

# Practice Management Insight

A report on events affecting Oklahoma providers

June 2020

## ThinkHealth Update v 3.2.0

We will be deploying the latest ThinkHealth version. The update will improve and update functions in the staff module, assessment, CDC, patient module, treatment plan, scheduling, clinical notes, billing, reporting, and document management. This update will also apply to the ThinkJottable application as well. If your agency has questions or need assistance please give us a call 405-286-1674 or email support at onssupport@orionnetsystems.com.

### What are the Mental Health Benefits of Exercise?

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, improve your sex life, and even add years to your life. But that's not what motivates most people to stay active. People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also powerful medicine for many common mental health challenges. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better. [More Information](#)

### Ways to Nurture the Positive in Difficult Times

Difficulty is never monotone. It's a symphony of high and low emotions, thoughts, and sensations. Mixed in with the cacophony of horrible is often some good. During the [pandemic](#), I've delighted in the California poppies blooming in my front yard and laughed while giving my daughter an extraordinarily uneven haircut with a pair of dull scissors. It can feel wildly inappropriate to feel delight or to giggle amid such worldwide suffering. Sometimes we feel guilty for feeling good. Certainly, more than a few of us have felt the spiky tendrils of guilt arise after a wave of pleasure that's risen and fallen within us during the [COVID-19 crisis](#). "Who am I to be happy when others grieve?" *When our spirits are buoyed, it's easier to be kind to others. Think of paying attention to the positive as a public mandate that uplifts everyone.* [More Information](#)

### Harvard Professor says this Odd Activity is a Game Changer for Dealing with Stress

Right now is stressful. We're trying to stay healthy, [reevaluating values](#) and questioning what we'll define as [normal](#) going forward. We all need breaks to heal our minds and . But sometimes our house or streets are too full of distractions to help. Try forest therapy, meditative practice of walking through the woods using all your senses. "Unlike a hike or guided nature walk aimed at identifying trees or birds, forest therapy relies on trained guides, who set a deliberately slow pace and invite people to experience the pleasures of nature through all of their senses. It encourages people to be present in the body, enjoying the sensation of being alive and deriving profound benefits from the relationship between ourselves and the rest of the natural world," said Dr. Susan Abookire MPH, an assistant professor at [Harvard Medical School](#). [More Information](#)

### Antibodies Could Provide New Treatment for OCD

Scientists at Queen Mary University of London and the University of Roehampton, London, have discovered that patients suffering from obsessive compulsive disorder (OCD) have increased levels of a protein called Immuno-moodulin (Imood) in their lymphocytes, a type of immune cell. Mice with high levels of this protein were also found to exhibit behaviors that are characteristic of anxiety and stress, such as digging and excessive grooming. When the researchers treated the mice with an antibody that neutralized Imood, the animals' anxiety levels reduced. The findings have led the researchers to file a patent application for the antibody and they are now working with a drug company to develop a potential treatment for human patients. [More Information](#)

### Children's Mental Health is Affected by Sleep Duration

Depression, anxiety, impulsive behavior and poor cognitive performance in children is affected by the amount of sleep they have, researchers from the University of Warwick have found. Sleep states are active processes that support reorganization of brain circuitry. This makes sleep especially important for children, whose brains are developing and reorganizing rapidly. In 'Sleep duration, brain structure, and psychiatric and cognitive problems in children,' in the journal *Molecular Psychiatry*, 11,000 children aged 9-11 from the Adolescent Brain Cognitive Development dataset had the relationship between sleep duration and brain structure examined by researchers Professor Jianfeng Feng, Professor Edmund Rolls, Dr. Wei Cheng and colleagues from the University of Warwick's Department of Computer Science and Fudan University. [More Information](#)

### Black Philly Therapists are Raising \$15k to Provide Mental Health Resources to People of Color

McNeil is a reproductive psychotherapist and the founder of [Oshun Family Center](#) — a Jenkintown-based nonprofit focused on providing therapy services to women, children and families from communities of color. She said between the [coronavirus pandemic](#) — which has disproportionately impacted Black Americans — and the [systemic police brutality](#) that's resulted in the deaths of George Floyd and Breonna Taylor in a short period of time, the African American community is facing a mental health crisis. "When you pile direct trauma with vicarious trauma, seeing the images on social media, seeing the injustices in the court system...it is just the hurt that I see in my community," McNeil said. [More Information](#)

### CVS to Increase Access to Mental Health Services

WOONSOCKET — CVS Health has announced its commitment to flattening the "second curve," the less visible but escalating mental health crisis resulting from the COVID-19 pandemic. To help address America's expanding mental and emotional well-being needs, the company is enhancing its nationwide mental health programming effort with new charitable investments focused on health care workers, essential workers and seniors. "The wrath of COVID-19 is not just physical. Mental trauma is the deadly undertow of the pandemic's first wave," said Karen Lynch, executive vice president, CVS Health, and president, Aetna Business Unit. "The impact of isolation, fear, uncertainty and loss can be just as deadly as the virus itself. It is silent and can't be seen, but we are all affected by it. We are committed to helping our nation rise above this second wave by first providing support for those who need it most, including heroes on the frontlines and seniors." [More Information](#)

### Free McLean Hospital Webinar Series: Unlocking Inner Peace During Turbulent Times - Exploring Spirituality and Mental Health

During turbulent times, many people turn to spirituality to find inner peace and calm amidst chaos. Spirituality is not limited to religion alone, since it can be found in secular contexts and experienced during even the most mundane daily activities. Join McLean Hospital at 12pm on Thursday, June 11, when [David H. Rosmarin, PhD, ABPP](#), director of McLean's Spirituality and Mental Health Program will explain the relevance of spirituality to mental health and discuss nondenominational spiritual coping techniques to help us get through our darkest times with inner peace that can carry us forward. [Register now](#) for the next in our series of webinars to support our community during COVID-19. Now more than ever, it's important to think about ways to practice self-care. Get access to articles, videos, digital events, and more, with strategies from McLean experts to help you cope during the COVID-19 pandemic. [More Information](#)

## MARK YOUR CALENDAR

- June 1-30**  
[Professional wellness](#)
- June 1-6**  
[Community Health Improvement Week](#)
- June 1**  
[National Say Something Nice Day](#)
- June 3**  
[National Running Day](#)
- June 4**  
[National SAFE Day](#)
- June 7**  
[National Cancer Survivor's Day](#)
- June 8**  
[Children's Behavioral Health Conference](#)
- June 11**  
[National Making Life Beautiful Day](#)
- June 12**  
[National Loving Day](#)
- June 15**  
[Wellness Coach Support Call](#)
- June 21**  
**Fathers Day**
- June 26**  
[Advanced ASI / ASAM Training](#)
- June 30**  
[National Smile Day](#)

## Always Look on the Bright Side of Life

A sunny disposition isn't just good for your mental health. It's good for your body, too. It can even add years to your life. [Sarah Pressman](#), a health psychologist at the University of California, Irvine, has spent her career investigating the link between positive emotions and physical health. In the 2019 *Annual Review of Psychology*, she and her colleagues explore [why a positive outlook generates physical health benefits](#). *Knowable* asked her about some of the high points, and how doctors and their patients can make use of the knowledge. This conversation has been edited for length and clarity. [More Information](#)



## Social Distancing: How to Get Together When You Have to be Apart

We are currently tasked with isolating ourselves from the people we are closest to during one of the most stressful and uncertain periods in recent history. The good news is that social distancing does not necessarily mean no socializing. There are plenty of creative ways to stay connected from a distance while we practice social isolation. Remember: the more seriously we take this, the sooner it will all be over. And, once we're able to get a little closer to our loved ones, it's a good idea to keep some relevant tips and ideas in mind for staying in touch with friends and family who live far away. [More Information](#)



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