

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

January 2016

Are You Affected By The OHCA Rate Cut?

Not all mental health services are affected by the OHCA provider rate cut that began on January 1, 2016.

During the last Behavioral Health Council Meeting at the Oklahoma Capital, many providers became discouraged by the upcoming budget cuts for mental health services. Nico Gomez, the CEO of the Oklahoma Health Care Authority, advised members of the board a reduction would be needed in order to submit a balanced budget for state fiscal year 2017.

“Though I wish provider rate reductions weren’t necessary, we believe that the responsible action to take is to spread the impact over a 17-18 month period, as opposed to requiring a deeper cut over a 12-month fiscal year,” said Gomez. “By taking action now, we hope to lessen the impact.”

The State Plan Amendment Rate Committee (SPARC) clarified what services would be excluded from the 3% cut. Services that are financed through appropriations to other state agencies or services provided under a waiver are excluded. Complex Rehabilitation Technology Services and Long Term Care Facilities fall under this exclusion as well.

With an attempt to minimize the impact to our providers, OrionNet Systems has been in contact with their clients and the OHCA representative, the latest News Release has confirmed that Therapeutic Foster Care (TFC) services will NOT get a 3% rate cut as they were excluded from the state budget cut.

[More Information](#)

Oklahoma Budget Shortfall Could Be \$900M in 2016

According to a news release from Preston Doerflinger, Secretary of Finance, Administration and Information Technology, low oil prices are having a huge negative impact on the state's General Revenue Fund.

Doerflinger says November GRF collections of \$354.1 million were \$50.1 million, or 12.4 percent, below the official estimate upon which the FY 2016 appropriated state budget was based, and \$28.4 million, or 7.4 percent, below prior year collections.

Total GRF collections for the first five months of FY 2016 were \$2.1 billion, which is \$101.9 million, or 4.6 percent, below the official estimate and \$97.3 million, or 4.4 percent, below prior year collections, he said.

[More Information](#)

Cervical Health Awareness Month

Cervical cancer was once one of the most common causes of cancer death for American women. But over the last 30 years, the cervical cancer death rate has gone down by more than 50%.

The main reason for this change was the increased use of screening tests. Screening can find changes in the cervix before cancer develops. It can also find cervical cancer early – in its most curable stage. Another way to prevent cervical cancer is to get vaccinated against human papilloma virus (HPV), which causes most cases of cervical cancer.

The American Cancer Society is actively fighting cervical cancer on many fronts.

[More Information](#)

Patients' High Risk for Nicotine Dependence Requires More Attention

It has been reported that people who have alcohol and drug use disorders and enter addiction treatment programs smoke cigarettes at rates around four times the rate of smoking in the general population, and get sick and die from tobacco use at high rates as well.

Why? What explains this? What is the “vulnerability factor”?

What is it about alcoholics and other drug addicts that makes them so much more vulnerable to sickness and death from tobacco than everybody else?

Is it brain chemistry? Environmental factors? Genetics? Personality?

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States Continue to Cut Mental Health Funding, but You Can Take a Stand

Every single day people are battling towards recovery from mental health conditions for themselves or their loved ones. Every. Single. Day. Fortunately, NAMI is here to help. We reach out and lend a hand in communities around the country through support groups, education and presentation programs

This is where you can talk with friends and your NAMI family about what is going on in your life and find understanding and support. Sometimes, this conversation can shift to the challenges that you face when trying to find services and supports for yourself or a loved one

Are you having trouble getting safe, affordable housing? Is your daughter showing early signs of psychosis, but you can't find services? Is your son in jail, not getting any treatment and has been put in solitary confinement?

[More Information](#)



5 New Years Resolutions That Will Benefit Your Mental Health

Every New Year, we think about what we can do to better our lives and ourselves as we start our new calendar. This year, think about what you can do on a regular basis to better your mental health. Here are a few options to get started:

1. Stand Up to Stigma

Feeling ashamed and at fault for something that is out of your control is a weight that no one should have to carry

Stigma can be incredibly challenging to bear. A few people who responded to a Facebook survey feel that living with mental health stigma is worse than living with a mental health condition.

[More Information](#)

The Thyroid and the Mind and Emotions/Thyroid Disorders and Mental Disorders

The psychiatric disturbances which accompany hyperthyroidism and hypothyroidism, the two commonest thyroid disorders, mimic mental illness. People with an overactive thyroid may exhibit marked anxiety and tension, emotional lability, impatience and irritability, distractible overactivity, exaggerated sensitivity to noise, and fluctuating depression with sadness and problems with sleep and the appetite.

In extreme cases, they may appear schizophrenic, losing touch with reality and becoming delirious or hallucinating.

[More Information](#)

MARK YOUR CALENDAR

[January 1](#)

Happy New Year!

[January 5](#)

Well Power Training
ODMHAS Training Institute

[More Information](#)

Safety Training for Home Based Professionals

[More Information](#)

[January 13](#)

Drug Utilization Board Meeting
OHCA

[More Information](#)

[January 14](#)

OHCA Board Meeting

[More Information](#)

[January 18](#)

Martin Luther King Jr. Day of Service

[More Information](#)

[January 19](#)

Public Hearing for the Consideration of Permanent Rulemaking

[More Information](#)



JANUARY is ...

National Healthy Weight Awareness Month

National Codependency Awareness Month

National Mentoring Month

National Cervical Cancer Awareness Month

National Thyroid Disease Awareness Month



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Mental Health First Aid

Assess risk of suicide or harm

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Give reassurance and information

Encourage the person to get appropriate professional help

Encourage self-help and other support strategies from peers, family members, and friends

[More information](#)

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