

# Connecticut Behavioral Health Homes

## BHH Health Promotion Service

### Evidence-Based Resources and Education Guide



Innovative, Integrated, Person-Centered Care

2021



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# INTRODUCTION

The Connecticut Behavioral Health Homes (BHH) initiative is a cost-effective, integrative healthcare service delivery model that is determined to improve patient experiences and outcomes by means of person-centered care.

The health promotion service, one of seven identified BHH core services, was included to help treat the whole-person. It requires behavioral health providers to pay unique attention to and support medical health. Health promotion services encourage and support healthy living concepts to motivate individuals to adopt healthy behaviors and promote self-management of health and wellness. These services may be provided either during a one-on-one encounter or via a group session.

The stakeholders that oversee the initiative — the CT Department of Mental Health & Addiction Services (DMHAS), the CT Department of Social Services (DSS), the CT Department of Children and Families (DCF), and the Administrative Service Organizations (Beacon Health Options and Advanced Behavioral Health, Inc.) have created this guide to bridge the gap between the behavioral health professional background of the BHH staff and the complex medical needs of the BHH population.

This guide contains links to evidence-based practices, trainings, and toolkits to assist BHH staff in educating clients on the topics of physical health, substance use, and wellness.

If you are a BHH designated provider and would like more information around health promotion and/or the corresponding billable code psychoeducation, please refer to BHH practice guideline 7: Psychoeducation and Health Promotion.

The goals of the CT Behavioral Health Home Initiative are to:

- Achieve the Triple Aim of improving experience of care, reducing healthcare cost, and improving outcomes
- Achieve accessible high quality integrated healthcare
- Enhance care coordination to improve quality of care and patient outcomes
- Decrease unnecessary inpatient hospitalization and emergency room visits

# MEDICAL CONDITIONS

## Asthma



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### Self-Management Resources

- ⇒ **American Lung Association:** [Take the Assessment: Is Your Asthma Under Control?](#)
- ⇒ **U.S. National Library of Medicine:** [Guided Self-Management of Asthma—How to do it](#)
- ⇒ **Center for Disease Control:** [Asthma Self-Management Education and Environmental Management](#)

### Overview Resources

- ⇒ **American Lung Association:** [Asthma Basics](#)
- ⇒ **Center for Disease Control:** [Learn How to Control Asthma](#)

### Staff Training/Resources

- ⇒ **Center for Disease Control:** [Key Clinical Activities for Quality Asthma Care](#)
- ⇒ **Asthma & Allergy Foundation of America:** [Asthma Care for Adults: Instructor's Guide for Asthma Educators](#)
- ⇒ **Asthma Community Network:** [Asthma Management and Education Online](#)

## Chronic Pulmonary & Chronic Obstructive Pulmonary Disease

### Self-Management Resources

- ⇒ **American Lung Association:** [The Better Breathers Club](#)
- ⇒ **American Lung Association:** [COPD Management Tools](#)
- ⇒ **Pennsylvania Pharmacist Association:** [COPD Self Management: Patient Self Management/Monitoring](#)



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### Overview Resources

- ⇒ **U.S. National Library of Medicine:** [Health Topic: COPD](#)
- ⇒ **National Heart, Lung, & Blood Institute:** [COPD: Chronic Obstructive Pulmonary Disease, Emphysema](#)

### Staff Training/Resources

- ⇒ **Rural Health Information Hub:** [Rural Chronic Obstructive Pulmonary Disease Toolkit](#)
- ⇒ **Center for Disease Control:** [Public Health Strategic Framework for COPD Prevention](#)
- ⇒ **MaineHealth Accountable Care Organization:** [Guide to Care: Chronic Obstructive Pulmonary Disease](#)

# MEDICAL CONDITIONS (CONTINUED)

## Deficiency Anemias

### Self-Management Resources

- ⇒ **The Academy of Nutrition and Dietetics:** [Foods to Fight Iron Deficiency](#)
- ⇒ **National Institute of Health:** [Avoiding Anemia](#)
- ⇒ **Cleveland Clinic:** [Anemia: Prevention](#)

### Overview Resources

- ⇒ **UpToDate.com:** [Patient Education: Anemia Caused by Low Iron in Adults](#)
- ⇒ **U.S. National Library of Medicine:** [Anemia: Iron Poor Blood](#)

### Staff Training/Resources

- ⇒ **American Academy of Family Physicians:** [Iron Deficiency Anemia: Evaluation and Management](#)
- ⇒ **The Academy for Educational Development:** [Child Anemia Training Module](#)
- ⇒ **World Health Organization:** [Iron Deficiency Anemia: Assessment, Prevention, and Control](#)



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## Diabetes

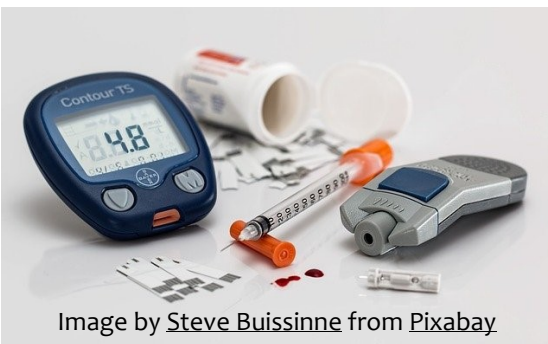


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### Self-Management Resources

- ⇒ **Association of Diabetes Care and Education Specialists:** [Resources for People Living with Diabetes](#)
- ⇒ **National Institute of Diabetes and Digestive and Kidney Diseases:** [4 Steps to Manage Your Diabetes for Life](#)
- ⇒ **Center for Disease Control:** [Living with Diabetes](#)

### Overview Resources

- ⇒ **National Institute of Diabetes and Digestive and Kidney Diseases:** [Diabetes](#)
- ⇒ **Diabetes Research Institute:** [What is Diabetes](#)

### Staff Training Resources

- ⇒ **Center for Disease Control:** [Diabetes Self-Management Education and Support](#)
- ⇒ **Johns Hopkins Medicine:** [Diabetes Self Management Patient Education Materials](#)
- ⇒ **National Council on Aging:** [Diabetes Self-Management Training: Information Resource](#)



# MEDICAL CONDITIONS (CONTINUED)

## Fluid/Electrolyte Disorders

### Self-Management Resources

- ⇒ **University of Michigan:** [Guidelines and Goals for Staying Hydrated](#)
- ⇒ **Alberta Health Services:** [Electrolyte Imbalance: Care Instructions](#)

### Overview Resources

- ⇒ **U.S. National Library of Medicine:** [Fluid and Electrolyte Balance](#)
- ⇒ **Mayo Clinic:** [Dehydration](#)



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### Staff Training/Resources

- ⇒ **National Healthcare Institute:** [Understanding Fluids and Electrolytes Balances \(COST: \\$9.95\)](#)
- ⇒ **U.S. National Library of Medicine:** [General Characteristics of Patients with Electrolyte Imbalance Admitted to Emergency Department](#)
- ⇒ **Nursing Center:** [Fluid and Electrolyte Series: Balancing Act Na + Sodium K + Potassium](#)

## Hyperlipidemia Education

### Self-Management Resources

- ⇒ **Center for Disease Control & Prevention:** [Managing High Cholesterol](#)
- ⇒ **American Heart Association:** [Prevention and Treatment of High Cholesterol](#)
- ⇒ **American Heart Association:** [Cholesterol Medications](#)

### Overview Resources

- ⇒ **Society for Vascular Surgery:** [Hyperlipidemia](#)
- ⇒ **Mayo Clinic:** [High Cholesterol](#)

### Staff Training Resources

- ⇒ **Center for Disease Control & Prevention:** [Cholesterol Tools and Training for Professionals](#)
- ⇒ **American Heart Association:** [Cholesterol Management Guide for Health Care Practitioners](#)
- ⇒ **American Heart Association:** [Cholesterol for Professionals](#)



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# MEDICAL CONDITIONS (CONTINUED)

## Hypertension

### Self-Management Resources

- ⇒ **Center for Disease Control:** [Self-Management Support and Education](#)
- ⇒ **American Heart Association:** [Changes You Can Make to Manage High Blood Pressure](#)
- ⇒ **Center for Disease Control:** [Manage High Blood Pressure](#)



### Overview Resources

- ⇒ **World Health Organization:** [Hypertension](#)
- ⇒ **National Heart, Lung and Blood Institute:** [High Blood Pressure](#)

### Staff Training Resources

- ⇒ **The Community Guide:** [Interactive Digital Interventions for Blood Pressure Self-Management](#)
- ⇒ **Center for Disease Control and CMS:** [Self-Measured Blood Pressure Monitoring](#)
- ⇒ **Agency for Healthcare Research and Quality:** [Blood Pressure Control Evidence and Resources](#)

## Obesity

### Self-Management Resources

- ⇒ **Obesity Action Coalition:** [Self-Monitoring—The Way to Successful Weight Management](#)
- ⇒ **National Institute of Aging:** [Maintaining a Healthy Weight](#)
- ⇒ **National Cancer Institute:** [Tips for Healthy Weight Management](#)

### Overview Resources

- ⇒ **Center for Disease Control & Prevention:** [Defining Adult Obesity](#)
- ⇒ **Obesity Action Coalition:** [What is Obesity & Severe Obesity](#)



### Staff Training Resources

- ⇒ **U.S. National Library of Medicine:** [Self-Management for Obesity and Cardio-Metabolic Fitness](#)
- ⇒ **Institute for Healthcare Improvement:** [Reducing Obesity with Improved Self-Management Support](#)
- ⇒ **Harvard University:** [Healthcare Obesity Prevention Recommendations: Complete List](#)

# SUBSTANCE USE DISORDERS

## Cocaine Use Disorder

### Recovery/Treatment

- ⇒ **American Addiction Center:** [What You Should Know About Quitting Cocaine](#)
- ⇒ **American Addiction Center:** [Cocaine Withdrawal Symptoms, Timeline, and Treatment](#)
- ⇒ **National Institute on Drug Abuse:** [Cocaine Research Report: How is Cocaine Addiction Treated](#)

### Fact Sheets

- ⇒ **American Addiction Center:** [What You Should Know About Quitting Cocaine](#)
- ⇒ **American Addiction Center:** [Cocaine Withdrawal Symptoms, Timeline, and Treatment](#)
- ⇒ **National Institute on Drug Abuse:** [Cocaine Research Report: How is Cocaine Addiction Treated](#)

### Provider Resources

- ⇒ **NY City Department of Health & Mental Hygiene:** [Cocaine Action Kit](#)

## Nicotine Use Disorder

### Cessation/Quitting

- ⇒ **UptoDate.com:** [Quitting Smoking](#)
- ⇒ **Help Guide:** [How to Quit Smoking](#)
- ⇒ **National Cancer Institute:** [Steps to Manage Quit Day](#)

### Fact Sheets

- ⇒ **Center for Disease Control & Prevention:** [Smoking & Tobacco Use: Fast Facts and Fact Sheets](#)
- ⇒ **U.S. Office of the Surgeon General:** [Health Consequences of Smoking, Surgeon General Fact Sheet](#)
- ⇒ **University of California:** [Fact Sheets & Reports](#)

### Provider Resources

- ⇒ **California Smokers' Helpline:** [Health Care Providers Tobacco Toolkits](#)



# SUBSTANCE USE DISORDERS CONTINUED

## Opioid Use Disorder

### Recovery/Treatment

- ⇒ [What You Need to Know About Treatment and Recovery](#)
- ⇒ [Opioid Addiction Treatment: A Guide for Patients, Families, and Friends](#)
- ⇒ [Home After Rehab: The Guide to Finding the Right Place for Recovery](#)

### Fact Sheets

- ⇒ **Center for Disease Control & Prevention:** [Helpful Materials for Patients](#)
- ⇒ **National Institute on Drug Abuse:** [Opioids](#)
- ⇒ **CT Clearinghouse:** [Opiates/Opioids](#)

### Provider Resources

- ⇒ **U.S. Department of Health and Human Services:** [Resources for Opioid Treatment Providers](#)

## The Eight Dimensions of Wellness

The University of Maryland defines wellness as, “fueling your body, engaging your mind, and nurturing your spirit.” For BHH clients, focusing on wellness is extremely important, as we now understand the relationship among a person’s “life” conditions, medical conditions, and behavioral health conditions. Multiple sources, including the U.S. National Library of Medicine and the Substance Abuse and Mental Health Services Administration (SAMHSA), divide the concept on wellness into eight dimensions: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual. According to SAMHSA, the key to living a life of joy and fulfillment is creating balance within these eight dimensions, accepting support from trusted others, and embracing routines and habits. For an in-depth look at SAMHSA’s wellness recommendations and resources, visit: [Creating A Healthier Life: A Step-By-Step Guide To Wellness](#).

Below are additional resources on each of the eight dimensions of wellness.

1. **Emotional Wellness** —[National Institute of Health Emotional Wellness Toolkit](#)
2. **Environmental Wellness** —[CDC Environmental Health Media Toolkit](#)
3. **Financial Wellness** —[Collaborative Support Program of New Jersey, Inc. Building Financial Wellness](#)
4. **Intellectual Wellness** —[Center for Lifestyle Medicine and Wellness Care: Intellectual Wellness](#)
5. **Occupational Wellness** —[Saginaw County Community Mental Health Authority: A Job You Love, Occupational Wellness](#)
6. **Physical Wellness** —[National Institutes of Health Physical Wellness Toolkit](#)
7. **Social Wellness** —[National Institute of Health Social Wellness Toolkit](#)
8. **Spiritual Wellness** —[California Mental Health & Spirituality Initiative Resource Page](#)