

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

December 2020

Be MCO Compliant with ThinkHealth!

On June 30, 2020, the Oklahoma Medicaid Expansion Initiative, State Question 802, passed by a majority vote to expand Medicaid eligibility. Effective July 1, 2021, Medicaid eligibility will expand to people aged 19-64 due to SQ 802. Enrollment in healthcare services is rapidly on the rise.

It appears that Oklahoma is moving toward using Managed Care Organizations (MCOs) which will manage physical health, behavioral health, vision, and non-emergency medical transportation for their members.

Let ThinkHealth keep you informed of this process, as well as, helping your agency make a smooth transition to MCOs.

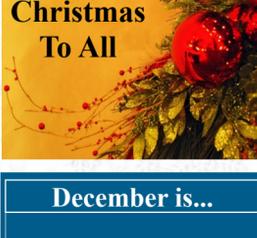
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[More Information](#)

MARK YOUR CALENDAR

- December 1**
[World AIDS Day](#)
- December 3**
[International Day of Persons With Disabilities](#)
- December 10**
[Human Rights Day](#)
[Teen Addiction Severity Index](#)
- December 14**
[Addiction Severity Index](#)
[American Society of Addiction Medicine PPC, and Oklahoma Determination of ASAM Service Level Training](#)
- December 15**
[WellBody Program Training](#)



Wishing you all
a timeless gift of
Good Tidings
warmth of home,
the love of family
& the company of
good friends.



December is...

- [National Stress-Free Family Holidays Month](#)
- [National Influenza Vaccination Week](#)
- [National Handwashing Awareness Week](#)

COVID-19 Safety Protocols Will Also Protect You from Colds, Flu	IT stressors that lead to clinician burnout
<p>The same precautions taken to avoid COVID-19 will also help guard against colds and the flu. As health authorities brace for a cold and flu season that will coincide with COVID-19, experts are encouraging the public to continue practicing good hand hygiene, physical distancing, and mask wearing to not only prevent COVID-19 but also colds and influenza.</p> <p>“Cold and flu, COVID-19 — they’re all respiratory viruses. There are nuances between them, but basically they are all transmitted in the same way,” Dr. William Schaffner, an infectious disease expert at Vanderbilt University in Tennessee, told Healthline.</p> <p>The transmission of respiratory illnesses is divided into two categories: droplet transmission and airborne transmission.</p> <p>More Information</p>	<p>According to a recent New England Journal of Medicine study, 55% of clinicians suffer from burnout. On average, doctors spend more than 16 minutes per patient in the EHR with only 15 minutes allotted for most patient appointments.</p> <p>The steady rise of burnout among clinicians is a crisis that is affecting the healthcare industry, said Eva Karp, RN-BC, senior vice president and chief clinical and patient-safety officer, at Cerner.</p> <p>“Clinicians are experiencing an overwhelming feeling of frustration in their careers and a loss of professional fulfillment because of several factors ranging from loss of autonomy to decreased efficiency,” she said. “The global pandemic has also added significant pressures on health systems and clinicians.”</p> <p>More Information</p>

Aids Awareness

The month plays host to Aids Awareness Month; Worldwide Food Service Safety Month, Safe Toys and Gifts Month and National Humam Rights Month, to name a few. You can find more observances for December at the national day calendar. Show your love; support your cause and be an agent of change!

AIDS was allowed to happen. It is a plague that need not have happened. It is a plague that could have been contained from the very beginning.”

“AIDS itself is subject to incredible stigma.”

[More Information](#)

3 Steps to a Resilient Holiday Season

Are you starting to wonder what celebrating the holidays will look like this year? No matter where you are, you may be anticipating more intimate gatherings, virtual get-togethers, or smaller gift exchanges. And while we may be used to holiday plans bringing up some feelings of stress and overwhelm—it’s okay if this year feels more stressful and overwhelming than usual.

Even now, it’s easy to get caught up in thinking everything has to be perfect, which of course, is not possible. How we choose to meet this realization can ultimately determine our well-being. We can allow ourselves to feel what we need to feel if this season is difficult. We can choose self-compassion when things don’t go as planned. And by doing so, we can strengthen our capacity for resilience and connect with what really matters.

[More Information](#)



What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. [People define it differently](#), but it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Positive mental health enhances people’s life quality by allowing them to realize their full potential, cope with general stress and anxiety with the stresses of life, work productively, and make meaningful contributions to their communities. It also helps build [self-esteem](#).

Ways to maintain positive mental health include: getting professional help if you need it, connecting with others, staying positive, getting physically active, helping others, getting enough sleep, developing coping skills.

[More Information](#)

A Mindfulness Practice for Everyday to Spark Joy	5 Research-Backed Ways to Strengthen Your Marriage
<p>Joy is a capacity we all have that can be trained and developed—It is a primary component of psychological well-being, encompassing moments of appreciation, enduring contentment, and a sense of confidence and gratitude.</p> <p>The enemies of joy are sentimentality and exuberance since it is easy for us to get carried away by the idealism of joy rather than “being truly alive to it in a given moment”, article says.</p> <p>Practicing mindfulness helps us discover joy in as many as things possible and significantly benefits our mental wellness.</p> <p>More Information</p>	<p>There’s something odd about the very idea of “the science of marriage.” Raising kids together, negotiating disputes, or having good sex—these aren’t “scientific” activities. It would be odd to use predictive analytics to improve your parenting. It would be even stranger to use data sets of your past trysts to spice up your sex life.</p> <p>Science can’t explain the mystery of marriage—the actual experience of being in love. And yet, over the last 30 years, a growing body of evidence has helped shed some light on what works and what doesn’t in marriage.</p> <p>More Information</p>

The Science of Deep Sleep

There’s a master clock inside your head. Tucked deep inside your brain, this expert timekeeper keeps all of the cells in your body running smoothly, protects you from chronic disease, and [helps you have deep, rejuvenating sleep](#). To keep these systems ticking along, this internal clock relies on a steady diet of healthy habits and mindful routines.

Unfortunately, steadiness and routine can be hard to come by, especially since overload and uncertainty seem to be the hallmarks of 2020. Many of us are navigating strained relationships due to lack of physical proximity (or political proximity), souped-up tech algorithms leading us down information rabbit holes, and a generalized din of dread caused by the [pandemic](#)

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