

# Practice Management Insight

A report on events affecting Oklahoma providers

June 2019

## ThinkHealth v3.0

OrionNet Systems is about to roll out ThinkHealth v3.0! We are very excited to take our already excellent software and improve upon it! Eight agencies agreed to be Beta Testers for the new and improved ThinkHealth. Those agencies had it deployed recently and will help us make sure it is ready for all of our agencies.

A demo account is being set up for our agencies to get on ThinkHealth 3.0 and check it out. It can also be used to train and show their staff the changes. ThinkHealth 3.0 will be deployed for all agencies sometime soon.

Not only will ThinkHealth v3.0 have a completely new look, it will also include some new features! Each of the modules will still retain their functionality, but now there will be lots of ways to customize ThinkHealth to make it even more user-friendly!

We will roll out a new [How to Navigate 3.0](#) document that will help everyone operate in the new system. We will send it out to all of our agencies, plus we'll post it for download.

"We are really excited about the rollout but I also want to make sure everyone has the tools they need to make this rollout as simple as possible," stated Clyde Wafford, President/CEO OrionNet Systems.

[More Information](#)

## Can Reading Books Improve Your Mental Health?

*New research explores the impact of reading on various aspects of mental health.*

Many bookworms remain worried that the ubiquitous use of social media is leading to a decline in reading books. But a number of surveys indicate that book-reading trends have remained stable over the last two decades.

For example, a 2017 Gallup Poll found that 35 percent of Americans read 10 or more books per year, the same level as 2002. Likewise, a Pew Research Forum survey found that book-reading habits remained largely unchanged from 2012 to 2016, with the average American reading 4 books per year.

Interestingly, this survey found that 27 percent of Americans did not read any books at all in 2016.

[More Information](#)



"I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by the little scraps of wisdom."

Umberto Eco

## Nutritional Psychiatry: Is Food The Next Big Frontier In Mental Health Treatment?

*Here at mbg, we do our best to help break the stigma associated with mental health disorders like depression and anxiety all year long. But this May—which is Mental Health Awareness Month—we're devoting some extra attention to the topic by highlighting the most innovative ways to boost your own mood on a daily basis and support friends and family members who may be struggling.*

Food can be your best friend or worst enemy when it comes to managing a variety of health conditions. Just ask anyone who has reversed their type 2 diabetes by ditching the refined carbs or drastically reduced their rheumatoid arthritis symptoms after adopting an [anti-inflammatory diet](#). Dietary habits and mood are clearly connected, too. This, of course, is clear in your day-to-day life whenever you experience that drop in energy and spike in irritability shortly after having a big slice of your co-worker's birthday cake.

But the connection between diet and mental health goes a *lot* deeper than getting a little hungry now and then. About five years ago, I learned this firsthand. After suffering increasingly severe symptoms from a mystery illness (which I'd later learn was [Lyme disease](#)) to the point that I could no longer walk more than five minutes without debilitating pain, I had to leave my job in NYC and move back in with my parents. I felt completely isolated and slipped into such a low emotional state that I'd wake up crying and walk (or hobble) through my days in an apathetic fog.

[More Information](#)

## Video Game Addiction Is Now an Official Mental Health Disorder

Gaming has very much become ingrained in our culture as a modern-day activity and form of entertainment—just a quick look at the eSports industry or Twitch streaming statistics—but now, as with most other things in life, too much can be a problem, and the World Health Organization has officially deemed it so.

Adding to its International Classification of Diseases (a reference book of all recognized and diagnosable diseases), the WHO has classified video game addiction as a mental health disorder. The description in the ICD reads: "a pattern of gaming behavior ("digital-gaming" or "video-gaming") characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences."

[More Information](#)

## Burnout is an official medical diagnosis, World Health Organization says

(CNN)—It's a feeling of extreme work stress that's long been embedded in the cultural lexicon, and now it might be codified in your medical records as well.

Burnout is now a legitimate medical diagnosis, according to the [International Classification of Diseases](#), or the ICD-11, the World Health Organization's handbook that guides medical providers in diagnosing diseases.

Burnout now appears in the ICD-11's section on problems related to employment or unemployment. According to the handbook, doctors can diagnose someone with burnout if they meet the following symptoms:

1. feelings of energy depletion or exhaustion
2. increased mental distance from one's job, or feelings of negativism or cynicism related to one's job
3. reduced professional efficacy

[More Information](#)

## WHO will no longer categorize transgender as mental disorder

The World Health Organization will no longer categorize transgender people as having a mental disorder, according to reports.

"Gender Identity Disorder" was removed from the organization's classification of diseases as of last weekend and will now be referred to as "gender incongruence," included in WHO's section about sexual health, [Time](#) reported.

[More Information](#)

## MARK YOUR CALENDAR

June 2  
[Cancer Survivor's Day National Calendar](#)

June 3  
[Teen Addiction Severity Index OKC, OK](#)

June 7  
[Addiction Severity Index Tulsa, OK](#)

June 12 & 13  
[Ohio Risk Assessment System Community Supervision Tool OKC, OK](#)

June 14  
[American Society of Addiction Medicine and the Oklahoma Determination of the ASAM Service Level Tulsa, OK](#)

June 16  
[Father's Day National Calendar](#)

June 18  
[Mental Health First Aid Adults OKC, OK](#)

June 26  
[Mental Health First Aid Youth OKC, OK](#)

June 27  
[PTSD Awareness Day National Calendar](#)

June 27  
[Addressing Suicide in Our Communities and Congregations Tulsa, OK](#)

June 31  
[World No Tobacco Day World Health Organization](#)

Recovery is not one and done. It is a lifelong journey that takes place one day, one step at a time.



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## Customer Quote! OrionNet Systems 2019

ThinkHealth is an amazing program. It's easy to use, easy to understand, and easy to navigate. In addition to the great program OrionNet has, their customer service is top notch!

~Daybreak Family Services

## June is...

[World Narcissistic Abuse Awareness Day June 1](#)

[International Nystagmus Awareness Day June 20](#)

[National Safety Month](#)

[PTSD Awareness Month](#)

When you're depressed you don't control your thoughts, your thoughts control you. I wish people would understand this.



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## ThinkHealth Practice Management Software (EHR)



Questions or comments? Email us at [OrionNet@coxinet.net](mailto:OrionNet@coxinet.net) or call 405.286.1674

To remove your name from our mailing list, please [click here](#).

