

December ThinkHealth News 2023

Software Thinking and Standing with You



Agency Events and News

MIND Winter Session

MHFA will be hosting a 2-hour networking event open to all MHFA instructors in Oklahoma to get a chance to meet each other, have an open discussion about instructing, share some tips & tricks, and celebrate all of your successes in 2023!

[Click Here for More](#)



CCFI Lunch & Learn Series

Explore a diverse range of topics, earn one CEU, and get to know other therapists in your community. Please bring your own lunch, drinks and light snacks provided. The series is free, but space is limited so please register accordingly.

[Click Here for More Information](#)



Adult Mental Health First Aid

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. Learn the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

[Click Here for More Information](#)



Join the Alumni Network on December 6th, 8 - 10 a.m. at the Cincinnati Chamber where Meriden McGraw of the Osher Center for Integrative Health at the University of Cincinnati Workplace Mindfulness Team leads us in some Mindfulness thinking. The workshop, focused on practice and not just theory, is about "Burnout, Rest, & Recharging: Tangible Things You Can Do."

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Customers Hot Topic

Medicare Changes coming January 2024

In 2024, key Medicare changes include a Part B premium increase to \$174.70, an increase from \$164.90 in 2023 and a \$32 rise in the Part A deductible to \$1,632. Notably, about 99% of beneficiaries won't pay a Part A premium. The annual Part B deductible is \$240, an increase from \$226 in 2023. Moreover, clinical social workers, MFTs, and counselors will receive 75% of psychologist rates, with pending enrollment rules. For further details, find more information at this link: [DLA Piper - Contract Year 2024](#).

[Click Here for More about 2024 Medicare Parts A & B Premiums and Deductibles](#)

NEWSLETTER HIGHLIGHTS

Conference Momentum: Prevention, Justice, Recovery!

ThinkHealth Will be There! On December 5 - 7, we will be at the conference. Come by our booth to grab some goodies and learn about us.

Location: Embassy Suites by Hilton
Norman Hotel & Conference Center



Governor DeWine Launches Second Round of Appalachian Community Grant Program

Ohio Governor Mike DeWine, Lt. Governor Jon Husted, and Ohio Department of Development Director Lydia Mihalik announced that approximately \$420 million in grant funding is now available to help positively transform Ohio's 32-county Appalachian region.

The Ohio Department of Development began accepting applications for the second round of the Appalachian Community Grant Program this morning. The program will make a significant impact on Ohio's Appalachian communities by funding projects that revitalize downtowns, enhance quality of life, and help rebuild local economies.

"Ohio's Appalachian region has so much to offer - from a willing workforce to historic downtowns and breathtaking natural wonders," said Governor DeWine.

"Funding from this program will help positively transform Appalachia and impact those living there for generations to come."

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Mark Your Calendar

December 3

[International Day of Persons
with Disabilities](#)

December 21

[Winter Solstice](#)

December 24

[Christmas Eve](#)

December 25

[Christmas Day](#)

December 26

[Kwanzaa](#)

December 31

[New Year's Eve](#)

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Christmas**



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