

CT Behavioral Health Homes



January is
**Thyroid
Awareness
Month**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day	2	3 BHH Webex Webinar	4	5	6
7	8	9	10	11	12	13
14 Healthy Weight Week	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26 BHH Implementation Session	27
28	29	30	31			

“Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body’s most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body’s overall well-being.”-www.thyroidawareness.com

Resources

Community Resources

- ◇ [Find an Endocrinology—Thyroid Specialist](#)
- ◇ [Find an Ear Nose and Throat Specialists \(ENT\)](#)
- ◇ [Yale New Haven Health—Thyroid Disorder](#)
- ◇ [The Hospital of Central Connecticut](#)
- ◇ [Saint Francis Hospital—Endocrine Care: Thyroid Pituitary and Adrenal Disorders](#)

Online Resources

- ◇ [American Thyroid Association](#)
- ◇ [Thyroid Federation International](#)
- ◇ [Light of Life Foundation](#)
- ◇ [Online Graves' Disease & Thyroid Support Group](#)
- ◇ [How to Start a Thyroid Organization](#)
- ◇ [Older Patients and Thyroid Disease](#)
- ◇ [Kids Health—Thyroid Disorders](#)

Toolkits and Handouts

- ◇ [Thyroid Awareness Month Flyer](#)
- ◇ [Hashimoto's Thyroiditis](#)
- ◇ [Hyperthyroidism](#)
- ◇ [Hypothyroidism](#)
- ◇ [Thyroid Cancer](#)
- ◇ [10 Questions to Ask About Your Thyroid Health](#)
- ◇ [Neck Check](#)
- ◇ [Postpartum Thyroiditis](#)

BHH Services

Comprehensive Care Management— For clients who have been diagnosed with a thyroid disease, incorporate thyroid disease management goals into treatment plan.

Care Coordination— Monitor client's progress in receiving proper services and medication to ensure that thyroid disease is controlled. Help client schedule and attend appointments.

Health Promotion— Educate clients about the different kinds of thyroid disease . Discuss symptoms and encourage client to seek help if they are experiencing any of them. Share with clients the different treatment options.

Comprehensive Transitional Care— If a client is hospitalized because of complications related to a thyroid disorder, work with client and hospital staff to ensure client is not readmitted.

Patient and Family Support— Invite family support to attend information al sessions . Discuss client's thyroid disease, treatment options, and any medications.

Referral to Community Support Services— Find thyroid disease support groups and recommend them to clients. Also, refer clients to peers who have similar medical histories.

