

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

September 2018



Clinician Activity Training CDC's Assessments

Join us for the webinar October 4th, at 10:00am CDT.
Register now! CEU's available!

<https://attendee.gotowebinar.com/register/2714753974189654530>

Join us for the "Clinician Activity Training - CDC's Assessments" Training will consist of learning the necessary information required to create a CDC within ThinkHealth. We will concentrate on the CDC 21 (pre admission), 23 (admission), and 42 (update). We will review the benefits of validating your CDC, linking your CDC to your Treatment Plan, and the steps for transmitting for approval. We will briefly review what data flows from the Assessment module to the CDC and then to the Prior Authorization. As time allows we will also go over an assessment and how to fill it out in the module.

This Training has been approved for Continued Education Credits for LPC/LMFT. CEU's also can be obtained for SADC/LADC through the state board for an additional fee. Your cost to use for the certificate is \$25. The cost may be added to your agencies monthly invoice or paid on an individual basis after the training is completed. For more information contact marketing at 405-286-1674.

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MARK YOUR CALENDAR

September 1 – 30
[Healthy Aging Month](#)

September 1 – 30
[National Recovery Month](#)

September 1 – 30
[World Alzheimer's Month](#)

September 1 – 30
[Sexual Health Awareness Month](#)

September 3
[Labor Day](#)

September 7
[Motivational Interviewing for Wellness](#)
ODMHSAS
[More Information](#)

September 9
National Grandparents Day
[More Information](#)

September 9-15
National Suicide Prevention Week
[More Information](#)

September 13
[2018 Justice and Recovery Conference](#)
OKC, OK
[More Information](#)

September 21
Mental Health First Aid Adults
ODMHSAS
[More Information](#)

September 22
Fall Prevention Day
[More Information](#)

September 24
Mental Health First Aid Youth
ODMHSAS
[More Information](#)

September 26
[National School Backpack Awareness Day](#)
Back to School
[More Information](#)

September 26
[National Women's Health and Fitness Day](#)
World Heart Federation
[More Information](#)

September 27-28
[Seeking Safety: A model for trauma & or substance abuse](#)
OKC, OK
[More Information](#)



Why fathers must talk about their mental health

In recent months, notable pillars of traditional masculinity, including NBA players DeMar DeRozan and Kevin Love, and muscular action heroes Dwayne Johnson and Ryan Reynolds, have publicly addressed their experiences with anxiety and depression. While I would never wish either on anyone, I was glad to see them talk about it, and use their platforms to show that men's mental health is a serious issue that needs to be discussed, especially by those we perceive as too tough to do so.

The impact of their actions on fatherhood is especially important. Dads are shaping modern conversations about masculinity and men's mental health, and they are determining the collective lessons for the future, for their children, for their sons. These celebrities are modeling the idea that acknowledging personal struggles does not make a man weak. Rather, their speaking out challenges the outdated definition of manliness as detached stoicism or brawn over brain. Their courage to defy the silence surrounding men's mental health has inspired others to speak up and seek help.

[More Information](#)

Companies open doors to talent with autism

Twenty-seven-year-old Christopher Pauley thought he had it all figured out when it came to looking for a job. He had a detailed spreadsheet of each and every position he applied for – at least 600. But despite his degree in computer science from California Polytechnic State University, he went two years with barely a nibble.

Did he get discouraged? "Oh my gosh, my morale really started to drop towards the end," he said. "In fact, there were days where I would either hardly fill out any applications at all, or just simply not apply on anything."

[More Information](#)

The sensitive words mental health experts say you should stop using in conversation

MENTAL health experts say words have enormous power — and there are some you should stop using in conversation.

A new charter has been launched today to raise awareness of the right and wrong language to use when talking about mental illness and suicide.

Even when not used maliciously, terms such as nutter, lunatic, psycho, schizo, deranged, mad and mental patient should be avoided, according to Everymind Director Jaelea Skehan.

[More Information](#)

SEPTEMBER is ...

National Alcohol and Drug Addiction Recovery Month

"Promotes the societal benefits of treatment for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery in all its forms is possible. *Recovery Month* spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover." The 2011 *Recovery Month* observance aims to educate the public on the positive changes that national health care reform will have on access to needed recovery services for substance use and mental disorders.

recoverymonth@samhsa.hhs.gov
www.recoverymonth.gov

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College QB Brandon Dawkins on stepping away: Game was 'getting me depressed'

Brandon Dawkins wrote in an Instagram post Wednesday night that he stepped away from football to address his mental health. "I am grateful for the sports psychology team at both Arizona and Indiana for helping me at some of the lowest points in my life. The game has getting me depressed and hurting my well-being," he wrote.

"As my mental health is deteriorating I have decided to take a break from the game. I know now that I need to take care of ME. I need to make myself important. I have not properly taken care of myself."

[More Information](#)

Stephen Colbert Gets Honest About Anxiety And What Helps Him Cope

For Stephen Colbert, performing in front of an audience isn't a source of anxiety — it's his escape from it.

The "Late Show with Stephen Colbert" host, 54, opened up to Rolling Stone this week about living with anxiety when he was younger. He discussed the behaviors it provoked and the different methods he tried to manage it.

"I had a bit of a nervous breakdown after I got married — kind of panic attacks," he told the publication. "My wife would go off to work and she'd come home — because I worked at night — and I'd be walking around the couch. And she's like, 'How was your day?' And I'd say, 'You're looking at it.' Just tight circles around the couch."

[More Information](#)

How to spot (and deal with) an energy vampire

They leave you feeling drained after every conversation. They want your nonstop attention and the conversation is always about them. They may be charming, charismatic and the life-of-the-party personality. They also may cheat. They may lie. And it's probably someone else's fault when something goes wrong.

These are some (but certainly not all) of the traits you might run across in someone who is an "energy vampire."

"An energy vampire is somebody who literally zaps your energy dry," [Judith Orloff, MD](#), a psychiatrist on the University of California-Los Angeles Psychiatric Clinical Faculty, tells NBC News BETTER.

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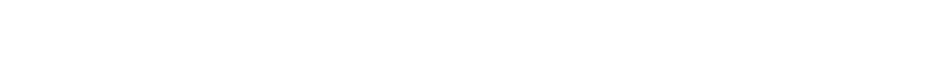
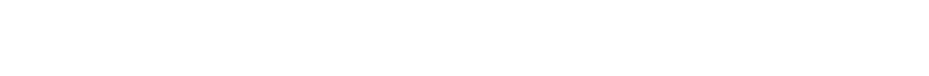
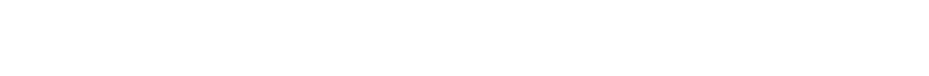
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