

Practice Management Insight

A report on events affecting Oklahoma providers

March 2015

Social Media Carries Significant Risks for Youths in Recovery



Think about the last time a little clumsiness in the wording of one your e-mails led to a big misunderstanding with the recipient. Now think of how that might have gone over if instead of being a one-on-one communication, that message had been read by hundreds of “friends” on social media. This helps illustrate the perils of the online world in which today’s adolescents and young adults seem to prefer to reside.

Social media and other online technology are having numerous effects on the well-being of young people, both positive and negative. For those with substance use issues, technology is affecting the course of illness and inevitably will shape the journey into recovery. Yet these trends prove difficult to quantify precisely because, as a recently published parent handout from the Hazelden Betty Ford Foundation states, “By the time research on the impact of technology is complete, the findings are obsolete.”

[More Information](#)



Happy St. Patrick's Day!

From your friends at OrionNet Systems
www.orionet.com
(405) 286-1674

Activists Breaking the Silence on Suicide in West Virginia

Heather McCarter took her niece, Emily, to her first Out of the Darkness Walk, a fundraiser event for suicide prevention, when Emily was 5-years-old, so she could see there were other people in the community like her.

The week before, Emily’s family had told her that her mother, Jinnah, killed herself on Emily’s second birthday.

“I felt she needed to see that she was not alone and would benefit from others that have ‘been there.’” McCarter wrote in an email. “I lost a sister, not a mother — these are two completely different relationships that nourish a soul.”

McCarter said Emily is grateful that her family told her the truth.

After her niece turned 10-years-old, she chose to speak at an Out of the Darkness Walk. Her message was to “tell your children the truth — we can handle it — it will help keep us from going crazy in the future,” McCarter wrote.

According to the American Association of Suicidology, each suicide intimately affects at least six other people. Based on the 825,832 suicides from 1989 through 2013, it estimated that the number of survivors of suicide, who are loved ones of people who died by suicide, in the United States is 4.95 million.

[More Information](#)

ThinkHealth Needs Your Feedback!



ThinkHealth was recently added to Capterra’s Top Mental Health Software Products list!

Please [click here](#) to give a review on your ThinkHealth System.

California Department of Public Health Launches Campaign Against E-Cigarettes

As the first initiative of a larger campaign, the California Department of Public Health (CDPH) recently released a health advisory and state health officers report centered on the dangers of e-cigarettes.

“The public needs facts, not more fiction,” said former state health officer and director of the CDPH, Ron Chapman, MD, MPH, in a media teleconference. “[As] we’ve done with other outbreaks and epidemics, we’ve taken this formal step of warning Californians about the health risks of e-cigarettes. It’s the job of the CDPH to protect the public’s health and prevent further health disparities, and we see e-cigarettes as a growing threat that needs to be addressed.”

[More Information](#)

Enhancements to Existing Tobacco Treatments Could Boost Outcomes Significantly

Results of a new study suggest that achieving greater success in smoking cessation could lie in better use of existing treatments, rather than pinning hopes on finding a new therapy. Conducted by researchers at the University at Buffalo and the Roswell Park Cancer Institute, the study found that by giving smokers the medication bupropion for a longer period before their quit date, a higher percentage of smokers remained smoke-free 30 days after quitting.

The theory underlying this latest study was based on anecdotal evidence that some smokers who have taken bupropion for other indications reported that they were stopping smoking without even trying to quit. The study of 95 patients extended the typical one-week period of medication use prior to quitting smoking to four weeks, comparing results for those individuals to those who received the standard course.

[More Information](#)

MARK YOUR CALENDAR

March 3
Safety Training for Home-Based Professionals
[OKC, OK](#)

March 5
ASI Training
[OKC, OK](#)

March 8
Daylight Savings Start

March 10
Statewide Transition Plan Stakeholder Meeting—OHCA
[OKC, OK](#)

March 11
Drug Utilization Board Meeting—OHCA
[OKC, OK](#)

March 12
Medical Advisory Committee Meeting — OHCA
[OKC, OK](#)

March 17
St. Patrick’s Day

March 23
ASAM Trainings Tulsa
[Tulsa, OK](#)

March 25
Teen Addiction Severity Index Trainings (T-ASI)
[OKC, OK](#)

March 25-26
2M2L Law Enforcement and Community Training
[Tulsa, OK](#)

March 27
ODMHSAS Board Meeting
[OKC, OK](#)

What’s New at OrionNet Systems

ThinkHealth is getting closer to EHR certification and is now HealthHome compliant!

More information to follow soon.



Come Visit the OrionNet booth at the Children’s Behavioral Health Conference!

The conference will be located at the Renaissance Hotel and Cox Convention Center in Downtown OKC on March 31st—April 2nd



March is

National Developmental Disabilities Month

National Nutrition Month

National Professional Social Work Month



Questions or comments? Email us at OrionNet@coxinet.net or call 405.286.1674
To remove your name from our mailing list, please [click here](#).