

Practice Management Insight

A report on events affecting Oklahoma providers

April 2019

ThinkHealth is Now DrFirst Certified!

ThinkHealth software is now officially certified with DrFirst!

OrionNet has successfully completed DrFirst Certification for integrating Reopia e-prescribing and RNS into their application.

This wonderful news will allow ThinkHealth customers the ease of e-prescribing using the Reopia e-medication management software!

ThinkHealth also recently had a new version rollout. Some of the highlights from v4.33 are:

- ACE scores now transmitted to ODHMSAS
- Resolved some issues with Access Rights
- Resolved a couple of issues with the CDC Module

[More Information](#)

SAVE THE DATE

for the 2019 Children's Behavioral Health Conference Connecting the Dots

May 14 - 16, 2019

@

Embassy Suites Hotel and Conference Center
Norman, Oklahoma

Stay tuned conference registration will be available soon!

[We can't wait to see you at our booth!](#)

The next key trend in mental health is resilience: Meet eQuoo, The Emotional Fitness Game

The last two years have seen the conversation rapidly and very publically move towards an acceptance and understanding of mental health issues. With approximately over 50% of people waiting over 3 months for talking therapies, both the NHS and insurance firms are increasingly looking for scalable solutions that can have an actual lasting impact as more people are reaching out for help.

As a result, one of the key trends in the mental health space is now on boosting resilience; the key factor proven to reduce the likelihood of developing mental health issues. It is about prevention rather than cure.

With a plethora of apps out there, there is the continual risk that some of the tech and mindfulness apps built to help people with mental health can do more harm than good for the simple reason that very few of the tech solutions are conceptualized and built out by mental health practitioners, who have been at the forefront of treating patients.

[More Information](#)

8 MENTAL HEALTH TIPS THAT ARE SO EFFECTIVE, THERAPISTS THEMSELVES SWEAR BY THEM

There are so many strategies for cultivating a solid sense of mental health (Rethinking your social-media relationship! Scheduling a girls' night! Journaling!) Still, figuring out what tips really work and what's just noise is a highly personalized and hardly simple process.

Since nobody knows what's what when it comes to mental health quite like the people who preach it each day, we asked therapists to weigh in. Here, the experts share which tools they personally reach for on a regular basis in order to help keep their own mental-health game strong.

1. Rethink the way you approach worrying

"We all have anxiety and things we worry about, but worry is thought garbage," says Thea Gallagher, PsyD, clinic director at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania's Perelman School of Medicine. "There is no correlation between worry and outcome," she adds, and it's important to remind yourself of that fact when you start to stress.

2. Find a good mindfulness app, and stick with it

The app Stop, Breathe & Think is a go-to for Tamar Gur, MD, PhD, a women's health expert and reproductive psychiatrist at the Ohio State University Wexner Medical Center. "I use it almost daily," she says.

[More Information](#)

Volunteering has positive effects on mental health

As cliché as it may sound, it's also a fact: Doing good is good for everyone. Altruism is beneficial to your mental health, physical well-being and sense of belonging. A recent study revealed that volunteering for as little as two hours every week can be instrumental to your health. The same study found that out of all the do-gooders who spent their free time helping others 93 percent reported an improved mood, 79 percent reported decreased stress levels and 88 percent felt a boost in their self-esteem.

Even the simplest acts of giving back — the ones we often brush off as "not a big deal" or "just a favor" — are incredibly important. Volunteering your time helps to build communities, strengthen relationships and provide individuals with invaluable experience and self-awareness. It may also help you live longer. Researchers at the University of Exeter Medical School reviewed more than 40 international studies and found that volunteering can actually extend an individual's lifespan.

[More Information](#)

Feeling worthless is a mental health issue

Dear Carolyn: I can't seem to get out of this pit of negativity about myself. I only hear the negatives people say about me; for example, I had a huge presentation at work, got several genuine complements, and all I heard was one person's very mild criticism that I brushed too close to an issue our office does not discuss/handle. I constantly feel the need to apologize for anything and everything, even if it's just that someone got upset at a situation, not at me.

Even when my husband says something just to be ridiculous or silly — he's a bit of a comedian — I feel like it was my "fault" and did something wrong, so I'll start apologizing for his silly, made-up situation. He tries to help but refuses to acknowledge that I think I suck at everything and I'm worthless, which can frustrate me — which frustrates him, which I then apologize for ... and the cycle continues. He is wonderfully supportive and provides me a lot of help, even when I don't hear him saying it.

[More Information](#)

MARK YOUR CALENDAR

April 1
[April Fool's Day](#)
National Calendar

April 2
Sexual Assault Awareness
Day of Action
[More Information](#)

April 3
[Childhelp National Day of Hope](#)
National Calendar

April 10
Housing First Training
[Legacy Plaza-Tulsa, OK](#)

April 11
Mental Health First Aid Adults
[ODMHSAS-OKC, OK](#)

April 11
[National Alcohol Screening Day](#)
National Calendar

April 13
Thomas Jefferson's Birthday
[More Information](#)

April 17
IPS Fidelity Training
[ODMHSAS-OKC, OK](#)

April 19
Peer Recovery Support
Specialist for Veterans
[ODMHSAS-OKC, OK](#)

April 19
Advanced Seeking Safety
[Moore-Norman Technology-South Penn Campus, Main Building, OKC, OK](#)

April 21
[Easter Sunday](#)
National Calendar

April 22
Addiction Severity Index Update
[ODMHSAS-OKC, OK](#)

April 30
PRSS- Gambling
[ODMHSAS-OKC, OK](#)

APRIL is

[Child Abuse Prevention Month](#)

[Stress Awareness Month](#)

[Alcohol Awareness Month](#)

[Sexual Assault Awareness Month](#)

[Autism Awareness Month](#)

ThinkHealth Needs Your Feedback

ThinkHealth was recently added to Capterra's Top Mental Health Software Products list and we need your reviews!

[Click Here](#) to tell us how ThinkHealth has improved the efficiency of your agency.

Its that time again!
The 26th Annual Children's Behavioral Health Conference!

[Connecting the Dots](#)
Save the Date

The Embassy Suites Hotel & Conference Center,
Norman, OK,
May 14-16 2019

We can't wait to see you at our booth!



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