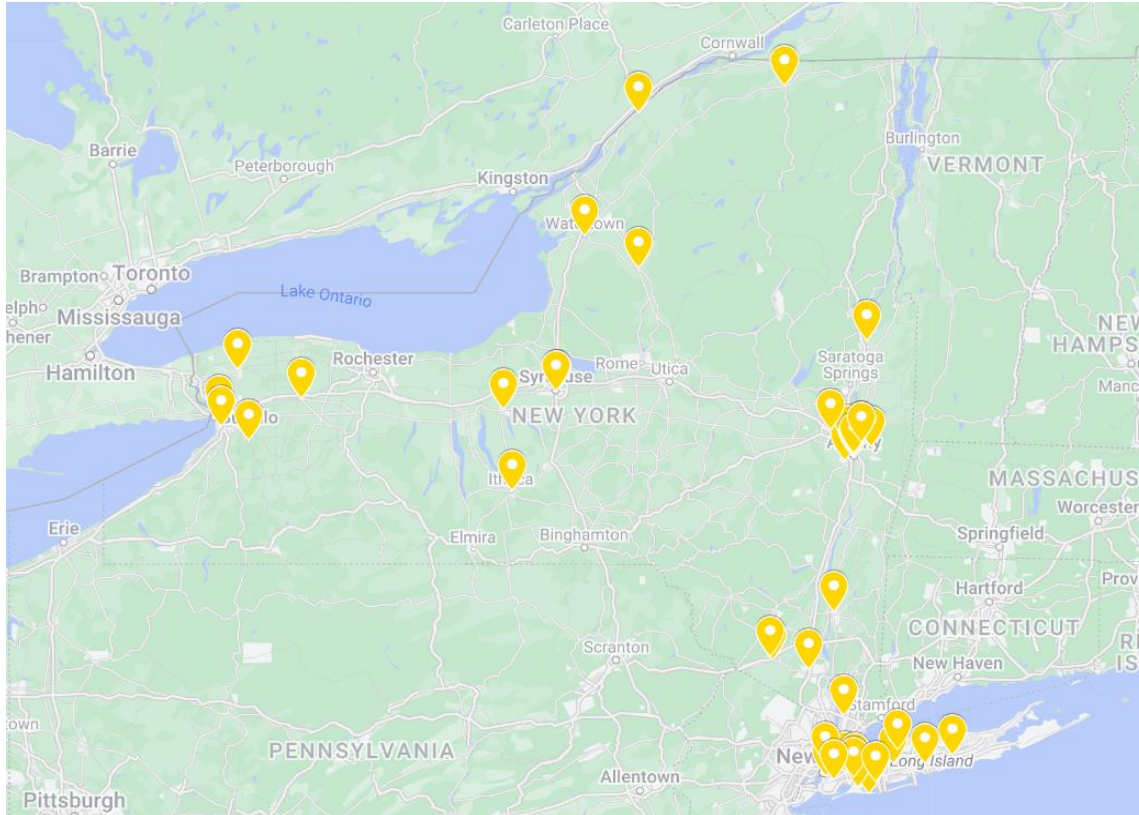
- Schools & Universities
- Primary Care, Clinical Services
- Hospitals & Pediatric Hospitals
- Faith Communities
- Community Groups
- Family Court, Mental Health Courts, Drug Courts, Re-entry Programs
- Supportive Housing Programs
- Employee Assistance Programs
- Managed Care Organizations
- Probation, Parole
- Healthy Families NY
- Correctional Facilities
- Forensic Psychiatric Centers
- Foster Care Agencies
- Youth & Adults Recovery Programs



# 91 MHCP and CP Partner Sites!

- Albany Housing Authority
- Behavioral Health Services North
- Beacon Place
- Capital District Recovery Center
- Center for Independence of the Disabled New York
- City of Albany: Love Your Block
- Community Routes
- Community Connections of Franklin County
- Created for Greatness Leadership Group
- Ellis Medicine
- Economic Opportunity Council of Suffolk, Inc.
- Endorphins Mind Body
- FREE Success Community Care Clinic
- Healthy Families
- Hutching Psych Center
- Joseph's House and Shelter
- Liberated Life Coaching
- Living Positive Inc.
- Mental Health Advocates of Western New York
- Mental Health America of Dutchess County
- Mental Health Association in Jefferson County
- Mental Health Association in Niagara County
- Mental Health Association in Tompkins County
- Mental Health Association of Genesee & Orleans Counties
- Military Family Foundation
- Move 2B Moved
- National Alliance on Mental Illness Huntington
- New York Association of Psychiatric Rehabilitation Services, Inc. (NYAPRS)
- Northern Region Center for Independent Living
- Neurobehavioral Research
- NYS Office of Mental Health
- New York State Division of Criminal Justice Services
- Seasoned Salt Mental Health Counseling, LLC
- SEAT (Social Enterprise and Training) Center
- Services for the Underserved
- The Rural Outreach Center
- The Wellness Continuum and Community Outreach
- West Hill Neighborhood Association
- The H.U.M.A.N.S. Initiative **and more!**

# MHCP & CarePath™ Across NYS



**91 Project Sites**

**275+ Mental Health Community Partners**

**150+ MHANYS CarePath™ Coaches**

**50+ Dual-Certified CarePath/  
MHCP**



Mental Health  
Community Partners



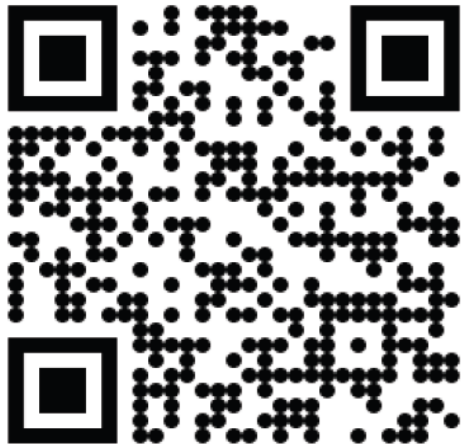
## Professional Development & Workforce Wellness

CarePath & MHCP offers an impactful opportunity for professional development & workforce wellness.

The program brings a wellness perspective that is organic in shifting workforce culture, and modeling characteristics of a wellness mindset.

# Apply Today!

No Cost Trainings Available!



[mhcommunitypartners.org](https://mhcommunitypartners.org)



[mhanys.org/carepath](https://mhanys.org/carepath)

# Thank You!

## Contact Us:



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**MHANYS**  
Mental Health Association  
in New York State



[MHANYS.org](http://MHANYS.org)