

CT Behavioral Health Homes



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 National Wear Red Day	3
4	5	6	7 BHH Webex Webinar	8	9	10
11 National Cardiac Rehabilitation Week	12	13	14 Congenital Heart Defect Awareness Day	15	16	17
18	19	20 President's Day	21	22	23 BHH Implementation Session	24
25	26	27	28			

“Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.”-www.healthfinder.gov

Resources

Community Resources

- ◇ [American Heart Association—Connecticut](#)
- ◇ [Connecticut Cardiovascular Disease Statistics](#)
- ◇ [Women’s Health Connecticut—Heart Health](#)
- ◇ [CT Department of Public Health—Heart Health](#)

Online Resources

- ◇ [The Heart Foundation](#)
- ◇ [Mental Health and Heart Health](#)
- ◇ [How Old is Your Heart? \(video\)](#)
- ◇ [Diet and Lifestyle Recommendations](#)
- ◇ [What is Cardiovascular Disease](#)
- ◇ [Sleep and Heart Disease](#)
- ◇ [Heart-Healthy at Any Age: 60s & Beyond](#)
- ◇ [Your Guide to Living Well With Heart Disease](#)

Toolkits

- ◇ [Heart Healthy Toolbox](#)
- ◇ [Heart Truth Online Toolkit](#)
- ◇ [My Personal Health Progress](#)
- ◇ [Blood Pressure Wallet Card](#)
- ◇ [My Health Resume](#)

BHH Services

Comprehensive Care Management—For clients who have been diagnosed with heart disease, provide support, allow them to make informed decisions about their healthcare, and ensure it’s part of their care plan.

Care Coordination—Monitor client’s progress in receiving proper services and medications to ensure that heart disease is controlled. Help client schedule and attend appointments.

Health Promotion— Educate clients about the different kinds of heart disease. Discuss symptoms and risk factors, and encourage clients to seek help if they are experiencing any of them. Share with clients the different treatment options.

Comprehensive Transitional Care—If a client is hospitalized because of complications related to heart disease or heart health, work with client and hospital staff to ensure discharge plans are created and followed.

Patient and Family Support— Invite family to attend informational sessions. When appropriate, discuss client’s heart disease, treatment options, and any medications.

Referral to Community Support Services— Find Heart Disease support groups and recommend them to clients. Also, refer clients to peers who have similar medical histories.

