

Practice Management Insight

A report on events affecting behavioral health & substance abuse providers

August 2019

OrionNet Systems – Celebrating 18 Years

OrionNet Systems will celebrate their annual company anniversary in August of 2019.

OrionNet Systems is an Oklahoma business founded in 2001. OrionNet Systems' ThinkHealth Practice Management and EHR system is an enterprise-wide solution developed and specifically tailored for the mental health and substance abuse industry. ThinkHealth was designed to provide seamless assistance to organizations, to improve billing accuracy and to increase the quality of care for your clients. This continues today as our promise to our members to help them advance and grow as a company. Discover why clinicians across America prefer using the ThinkHealth software to assist with their daily operations.

Celebrating an 18 year milestone, OrionNet Systems is looking forward to many more to come. The OrionNet team is thrilled about the future growth of the company. We are excited about the upcoming innovations of OrionNet Systems and the direction we're heading.

[More Information](#)

Why Self-Care is Essential for Mental Health—and How to Practice it Without Spending Money

Self-care is a major buzzword for 2019, but there's a sentiment that taking time for your mental health is [too indulgent or expensive for the average person](#). While yes, massages and retail therapy require [a good amount of cash](#), there are plenty of totally free ways to reduce stress.

That's the message that the [Crisis Text Line](#) wants to send on July 24, International Self-Care Day. To mark the occasion, Crisis Text Line is encouraging people to take time for themselves, and sharing the tips that they give their texters every day.

Maggie Farrah, a former crisis counselor who now works in business development for the organization, came up with the idea to create an online resource with all of the counselor's best ideas for [inexpensive self-care](#).

[More Information](#)

Why people with mental illness may face poorer physical health and early death

Around the world, people with mental illness die up to 20 years earlier than the general population, and a comprehensive new [report](#) suggests that governments and health care providers must do more to stop the deaths. "The disparities in physical health outcomes for people with mental illness are currently regarded as a human rights scandal," said Joseph Firth, a research fellow at the University of Manchester and chairman of the Lancet Psychiatry Commission, which published the research.

His team analyzed nearly 100 studies and found that most people with mental illness die early not because of suicide -- although those account for about 17% of unnatural deaths -- but because of "poor physical health" that could be largely preventable.

[More Information](#)

Giving up alcohol may significantly boost mental health

The debate as to whether moderate drinking is good, bad, or has no effect on health has been ongoing for years. Now, a new study suggests that people — especially women — who give up alcohol can experience better mental health and reach levels of well-being almost on a par with those of lifelong abstainers.

Many people drink socially at, for instance, work functions or family events. Some of us may also relish having a glass of wine or beer with our dinner at the end of a long and tiring day.

Numerous people fall into the categories of "light" or "moderate" drinkers. But is this habit harmless, or would all of us be better off abstaining from alcohol?

[More Information](#)

Find Happiness by Embracing All of Your Emotions

Our culture places a high value on happiness—having the best job, house, the most friends, *things* in general. We're constantly in a state of grasping for something—filling ourselves up from the outside. And it's totally bumming us out.

In this video from BigThink, psychologist and author Susan David says our obsession with happiness hinders our ability to do the hard work of living: being able to recover from setbacks when we inevitably make mistakes, or lose a job—you know, when that picture-perfect veneer we were working away at starts to erode.

Appreciating All Your Emotions

While keeping a positive outlook is good in theory, it's also important to acknowledge that sometimes, negative things will happen to us. The point isn't to avoid those emotions, but to handle them [in a healthy way](#).

[More Information](#)

The Impacts on Extreme Heat on Mental Health

It is hot out there! No doubt the climate is changing dramatically, and the evidence of profound heat waves and their impacts confront us in large and small ways on a regular basis. Record temperatures are reported year after year. 2016 set record high temperatures; then in 2017, despite La Niña's cooling influence, temperatures nearly reached the 2016 records. 2018 was not much better, clocking in as the 4th hottest year globally with the US experiencing the hottest May in recorded history. Since the start of the 21st century, the annual global temperature record has been broken five times.¹

The beginning of 2019 has begun with weather extremes wreaking havoc with a severe "polar vortex" in North America while Australia baked in blistering heat.² With global warming, extreme heat is becoming the new normal.

Extreme heat makes most of us cranky, more likely to have temper flares and feel agitated or listless. Yet heat waves are not benign uncomfortable periods but have profound health risks with potential for death.

[More Information](#)

A mental health worker's love of music is helping to heal the people he works with

When Tom McHugh first picked up a guitar as a boy, he couldn't have guessed all the places it would take him. As a young man in his 20s, McHugh's love of travel took him to remote villages in Central and South America, many tucked away in the mountains of Panama, Argentina and Patagonia. Where technology was sparse, music flourished, and McHugh — with a guitar strapped to his pack — discovered how quickly he was embraced when he expressed his interest in traditional folk songs. Music, it seemed, was the great connector across cultures, and this experience impacted McHugh's life path profoundly.

Later, in his professional life, McHugh became an English teacher in Denver, Colorado, where he organized a student music group, which eventually led him to his career today.

be developmentally delayed at age 3.

[More Information](#)

People With Mental Health Disorders Amend The Descriptions

"Including people's personal experiences with disorders in diagnostic manuals will improve their access to treatment and reduce stigma," says Margaret Swarbrick, an adjunct associate professor and director of practice innovation and wellness at Rutgers University Behavioral Health Care and coauthor of the study in [The Lancet](#).

In collaboration with the World Health Organization Department of Mental Health, researchers from the US and UK talked to people with five common disorders—schizophrenia, bipolar disorder type 1, depressive episode, personality disorder, and generalized anxiety disorder—about how their conditions should be described in the upcoming 11th revision of the International Classification of Diseases and Related Health Problems (ICD-11).

[More Information](#)

MARK YOUR CALENDAR

[National Immunization Awareness Month](#)

[Center for Disease Control & Prevention](#)

[Children's Eye Health and Safety Month](#)

[Prevent Blindness](#)

August 7

[Wellness Coach Training](#)

ODMHSAS—OKC

August 8

[National Happiness Happens Day](#)

August 15

[National Relaxation Day](#)

August 22

[Housing First Training](#)

ODMHSAS—OKC

August 28

[Ohio Risk Assessment System](#)

[Community Supervision Tool](#)

ODMHSAS—OKC

I hide all my scars with an "I'm fine".



HealthyPlace.com



AUGUST

• [National Wellness Month](#)

• [National Water Quality Month](#)

• [August 5-11 National Smile Week](#)

• [August 25-31 Be Kind to Humankind Week](#)

Back to School

Are You Ready?



Employers step up efforts to help workers address mental health

In the middle of a work project at a global corporate consulting firm, Katherine Switz was gripped with a debilitating bout of anxiety. Her body froze, her heart raced, her chest tightened, and her mind went blank, which made it nearly impossible for her to concentrate on a computer screen and do her work.

The anxiety lasted three months, likely related to her bipolar disorder. During that time, she felt unable to ask for help from her employers or co-workers, afraid that her poor performance would get her fired or passed over for promotion.

"I didn't know how to ask for help. I didn't know what to do," said Switz, 48, who was working as an associate business consultant in Washington, D.C., when the episode occurred.

[More Information](#)

You will feel better than this, maybe not yet, but you will. You just keep living until you are alive again.

CALL THE.MIDWIFE

HealthyPlace.com



National Alliance on Mental Illness



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