

CT Behavioral Health Homes



February is American Heart Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Women's Heart Week	2
3	4 National Children's Mental Health Week	5	6 BHH Webex 1pm-2pm	7	8	9
10 Autism Sunday	11	12	13	14 World Congenital Heart Defect Awareness Day	15 BHH SO Working Group 12:30pm-1:20pm BHH IS 1:30pm-3pm	16
17	18 President's Day	19	20	21	22	23
24	25	26	27	28 Rare Disease Day		

According to the CDC, About 610,000 people die of heart disease in the United States every year—that is 1 in every 4 deaths.

Resources

Community Resources

- [Get Healthy CT](#)
- [Heart Walk CT](#)
- [CT Heart Association Link](#)
- [SNAP4CT](#)

Online Resources

- [Heart Disease](#)
- [Tips to lower Blood pressure](#)
- [Stroke Health](#)
- [Stress Less](#)
- [Healthy Habits](#)
- [Heart Health and Aging](#)

Toolkits and Handouts

- [Heart Disease Quiz](#)
- [Guide to Lowering Blood Pressure](#)
- [My Heart Score](#)
- [Simple 7 Lifestyle](#)
- [Heart-Healthy Lifestyle Changes](#)
- [Desk Yoga](#)

BHH Services

Comprehensive Care Management - Verify or add appropriate goals to care plans for any clients who have a history of heart related issues.

Care Coordination - Monitor client's progress in receiving proper services and medications to ensure heart disease is controlled. Assist client with scheduling and attending appointments to maintain heart health.

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.

Comprehensive Transitional Care - When a client is hospitalized because of complications related to heart disease or heart health, work with client and hospital staff to ensure follow up care post discharge and any medications changes have been reviewed.

Patient and Family Support – Include family and client when discussing heart disease facts, treatment options, and medications that may be used to manage heart health.

Referral to Community Support Services – Work with client to locate Heart Disease support or education groups in their community.

