## A report on events affecting Oklahoma providers

# ThinkHealth's Client Portal

If you haven't taken advantage of ThinkHealth's new Client Portal, now's the time! For a low yearly fee, your agency can give clients the ability to review and sign documents securely over the internet. Clinicians can also message back and forth with their clients using this HIPAA compliant tool.

In this time of working from home, everyone needs the ability to do things remotely with their clients. The Client Portal may be perfect answer for your agency!

It's not too late to sign up for the Client Portal! Call 405-286-1674 now for more information or to get signed up!

### Although most of us-men and women alike-are socialized to think of men as

**International Fathers' Mental Health Day** 

providers of support during the perinatal period and early parenthood, a wealth of research shows that 10% of new dads experience paternal postpartum depression (50% when mom is depressed!) and tend to need support of their own. However, the stigma against experiencing difficulties in early parenthood is even higher for men than for women. Society views men as stoic, self-sacrificing, and above all, strong. When men feel none of those things as new fathers, they don't want to admit it or seek help. More Information



#### my strengths. As a child, I developed a nervous habit of picking the skin on my fingers, and two decades later, I haven't

Coping with stress has never been one of

#### taken a tremendous toll on everyone's mental health. In response to the mental turmoil, there's one coping mechanism

From isolation to grief, the pandemic has

been able to stop. After more than a year of pandemic life, punctuated by social unrest, natural disasters, a divisive presidential election and a riot at the U.S. Capitol, my fingers have never looked worse — and I'm not alone in dealing with troublesome nervous habits. Levels of stress and anxiety in the United States, among other mental health may make mental health care more challenges, have increased during the accessible. This year CVS introduced past year, prompting many people, mental health counseling at a few

myself included, to seek ways to cope. locations nationwide. Currently, it's intrigued. How did this technology Jersey. work? Was it really as easy as the advertisements made it seem? More Information **Ammi's Adventures: A 4-Minute Meditation for Kids** 

consistently recommended: therapy. While therapy can do wonders for a person's mental health, the cost and wait times can create painful barriers to care, leaving people to fend for their wellbeing without additional support.

CVS is one company is taking steps that

So when I learned that there were available at select stores in Pennsylvania, wearable devices intended to help Texas, and Florida, with counseling improve your response to stress, I was starting soon at a few stores in New More Information 'I wish I could live a normal life': What your friend with an anxiety

disorder wishes you knew

Many people have anxiety – but not everyone has an anxiety disorder.

anxiety disorder.

More Information

#### gentle child who leads the way as we explore ourselves and one another through the natural world. Each story

Welcome to the world of Ammi—a

young children. Ammi is a wise and

mindfulness adventure series for

uses guided imagery to inspire inner connection and support emotional regulation. These simple meditations recognize the importance of imagination as a foundation for conscious creation in the world. They bridge the physical, the energetic, the emotional, and all the spaces in between. Whether in the home or classroom, you can engage in these special practices with children of all ages. Read them aloud together, listen to the guided meditation, and welcome the time to process and integrate the practice. More Information

anxiety disorders as involving "repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks)."

The Mayo Clinic describes clinical

Different types of anxiety disorders

include generalized anxiety disorder,

social anxiety disorder and separation

adults will experience an anxiety disorder over the course of their lives. Treatments range from therapy to medication to mindfulness.

Anxiety disorders may be more common

than you think: About 31% of U.S.

What is languishing? Alonely? A

mental health glossary to explain

what you're feeling

I'm depressed." "I'm anxious." "I'm

The vocabulary of mental health has

seeped into our everyday lives. While

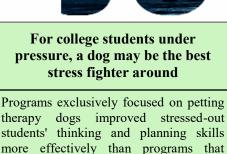
some people may use these terms to

speak about a specific diagnosis, others

use these phrases casually, colloquially,



burnt out."



Research

program.

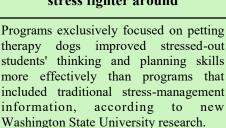
More Information

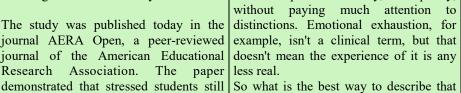
Association.

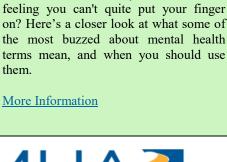
exhibited these cognitive skills

improvements up to six weeks after

completion of the four-week-long







o/Coun

Mental Health America

Of Behavioral Health & Family Services Providers







MARK YOUR CALENDAR

June 1-3

Oklahoma Determination of **ASAM Service Level Training** 

**Wellness Coach Training** 

Oklahoma Determination of the **ASAM Service Level** 

June 3

June 2

How to Facilitate a Group Rehab **PRSS Training** 

PRSS Ethics & Wellness Coach **Training** 

June 10 **Assisted Outpatient Treatment** 

Summit, PRSS Supervisory **Training & Housing First Training** 

June 13 National Children's Day

June 20 **Fathers Day** 

**WellBody Training** 

June 21 or 22-25 (new trainer) **Therapeutic Options Train the** 

June 15

**Trainer Recertification & for** New Trainers June 27 **National PTSD Awareness Day** 

Mindfulness for Healthcare

With heartfelt appreciation, we

offer healthcare providers these

**Professionals** 

#### practical tools for staying resilient. Preparing for the long engagement of healthcare service—both

mentally and physically—means

carving out whatever time we can

Our hope at Mindful is to provide

to sustain ourselves.

you with realistically accessible mindfulness practices during these physically and emotionally demanding times. The front lines for healthcare providers may feel overwhelming. Please use these practices freely, and often.

More Information JUNE is... **National PTSD** 

**Awareness Month** 

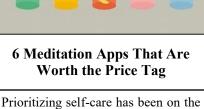
**National Safety Month** 

June 4th **International Day of Innocent Children Victims** 

of Aggression

June 19th **International Day for the Elimination of Sexual** 

**Violence in Conflict** 



rise for years, leading a cultural shift toward paying attention to our wellbeing in a fast-changing world. Hop onto Instagram and there are 25.9 million posts tagged #mindfulness. More and more people are exploring the practice, with apps being one of

the main ways we're diving in. Quartz recently reported that more than 2,500 meditation apps

have launched since 2015, and while their popularity was already growing steadily, the number of downloads these stress-relieving apps get has soared during COVID-19. 1. Shine 2. Headspace 3. Ten Percent Happier 4. <u>Calm</u> 5. Happy Not Perfect 6. The Tapping Solution

More Information





