

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

September 2020

ThinkTeleHealth

With the recent need for contactless services at our member agencies, OrionNet Systems developed and implemented a telemedicine tool, ThinkTelehealth. It is secure and HIPAA compliant, allowing clinicians to use a video/audio connection with their client without having to be in the same room. Many agencies' staff are now working at home at least part of the time, and this tool allows them to work remotely from any location with an internet connection.

If you are interested in learning more about this wonderful tool, please call 405-286-1674 or 855-355-1920 and let us answer your questions, so that you can begin to enjoy the freedom to work from anywhere.

[More Information](#)



Poor mental health in lockdown most common among young women

Young women are the most likely to have experienced high levels of depression, anxiety, and loneliness in lockdown, compared to older adults, according to new research from the UCL Center for Longitudinal Studies (CLS).

The study, published today as a briefing paper, also found that young women (aged 30) have shown the biggest increase in mental health problems since they were previously assessed some years before compared to middle-aged (aged 50) and older adults (aged 62).

The research team at the UCL Institute of Education carried out a survey in May 2020 of over 18,000 people born in 1958 (aged 62), 1970 (aged 50), 1989-90 (aged 30), and 2000-02 (aged 19), to explore the impact of the COVID-19 pandemic on the mental health and wellbeing of four generations of people. The survey was completed by participants of nationally representative longitudinal cohort studies, which have been following their lives since childhood.

[More Information](#)

'The Confess Project' Aims To Train Barbers To Help With Clients' Mental Health

NPR's Scott Simon speaks with barber Craig Charles of Craig's Crown Cutz in Johnson City, Tennessee about a new initiative to bring mental health training to barbers to better serve clients of color.

SCOTT SIMON, HOST: Many American adults say the coronavirus has affected their mental health, especially in communities of color, where people have been more likely to fall sick and lose their jobs. An effort called the Confess Project wants to bring help to places where people may lean back and talk in their barber's chairs. Craig Charles is a barber from Johnson City, Tenn.

Thanks so much for being with us, Mr. Charles.

[More Information](#)

14 Mental Health Instagram Accounts You Should Follow ASAP

Fill your feed with advice on anxiety, self-care, gratitude, healing, stress and more.

There's no denying that 2020 has been incredibly distressing for most people. Fortunately, there are ways to combat the negative mental health effects many of us are experiencing — one of which includes social media. Given that we're arguably spending more time on our phones than ever, why not fill your feed with uplifting content from people about mental health?

There are tons of influencers, artists, therapists and others who play a crucial role in maintaining a sense of community and holding space for everyone to show up as they are, where they are.

[More Information](#)

MARK YOUR CALENDAR

September 1
Wellness Coach Training
[ODMHSAS](#)

September 7
Labor Day
[National Calendar](#)

September 7
National Grateful Patient Day
[National Calendar](#)

September 8
Therapeutic Options Train the Trainer Recertification
[ODMHSAS](#)

September 9
Mental Health First Aid Youth
[ODMHSAS](#)

September 9
Therapeutic Options Train the Trainer Recertification
[ODMHSAS](#)

September 13
National Grandparents Day
[National Calendar](#)

September 15
Wellness Coach Training
[ODMHSAS](#)

September 22
Tobacco Free Support Group Facilitation
[ODMHSAS](#)

September 23
PRSS-O Training
[ODMHSAS](#)

Here are Some Foods That Can Help You De-Stress

We all know that getting a professional massage, taking a soothing bubble bath, listening to calming songs, filling the air with lavender essential oil and doing guided meditation are some excellent stress-relieving activities.

Did you know that you may also add certain foods to your diet in order for you to be able to de-stress?

If your everyday schedule is very hectic and it's leaving you extremely stressed, keep on reading. Below you will come across some foods that you may consume to help lower your stress levels, which is very important as too much stress is associated with all kinds of mental and physical health complications that range from diabetes, heart disease to depression.

Got some family members and friends who are leading really stressful lives? Then make sure that you repost this article later on so that they, too, may be able to welcome these stress-lowering foods into their regular diet:

[More Information](#)

SEPTEMBER is...

[Suicide Prevention Month](#)

[National Recovery Month](#)

[World Alzheimer's Month](#)

[Self-Care Awareness Month](#)

September 7-13
[National Suicide Prevention Week](#)

10 Commandments of Mental Health

www.healthdige.t.com

1. Think positively
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances your well-being
6. Do not complicate you life unnecessarily
7. Try to understand and encourage those around you
8. Do not give up
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams

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Social connection is the strongest protective factor for depression

"Depression is the leading cause of disability worldwide, but until now researchers have focused on only a handful of risk and protective factors, often in just one or two domains," says Karmel Choi, PhD, investigator in the Department of Psychiatry and the Harvard T.H. Chan School of Public Health, and lead author of the paper. "Our study provides the most comprehensive picture to date of modifiable factors that could impact depression risk."

To that end, researchers took a two-stage approach. The first stage drew on a database of over 100,000 participants in the UK Biobank -- a world-renowned cohort study of adults -- to systematically scan a wide range of modifiable factors that might be associated with the risk of developing depression, including social interaction, media use, sleep patterns, diet, physical activity, and environmental exposures.

[More Information](#)

WHAT DOES DEPRESSION FEEL LIKE?

YOU DON'T WANT TO LIVE, BUT YOU DON'T WANT TO DIE.

YOU DON'T WANT TO TALK TO ANYONE, BUT YOU FEEL LONELY.

YOU MAKE PLANS TO DO EVERYTHING, BUT ARE EXHAUSTED SO END UP DOING NOTHING.

YOU WAKE UP IN THE MORNING AND SIMPLY WAIT FOR NIGHT TO COME.

@MINDMOODMORE

As students head back to college, virtually or in person, counseling centers hope to provide mental health support

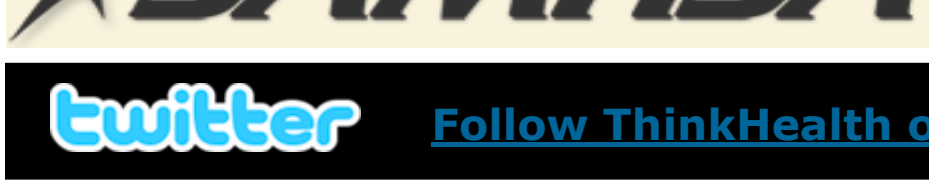
T.J. Annerino, 21, of Mobile, Ala., has some advice for students headed back to college either virtually or in-person: "Drop into your school's virtual or on-campus counseling center. It's a way to center yourself in these odd times."

Annerino, an incoming senior at Auburn University, was already engaged with the center for some anxiety she felt during her junior year. Although she and her therapist had ended the sessions "at a good place," Annerino, who rode out the first few weeks of the outbreak at home with her family, sought out the center's resources after returning to campus in April.

"From what was offered, I chose a free trial of a meditation app and online videos about coping with depression and anxiety," Annerino said. "They helped a lot."

As colleges begin on-campus and virtual returns by students, counseling center directors hope "even students not previously engaged with the centers will drop by, tune in, check out websites or at least open email messages of support and suggestions the centers will be sending out to everyone," said Micky M. Sharma, director of the [Office of Student Life Counseling and Consultation Service](#) at Ohio State University in Columbus.

[More Information](#)



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