

Practice Management Insight

A report on events affecting Oklahoma providers

March 2018

ThinkHealth v4.31 Update

The most recent ThinkHealth deployment, v4.31 has some great new functions and features! Among them are:

- CDC Module changes, including ACE scores and a Youth Data Core
- More accuracy on the Staff Payroll Report
- Additional Substance Abuse and Addiction questions in both the assessment and treatment plan
- Enhanced Access Rights features
- Dr. First ePrescriptions now available
- Enhanced Credentials functions
- Additional features in the reports module

[More information](#)



A support group in your phone. Healing for mental illness comes one text at a time.

As rates of depression rise, a Tampa man launches Cope Notes, a service that sends out an uplifting message every day to people struggling with stress, anxiety, and negative thoughts.

Johnny Crowder used to have a negative outlook on the world.

He grew up in what he described as an abusive household. He was diagnosed with a slew of mental illnesses during his formative years, from bipolar disorder to obsessive compulsive disorder. It was easy for him to feel down about himself.

"I realized how I was thinking was contributing to my struggles," said Crowder, a 26-year-old Tampa native. "But I couldn't climb out of it."

So he started filling sticky notes with positive, affirming messages, and leaving them around his house. On one note, he remembers penciling, "You deserve to spend time with people who care about you."

It made a difference. For just a few seconds a day, he'd feel better. But eventually the notes became commonplace, and their effect seemed to wear off.

[More Information](#)

Oklahoma could provide first test of who will pay for the opioid crisis - and how

OKLAHOMA CITY - Big pharma is facing a major test in a small courthouse 20 miles south of here: the first trial at which a jury could decide whether drug companies bear responsibility for the nation's opioid crisis.

Thousands of cities, counties, Native American tribes and others have filed lawsuits up and down the opioid supply chain, alleging various claims of culpability for the crisis that began with widespread abuse of powerful painkillers. Most of the cases have been consolidated in a major federal action in Cleveland. But as that case lags, smaller state cases like the one here in Oklahoma are quickly moving to hold companies to account, creating an early test of how costly the opioid crisis might be for the pharmaceutical companies that made billions of dollars off the drugs.

[More Information](#)

Five myths about mental health you might still believe

Mental health affects everyone in the workplace in some way—whether we know someone struggling, or have struggled ourselves. But, despite its commonality, the stigma and myths attached to mental health still keep staff and faculty from reaching out when they need support at work.

Michele Moon, a mental health specialist at UCalgary, says having honest conversations about the narratives we hear—or unintentionally perpetuate—is an important part of demystifying mental health.

"For something that touches us all one way or another, there are still many mental health myths out there producing stigma and misinformation," she says. "But all myths can be dispelled with accurate information."

Read these five mental health myths to update your outlook on mental health in the workplace.

[More Information](#)



of youth ages 13-18 live with a mental health condition



of youth have anxiety disorders



of American adults live with anxiety disorders

Depression 101: Dallas schoolkids learn about mental health

DALLAS (AP) — In a scenario playing out in more and more classrooms around the world, a Dallas teenager recently asked her classmate if anything was wrong, noting that she hadn't been acting like herself. The brusque reply: "Just leave me alone."

The ninth-graders at the Uplift Hampton Preparatory school were role-playing as part of a program that aims to teach teens how to spot the signs of depression in themselves and others. Suicide is the second leading cause of death among Americans ages 10 to 18, according to government health statistics, and experts hope the lessons will get help to depressed teens more quickly.

"It's kind of like 'Mental Health 101.' So they talk about depression and anxiety and just common mental health issues, and then I think the most important thing is they talk about what to do if you feel that way," said Tony Walker, senior director of student support services at Uplift Education, which offers the program to all ninth-graders at its network of Dallas-area public charter schools, including Uplift Hampton.

[More Information](#)

Police officers graduate first mental health crisis training

HUNTSVILLE, Ala. - They handle dangerous calls every day, but some of the most frightening for police can be dealing with someone who's mentally ill. Nearly 30 police officers and sheriff's deputies completed 40 hours of a mental health crisis intervention course.

"This is an epidemic, that's not only happening here in Huntsville, it's happening all over the United States," Madison police chief Dave Jernigan said. They're tasked with being able to handle any situation. But more recently, police say dispatchers have been flooded with mental health calls.

"Our jails are not the treatment facilities for these types of people. We realize that," Huntsville police chief Mark McMurray said.

"They may be speaking out of their mind or seeing things that may not necessarily be there," Huntsville police Sgt. Grady Thigpen said.

It's a subject that hits close to home for Huntsville police, 10 months after a man who was feeling suicidal and potentially armed was [shot and killed](#) by an officer.

[More Information](#)



MARK YOUR CALENDAR

- March 1**
Motivational Interviewing for Wellness ODMHSAS Training Institute OKC, OK
[More Information](#)
- March 7**
Addiction Severity Index ODMHSAS Training Institute OKC, OK
[More Information](#)
- March 10**
Daylight Saving Begins
- March 17**
St. Patrick's Day
National Calendar
- March 19**
Mental Health First Aid Adults ODMHSAS Training Institute OKC, OK
[More Information](#)
- March 20**
Spring Begins
National Calendar
- March 25**
Teen Addiction Severity Index ODMHSAS Training Institute OKC, OK
[More Information](#)
- March 28**
Mental Health First Aid Youth ODMHSAS Training Institute OKC, OK
[More Information](#)



- March is**
- [International Women's Day](#)
March 8
- [Brain Injury Awareness Month](#)
- [Endometriosis Awareness Month](#)
- [National Social Work Month](#)
- [National Trisomy Awareness Month](#)
- [Self Harm Awareness Month](#)
- [National Physicians Week](#)
March 25-31

1 in 5 people have a mental illness in the U.S.

Mental Health First Aid teaches you how to identify, understand and support someone who may need help.

50 percent of all mental illnesses begin by age 14.

Mental Health First Aid can help you identify a problem early, before it becomes a crisis.

Suicide is the **10th** leading cause of death in the U.S.

Mental Health First Aid teaches the warning signs of suicide and an action plan for stepping in and preventing a crisis.



Depression/Anxiety quotes
September 4, 2017 · 🌟

How to tell that it's getting bad again:

- I sleep too much or not at all
- I eat too much or too little
- I sound disinterested in everything
- Be spaced out a lot
- I will ramble a lot or not talk at all
- I lose track of time
- I make cynical comments, usually about myself
- I push people away
- I tend to rub my eyes and head a lot
- I avoid eye contact
- I am always shaky
- I will avoid certain conversations



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