

# CT Behavioral Health Homes



January is Thyroid Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Years Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Celebration of Life Day	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Did you Know:** “Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body’s most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body’s overall well-being.”-

[www.thyroidawareness.com](http://www.thyroidawareness.com)

# Resources

## Community Resources

- [Husky Health](#)
- [How to Find an Endocrinologist](#)
- [How to Find an ENT](#)
- [ThyCa New Haven, Connecticut Support Group](#)
- [Thyroid Naturopaths in Connecticut](#)

## Online Resources

- [American Thyroid Association](#)
- [Thyroid Self-Exam](#)
- [Hashimoto's Thyroiditis](#)
- [Thyroid and Pregnancy](#)
- [12 Foods to Eat To Fight Hypothyroidism](#)

## Toolkits and Handouts

- [Neck Check](#)
- [The Thyroid Gland](#)
- [About your Thyroid](#)
- [Thyroid Nodule Calculators](#)
- [Hyperthyroidism](#)
- [Hypothyroidism](#)

# BHH Services

**Comprehensive Care Management**— Incorporate thyroid disease management into treatment plan goals for any clients diagnosed with Thyroid disease. .

**Care Coordination**— Monitor client's progress in receiving proper services and medication to ensure that thyroid disease is controlled. Help client schedule and attend appointments to properly manage their thyroid health. Verify that any added medications to address Thyroid disease symptoms are discussed with the prescribing provider.

**Health Promotion**— Educate clients about the different types of thyroid disease . Discuss symptoms and encourage client to seek additional services if they are experiencing any of them.

**Comprehensive Transitional Care**— If a client is hospitalized because of complications related to a thyroid disorder, work with client and hospital staff to ensure client is not readmitted.

**Patient and Family Support**— Invite family support to attend any information sessions . Discuss client's thyroid disease, treatment options, and medications.

**Referral to Community Support Services**— Research thyroid disease support groups and refer appropriate clients to them.