



Behavioral Health Home

American Heart Month

According to the American Red Cross, 1 of every 3 deaths in the United States is caused by heart disease and stroke. Lowering your blood pressure may decrease your risk of stroke and heart disease by about 50%

Find out how BHH Services can help bring awareness

Comprehensive Care management	Review assessment to update medical needs. Ask client who his/her medical provider is, when his/her last heart health screenings were. Identify information, education, and services about heart diseases client will need.
Care Coordination	Assist client with scheduling appointment to cardiologist, if needed, and accessing services and supports, including linking client to transportation.
Health Promotion	Provide educational facts sheets on cardiovascular health, link clients to videos on how to identify symptoms. Educate client and a group of others on the importance of high blood pressure screenings.
Comprehensive transitional care	Coordinate meetings with area hospitals and inpatient facilities to ensure ongoing communication regarding admissions and discharges and to implement processes for sharing information .
Patient and family support	Assist client and his/her family with identifying and developing social support networks. Teach/Coach client on how to access cardiovascular support services on their own.
Referral to community support services	Make direct referrals related to heart health needs identified in client's assessment in his/her plan of care. Follow-up with referral sources regarding referrals.

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <u>National Wear Red Day</u>	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Presidents' Day	21	22	23	24	25
26	27	28				



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Community Resources

- [Community Health Network of CT-Risk Factors](#)
- [Community Health Network of CT- Recognize a Heart Attack](#)
- [Community Health Network of CT-Heart Attack video](#)
- [Husky Health CT- “Quit Smoking Now”](#)
- [Greater New Haven Heart Walk](#)
- [Go Red for Women Luncheon – Hartford](#)

Online Resources

- [“Blend your way to Heart Health” video](#)
- [“Hands Only” CPR video](#)
- [CPR & First Aid Training Locator](#)
- [Million Hearts-Medication Adherence](#)
- [Go Red for Women Toolkit- \(Spanish\)](#)

Toolkit links

- [Heart Month Toolkit 2017](#)
- [Facts about Heart Disease](#)
- [Facts about Men and Heart Disease](#)
- [Heart disease links \(Spanish\)](#)
- [Million Hearts Toolkit](#)
- [Go Red for Women- Cardiovascular Health Quiz](#)

#iamawholeperson

#ctbhh

#AmericanHeartMonth

Call BHH Toll Free 1-844-551-2736

