

# Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

November 2018



## Clinician Activity Training

Activities and Progress Notes

Join us for the webinar December 13th, at 10:00am CDT.  
Register now! 2 CEU's available!

[Register Today](#)

Join us for the "Clinician Activity Training - Activities and Progress Notes" This webinar will go over writing progress notes, as well as some time-saving features. It will also cover voiding notes, ad hoc notes, adding an amendment, different types of notes/services that can be billed, as well as discharge summaries.

This Training has been approved for 2 Continued Education Credits for LPC/LMFT. Your cost to us for the certificate is \$25. The cost may be added to your agencies monthly invoice or paid on an individual basis after the training is completed. It is NOT pre-approved for CADCE/LADC, though CEU's can be obtained, but that MUST be done through the Oklahoma Board of Licensed Alcohol and Drug Counselors at an additional cost. For more information contact marketing at 405-286-1674.

[View System Requirements](#)



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**Don't jail addicts. Overdose prevention sites work, and the US needs to get on board.**

**Psychologists Explain Why It Feels So Good To Sing In Your Car**

*America's long-standing approach to drug use hasn't worked, and the justice system is overwhelmed*

"Today, 200 Americans likely will die from a drug overdose. Most of them will die alone.

The government's modern-day response to our nation's overdose epidemic has been woefully inadequate. Rather than relying on medical science, our leaders have been influenced by the same misguided approaches that undergirded the "war on drugs" in the 1980s — fear, stigma and racism.

We need a smarter strategy that reduces harm and saves lives.

[More Information](#)

*Science suggests that a driving karaoke session can massively improve your well-being.*

You've probably experienced the euphoria of hopping in the car after a long day of work, turning up your favorite tune and singing along like you're performing at the Grammys. But you might not realize that it's actually good for your health.

Music alone can increase antibodies that boost your immunity and protect your body against bacteria. And according to experts, singing and driving can lead to a bunch of feel-good mental health effects, too.

[More Information](#)



### Thought for the Day

One awesome thing about Eeyore is that even though he is basically clinically depressed, he still gets invited to participate in adventures and shenanigans with all his friends. And they never expect him to pretend to feel happy, they just love him anyway, and they never leave him behind or ask him to change.

### These Before-and-After Stories Are Way More Inspirational Than Weight-Loss Ones

Here's what health transformations really look like.

ENNA HOLLENSTEIN didn't appear to need a health transformation — she was already living an "after" picture. She was a grad student at a top dietetics school, thin and "looked like someone who knew what the hell she was doing," Hollenstein recalls.

Cut to about 10 years later, and some might think a curvier Hollenstein more closely resembled a "before" picture — her aunt even thought she was pregnant when she wasn't.

But in reality, the pictures were reversed. Hollenstein's grad school self drank too much, ate too little and was struggling with depression, loneliness and uncertainty about what to do with her life. Her more recent life is rich with a husband, children, confidence, a business and the right amount of food and drink for her body (which, when it comes to alcohol, is none).

[More Information](#)



VETERANS DAY  
Honoring all who served

## Think JOTTABLE

Welcome To ThinkJottable



ThinkJottable is a new app that enables a medical professional to take notes on their clients quickly. This app is designed to be convenient and easy to use.

Download this valuable tool today!

[More Information](#)

20 VETERANS DIE BY SUICIDE EACH DAY



**30%** of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health problem requiring treatment.

Of the 30%, **only half** of returning veterans in need receive any mental health treatment.

### Why Mental Health First Aid for Veterans, service members, and their families?

Mental Health First Aid is a valuable resource that can make a difference in the lives of the more than 22 million veterans, their families, and the communities they live in.

Family members and personnel working with military and families are often not aware of how to engage veterans with mental illnesses and addictions. In addition to the impact of military service on the veteran, each has a circle of family (significant other, children, parents, siblings, etc.) and friends who are also impacted by their military service.

[More Information](#)

### Post Traumatic Stress Disorder and Social Security Disability

Post traumatic stress disorder (PTSD) is an anxiety disorder triggered by a traumatic event. You can develop PTSD when you experience or witness an event that causes intense fear, helplessness, or horror.

Experience of trauma does not always trigger this disorder; most people recover from trauma, given time and effective coping methods. Sometimes, however, the symptoms worsen and last a long time and sometimes they are so severe they interfere with your life. These cases are classified as PTSD.

[More Information](#)



## MARK YOUR CALENDAR

**November 4**

[Daylight saving time](#)

**November 4**

[National Candy Day](#)

**November 6**

[Tribal Consultation](#)

**November 8**

[OHCA Board Meeting](#)

**November 8**

[Mental Health First Aid Adults](#)

**November 11**

[Veterans Day](#)

**November 13**

[IPS Fidelity Training](#)

**November 14**

[Drug Utilization Review Board](#)

**November 14**

[Tobacco Free Support](#)

**November 14**

[World Diabetes Day](#)

**November 22**

[Thanksgiving Day](#)

**November 25 Elimination of**

[Violence Against Women Day](#)

**November 26**

[Addiction Severity Index](#)

**November 28-30**

[Wellness Coach Training](#)

NOVEMBER is ...

[Native American Heritage Month](#)

[American Diabetes Month](#)

[Epilepsy Awareness Month](#)

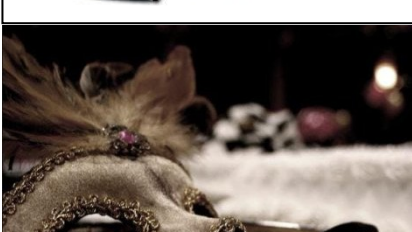
[National Caregivers Month](#)

[Child Safety Protection Month](#)

[National Healthy Skin Awareness Month](#)

[National Alzheimer's Disease Awareness Month](#)

Did you hear that?  
Our data hosted members are now on our new, lightning fast server. Become data hosted now. Give us a call! (405) 286-1674



**Black Tie Masquerade**

Thurs, December 6, 2018 6:30pm

Benefitting [Improving Lives Counseling Services](#)

[More Information](#)



HAPPY Thanksgiving

Share for someone that might really need these phone numbers right now.

[#WorldMentalHealthDay](#)

Suicide Hotline

1-800-273-8255

Addiction Hotline

877-226-3111

Eating Disorder Hotline

844-228-2962

Self Harm Hotline

877-455-0628

Depression Hotline

888-640-5174

### Need Furniture?

**Jess Crate**

215-625-3600

[www.jesscrate.com](#)

**This End Up**

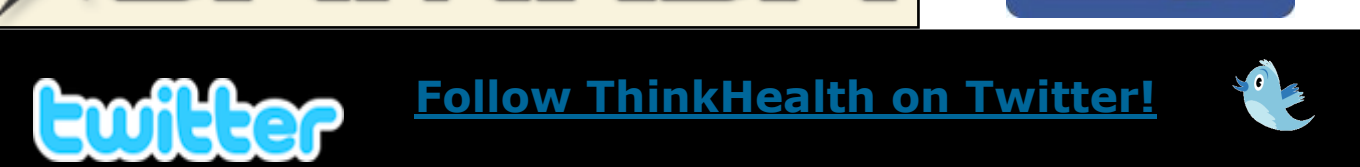
800-979-4579

[www.thisendup.com](#)

**Furniture Concepts**

800-969-4100

[www.furnitureconcepts.com](#)



Questions or comments? Email us at [OrionNet@coxinet.net](mailto:OrionNet@coxinet.net) or call 405.286.1674

To remove your name from our mailing list, please [click here](#).