

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

February 2019

Oklahoma Needs Medicaid Expansion!

Oklahoma has refused federal matching funds for long enough, it's time to expand Medicaid in our state. The federal government will match our spending at a rate of 9 to 1, simply put, if our state spends \$1 million on Medicaid, the federal matching funds will turn that into \$10 million.

Oklahomans are paying federal taxes that are being used for federal Medicaid matching funds in other states! We should at least be getting our share of the "federal pie!"

The republican-controlled government in Oklahoma has refused Medicaid expansion, partly because they want to include a work requirement. Whether you're republican or democrat, everyone agrees that able-bodied adults should have a job (with some exceptions of course-pregnant women, caregivers etc.).

Under current Oklahoma law, non-disabled adults must earn less than \$4,621 annually to qualify for Medicaid. With the current federal minimum wage of just \$7.25/hour x 40 hours a week = \$290/week x 52 weeks a year = \$15,080 (that's working full time without any vacation days for an entire year), anyone making those wages certainly needs assistance. Does anyone really want to try and pay for health insurance at these wages, not to mention food, rent, gas, etc.?

Health care is expensive! Full-time employees may get help with insurance costs from their employer. But it sounds like Oklahoma needs to help those people that are basically "the working poor." Expanding Medicaid should do just that.

[More information on Medicaid Expansion](#)

[For additional information](#)

Oklahoma	has not	accepted federal Medicaid expansion
788,159	Number of people covered by Medicaid/CHIP as of July 2018	
233,000	Number of additional people who would be covered if the state accepted expansion	
84,000	Number of people who have NO realistic access to health insurance without Medicaid expansion	
\$11.5 billion	Money the state is leaving on the table over the next decade by not expanding Medicaid	

Want to improve the mental health of Oklahomans? Expand Medicaid.

Oklahoma is in crisis. While need for mental health care climbs, Oklahomans overwhelmingly lack access to the care needed to address these sometimes preventable, always treatable conditions. This has serious consequences: untreated mental illness can mean increased risk for other health problems, incarceration, difficulty keeping a job and keeping up with financial responsibilities, and homelessness. Many people experiencing a mental illness enter our criminal justice system because of their illness: in 2017, 10,000 individuals with a mental illness passed through the county jail in Tulsa alone. Other outcomes are more tragic: our suicide rate increased 45 percent between 2009 and 2016. Oklahoma ranks 8th in the nation for incidence of suicide according to American Foundation for Suicide Prevention.

Accepting federal funds for Medicaid expansion is the most practical way to address this crisis. Expanding Medicaid allows states to provide access to care to adults who earn up to 138 percent of the federal poverty level (\$16,753 per year for an individual). More than 150,000 Oklahomans will gain access to health care through Medicaid expansion. This includes some of the 97,000 uninsured Oklahomans with a mental health diagnosis, roughly the entire population of Broken Arrow. Increased access to health care through Medicaid expansion reduces costs for states and helps people with mental illness return to the workforce.

[For More Information](#)

Millennials need mental-health care, but struggle to access it	App-tastic Ways to Help Mental Health
<p>PHILADELPHIA — When Aishia Correll struggled with her mental health a few years ago, she thought she had nowhere to turn. So, she began painting and that became her therapy.</p> <p>Therapy wasn't how issues were solved when Correll was growing up, she said. She recalls her family's matriarchs leaning on each other, not therapy, as refuge. Talk of therapy was coupled with fear and stereotypes of what the services implied.</p> <p>Now 27 and a health-care strategist focusing on patient experiences, she's working to normalize accessible, affordable mental health care and wants to "flip what health care looks like," for millennials, women of color, and the LGBTQ community, she said.</p> <p>For More Information</p>	<p>As college students, we're always on the go. Running from place to place, working on one assignment after another — it can be overwhelming. In our few free moments, it's easy to gravitate towards our phones. Why not dedicate some of that time to your mental health? Here are four apps that can help turn that free time into self-care time.</p> <p>Happify Happify is a colorful, easy-to-use app that places you on a track targeted at improving your mental health.</p> <p>For More Information</p>

You can't live every day like it is your last, but you can live every day with kindness

There's a tension between urging people to be better and accepting them, flaws and all. With my brother, I still don't know where the balance lies.

"Live everyday like it's your last." If another person repeats that trite aphorism to me, in an attempt to soften my brother's death with a philosophical spin, I think my head will explode. If I lived every day like it was my last, I would not go to work or brush my teeth. I'd spend every day eating raw cookie dough and chicken wings.

Living every day like it's your last is not a lesson to be learned from the death of a loved one. But, for me, there is a lesson.

My younger brother, Lee, and I grew up in Michigan. Lee may have been the brightest in the family, but, even at a young age, it was clear something was wrong. Lee's early good grades gave way to sliding marks in school and a disorganized inability to get homework and chores done on time, if at all.

[More Information](#)

Struggling to get mental health assistance for their children, parents make the wrenching decision to give up custody	Odds of dying from accidental opioid overdose in the US surpass those of dying in car accident
<p>When Toni and Jim Hoy adopted their son Daniel through the foster care system, he was an affectionate toddler. They did not plan to give him back to the state of Illinois, ever.</p> <p>"Danny was this cute, lovable little blond-haired, blue-eyed baby," Jim said.</p> <p>Toni recalled times Daniel would reach over, put his hands on her face and squish her cheeks. "And he would go, 'You pretty, Mom.'" Toni said. "Oh, my gosh, he just melted my heart when he would say these very loving, endearing things to me." But as Daniel grew older, he changed. He began to show signs of serious mental illness that eventually manifested in violent outbursts and nearly a dozen psychiatric hospitalizations, starting at age 10. Doctors said he needed intensive, specialized care away from home — institutional services that cost at least \$100,000 a year.</p> <p>For More Information</p>	<p>(CNN)—For the first time on record the odds of accidentally dying from an opioid overdose in the United States are now greater than those of dying in an automobile accident.</p> <p>The grim finding comes from the National Safety Council which analyzed preventable injury and fatality statistics from 2017.</p> <p>The NSC also found the lifetime odds of death for this form of overdose were greater than the risk of death from falls, pedestrian incidents, drowning and fire.</p> <p>Examining a variety of federal and state data the NSC found the lifetime odds of dying from an accidental opioid overdose were 1 in 96. For motor vehicle accidents the odds were 1 in 103 and 1 in 114 for falls. The lifetime odds of suicide were greater, at 1 in 88.</p> <p>For More Information</p>

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MARK YOUR CALENDAR
<p>February 2 Ground Hog Day National Calendar</p> <p>February 5 - 8 Therapeutic Options Train the Trainer ODMHSAS Training Institute OKC More Information</p> <p>February 13 Drug Utilization Review Board Meeting OHCA Offices OKC More Information</p> <p>February 14 OHCA Board Meeting OKC More Information</p> <p>February 14 Valentines Day National Calendar</p> <p>February 15 Mental Health First Aid Adults ODMHSAS Training Institute OKC More Information</p> <p>February 18 Presidents Day National Calendar</p> <p>February 25 Mental Health First Aid Youth ODMHSAS Training Institute OKC More Information</p>



February is...
<p>National School Counseling Week Feb. 4-8</p> <p>Children of Alcoholics Awareness Week Feb. 10-16</p> <p>World NGO Day Feb. 27</p> <p>National Eating Disorders Awareness Week Feb. 25-Mar. 3</p> <p>Black History Month</p> <p>National Heart Month</p>



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