

# Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

January 2018

## The New Year begins with another successful update to ThinkHealth

ThinkHealth began the new year with a major deployment and update. The process began on December 28th, and was finished on January 3rd. With the deployment of ThinkHealth V 4.13, OrionNet Systems continues to provide our members with a quality system to best fit their needs.

Any time we roll out a newer version of ThinkHealth, it takes many, many hours of hard work to ensure that our members continually have the best system at their fingertips. The testing process is very time consuming to help guarantee that the system works properly once deployed.

Though all of the updated changes to the system are too numerous to mention, a few of them are: changes to the patient admission screen, added review capabilities in the assessment module, a has private insurance feature under the scheduling module, Added a new forms to Forms Designe

There was a webinar on Friday, December 29th, to assist our members with the updated transition. If you need further assistance using ThinkHealth, you might try accessing the How To section of the website.

The team here at OrionNet Systems, wants to thank each and every member for being a loyal customer and being a part of ThinkHealth. As always your commitment and dedication is what keeps us working hard on perfecting a system that will benefit your company and the use of ThinkHealth. Your suggestions, comments, and voice are always welcome and why these updates, improvements, and deployments are done.

[More Information](#)

## The top 10 mental health apps

Apps are available for everything these days — from shopping to entertainment and travel. Apps that claim to help look after your mental health and well-being are also available. So, we have selected the best apps for mental health.

Approximately [48.3 million](#) adults in the United States are faced with a [mental health](#) condition each year, and 9.8 million of those are serious conditions that limit the activities of everyday life.

Among U.S. adults aged 18–44, mood disorders such as [depression](#) and [bipolar disorder](#) are now the [third most common](#) reason for hospitalizations.

Furthermore, those who live with severe mental illness are more likely to face chronic medical conditions and die around 25 years earlier.

Exercising regularly and eating a healthful diet can boost mental health and well-being significantly, help to reduce symptoms of depression, [anxiety](#), and [stress](#), and increase endorphins responsible for happiness.

[More Information](#)

## Trump administration freezes database of addiction and mental health programs

Federal health officials have suspended a program that helps thousands of professionals and community groups across the country find effective interventions for preventing and treating [mental illness](#) and substance use disorders.

The National Registry of Evidence-based Programs and Practices is housed within the Health and Human Services Department's Substance Abuse and Mental Health Services Administration.

The registry, which was launched in 1997, offers a database of hundreds of mental health and substance abuse programs that have been assessed by an independent contractor and deemed scientifically sound. Getting a program or therapeutic approach included in this registry amounts to receiving federal recognition as an evidence-based practice. Mental health and addiction specialists say they rely on this database as a key source for finding appropriate and [effective therapies](#).

[More Information](#)

## ThinkHealth-Touch for iPad and Android Tablets

Sync your patients to your iPad or Android Tablet to perform sessions, write progress notes on Price Authorizations / Treatment Plans and have the patient sign with their finger! All without having to have an internet connection.



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**Mental Health for All**

Editor in Chief Barry Boyce on why meditation shows promise for your mental health

On days when things are going really badly, it feels as if nothing you'd looked forward to is panning out and new problems keep emerging from around the corner. You didn't plan on missing the bus, and then the strap on your backpack broke, and just then your sister called to say she had some worrisome test results. And right about then, a friend tells you to "Just relax!"

How annoying is that?

Relaxation is distinctly *not* something you can just command yourself to do. It needs to come over you and perhaps, ultimately, to overcome you. That's one of the reasons so many of us grow to appreciate mindfulness practice. It sneaks up on stress from the side. It lulls us into letting go of obsessively grasping for a permanent security blanket. But we're not instructed to "just relax." We're instructed to pay attention to something that can't help but be in the present: the breath, the body, sensations. Paradoxically, as our attention and focus increase, our excess stress decreases. We become, for a time at least, a well-tuned instrument.

[More Information](#)



## Trump expands mental health benefits to decrease suicide rates

President Trump signed an executive order Tuesday to provide more benefits to service members transitioning from the military to civilian life in an effort to decrease veteran suicides.

Veterans who have recently left the military are between two and three times more likely to commit suicide than active duty service members, and nearly 20% of veterans returning from Iraq and Afghanistan suffer from post-traumatic stress disorder or depression.

[More Information](#)

## Alcohol-Related ER Visits Soar, Especially Among Women

Most Americans drink safely and in moderation. But a steady annual increase in trips made to emergency rooms as a result of drinking alcohol added up to 61 percent more visits in 2014 compared with 2006, according to a study [published this month](#) in the journal *Alcoholism: Clinical and Experimental Research*.

Visits to hospital emergency rooms for alcohol-related issues rose rapidly over a nine-year period, though it's unclear why.

[More Information](#)

## MARK YOUR CALENDAR

**January 1**

Happy New Year!

**January 9**

ODMHSAS New Employee Orientation  
[More Information](#)

**January 10**

ODMHSAS- Wellness Coach Meeting  
[More Information](#)

**January 11**

OHCA Board Meeting  
[More Information](#)

**January 15**

Martin Luther King Jr. Day

**January 16**

OHCA- Public Hearing For the Consideration of Permanent  
[More Information](#)

**January 18**

OHCA- Medical Advisory Committee  
[More Information](#)

**January 24**

OHCA- IPS 101 Training  
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JANUARY is ...

National Healthy Weight Awareness Month

National Codependency Awareness Month

National Mentoring Month

National Cervical Cancer Awareness Month

National Thyroid Disease Awareness Month



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## Mental Health First Aid

Assess risk of suicide or harm

Listen non-judgmental

Give reassurance and information

Encourage the person to get appropriate professional help

Encourage self-help and other support strategies from peers, family members, and friends

[More information](#)



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