

Practice Management Insight

A report on events affecting Oklahoma providers

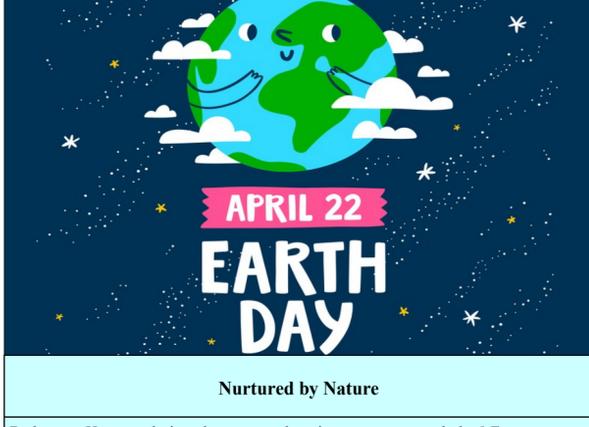
April 2021

Oklahoma MCO News

There are still many unknowns about the apparent impending change to the Medicaid MCO process. Here are highlights of what we do know at this point:

- The state has chosen the MCO companies: Blue Cross and Blue Shield, Humana, Complete Health of Oklahoma (Centene) and United Healthcare.
- Complete Health of Oklahoma will also administer a specialty children's plan for those in state custody.
- Enrollment for all plans begins August 1, 2021.
- Individuals have until September 1, 2021 to make a plan selection.
- All plans will have a uniformed credentialing application to allow agencies to be enrolled with all plans for reimbursement.
- Same certifications and requirements that are already being required for individual providers will transfer to plans.
- No deadlines for provider enrollment with plans, will be ongoing.

[More Information](#)



Nurtured by Nature

Be honest: How much time do you spend staring at a screen each day? For most Americans, that number clocks in at more than 10 hours, according to a 2016 Nielsen Total Audience Report. Our increasing reliance on technology, combined with a global trend toward urban living, means many of us are spending ever less time outdoors—even as scientists compile evidence of the value of getting out into the natural world.

From a stroll through a city park to a day spent hiking in the wilderness, exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even upticks in empathy and cooperation. Most research so far has focused on green spaces such as parks and forests, and researchers are now also beginning to study the benefits of blue spaces, places with river and ocean views. But nature comes in all shapes and sizes, and psychological research is still fine-tuning our understanding of its potential benefits. In the process, scientists are charting a course for policymakers and the public to better tap into the healing powers of Mother Nature.

[For more information](#)

Why Meghan Markle Discussing Her Mental Health Crisis Can Help Others

Despite the fast-growing rates of anxiety and depression reported over the past few years, mental health continues to carry a strong social stigma that prevents people from seeking treatment and asking for help.

Due to the negative attitudes, many people experiencing poor mental health symptoms feel ashamed and alone in the world.

Simply hearing someone else talk about their own mental health issues — be it a close friend or celebrity on the international stage — can have a profound and lasting impact. Evidence has shown that the number of people who seek mental health support increases after a celebrity discloses their own experiences with a mental health condition. Now a blockbuster interview with former members of the British royal family has been making headlines after Meghan Markle talked about her mental health crisis.

“I just didn’t want to be alive anymore — and that was a very clear and real and frightening constant thought,” Markle said in the interview with Oprah that aired on CBS.

[For more information](#)



Caring for your mental health in 2021: 10 tips

Good riddance, 2020. That’s no doubt how many of us feel about the past year and the challenges it has presented. And who could blame us, given the crushing coronavirus pandemic, record forest fires, racial injustice and a divisive election? But we can’t jettison the stress of managing so many difficulties as easily as we can ring in a new year. Many of 2020’s challenges are still with us, and stress can have [serious mental health consequences](#).

“We’re hearing from a lot of patients who are more anxious and depressed,” said [Shannon Suo](#), a physician and health science clinical professor in the UC Davis Department of Psychiatry and Behavioral Sciences. “We’re hearing from patients whose depression and anxiety were in remission and those symptoms have returned this year due to stressors.” As we welcome 2021, Suo and other UC Davis Health experts say it’s an opportunity to refocus and make your mental health a priority.

Here are 10 tips to get started:
1. Skip the big New Year’s resolutions

[More Information](#)

Oklahoma lawmakers take aim at mental health issues amid pandemic

The Oklahoma legislative session is set to kick off on Monday.

There will be different procedural changes thanks to COVID-19 at the Oklahoma Capitol, but there also will be a new focus on mental health thanks to the pandemic.

“We know that the pandemic is just maxing people out and has magnified any mental health challenges that people face. We are trying to make sure we get legislators more informed,” said Senator Julia Kirt.

The Democrat from Oklahoma City is talking about a new 30-plus member caucus that is slated to meet once a month this session to focus on mental health issues across the state.

The problems were made worse by the pandemic.

“Suicide rates are up, depression is up, so we are looking at ways to combat that,” said Sen. Josh West.

The Republican representative from Grove is co-chairing the bi-partisan caucus with Kirt. His military service background makes mental health issues hit close to home for West.

the patient and the state.

[More Information](#)

MARK YOUR CALENDAR

April 1
[April Fool’s Day](#)

April 1
[PRSS Supervisory Training](#)

April 1
[Wellness Coach Training](#)

April 4
[Easter Sunday](#)

April 5
[T-ASI Index](#)

April 5-7
[ASI/ASAM/ODASL workshop](#)

April 7
[ASAM and the Oklahoma Determination of the ASAM Service Level](#)

April 13
[Wellness Coach Training](#)

April 13
[IPS 101 Training](#)

April 20
[WellBody Program Training](#)

April 28
[How to Facilitate a Group Rehab PRSS Training](#)

Write It Out: 6 of the Best Guided Journals

Life can be overwhelming. We all worry, stress, or feel out of control at some point. Whether you’re dealing with mental health issues or just need an outlet for your thoughts, guided journaling may help.

Of course, journaling isn’t a substitute for professional help. Still, it can be a helpful tool for sorting out your thoughts, goal setting, or just plain reflecting on your day.

Some people can jump into journaling without guidance, while others may need some direction and encouragement to sit down and reflect.

[More Information](#)



APRIL is

[World Health Day April 7](#)

[Childhelp National Day of Hope April 7](#)

[National Clean Out Your Medicine Cabinet Day April 16](#)

[Alcohol Awareness Month](#)

[Sexual Assault Awareness Month](#)

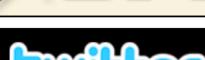
How To Get Kids To Open Up In Remote Therapy

The COVID-19 pandemic has pushed many of our day-to-day endeavors online — school, work, fitness, socialization, and even mental health care. But when it comes to therapy, the virtual medium can present challenges, particularly for young people.

“It is sometimes more difficult to engage kids in sessions conducted via telehealth,” said Nicole Schatz, research assistant professor and clinic director at Florida International University’s Center for Children and Families. “Although many kids are able to engage with telehealth sessions just fine, some may benefit more from in-person treatment sessions.”

Speaking to a therapist through a screen from home can present concerns about privacy for kids and teens feeling their close proximity to family members.

[More information](#)



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