

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

November 2021

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Sibling bullying linked to poor mental health years later

Most people who grew up with brothers or sisters know sibling relationships aren't always picture perfect. A sibling can be your best friend one minute, and your worst enemy the next. Now, however, researchers from the University of York find that children who consistently bully a sibling at a young age can push their brother or sister towards a greater risk of mental health and overall well-being issues later on in adolescence.

Study authors looked at data on over 17,000 people during this project. The team concludes that as sibling-bullying frequency increases during early-to-middle adolescence, so does the severity of mental health issues in that [child's late teenage years](#).

Bullying can be bad for both siblings

[More Information](#)

Experts speak on child abuse and the hidden warning signs

1,000 abused children are helped by CARE House every year. When I asked Libby Nicholson, the director of CARE House in Montgomery County if child abuse has reached crisis levels in the Miami Valley she responded, "Yes, I call that a crisis, but it was a crisis yesterday, and it's going to be a crisis tomorrow until we fix this problem."

While there's been a recent increase in more dangerous reports of child abuse, experts say there are many other lesser-known signs that slip through the cracks.

Physical wounds -and social isolation are mainstream, tell signs of child abuse. Betsy Linnell, with Cedarville University, says the main sign that goes overlooked is when kids over perform at school due to fear and anxiety of retaliation.

[More Information](#)

Depression Rates Have Tripled During the Pandemic — How to Recognize the Signs and Respond to Them

The pandemic has wreaked havoc on people's mental health — and a new study suggests the effects are widespread and longer-lasting than anticipated.

Depression rates tripled over the course of the first year of the pandemic, according to [research](#) from Boston University published in medical journal The Lancet Regional Health. Pre-pandemic, about 8% of U.S. adults experienced depression. But in a survey of 1,161 people taken between March and April of 2020, that statistic jumped to 28%.

People often experience elevated levels of depression [after a traumatic event](#), Dr. Sandro Galea, dean of Boston University's School of Public Health and one of the study's authors, tells CNBC Make It. It can be caused by natural disasters, terrorist attacks or, in this case, a pandemic.

[More Information](#)



Mindfulness, why should you teach it in your company?

[Mindfulness](#) is the ability to be fully present of where you are and what is happening. Sounds easy right? You just have to pay attention to what you do and that's it. But it is much more difficult than you would think. We are used to letting our minds wander, to being distracted, to obsessing over thoughts of the past or the future. Changing the way our mind works is difficult and mindfulness is something that should be practiced. Stopping this has several benefits and this is why it can be a great tool to help your employees.

To begin with, practicing mindfulness helps the well-being of the people who work with you.

[More Information](#)

Students with Depression, Anxiety May Qualify for Accommodations, Feds Tell Schools

As the pandemic continues to fuel concerns about children's mental health, schools should be aware that students with conditions like depression and anxiety may qualify for accommodations under federal law, the Biden administration said Wednesday.

Ongoing disruption and social isolation sparked by COVID-19 precautions have led to concern about mental health in general. And federal officials have encouraged schools to target federal relief aid to students' mental health and emotional well-being in addition to the academic recovery.

[More Information](#)

Young Adults with Mood Disorders Often Not Receiving Mental Health

Young adults with a mood disorder are having a much harder time than adults when it comes to addressing their mental health, according to new analysis of national survey data. The [2021 Mood Disorder Survey](#) was conducted by The Harris Poll on behalf of the National Alliance on Mental Illness (NAMI). Younger adults (18–34) experience greater concerns about the judgment and stigma they may experience from seeking out treatment. When they do seek out treatment, they have greater difficulty in accessing affordable, professional care. "Many people develop mood disorders as young adults, at a time of life when they are juggling living on their own, launching careers and starting families," said NAMI Chief Medical Officer Ken Duckworth, M.D. "

[More Information](#)



MARK YOUR CALENDAR

- November 3
[Teen Addiction Severity Index](#)
- November 6
[International Stress Awareness Day](#)
- November 7
[Daylight Saving Time](#)
- November 8
[Housing First Training](#)
- November 10
[Mental Health First Aid Adults](#)
- November 11
[Veterans Day](#)
- November 13
[World Kindness Day](#)
- November 13-21
[Hunger and Homelessness Awareness Week](#)
- November 15-19
[Anti-Bullying Awareness Week](#)
- November 16
[International Day for Tolerance](#)
- November 20
[International Survivors of Suicide Loss Day](#)
- November 25
[Thanksgiving Day](#)



November is...

- [Eat Smart Month](#)
- [National Homeless and Hunger Awareness Month](#)
- [National American Indian Heritage Month](#)
- [National Diabetes Month 2021](#)
- [November](#)
- [National Family Caregivers Month 2021](#)
- [Gluten-Free Diet Awareness Month](#)
- [National Long-Term Care Awareness Month](#)
- [COPD Awareness Month](#)



Morning routines for your mental health

Jay Hendricks was joined by Kristi Edwards and Melanie Saiz of Centers for Children and Families to discuss morning routines for mental health.

How can a morning routine help improve your mental health?

- o A healthy, low-stress & focused morning routine can set the tone for your entire day.
- o Cementing some morning habits can be helpful to people experiencing anxiety and/or depression as it makes it easier to prioritize your mental health from the very start of your day.
- o Decision fatigue can happen if we allow ourselves to start an unstructured morning. From pushing the snooze button a few times to struggling to put an outfit together—your mind is being worn down with insignificant decisions before you have a chance to be productive.

[More Information](#)



If someone **treats you badly**, just remember that there is **something wrong with them, not you**. Normal people don't go around destroying other human beings.



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