

Practice Management Insight

A report on events affecting behavioral health & substance abuse providers

August 2021

OrionNet Systems-20 Years and Going Strong!

OrionNet Systems, LLC is celebrating their 20-year anniversary in August of 2021! From humble beginnings, this company has grown into a powerhouse in the mental/behavioral health software market! OrionNet Systems believes that if you have a quality product, backed by a top-notch team and excellent technical support the customers will be happy and satisfied! Of course, none of this would be possible if not for the support and feedback from all of our fantastic customers.

Always looking to improve upon the product, Clyde Wafford, President/CEO, and his team have worked tirelessly over the years to ensure that the company's flagship product, ThinkHealth, is the best available!

The first week of August the company will commemorate the anniversary with some celebratory feasting at a local establishment. Everyone would like to thank Clyde and Herminia Wafford, owners of OrionNet Systems, LLC for their generosity!

[More Information](#)



How to Navigate Family Feelings About Returning to School

Whether it's your child's first day of kindergarten or the start of middle school, back-to-school season can bring a range of feelings - from worry to excitement - for the entire family. This year may be more emotional as many families spent the better part of the past two school years at home due to the COVID-19 pandemic.

"It's important to remember that even in the best of times, it's normal for children to express feelings of sadness, isolation or stress," said Tyreca Elliott, from KinderCare Learning Centers' inclusion services team. "Learning how to address those feelings helps us build self-confidence, resilience and independence. What's important is the way adults respond to children's stress. Offering comfort, reassurance and assisting with problem solving will help children learn and grow from stress in a positive way."

[More Information](#)

12 proven strategies to stop overthinking and ease anxiety now

What if? What if I said the wrong thing? How will I ever finish the assignment in time? Why aren't they responding to my text? Thoughts like these make us human, says Julie Pike, a clinical psychologist in Chapel Hill, North Carolina. "That's what the brain is designed to do — to think our way out of problems and away from predators," she says.

"However, we often find ourselves stuck in a spiral of predicting, playing out different scenarios and often catastrophizing," says Sophie Lazarus, a psychologist at the Ohio State University Wexner Medical Center in Columbus.

[More Information](#)

1 in 4 adults with depression or anxiety lack access to mental health services

A survey of nearly 70,000 adults finds that about 40 percent reported symptoms during the pandemic.

Mental health has come to the forefront during the pandemic as a critical health issue. Some experts are worried that young people will be affected for a long time to come. A new study published in Psychiatric Services suggests that 1 in 4 adults who are experiencing depression or anxiety are lacking mental health support during the pandemic.

The study analyzed data from the Household Pulse Survey, which was conducted in December 2020 by the U.S. Census Bureau with five other federal agencies, according to the paper.

[More Information](#)

181 Districts Across the State Get Funding For Mental Health

More than \$35 million in funding will be going to school districts across the state. The Oklahoma School Counselor Corps will focus on the mental health of students. The Oklahoma State Department of Education will be using \$35.7 million dollars in federal relief money to fund the Oklahoma School Counselor Corps.

"We will be studying the impact of the pandemic for years to come," says state superintendent Joy Hofmeister.

The grant was given to 181 school districts across the state to hire counselors and other mental health professionals. State Superintendent Joy Hofmeister says something like this is needed even more because of the pandemic.

One of the reasons that we have prioritized a school counselor corps is that we know all of our children are coming with something they need to overcome from the last school year," she said.

[More Information](#)

Languishing Is the Mood of 2021, How to Identify It and How to Cope

I feel stuck, in a sort of limbo where essences of life buzz around me, but I can't access them. Life is at once too overwhelming and not engaging enough. Each task I do requires a search for motivation beyond anything I've ever known. I'm tired, burnt out, and not often excited, but also restless, eager to engage, and trying.

As someone with a previously diagnosed panic disorder, I've been aware of and—to an extent—managing mental health issues exacerbated by the COVID-19 pandemic I've experienced before: panic attacks, intrusive thoughts, and depressive episodes. But, over the past few months, my brain has painfully welcomed the new sensations, and I regularly find myself experiencing something new: languishing.

Sociologist Corey Keyes first coined the term languishing as the antithesis of flourishing. "Languishing is apathy, a sense of restlessness or feeling unsettled or an overall lack of interest in life or the things that typically bring you joy," says [Shemiah Derrick](#), a licensed professional counselor and certified alcohol and drug counselor.

[More Information](#)

MARK YOUR CALENDAR

August 4

[Housing First Training](#)
ODMHSAS—Tulsa

August 4-6

[ASI, ASAM PPC, and Oklahoma Determination of ASAM Service Level Training](#)

ODMHSAS—online

August 5

[PRSS Supervisory Training](#)

[PRSS Methamphetamine](#)

ODMHSAS—online

August 6

[ASI, ASAM PPC, and Oklahoma Determination of the ASAM Service Level](#)

ODMHSAS—online

August 8

[National Happiness Happens Day](#)

National Day Calendar

August 10

[PRSS Ethics](#)

[Wellness Coach Training](#)

ODMHSAS—online

August 17

[PRSS-O Training](#)

[Wellness Coach Training](#)

ODMHSAS—online

August 30

[National Grief Awareness Day](#)

National Day Calendar

Defying body clock linked to depression and lower wellbeing

Research led by the University of Exeter, published in *Molecular Psychiatry*, also found the most robust evidence to date that being genetically programmed to be an early riser is protective against major depression, and improves wellbeing. Researchers suggest this may be because society is set up to be more aligned to early risers, through the standard 9-5 working pattern.

COVID-19 has led to more flexible working patterns and this research may help make the case for more adaptable working habits to suit individuals' needs

[More Information](#)



AUGUST

[National Wellness Month](#)

[National Back to School Month](#)

[August 1-7 Simplify Your Life Week](#)

[August 7-13 International Assistance Dog Week](#)

[August 8-14 National Health](#)

Ignore those who say just get over it. Healing is a process.

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