


CT Behavioral Health Homes
Health and Wellness Toolkit

JUNE is *National*
PTSD AWARENESS
MONTH



“There is not timestamp on trauma. There isn’t a formula that you can insert yourself into to get from horror to healed. Be patient. Take up space. Let your journey be the balm.”

-Dawn Serra



June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 BHH Overview and Services/Codes Refresher
7	8	9 BHH Tableau Support Group	10	11 BHH Health Literacy Committee Meeting
14	15	16	17	18 Learning Collaborative: Metabolic Syndrome, Depression & Diabetes
<i><u>National Men's Health Week</u></i>				
21 International Yoga Day	22	23 United Nation's Public Service Day	24	25
28	29 Chronic Migraine Awareness Day	30		

Understanding PTSD

The American Psychological Association defines as:

“An emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches and nausea.”

<https://www.apa.org/topics/trauma#:~:text=Trauma%20is%20an%20emotional%20response,symptoms%20like%20headaches%20or%20nausea.>

The American Psychiatric Association developed the following four categories for symptoms of PTSD:

- * **Intrusion**—“involuntary memories; distressing dreams; flashbacks”
- * **Avoidance**—“avoiding people, places, activities, objects, and situations that may trigger distressing memories”
- * **Alterations in cognition & mood**—“inability to remember aspects of event; distorted beliefs; distorted thoughts; feeling detached/estranged”
- * **Alterations in arousal & reactivity**—“angry outburst; behaving recklessly/self-destructive; easily startled; problems concentrating/sleeping”

<https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>

Resources for Clients



- ⇒ [Screening for Posttraumatic Stress Disorder \(PTSD\)](#)— Answer the questions below, print out the results and share them with your health care professional.
- ⇒ [NAMI PTSD Fact Sheet](#)— 2-pager on the symptoms, diagnosis, and treatment for PTSD
- ⇒ [Coping with a Traumatic Event](#)—CDC 2-pager that provides and overview of PTSD and ways to help copy.
- ⇒ [Grounding Techniques for Post-Traumatic Stress Disorder](#)—Article on how to use the five sense to cope
- ⇒ [How to Manage Trauma](#)—Flyer created by the National Council for Community Behavioral Healthcare that summarizes the causes and symptoms of PTSD
- ⇒ [PTSD Worksheets](#)—Worksheets to help individuals cope and manage their symptoms of PTSD
- ⇒ [PTSD Treatment Decision Aid](#)—Online tool to educate people with PTSD about effective treatment options and encourage them to participate actively in decisions about their care.

Staff Resources

- ⇒ [Helping PTSD With A Shot: The New Treatments That Are Changing Lives](#) —Article on new treatment option for PTSD
- ⇒ [Complementary and Integrative Health Approaches for PTSD](#)—“Although efficacious treatments for PTSD have been established, many individuals remain symptomatic after treatment or never seek empirically support therapies. This is where complementary and alternatives medicine comes in.”
- ⇒ [How to Manage Work While Coping with PTSD](#)— Article on how to be present at your job while coping with PTSD
- ⇒ [Trauma-Informed Case Management](#)— PPT with the following objectives: 1) Understand trauma and its impact; 2) understand how to put trauma-informed care into practice and; 3) understand the importance of self-care & support in providing trauma-informed case management

