

# Practice Management Insight

A report on events affecting Oklahoma providers

May 2015

## ODMHSAS Announces Additional Budget Cuts

The Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) today announced an additional \$13 million cut from the current year's budget. In total, the department has been forced to slash \$22.8 million from operations and services since January. Cuts were announced at the agency's regularly scheduled March board meeting held at ODMHSAS' central office in Oklahoma City. It is estimated that more than 73,000 Oklahomans will experience reduced services as a result.

With only three months remaining in the current fiscal year, the most recent cuts mean immediate action must occur in the following areas:

- A \$7 million cut to contracted mental health and substance abuse services statewide;
- Rate cuts for multiple service levels and provider networks throughout Oklahoma, including cuts to rates paid for mental health inpatient care;
- Tightening an annual "cap" placed on psychotherapy services for individuals in treatment.

[More Information](#)

## Self-Help Online Can Help Prevent Depression

A new study has found that a web-based, guided self-help intervention reduced the incidence of major depressive disorder.

For the study, a research team led by Claudia Buntrock, M.Sc., of Leuphana University in Lueneburg, Germany, randomly assigned 406 adults with sub-threshold depression some symptoms of depression but not major depressive disorder (MDD) to either a web-based guided self-help intervention or a web-based psychoeducation program .

The guided self-help intervention included cognitive behavioral and problem-solving therapy supported by an online trainer, the researchers explain.

[More Information](#)

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## MARK YOUR CALENDAR

**May 1-7**

**Children's Mental Health Awareness Week**

**May 5**

**Cinco de Mayo**

**May 5**

**Addiction Severity Index  
[OKC, OK](#)**

**May 8**

**Mother's Day**

**May 10**

**Oklahoma Family Drug Court Training  
[Norman, OK](#)**

**May 11-13**

**2016 Children's Behavioral Health Conference**

**May 12**

**Problem Gambling Basic Training  
[Tulsa, OK](#)**

**May 12**

**OHCA Board Meeting  
[OKC, OK](#)**

**May 16-17**

**Wraparound 101**

**May 20**

**Family Support Provider Training  
[Tulsa, OK](#)**

**May 23**

**PRSS Supervisory Training  
[OKC, OK](#)**

**May 30**

**Memorial Day**

**May 27**

**May 31**

**World No Tobacco Day**

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### Individual and Group Counseling

Counseling can be provided at the individual or group level. Individual counseling often focuses on reducing or stopping substance use, skill building, adherence to a recovery plan, and social, family, and professional/educational outcomes. Group counseling is often used in addition to individual counseling to provide social reinforcement for pursuit of recovery.

Counselors provide a variety of services to people in treatment for substance use disorders including assessment, treatment planning, and counseling. These professionals provide a variety of therapies. Some common therapies include: Some forms of counseling are tailored to specific populations.

[More Information](#)

### Can positive memories help treat mental health problems?

A study highlighting the effectiveness of using positive memories and images to help generate positive emotions has been published by researchers. The work suggests that savouring positive memories can generate positive emotions. Increasing positive emotion can have a range of benefits including reducing attention to and experiences of threat .

It has been suggested that savouring positive memories can generate positive emotions. Increasing positive emotion can have a range of benefits including reducing attention to and experiences of threat.

The study, supervised by Dr Peter Taylor from the University's Institute of Psychology, Health and Society, investigated individuals' emotional reactions to a guided mental imagery task focussing on positive social memory called the 'social Broad Minded Affective Coping (BMAC)' technique.

[More Information](#)

### Be 1 in a Million

In just ten years, Mental Health First Aid has become a full-blown movement in the United States—half a million Mental Health First Aiders strong and growing every day. In 2016, the National Council for Behavioral Health is making it a priority to train more first aiders than ever before. Our vision? One million Mental Health First Aiders in the U.S.

With one in four Americans experiencing a mental health or addiction disorder each year, the National Council is committed to making this important training as common as CPR,” said Susan Blue, National Council board chair and president and CEO of Community Services Group.

[More Information](#)

### A Potent Side Effect to the Flint Water Crisis: Mental Health Problems

Health care workers are scrambling to help the people here cope with what many fear will be chronic consequences of the city’s water contamination crisis: profound stress, worry, depression and guilt.

Uncertainty about their own health and the health of their children, the open-ended nature of the crisis, and raw anger over government’s role in both causing the lead contamination and trying to remedy it, are all taking their toll on Flint’s residents.

“The first thing I noticed when I got to Flint, quite honestly, was the level of fear and anxiety and distress,” said Dr. Nicole Lurie, an assistant secretary at the Department of Health and Human Services who has been coordinating the federal recovery effort here since January. On Wednesday, President Obama will pay his first visit to the city since the lead contamination was

**Have a happy and safe Memorial Day weekend from your friends at OrionNet Systems!**

**May 30th, 2016**



**Happy Mother's Day!**

**To All Mothers, With Endless Love**

**MAY is...**

**National Mental Health Month**

**National Physical Fitness and Sports Month**

**National Stroke Awareness Month**

**Hepatitis Awareness Month**



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since the lead contamination was revealed.

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