

Practice Management Insight

A Report on Events Affecting Oklahoma Mental Health and Substance Abuse Providers

July 2021

ThinkHealth Update v3.3.6

On June 10th and 11th ThinkHealth rolled out its latest update, version 3.3.6. It's taken long hours and hard work from the development team to make this most recent iteration of ThinkHealth a reality. The QA and tech support teams have also spent lots of time testing and retesting to help assure a smooth process. A big thank you to those teams for their hard work and dedication to this project!

Some highlights of the update are:

- A new desktop view, the To Do list
- Ability to see alerts in various areas of the system
- Added new access rights for staff members
- Enhanced functionality on the Oklahoma Assessment
- Improved Mass Exporting in the modules
- Additional functions for the eMar screen

There is a ThinkHealth v 3.3.6 webinar available on our website, which you can access by clicking on the link below and then logging in with your username and password, then go to Trainings>TH Update v3.3.6 Training and Client Portal Training. (if you don't have a username and password, contact your administrator).

[More Information](#)



Building Better Mental Health

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

People who are mentally healthy have:

- A sense of contentment.
- A zest for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new skills and adapt to change.

[More Information](#)

Free Yourself From Fear: A 5-Step Guide To Banishing Anxiety At Work

Are you wildly successful yet unable to suppress the fear that your next big failure is lurking around the corner?

Arunima, a recognized expert physician and research lab director, wakes up between 3 and 4 most mornings. Her mind spins yarns about the consequences of forgetting something on her to-do list, trapping her in a saga of flops and ruin. Her outward success masks feelings of anxiety, inadequacy and shame.

Arunima has mastered organizing her time and work. Her team members follow her good example. Yet she is still hyper vigilant about work she might miss. Despite her competence, she's victimized by destructive thought patterns and missed connections with loved ones. For Arunima, the problem is not inefficiency; it's a matter of mastering her mind rather than the matters at hand.

[More Information](#)



Local therapist offering children recreational therapy to help mental health

A non-profit recreational therapy practice called "Together Just" is revolutionizing mental health resources for children in Oklahoma.

Recreational therapist and Founder Lilli Higgins explains unlike more-traditional talk therapy, her office takes an activity a child or teen is interested in like slime, a board game, or a walk outside and uses it as an avenue to help with ADHD, anxiety or depression.

Stressing that mental health resources for children in Oklahoma are few and far between, she says her recreational therapy private practice is the first in Oklahoma and she's also the first recreational therapist to offer services in the state in a school setting.

[More Information](#)

Laughing gas shows promise for treatment-resistant depression, small trial finds

Laughing gas has been used to dull pain in dental offices and maternity units for more than a century, and researchers now think the gas, called nitrous oxide, may effectively treat depression when other therapies have failed.

That's according to the results of a small phase 2 clinical trial, published Wednesday in the journal Science Translational Medicine.

Up to 30 percent of people diagnosed with major depressive disorder don't respond to typical treatments, leaving a significant proportion of patients in need of new treatment options.

The landscape for those patients began shifting in 2019, when the Food and Drug Administration approved a therapy for treatment-resistant depression based on the anesthetic ketamine. It works by blocking N-methyl-D-aspartate receptors in the brain, which have been linked to major depressive disorder. Traditional antidepressants act on serotonin receptors in the brain.

[More Information](#)

What is Expressive Arts Therapy and How Does It Work?

Expressive arts therapy is a form of client-centered therapy that uses artistic expression to help emotions resolve and process difficult emotions. This [kind of therapy](#) takes many forms, but the main areas of expression are dance therapy, [art therapy](#), and [music therapy](#). Activities in expressive arts therapy may also include poetry, meditation, journal writing and improvised drama – all with the goal of cultivating a deeper relationship between the conscious and unconscious self. Expressive arts therapists believe that by bridging this gap, we can advance our psychological, cognitive and physical wellbeing.

Expressive arts therapy aims to bridge the gap between the conscious and unconscious using mediums such as painting, drawing, music, drama, poetry and other creative pursuits. It can help people externalize – rather than internalize – difficult emotions.

[More Information](#)

MARK YOUR CALENDAR

July 4th
[Independence Day](#)

July 7th
[Teen Addiction Severity Index](#)
ODMHSAS Training Institute

July 13th
[Wellness Coach Training](#)
ODMHSAS Training Institute

July 20th
[Wellness Coach Training](#)
ODMHSAS Training Institute

July 25
[Parent's Day](#)

July 26
[National Disability Independence Day](#)

July 27th
[Tobacco Free Support Group Facilitation](#)
ODMHSAS Training Institute

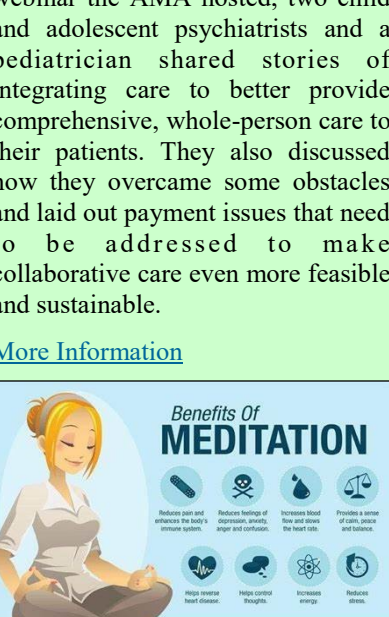


Want to improve children's mental health? Integrate care

With nowhere near the number of trained child psychiatrists needed to meet existing behavior health demands, behavioral health integration (BHI) is a path to reach teens and children in need.

During a recent BHI Collaborative webinar the AMA hosted, two child and adolescent psychiatrists and a pediatrician shared stories of integrating care to better provide comprehensive, whole-person care to their patients. They also discussed how they overcame some obstacles and laid out payment issues that need to be addressed to make collaborative care even more feasible and sustainable.

[More Information](#)



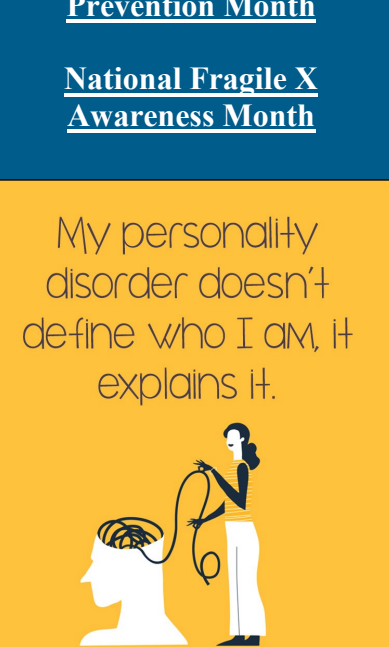
JULY is...

[National Minority Mental Health Awareness Month](#)

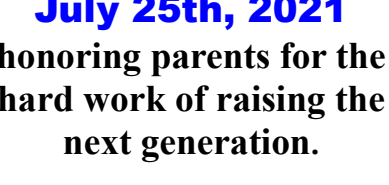
[Juvenile Arthritis Awareness Month](#)

[National Cleft & Craniofacial Awareness & Prevention Month](#)

[National Fragile X Awareness Month](#)



Happy Parents Day July 25th, 2021 honoring parents for the hard work of raising the next generation.



Questions or comments? Email us at OrionNet@coxinet.net or call 405.286.1674
To remove your name from our mailing list, please [click here](#).