

CT Behavioral Health Homes



**May is
National High Blood
Pressure Education
Month**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BHH Webex	2	3	4 National Fitness Day
5 Childhood Stroke Awareness Day	6 National Nurses Day	7	8	9 National Children's Mental Health Awareness Day	10	11
12 Mother's Day	13	14	15	16	17 BHH Imple- mentation Session World Hypertension Day	18
19	20	21	22	23	24 World Schizophrenia Day	25
26	27 Memorial Day	28	29 National Senior Health & Fitness Day	30	31	

Resources

Community Resources

- [CT Blood Pressure Management Program](#)
- [CT Health Screening/Diagnostic Services](#)
- [CT Husky Health Taking Your Blood Pressure](#)

Online Resources

- [High Blood Pressure Basics \(video\)](#)
- [Understanding Blood Pressure Readings](#)
- [Surprising Facts About High Blood Pressure](#)
- [High Blood Pressure](#)
- [Pulmonary Hypertension](#)
- [Youth Hypertension](#)
- [Aortic Aneurysm](#)

Toolkits and Handouts

- [Check.Change.Control®](#) (evidenced based program toolkit)
- [Know The Facts](#)
- [Blood Pressure Tracker \(post card size\)](#)
- [Getting Blood Pressure Under Control \(video\)](#)
- [Questions to Ask Your Doctor](#)

BHH Services

Comprehensive Care Management— Discuss with client if they have high blood pressure or any health conditions as a result of high blood pressure that should be addressed in their care plan goals.

Care Coordination— Assist client with making any doctor appointments to attend to the individual health needs due to high blood pressure.

Health Promotion— Educate client on the health concerns that correlate with high blood pressure and verify the client is aware of various blood pressure readings.

Comprehensive Transitional Care— Work with the discharge team to assure they are aware of the client's high blood pressure and medications taken for this health condition before discharge.

Patient and Family Support— Support the client with sharing educational tools with their family and supports. Review universal healthy living skills that can help lower blood pressure and increase overall well-being.

Referral to Community Support Services— Work with client to find free local blood pressure reading locations to assist them with self checking their blood pressure. Locate any support groups for individuals with high blood pressure.

