

April 2021

CT Behavioral Health Homes
Health and Wellness Toolkit

National Anxiety Month

“Do what you can, with what you’ve got, where you are.”
- Theodore Roosevelt



April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 COVID Vaccine Eligibility: Individuals 16 and older Eligible for Vaccine	2
5	6	7	8	9
<u>National Public Health Week</u>				
12	13	14 BHH Tableau Reporting Support Group	15	16 BHH Work Group Mental Health & Racial Trauma
19	20	21	22	23
26	27	28	29	30

What is Anxiety?

The American Psychological Association defines anxiety as, “an emotion characterized by feelings of tension, worries thoughts, physical changes like increased blood pressure.

While some level of anxiety is expected, some people experience anxiety in a way that can disrupt normal daily activities.

The National Institute of Mental Health breaks down anxiety disorders into several categories:

- ⇒ **Generalized Anxiety Disorder**—Anxiety around several different experiences and circumstances. A person with generalized anxiety disorder may be irritable, restless, and worried.
- ⇒ **Panic Disorder**—unexpected periods of intense fear that causes physical reactions similar to a medical emergency. A person with panic disorder may experience trembling, shortness of breath, and heart palpitations.
- ⇒ **Phobia-Related Disorder**—Irrational fear of a specific objection or situation. A person with phobia-related disorder may avoid situations, show acute fear when dear object/situation is present, and irrationally worry about encounter with phobia.

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<https://www.apa.org/topics/anxiety>

Resources for Clients

- ⇒ [COVID-19: Managing Anxiety and Stress](#)—“CDC shares recommendations on how to manage anxiety and stress during COVID-19.”
- ⇒ [Shareable Resources on Anxiety Disorders](#)—National Institute of Mental: “uses these resources to raise awareness about anxiety disorders.”
- ⇒ [Anxiety Resources from the American Counseling Association](#)—“Resources to serve as a background material in helping clients dealing with anxiety disorders.”
- ⇒ [University of Michigan CBT Basic Group for Anxiety](#)— “Introduction to the basic concepts and skills of CBT.”
- ⇒ [Mindfulness and Relaxation Audio Files](#)— “Mediation and mindfulness techniques created by the university of Maryland.”
- ⇒ [Connecticut Clearinghouse Anxiety Disorder Resources](#)—“Fact sheets, screening tools, and more to help people understand and manage anxiety disorders.”
- ⇒ [SAMHSA: Understanding Anxiety Disorders](#)—“4-page fact sheet on anxiety disorders geared towards young adults.”

Staff Resources

- ⇒ [Self-care for Healthcare Professionals and Responders to COVID-10](#)—“Information about stress management and self-care for responders to COVID-19.”
- ⇒ [COVID-19 Resources for Your Clinical Team](#)— “Resources for clinical teams as they prepare for and respond to COVID-19 in your community.”
- ⇒ [Anxiety Training: Courses, Classes, & Personalized Services](#)—“Training with CE’s for individual clinicians and therapists.”
- ⇒ [Free Anxiety Trainings](#)—“Eventbrite list of anxiety trainings taking place in April.”

BHH Service Example

Comprehensive Care Management (TCM, CM)

The initial engagement with individuals, providing them with information, education, and support necessary to make fully informed decisions about their care options, so they may actively participate in their care planning.

- * **Assessing Needs:** Assess all clients for anxiety disorders. Ask clients questions to determine if they are experiencing COVID-related anxiety disorders.
- * **Recovery/Care Planning:** If client scores high on anxiety assessment or expresses concerns around anxiety and/or panic attack, incorporate strategies to help manage their anxiety in their treatment plan. Assess what triggers exist, and develop coping strategies that align with the client's needs and abilities.
- * **Assigning Roles:** Meet with your team to ensure everyone is on the same page with a client's course of action. Incorporate natural supports as appropriate.
- * **Monitoring Progress:** Consistently meet with client and ask about their progress. Adjust plan of action as appropriate.

BHH Service Example

Health Promotion (Psychoeducation)

Services that encourage and support healthy living concepts to motivate individuals to adopt healthy behaviors and promote self-management of health and wellness.

- * **Informing/Educating:** Discuss the different types of anxiety disorders with clients. Review all available treatment options.
- * **Intervening:** Work with client to understand their unique triggers. Use client's preferences to develop appropriate interventions to prevent, cope with and manage and acute anxiety/panic attacks.
- * **Assisting to Improve Social Networks:** Learn of client's natural supports. Help client understand who in their life can help them on their journey to manage anxiety. Differentiate between helpful and harmful social networks.

BHH Service Example

Patient & Family Support (CM, TCM)

Services that help individuals achieve their goals, increase their advocacy skills, and improve their overall health outcomes.

- * **Supporting to Overcome Barriers:** Empower clients to recognize and overcome their personal barriers.
- * **Coaching:** Provide client with skills to manage their anxiety. Work with client on an ongoing basis and provide motivation as needed.
- * **Supporting to Access Technology:** Understand the client's technological challenges and help them to identify resources.