

## Behavioral Health Home National Recovery Month

According to SAMHSA:

“Recovery Month promotes the societal benefits of prevention, treatment and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.”

Find out how BHH Services can help bring awareness:

<b>Comprehensive Care management</b>	Review health record and update client's recovery plan. Ask client about treatments received to assist in recovery. Monitor client's progress during the recovery process. Discuss ways to prevent relapse with client.
<b>Care Coordination</b>	Assist client with scheduling external appointments for the treatment of alcohol and/or substance abuse., and other recovery related appointments.
<b>Health Promotion</b>	Provide educational facts sheets/videos on the benefits of recovery, different approaches to recovery, and community resources. Ensure that clients understand the role your agency can play in recovery.
<b>Comprehensive transitional care</b>	If a client is admitted to the hospital because of a mental or substance abuse disorder, meet with client and discuss treatment options. After client is discharged, create a plan to ensure client is not readmitted.
<b>Patient and family support</b>	Educate client and family members on available programs that support recovery and prevention of mental and substance abuse disorders.
<b>Referral to community support services</b>	Find and suggest peer support community services. Research both local and online support groups for clients with a mental or substance abuse disorder.

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <small>World Sexual Health Day</small>	5	6	7	8 <small>International Literacy Day</small>	9
10 <small>World Suicide Prevention Day</small>	11	12	13	14	15	16
17	18	19	20 <small>National Rehabilitation Day</small>	21	22	23
24	25 <small>National Psychotherapy Day</small>	26	27	28	29	30

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## Community Resources

- [Recovery University](#)
- [Alcoholics Anonymous Connecticut](#)
- [Narcotics Anonymous \(Connecticut Region\)](#)
- [Connecticut Inpatient Drug Rehab Facilities](#)
- [Mental Health Related Support Groups](#)
- [Connecticut Community for Addiction Recovery](#)

## Online Resources

- [Intervention and Ending Drug Intake—Stage 1](#)
- [Inpatient and Outpatient Therapy—Stage 2](#)
- [Lifelong Commitment—Stage 3](#)
- [Recovery is Possible—Mentalhealth.gov](#)
- [Mental health Myths and Facts](#)
- [Wellness Recovery Action Plan \(WRAP\)](#)
- [National Coalition for Mental Health Recovery](#)

## Toolkits & Handouts

- [2017 Recovery Month Toolkit \(ENG\)](#)
- [2017 Recovery Month Toolkit \(SPA\)](#)
- [SAMHSA Data Visualizations](#)
- [Recovery Month Logos, Banners, Flyers, and Posters](#)
- [Making Decisions Together Workbook](#)
- [Understanding Mental Health Relapse Worksheet](#)
- [Relapse Prevention: Trigger Homework Worksheet](#)
- [Decision Making Worksheet/Cost Benefit Analysis](#)

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