



NEWS 2022

A report on events affecting behavioral health and substance abuse providers



Mental Health Awareness Month



THINKHEALTH UPDATE

We just rolled out a new update for our members!
The latest version of ThinkHealth 3.3.8 was recently introduced!
It has exciting new functions and new features!

Here are some of our companion apps that enable you to enter data, write clinical notes and sign documents using your mobile devices.

- [Think Jottable](#)
- [Client Portal](#)
- [ThinkTeleHelath](#)
- [ThinkHealth Touch](#)

Want to learn more about ThinkHealth? What are you waiting for?
Meet Us at the Conference
Embassy Suites Hotels @ Norman
May 11-13 8am-5pm!

If you are not in town, No Problem!
Call us now at (405)-286-1674 or [email us](#) for any inquiry.

[Click Here for More](#)

Mark Your Calendar

May 5

[Cinco de Mayo](#)

May 8

[Mother's Day](#)

May 11 - 13

[Children's Behavioral Health Conference](#)

May 17

[WellBody Program Training](#)

May 30

[Memorial Day](#)

NEWSLETTER HIGHLIGHTS

Mental Health Awareness Month

People With Higher Levels of Self-Compassion Experience Less Boredom

Parents Think Teens Won't Admit Mental Health Struggles

Mental Health in the Workplace: A Verywell Mind Webinar

How to Be Happier: 13 Ways to improve your mental health

EXERCISE AS A FAMILY TO BUILD STRONGER RELATIONSHIPS, MENTAL & PHYSICAL HEALTH

By Dr. Christina Hibbert

“Family plays one of the most critical roles in how we view ourselves—in how we think and feel about who we are, are perceived in this world, and our attitudes toward a host of things, not least of which includes physical activity. Family is also one of the biggest influencers of our mental health. Healthy family environments promote and strengthen mental health, while unhealthy family systems can provoke or contribute to mental illness.

“It’s therefore no surprise that exercising as a family is one of the best ‘keys’ for mental health and physical activity across the lifespan. When the family is able to create and foster a positive relationship with exercise and physical activity, the entire family benefits, both physically and mentally.”



The Power of Simple Gestures

by Jennifer Bonn

“I love seeing a simple gesture that has a profound impact. It shows me that making a difference is often so easy. The reason those gestures can have such a big impact is because we all struggle at some point, and small acts of kindness are needed and appreciated. One of the thoughts that I believe strongly in is, that you have no idea what the person next to you is struggling with, so be kind always.

Scott Alwyn, senior director of addiction and mental health for Covenant Health says, “It’s not always easy to tell whether someone is struggling. There’s no downside in reaching out and offering encouragement, even if that person is doing well,” says Scott. “If you’re unsure how to approach someone who seems like they may be struggling, simply tell them that you thought they could use a little encouragement or some positive feedback”. “There’s no bad time,” says Scott. “Appreciation, positive feedback, and meaningful connection with people are never out of season.”

Honoring our men and women,
who have served and are
currently serving our country

Thank You For Your Service!!

OrionNet Systems



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