

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

December 2017

OHCA Special Board Meeting December 1, 2017

The Chairperson of the State Plan Amendment Rate Committee, Carrie Evans, announced that the committee has voted to rescind the previous 9.00% across-the-board rate reduction to SoonerCare providers that was to go into effect on 12/1/17. Additionally, the vote to implement an across-the-board rate reduction in the amount of 6.00% to SoonerCare providers effective 1/1/2018 was also passed at today's board meeting and is now on the Governor desk.

Though there are inevitable budget cuts coming, who they affect is another matter. According to Traylor Rains-Sims, Senior Director, Policy & Provider Regulation ODMHSAS, "Those cuts don't affect Medicaid behavioral health services since the state match for those services are paid by ODMHSAS, not OHCA." She went on to state, "The only services that it would affect for Medicaid behavioral health are those provided by physicians (including psychiatrists) since doctors are under OHCA's budget."

[More Information](#)

Therefore, behavioral health services appear to be unaffected by the latest round of budget cuts. However, if you'd like to try some alternative funding opportunities, one of these grants might be perfect for your agency.

<http://inasmuchfoundation.org/home/>

<https://www.astellasusafoundation.org/GrantApplication.html>



MARK YOUR CALENDAR

December 1 – 31

[National Drunk and Drugged Driving Prevention Month](#)
National Calendar

December 1 – 31

[National Stress-Free Family Holidays Month](#)
National Calendar

December 1

OHCA Board Meeting
OHCA
[More Information](#)

December 2

[National Special Education Day](#)
National Calendar

December 3

[International Day of Persons with Disabilities](#)
National Calendar

December 13

Drug Utilization Review Board Meeting OKC
[More Information](#)

December 14

OHCA Board Meeting
OHCA
[More Information](#)

December 24

[Christmas Eve](#)

December 25

[Christmas Day](#)

December 31

[New Year's Eve](#)

Depression in Teens

It's not unusual for young people to experience "the blues" or feel "down in the dumps" occasionally. Adolescence is always an unsettling time, with the many physical, emotional, psychological and social changes that accompany this stage

In a deadly Obsession, Food is the Enemy

This is a season of gustatory excess, when families gather at ample tables, offices hold lavish parties, and people eat and drink till they are beyond sated. Not everyone, though. There is a grimmer corner of America. It is



December is ...

physical, emotional, psychological and social changes that accompany this stage of life.

Unrealistic academic, social, or family expectations can create a strong sense of rejection and can lead to deep disappointment. When things go wrong at school or at home, teens often overreact. Many young people feel that life is not fair or that things "never go their way." They feel "stressed out" and confused. To make matters worse, teens are bombarded by conflicting messages from parents, friends and society. Today's teens see more of what life has to offer — both good and bad — on television, at school, in magazines and on the Internet. They are also forced to learn about the threat of AIDS, even if they are not sexually active or using drugs.

[More Information](#)

Not everyone, though. There is a grimmer corner of America. It is populated by men and, more commonly, women who shun food not because they are too poor to afford it, but because they are too troubled to desire it.

The country's obesity epidemic deservedly draws constant attention, but many have a diametrically opposite problem: They are obsessively, and perilously, thin. Some experts estimate that 30 million Americans are plagued at some point in their lives by disorders like anorexia nervosa, binge-eating and bulimia. About one-third of them are men, belying broadly held assumptions that this is almost exclusively a female concern. Many are blacks, Latinos and Asians, countering another routine belief that this is a whites-only issue.

[More Information](#)

**December is ...
Safe Toys and Gifts Month
Prevent Blindness
America**



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**Merry Christmas from
OrionNet Systems!**

House Speaker blaming Medicaid provider cuts on Gov. Fallin's budget veto

An Oklahoma lawmaker is calling out Gov. Mary Fallin, blaming her for recent Medicaid provider cuts.

On Friday, the Oklahoma Health Care Authority voted to reduce reimbursement rates for its providers. The board passed a 6% reduction for medical care and 1% for nursing facilities Friday.

Carrie Evans, chief financial officer for OHCA, says the rate reductions are due to the revenue the Oklahoma Health Care Authority lost from the cigarette tax being ruled unconstitutional and not being fully funded during the Legislative Special Session. The fee was expected to generate \$70 million; however, they were just allocated \$23 million from the special session.

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leading cause of
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among people
ages 15-44

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Affordable Care Act Open Enrollment Deadline is December 15th

Managing Holiday Stress

Tylenol May Help Ease The Pain Of Hurt Feelings

In Great Britain the word "holiday" has the same meaning as vacation. Many Americans would find this comparison laughable. For most of us, the holidays come with our own "to-do" lists.

Too often we take holiday stress for granted. What's worse, we often have higher expectations for this season than for any other time of the year. Planning for the holidays can leave us feeling impatient, cranky, and — in some cases — [depressed](#). When the realities of day-to-day life conflict with our efforts to make the holiday season perfect, stress results.

[More Information](#)

Nobody likes the feeling of being left out, and when it happens, we tend to describe these experiences with the same words we use to talk about the physical pain of, say, a toothache.

"People say, 'Oh, that hurts,' " says [Nathan DeWalt](#), a professor of psychology at the University of Kentucky.

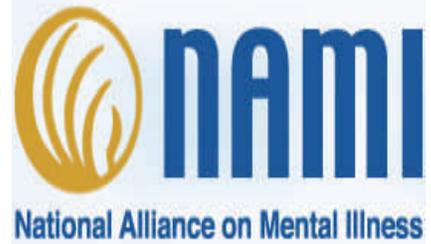
DeWalt and his colleagues were curious about the crossover between physical pain and emotional pain, so they began a series of experiments several years back.

[More Information](#)

Mental health of older adults

Older adults, those aged 60 or above, make important contributions to society as family members, volunteers and as active participants in the workforce. While most have good mental health, many older adults are at risk of developing mental disorders, neurological disorders or substance use problems as well as other health conditions such as diabetes, hearing loss, and osteoarthritis. Furthermore, as people age, they are more likely to experience several conditions at the same time.

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