

# CT BEHAVIORAL HEALTH HOMES

## December Wellness Packet: The Winter Blues, Isolation & COVID19

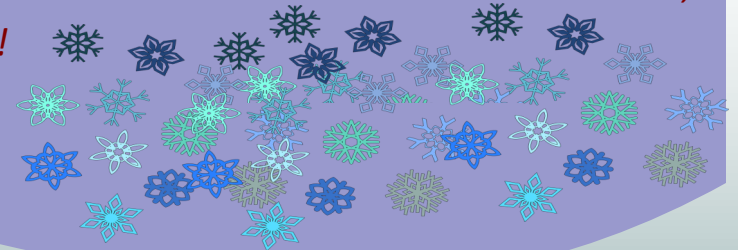


*I have replaced feelings of being overwhelmed with faith that everything will work out.*


*I have replaced feeling like a victim with total accountability for my actions.*

*This is only temporary. The BEST is yet to come.*

*I AM CREATIVE ENOUGH, BRAVE ENOUGH AND CAPABLE ENOUGH TO PIVOT. I WILL DO EVERYTHING I CAN TO RISE,  
PERSEVERE, AND OVERCOME!*



# December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>World AIDS Day</b>	2	3	4	8
<b>December Check-ins: 2019 CMS Measures</b>						
6	7	8 <b>BHH Tableau Reporting Support Group</b>	9 <b>BHH Credentialing Due</b>	10	11 <b>BHH Health Literacy Committee Meeting</b>	12
13	14	15	16	17	18 <b>BHH Work Group: 2020 Highlights and Achievements</b>	19
<b>National Influenza Vaccination Week</b>						
20	21 <b>National Homeless Person's Remembrance Day</b>	22	23	24	25	26
27	28	29	30 <b>Health Assessments Due</b>			

# Resources

## Seasonal Affective Disorder

Seasonal Affective Disorder—Flyer containing the definition, causes and symptoms of SAD

Will COVID-19 Make Seasonal Affective Disorder Worse?—“A Yale Medicine expert explains seasonal affective disorder and how COVID-19 may impact it.”

How to Cope with the Winter Blues and COVID-19—“Research offers some effective treatments for this double whammy.”

Personal Inventory for Depression and SAD—Self-Assessment to help clients decide if they should speak with their clinician.

SAD/Seasonal Moods Questionnaire

Beating the Winter Blues: A Guide on Getting Through Winter at Cornell

## COVID-19 & Social Distancing

Coronavirus: How to Prepare for the Fall and Winter

Tips on how to cope if you are worried about Coronavirus and isolation

Coping with Isolation during COVID-19

Affirmations for COVID-19 Anxiety

FAQs on COVID-19 and Addiction/Substance Use Disorder

## Staff Burnout

Therapists' Burnout: Facts, Causes, and Prevention—Definition of burnout, top stressors, and prevention tips

Burnout Prevention and Treatment—“If constant stress has you feeling helpless, disillusioned, and completely exhausted, you may be on the road to burnout. Learn what you can do to regain your balance and feel positive and hopeful again.”

## Loneliness and Isolation

Signs of Chronic Loneliness—Cigna Health

Social Isolation and Loneliness—The difference between the two

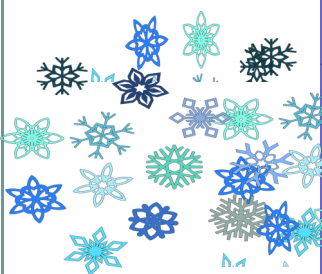
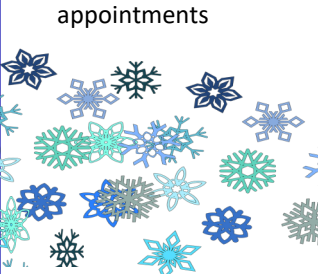
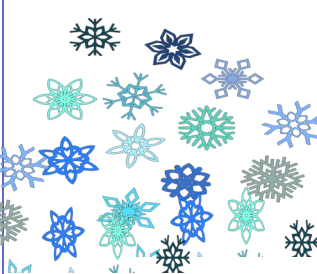

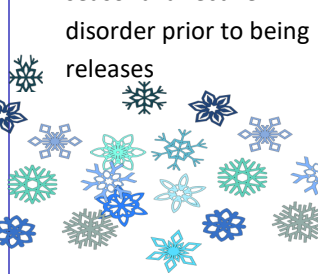

Soothe Your Lonely Feelings With Acceptance and Positivity

UCLA Loneliness Scale—“20-item scale designed to measure one’s subjective feelings of loneliness as well as feelings of social isolation.”

The Risks of Social Isolation—“Psychologists are studying how to combat loneliness in those most at risk, such as older adults”

Combating Loneliness - A campaign and resource guide to help end loneliness, especially among the older population

# December BHH Services Examples

Comprehensive Care Management (TCM, CM)	Care Coordination (TCM, CM)	Health Promotion (Psycho-Education)	Patient and Family Support (TCM, CM)	Comprehensive Transitional Care (CM)	Referral to Community Support Services (TCM, CM)
<ul style="list-style-type: none"> <li>⇒ Now is the perfect time to reach out to clients to learn how they have been impacted by COVID19, Long-term Isolation, and the “Winter Blues”</li> <li>⇒ If need be, update treatment plans and goals to reflect the client’s current needs, as changed by the pandemic.</li> <li>⇒ Assess clients for chronic loneliness, COVID-related anxiety, and seasonal affective disorder.</li> <li>⇒ Work with clients to develop a plan to stay active and exercise during the winter months</li> </ul> 	<ul style="list-style-type: none"> <li>⇒ Speak with clients’ primary care physicians and specialists to:               <ul style="list-style-type: none"> <li>⇒ Learn if clients are attending appointments</li> <li>⇒ Discuss how client has been mentally impacted by the pandemic</li> <li>⇒ Develop a plan to ensure clients to receive preventative services through the winter months</li> </ul> </li> <li>⇒ Continue to help clients schedule and attend essential appointments</li> </ul> 	<ul style="list-style-type: none"> <li>⇒ Review with clients how to stay healthy and safe during the pandemic</li> <li>⇒ Encourage all clients to eat healthy and exercise, as these activities will improve their immunity and may relieve feelings of sadness related to the winter blues</li> <li>⇒ Educate clients on why they should seek to reduce their substance use. Alcohol and other substances can increase their risk of complications if a client is exposed to COVID19.</li> </ul> 	<ul style="list-style-type: none"> <li>⇒ Encourage clients to speak with family and friends as often as possible.</li> <li>⇒ If a client has a support listed, speak with the person if a client starts to show signs of seasonal affective disorder</li> <li>⇒ If possible, provide the virtual space to educate entire families on surviving the pandemic during the winter months.</li> <li>⇒ Encourage clients to mail letters to communicate with families and friends</li> </ul> 	<p><b>If the client is hospitalized due to COVID</b></p> <ul style="list-style-type: none"> <li>⇒ Speak with hospital staff so they are aware of client’s mental healthcare needs</li> <li>⇒ If possible, speak with client prior to their release to ensure they have everything they need make a full recovery</li> <li>⇒ Encourage client to quarantine.</li> </ul> <p><b>If the client is hospitalized due to seasonal depression</b></p> <ul style="list-style-type: none"> <li>⇒ Ensure client has a plan to manage their seasonal affective disorder prior to being releases</li> </ul> 	<ul style="list-style-type: none"> <li>⇒ Discuss social needs with clients and try to find online services</li> <li>⇒ Identify community organizations that are hosting virtual groups</li> <li>⇒ Encourage clients to find ways to socially interact with others</li> </ul> 

Information above is to serve as examples of possible BHH core services that can be offered.