

# Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

October 2021

## ThinkHealth EHR Certification

The ThinkHealth Practice Management "EHR" has been 2014 certified and recently had its EHR certification renewed for the updated standards. Our new certification better aligns us with Behavioral Health/Mental Health/Substance Abuse/Residential services that our software delivers and fits more of what our consumers are seeking. OrionNet Systems, LLC realizes the benefits that our EHR certification brings to our members, such as increasing their revenue through grants from RFPs and increasing the quality of care for their clients. Being a certified EHR vendor is something our company takes on with pride as we continue to move forward into the future with new technology.

[More Information](#)



### Loss of a pet can potentially trigger mental

The death of a family pet can trigger a sense of grief in children that is profound and prolonged, and can potentially lead to subsequent mental health issues, according to a new study by researchers at Massachusetts General Hospital (MGH). In a paper appearing in *European Child & Adolescent Psychiatry*, the team found that the strong emotional attachment of youngsters to pets might result in measurable psychological distress that can serve as an indicator of depression in children and adolescents for as long as three years or more after the loss of a beloved pet. "One of the first major losses a child will encounter is likely to be the death of a pet, and the impact can be traumatic, especially when that pet feels like a member of the family," says Katherine Crawford, CGC, previously with the Center for Genomic Medicine at MGH, and lead author of the study.

[More Information](#)

### Majority of children suffer from mental health conditions during Covid times

[Parents Together](#) questioned a portion of its two million members, and their children, to find out how they're really feeling six months into the pandemic.

The results were predictably sad. -70% of kids surveyed they felt more sad, worried or overwhelmed than before the pandemic. -45% said they felt sad some or a lot of the time in the past week. -40% felt scared some or a lot of the time in the past week.

-In households with under \$50,000 in income, kids were twice as likely to say they felt sad, angry or scared in the last week.

New census data released last week reveals Cleveland is the most impoverished big city in the country.

Cincinnati ranks sixth. That makes Ohio the only state to have two large cities rank in the list of top 10.

[More Information](#)



### If someone has a problem, don't ignore them

"Don't ignore someone who has an issue or who is different", said by Charlotte Lankard.

I have learned through personal experience that when you are wearing a cast, are on crutches, a knee scooter, or in a wheel chair, people may pass by you, never mentioning the obvious, or their voices change and they talk down to you as if you are a child.

I remember people passing my 93-year old mother, secured in her wheelchair so she wouldn't fall. They called her "honey," "sweetie," "little girl." She was a grown woman. Her name was Mary.

[More Information](#)

### Opinion: Exodus of mental health workers needs state response

A man shouts on a downtown street. Across town, a teen can't leave their bed. Throughout Oregon, COVID-19 has harmed our individual and community behavioral health. Eighteen months of stress, isolation and disruption have driven up depression, substance use and violence throughout the community. Now the behavioral health workforce we've asked to respond is buckling under this historic demand. There aren't enough alcohol and drug counselors, crisis workers, mental health counselors, peer support specialists or mental health medical providers to provide services, resulting in wait lists and fewer opportunities for people to get the help they need.

[More Information](#)

### Anxiety and depression are increasing as the pandemic goes on. Here's what you can do

If you're feeling anxious and depressed right now, you're not alone.

Psychological distress, depression and anxiety were prevalent among both men and women half a year into the Covid-19 pandemic and well beyond the initial lockdown periods, according to a new paper published Thursday in *Lancet Regional Health-Americas*.

The study used data on 2,359 adults, a subset of participants nationwide who were enrolled in the American Cancer Society's Cancer Prevention Study-3.

[More Information](#)

### Skiers might be at lower risk for anxiety

Skiers had a nearly 60% lower risk of getting diagnosed with anxiety disorders compared to non-skiers, according to a [study](#) published Friday in the journal *Frontiers in Psychiatry*. Mental health experts have for years considered physical activity a "promising strategy" for helping prevent anxiety -- which affects up to 10% of people worldwide -- or reduce its symptoms.

Some researchers have also proposed that any association between high physical activity levels and a lower risk of anxiety disorder may be due to undiagnosed anxiety symptoms preventing vulnerable individuals from engaging in physical activity.

[More Information](#)

## MARK YOUR CALENDAR

October 1  
World Smile Day  
[National Calendar](#)

October 4  
Therapeutic Options Train the Trainer Recertification  
[ODMHAS OKC](#)

October 4  
National Child Health Day  
[National Calendar](#)

October 5  
Therapeutic Options Train the Trainer for New Trainers  
[ODMHAS OKC](#)

October 6-8  
ASI, ASAM PPC, and Oklahoma Determination of ASAM Service Level Training  
[ODMHAS online](#)

October 8  
ASAM and the Oklahoma Determination of the ASAM Service Level  
[ODMHAS online](#)

October 8  
Let's Talk about Caregivers and Mental Health  
[Ohio DMHAS online](#)

October 10  
World Mental Health Day  
[National Calendar](#)

October 11  
Columbus Day  
[National Calendar](#)

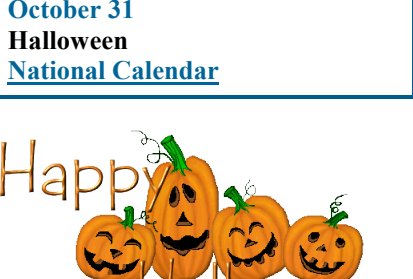
October 13  
National Stop Bullying Day  
[National Calendar](#)

October 22  
Ohio Women's Network Women's Symposium 2021  
[Ohio DMHAS Columbus](#)

October 23  
National Make a Difference Day  
[National Calendar](#)

October 29  
Conquering Tomorrow Conference  
[The Ohio Council](#)

October 31  
Halloween  
[National Calendar](#)



## OCTOBER is...

[National Depression Education & Awareness Month](#)

[National Domestic Violence Awareness Month](#)

[Antidepressant Death Awareness Month](#)

[Breast Cancer Awareness Month](#)

[Emotional Wellness Month](#)

[Mental Illness Awareness Week](#)  
October 3-9

### Don't let fear and anxiety ruin your financial life.

There are any number of reasons people may be feeling anxious or stressed. The [Covid-19 pandemic](#) is a big one for many. Just over 40% of U.S. adults reported symptoms of anxiety or depressive disorder during the crisis, according to the [Kaiser Family Foundation](#).

Take steps to try to make yourself feel more secure, like reevaluating your retirement plan, reducing your spending or talking with a financial advisor.

[More Information](#)



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