

Behavioral Health Home

National Migraine Awareness Month

According to the Migraine Research Foundation, “...contrary to popular belief, migraine is not just a bad headache. It’s an extremely incapacitating collection of neurological symptoms that usually includes a severe throbbing recurring pain on one side of the head.”

Find out how BHH Services can help bring awareness:

Comprehensive Care management	Review assessment to update medical needs. Ask client if he/she has ever experienced a migraine and, if so, discuss ways to manage condition. Identify information, education, and services about migraines client will need.
Care Coordination	Assist client with scheduling appointments with PCP, neurologist, and/or other migraine specialists.
Health Promotion	Provide educational facts sheets/videos on migraines. Discuss migraines during wellness groups.
Comprehensive transitional care	If a client goes to the ER or is admitted because of complications related to a severe migraine, meet with client and discuss protocol to prevent readmission and decrease chances of experiencing another severe migraine.
Patient and family support	Educate client and family members of the signs of a migraine, ways to treat it, and ways to prevent recurring migraines.
Referral to community support services	If there are community migraine support groups, provide clients with information to seek peer support. Research to identify support groups available online.

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Heimlich Maneuver Day	2	3
4 National Headache Awareness Week	5	6	7	8	9	10
11 Race Unity Day	12	13	14	15 Worldwide Day of Giving	16	17
18	19 World Sickle Cell Day	20	21	22	23	24
25 National Mosquito Control Awareness Week	26	27	28	29	30	

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Community Resources

- Connecticut Associated Neurologists, P.C.
- CT Acupuncture Center and Migraines.
- Local Headache and Migraine Classes

Online Resources

- List of Certified Headache Doctors
- Online Migraine Support Group
- Dietary Migraine Triggers
- Migraine Stories
- Signs and Symptoms

Toolkits & Handouts

- Your Migraine, Your Symptoms
- Headache Care Toolkit
- Employment Advocacy Toolkit
- Patient and Family Education About Migraine Headaches

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