

# Practice Management Insight

A report on events affecting behavioral health and substance

January 2021

## Happy New Year!

The team of OrionNet Systems is grateful to have you as one of our beloved clients. We appreciate each of you for allowing us to be a part of the business solution for your agency.

Mental Health America (MHA) released its annual [State of Mental Health in America Report](#), which ranks all states based on fifteen mental health and access measures for both adults and youth. Study indicates that the highest level of anxiety and depression has been seen since the pandemic.

Outstanding counselors and healthcare professionals who genuinely care about our community and people—like you—are extremely precious for society. We wish you many blessings, joy and happiness for the new incoming year. Simultaneously, we look forward to improving ThinkHealth and supporting your agency.



## MARK YOUR CALENDAR

- January 1  
[Global Family Day](#)
- January 8  
[Keeping Babies in Mind while Working with Parent](#)
- January 11  
[Human Trafficking Awareness Day](#)
- January 11  
[National Clean off Your Desk Day](#)
- January 12  
[Wellness Coach Training](#)
- January 19  
[Tobacco Free Support Group Facilitation](#)
- January 18-22  
[No Name Calling Week](#)
- January 28  
[National Fun at Work Day](#)



## Overcoming Drug Addiction

For many people struggling with addiction, the toughest step toward recovery is the very first one: recognizing that you have a problem and deciding to make a change. It's normal to feel uncertain about whether you're ready to start recovery, or if you have what it takes to quit. If you're addicted to a prescription drug, you may be concerned about how you're going to find an alternate way to treat a medical condition. It's okay to feel torn. Committing to sobriety involves changing many things, including:

- the way you deal with stress
- who you allow in your life
- what you do in your free time
- how you think about yourself
- the prescription and over-the-counter medications you take

[More Information](#)

## January is Mental Wellness Month— What Can We Do?

Obviously, mental health and wellness affect all aspects of our lives. Our mind and body are connected; therefore, improving our life means enhancing our wellbeing both psychologically and physically.

Mental wellness is a significant element in our society since how we think and feel determine our behavior; furthermore, it affects our ability to handle stress, connect to other people, and express the power of existence in society.

Developing an attitude of gratitude, sparking joy in daily life, being aware of self-care... these are just a few of many things we can do to improve our life and prepare for the new year.

[More information](#)

- ### January is...
- [Mental Wellness Month](#)
  - [National Mentoring Month](#)
  - [National Blood Donor Month](#)
  - [Birth Defects Prevention Month](#)
  - [National Slow Cooking Month](#)
  - [National Hot Tea Month](#)
  - [National CBD Month](#)

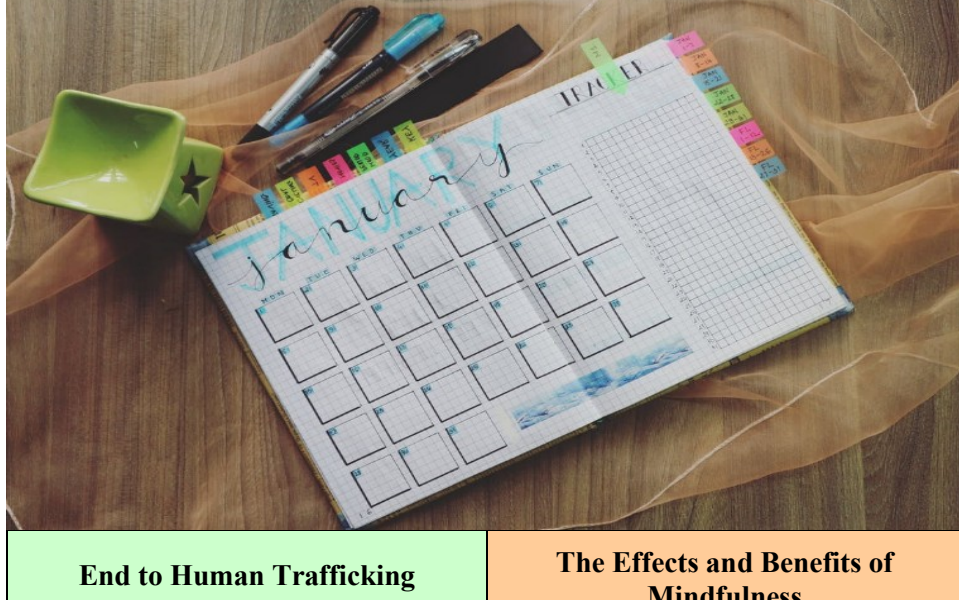
## No Name-Calling Week is in January

GLSEN's [No Name-Calling Week](#), (NCCW) is a week organized by K-12 educators and students to end name-calling and bullying in schools.

To alleviate discrimination and raise awareness of existing prejudice toward LGBTQ community, students are given an opportunity to share tools and resources. Educating students and youth regarding the negative consequences of for disrupting anti-LGBTQ+ harassment and bias-based bullying.

Sadly, some people choose to advocate hate and anger today. According to FBI Hate Crimes Report, there has been increase in violence toward LGBTQ community; in fact, hate crimes based on sexual orientation represent 16.7% of hate crimes and increased by 451 from 2018 to 2019.

No matter how divided and classified we seem to be in society, we are all in this together. Regardless of difficulty and hardship we experience, there is always a way to unite, empower our local communities, advocate humanity, and respect our neighbors.



## Think JOTTABLE

For the medical professional on the go



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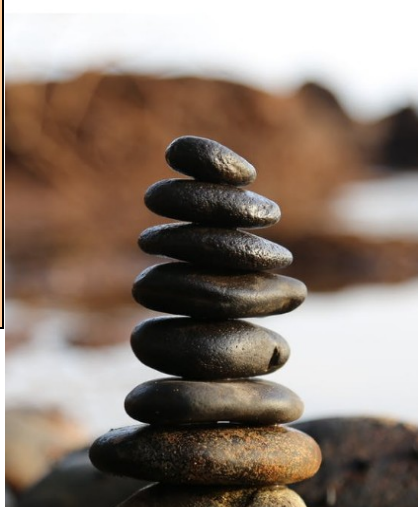
## What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. [People define it differently](#), but it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Positive mental health enhances people's life quality by allowing them to realize their full potential, cope with general stress and anxiety with the stresses of life, work productively, and make meaningful contributions to their communities. It also helps build [self-esteem](#).

Ways to maintain positive mental health include: getting professional help if you need it, connecting with others, staying positive, getting physically active, helping others, getting enough sleep, developing coping skills.

[More Information](#)



## End to Human Trafficking

Can you image coming home to your loved one gone missing?

As January 11 marks Human Trafficking Awareness Day, we need to remember that Human Trafficking is one of evil crimes in our society.

Victimizing more than 108,000 individuals globe-wide, it is a serious humanitarian crisis.

To combat such unfair mistreatment, raising awareness is the first step.

[More information](#)

## The Effects and Benefits of Mindfulness

Everyone feels stress at some level, regardless of how positive or negative it is. To effectively handle stress and think clearly, practicing mindfulness meditation has been utilized by thousands of enthusiasts in search of inner peace and enlightenment.

We often end up taking many things for granted, forget ways to show gratitude, and overwhelm ourselves with trivial matters. Self-reflection, consideration, focus on one's breathing are all beneficial for our wellbeing.

[More information](#)

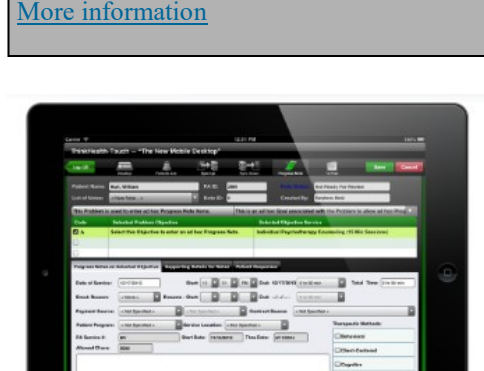
## Goal-setting for the New Year

As we reflect upon the year of 2020, which has been challenging for majority of us, we remember setting goals for the year is necessary for us to recovery from chaos from the previous year and concentrate on moving forward toward 2021.

To make a reliable New Year's Resolution, *New York Times* Indicates that our goals must be SMART— specific, measurable, achievable, relevant, time-bound. Everyone's life is different, and we were born given a free will. Therefore, finding one's ultimate purpose of life appears to be a crucial element in terms of improving our daily life.

Furthermore, study indicates that considering the consequences of failing is effective for keeping your resolutions. Break free of our boundary and study hard as we know it will always be paid off.

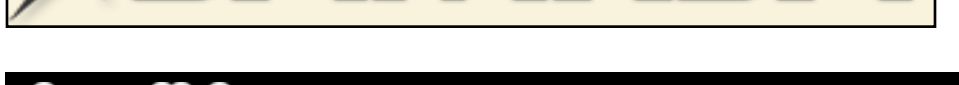
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ThinkHealth is available on iPad and Android tablets.

Enter your patients' health record, have Treatment Plans signed and write a progress note **all while offline**. Simply sync all the data when online.

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