

Updates Coming to ThinkHealth

OrionNet Systems will rollout a ThinkHealth update the first week of December. Here's a list of some of the updated functions and features coming soon!

- Inbox alerts will now all be in one grid with sortable headers.
- Alerts can now be removed for individuals, not just the entire agency.
- There was a change to how units show in the Clinical Notes Module, either monthly or plan
- The Batch Print and Preview of Clinical Notes will now show a page process.
- We have created a new Health Home Report
- The Options Screen added a change so you can select a type of Treatment Plan.
- There are change to many reports.
- You can remove old records in the Transmit Screen.
- The billing for Treatment Plan Initial Service and Mental Health Assessment service will now be taken out for the treatment plan monthly cap.
- Enabling a process for all agencies to send email/text alerts to patients.
- The change to the Schedule Module templates so now you can put in a template that is for everyone.
- You can now archive old patients; this all documentation for the patient , and un-archive if needed.

There will be a webinar to show all the new updates in the system and it will be announced soon.

[More Information](#)



Have a Loved One With Anxiety? Never Do These Four Things

Even if you have the best intentions, helping someone with anxiety can be touchy. Here are four things you'll want to avoid saying or doing if you want to be supportive and reassuring.

- “It’s no big deal.”
- “There isn’t anything to worry about.”
- “You’re just making it all up in your head.”
- “Just calm down.”

If anyone has ever said these phrases to you when you were worried about something, you know how unhelpful—and even infuriating!—they can be.

Anxiety is such a universal phenomenon that you'd be hard-pressed to find anyone who hasn't been a nervous wreck about something at least once in their life. In fact, about one-third of people have had an anxiety disorder at some point. This can include anxiety about a certain situation, such as having a fear of spiders, or generalized anxiety about a lot of things.

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Mental health among seniors is a problem we aren't talking about

Helpful tips to combat those seasonal blues

For seniors and those who love them, physical health is often top-of-mind. Our worst fears – dementia, cancer, heart disease or falls, for instance – rarely include concerns about depression, anxiety or substance abuse. But for this age group, mental health is an overlooked issue that isn't getting the attention it deserves. Fortunately, there are ways for seniors to proactively address their mental health, and family and friends can take steps to ensure that their parent, grandparent or friend isn't suffering. **Mental health issues are on the rise, but still undertreated.**

First, the good news: Compared to other age groups, seniors have lower rates of depression and anxiety.

[More Information](#)

That phrase may stir up bad memories of the final season of "Game of Thrones," but there is a greater risk with the changing seasons: seasonal affective disorder (SAD).

The days are getting shorter with fall in full swing and winter right around the corner. With the changing seasons, people are at a higher risk for SAD, which is a type of depression that comes and goes with the seasons. SAD typically starts in the late fall or early winter and goes away in the spring or summer, according to the National Institute for Mental Health (NIMH). "As Daylight Saving Time comes to an end and the darker, shorter days of winter begin, it is important to remember the impacts that this time of year can have on sleep health and the body," Mark Aloia, a psychologist specializing in sleep medicine, tells CNN.

[More Information](#)

Merry Christmas from OrionNet Systems!

Bullying Can Undermine Mental Health of Both Parties

New research suggests there is a two-way relationship between bullying perpetration and mental health problems among youth in the United States. Investigators discovered that bullying perpetration increased the risk of developing internalizing problems, and having internalizing problems increased the probability of bullying others.

Columbia University Mailman School of Public Health researchers comment that while previous investigations have focused on the causes and consequences of bullying victimization, this is the first study to comprehensively explore the time sequence between bullying perpetration and mental health problems.

Study results appear online in the *Journal of Adolescent Health*.

Bullying is defined as any unwanted aggressive behavior by another youth or group of youths, who are not siblings or dating partners, and is repeated multiple times or highly likely to be repeated.

The behavior is relatively common. In the U.S., it has been estimated that between 18-31 percent of youths are involved in bullying.

[More Information](#)

How to maintain your wellness routine during the holidays

When Mental Illness is Severe

No matter how you choose to celebrate, the holidays generally mean a break from work, from routine, and, especially if your plans involve travel, from all your hard-won, healthful habits. Whatever wellness means to you — be it a well-honed diet, a strict workout routine or a daily mindfulness practice — maintaining your healthiest habits can seem all but impossible when you're visiting home for the holidays.

It's not, of course, but maintaining your wellness routine in a new environment requires work. We've put together a cheat sheet of tips for keeping your wellness habits intact during the most wonderful time of the year.

FOCUS ON HOW YOU'RE EATING, NOT WHAT YOU'RE EATING

[More Information](#)

There are some crimes that are almost impossible to forget.

For me, they include the death in 1999 of Kendra Webdale, an aspiring young journalist who was pushed in front of a New York subway train by a 29-year-old man with schizophrenia who had stopped taking his medication. That same year, two mentally ill teenage boys massacred 12 students and one teacher at Columbine High School in Colorado.

Thirteen years later, a seriously emotionally disturbed 20-year-old man murdered 20 young children and six adults at Sandy Hook Elementary School in Connecticut. This year, a homeless 24-year-old man bludgeoned four men to death while they slept on the streets of my city.

[More Information](#)

MARK YOUR CALENDAR

December 1-24

[Operation Santa Paws](#)

December 1 – 31

[National Human Rights Month](#)

December 1 – 31

[Safe Toys and Gifts Month](#)

December 2

[National Special Education Day](#)

December 3

[International Day of Persons with Disabilities](#)

December 4-5

[2019 Prevention & Recovery Conference](#)

December 7

[National Pearl Harbor Day](#)

December 12

[Mental Health First Aid Adults WellBody Program Training](#)

December 16

[Wellness Coach Training](#)

December 24

[Christmas Eve](#)

December 25

[Christmas Day](#)

December 31

[New Year's Eve](#)

How Physical Health Habits Impact Mental Health

Have you ever wondered whether you are feeling anxious or just feeling the effects of caffeine after a delicious cup of cold brew from your favorite coffee joint? Maybe you've noticed that your coworkers know when you've had a late night because you are extra irritable the next day? Perhaps you've experienced the phenomenon known as "hangxiety" (anxiety during a hangover).

Without even realizing it, you may be making decisions about your physical health that affect your mental health. While anxiety, depression, and stress can manifest themselves through physical symptoms, changes in your physical health can actually help or hurt your mental health.

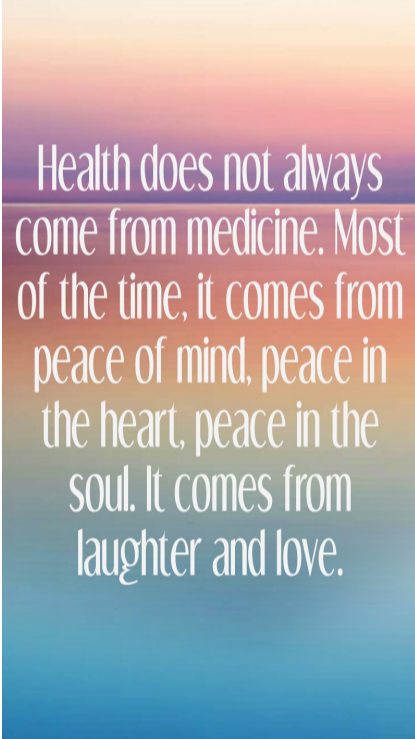
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Psychotherapy Less Effective for in Poverty, on Antidepressants

A new study, published in *Psychotherapy Research*, investigates specific factors of neighborhood socioeconomic deprivation that influence psychotherapy treatment outcomes. The authors found poorer treatment outcomes were associated with higher rates of poverty and crime, younger age, unemployment, minority ethnic status, use of antidepressant medications, and higher baseline symptom severity. Additionally, providing lengthier treatment sessions was found to be associated with lower symptom severity. They describe how economic deprivation adversely affects mental health care access and outcomes, writing:

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