

CT BEHAVIORAL HEALTH HOMES


American Diabetes Month

“Diabetes is a great example whereby, giving the patient the tools, you can manage yourself very well”



November 2020

American Diabetes Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Stress Awareness Day Project Notify/Connie Overview Webinar	5	6	7
8	9	10 BHH Tableau Reporting Support Group	11	12 World Pneumonia Day	13 BHH Health Literacy Committee Meeting	14
15	16 BHH Credentialing Begins World Obstructive Pulmonary Disease Day	17	18	19	20 BHH Work Group: Treatment Plans	21
22	23	24	25	26	27	28
<p>National Family Week</p> <p><i>“The family is the basic unit of our society, the heart of our free democracy. It provides love, acceptance, guidance, support, and instruction to the individual. Community values and goals that give America strength also take root in the home. In times of change and challenge, families keep safe our cultural heritage and reinforce our spiritual foundation. –nationalfamilyweek.us</i></p>						
29	30 National Meth Awareness Day					

For Staff

Online Resources

[Behavioral Health and Diabetes](#)—“Resources and guidance to support the behavioral health of individuals with diabetes”

[Diabetes Care for Clients in Behavioral Health Treatment](#)—“A review of diabetes and how it relates to mental illness, stress, and substance use disorders. It highlights ways to integrate diabetes care into behavioral health treatment, such as screening and intake, staff education, integrated care, and counseling support.”

[Managing Diabetes Through Telehealth: Resources for HCPs](#)—“Resources to support the transition from in-person to telehealth and remote monitoring”

[Diabulimia](#)—Information on this media-coined term and why clients with diabetes are more at-risk of developing an eating disorder

[Emotional and Psychological Needs of People with Diabetes](#)—An article that “reviews the physiological role of stress in the development of diabetes and to establish a relationship between psychiatric disorders... to the clinical presentation with diabetes”



Staff Training/Education

[APA Education Recognition Program](#)—
REGISTRATION FEE

[Personalized Diabetes Care Plans that Work:](#)
11/04/2020 @ 3pm EST—FREE

[Building a Sustainable Social Media Strategy:](#)
Build Engagement with Your Audience &
Promote Diabetes Self-Management and Type 2
Diabetes Prevention—PRERECORDED

[COVID-19 & Diabetes: What Health Care
Professionals Need to Know](#)—PRERECORDED

[Diabetes Awareness: Prevention, Pre-Diabetes,
& Diet:](#) 11/11/2020 @ 7pm EST—FREE

Data based on CY18 Data

Data Source: Tableau

46% of BHH Clients had a diabetes diagnosis (with or without chronic complications)

89.3% of BHH clients with Diabetes completed the HbA1c Test

Below are the risk factors for type 2 Diabetes. Reach out to your clients who have 2 or more risk factors.

Type 2 Diabetes Risk Factors & BHH Population

- ⇒ Overweight (**57%** of clients obese or morbidly obese)
- ⇒ 45 or older (**56%** of clients)
- ⇒ Are African-American, Hispanic/Latino, American Indian, Alaska Native (**39.9%** of clients either Hispanic or Black)
- ⇒ Immediate Family Member with Diabetes (Data not available)
- ⇒ Physical Active Less than 3 Times a Week (Data not available)
- ⇒ Had Gestational Diabetes (Data not available)
- ⇒ Have Prediabetes (Data not available)

Risk Factors from CDC.gov/diabetes

BHH Services and Diabetes Management

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)
<p>Use available data and resources to learn which of your clients have diabetes or are at-risk of diabetes</p> <p>If a client has diabetes:</p> <ul style="list-style-type: none"> ⇒ Work with client to create diabetes-related goal and objectives ⇒ Meet regularly with clients to monitor their progress ⇒ Consistently assess client to understand their diabetes management needs <p>If a client has prediabetes:</p> <ul style="list-style-type: none"> ⇒ Educate clients on ways they may be able to decrease their risk ⇒ If client is overweight, discuss with clients the relationship between obesity and diabetes 	<ul style="list-style-type: none"> ⇒ Connect with your client's Endocrinologists ⇒ Review the CHN Diabetes report to ensure client is up-to-date on testing ⇒ Review CHN Medication that may Impact A1c report and review findings with client's external providers ⇒ Stay on top of client's appointments and medical needs ⇒ Remind clients of the time and importance of follow up appointments 	<ul style="list-style-type: none"> ⇒ Teach diabetes management techniques to a group of diabetic clients ⇒ Reach out to individual clients and educate them on how they can better managing their diabetes taking their specific situation into consideration ⇒ Call clients that are on a medication that impact their A1c to discuss potential side effects 	<ul style="list-style-type: none"> ⇒ If client has supports who also have diabetes, invite them all to a group to learn techniques to support one another ⇒ Identify a primary person who can ensure client is properly managing their diabetes ⇒ Speak with client about difficulties that face around their family and their ability to properly manage their diabetes 	<p>If the client is hospitalized due to complications related to their diabetes:</p> <ul style="list-style-type: none"> ⇒ Work with hospital staff to determine if client is able to manage their diabetes on their own ⇒ Speak with client to learn what social, financial, etc. barrier led to hospitalization ⇒ Ensure appropriate medications are prescribed and ready for pick up prior to the client's release from the hospital 	<ul style="list-style-type: none"> ⇒ Identify diabetes support groups in the community ⇒ Identify Dieticians who are able to work with diabetic patients ⇒ Ensure that client has the resources to purchase appropriate food. ⇒ Encourage client to join walking groups ⇒ Ensure that client's insurance remains active ⇒ Determine if client qualifies for any prescription discount programs



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

Resources For Clients

Online Resource

[Diabetes Risk Test](#)—60-second Type 2 Diabetes Risk Test

[AADE& Self-Care Behaviors](#)—Resources on the 7 key areas, established by diabetes specialists

[Diabetes and Vaccines](#)—Overview of the importance of vaccines for people living with diabetes

[Diabetes Peer Support Community](#)—Resources and lists of diabetes peer support group

[5 Best Exercises for People with Diabetes](#)—Aerobic activities that may help lower your need for insulin

[Diabetes Management Kit: What to Include](#)—A short list of items to help you manage your diabetes

[4 Apps To Help Manage Your Diabetes](#)

[Diabetes Management: Directory of Provider Resources](#)



Handouts

[How to Help a Loved One With Diabetes when You Live Far Apart](#)

[Tasty Recipes for People with Diabetes](#)

[5 Questions to Ask Your Health Care Team](#)

[Managing Diabetes: Medicare Coverage & Resources](#)

Videos

[Diabetes Exercises At Home Workout: To Help Control Diabetes \(Level 1\)](#)

[How to Eat to Manage Diabetes](#)

[How to Manage Diabetes and Stress](#)

[Understanding Type 2 Diabetes](#)

Resources to Assist with Medical Needs

[Financial Aid for Prosthetics](#)

[Find a CGM or Pump Manufacturer Program: With Insurance](#)

[Find a Diabetes Alert Dog](#)

[Find Diabetic Shoes](#)

[Prescription Hope: Mail Order Pharmacy](#)