

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

December 2021

ThinkHealth Update v3.3.7

On December 3rd, [ThinkHealth](#) rolled out its latest update, version 3.3.7. We have scheduled multiple trainings for our members and have a hands-on on these useful features and functionality.

If you're not a ThinkHealth member, what are you waiting for? Call us and speak with one of our Marketing Team and see how ThinkHealth can help with your agency. We love to tell you more about our EHR systems, how they work, and most importantly, what they can do for you. Our systems have all the features that can save your time and money.

Call us at 405-286-1674 for free demonstration. We open Monday thru Friday 8:30am to 5:45pm.



Kids' mental health declared national emergency

Facing a rising tide of mental illness among children, the top pediatricians in the U.S. are calling the mental health of children and teens a national emergency. Between February and March of 2021, emergency room visits for suspected suicide attempts were up 51% compared to the same period in 2019, according to the Centers for Disease Control and Prevention.

Clinical psychologist Dr. John Duffy said the emergency is taking place "in the shadows." Kids seal themselves off with electronic devices and other means that allow them to hide what's truly going on. He said the crisis has been building for more than a decade. "It's not overt, it's not as obvious as one might think it would be. Though for more than a decade, we have had truly a crisis in mental health among young people," Duffy said.

[More Information](#)

Evoking calm: Practicing mindfulness in daily life helps

It's easy to say you simply don't have time to be mindful. With so much going on in daily life, who has time to stop and be present? But everyone has at least 10 minutes to spare to practice mindfulness.

The point of these brief, daily reflections is to help you tap into calmness whenever life gets too hairy. Practicing everyday mindfulness can also improve your [memory and concentration skills](#) and help you feel [less distracted](#) and better able to manage crises like [dealing with the pandemic](#).

Any mindfulness technique aims to achieve a state of alert, focused, relaxed consciousness by deliberately paying attention to thoughts and sensations without passing judgment on them. This allows the mind to focus on the present moment with an attitude of acceptance.

[More Information](#)

How Social Media Turned 'Prioritizing Mental Health' Into a Trap

Back in January, Vogue posted a video documenting a day in the life of a TikTok star named Dixie D'Amelio. Inside her antiseptic luxury apartment, D'Amelio, then 19, scrambles eggs, applies eye shadow and delivers a monologue sprinkled with false bravado. Dixie drafted to fame behind her younger sister, Charli — but while Charli has reigned on TikTok, dancing for [126 million followers](#), Dixie has assumed the role of whipping girl, earning [her own 55 million followers](#) in part by absorbing the public floggings regularly directed at her family. When the Vogue video dropped, commentators diagnosed her as talentless, boring and "a bratty white girl who has leached off her sister's fame."

Then, last month, a different document of Dixie's life appeared. Her family had acquired a Hulu reality series, "[The D'Amelio Show](#)," and its first episode culminated with the fallout from the Vogue video. A hand-held camera navigates the hallways of the D'Amelios' home, a modernist slab wedged into the Hollywood Hills.

[More Information](#)



Boost your mental health with mindful eating this holiday season

Consuming these sweet treats can bring additional benefits, aside from that sugar rush getting you to the finish line of finals. [Mindfully eating](#), or non-judgmentally engaging in all of your senses when you eat, is not a diet fad. Rather cultivating mindfulness while you eat can actually bring about psychological benefits such as [reduced depression](#), [increased body esteem](#), and [increased emotional control](#). Mindful eating is an easy, quick, and enjoyable way to incorporate more mindfulness into your daily routine. Mindful eating is all about bringing your whole self and all your senses non-judgmentally into the eating process.

[More Information](#)

Mental Wellness At Work Should No Longer Be Taboo

When we think of fitness, we think of exercise, diet and getting enough sleep. These are certainly great for our physical fitness, but what do you do for your mental fitness on a daily basis?

As a country, it's an area we are sorely lacking in. According to the National Alliance on Mental Illness, [more than 40 million adults](#) in the U.S. (roughly 19% of the population) have an anxiety disorder. These disorders are highly treatable, but [only 36.9% of those suffering receive treatment](#), says the Anxiety and Depression Association of America.

[More Information](#)

3 Overlooked Ways to Boost Mental Health

Mental health practitioners have helped many people heal and grow from a range of emotional conflicts that can harm their relationships, work, and overall lives. But where we've been less effective is helping people know what the "health" part of mental health really is, and what helps build it. That is, what lies beyond healing early [traumas](#) and learning to manage and cope with their residue in adult life; and beyond learning how to engage in more productive, functioning relationships. All of that is important. But we need a broader vision of mental health: a picture of continuous growth and expansion of your whole being—your mental, emotional, creative and [spiritual](#) needs and capacities.

[More Information](#)



MARK YOUR CALENDAR

November 25-December 16
16 Days of Action Against Domestic Violence 2021

December 1
World AIDS Day

December 1-31
National Stress-Free Family Holidays Month

December 3
International Day of Persons With Disabilities

December 10
Human Rights day

December 25
Christmas Day

December 28
National Call a Friend day

December 31
New Year's Eve



December is...

[National Stress-Free Family Holidays Month](#)

[National Influenza Vaccination Week](#)

[National Handwashing Awareness Week](#)



Peer Leaders Making A Difference In Mental Health

Talking about mental health can be tricky territory for anybody. If you're a kid, it can be even more difficult to find the words, let alone to ask for help for what is often a silent struggle.

UNICEF USA teamed up with AAIUH in 2020, amid rising concerns about the mental health impacts of the COVID-19 pandemic on young people, to develop *Beyond the Stigma: A Collective Conversation on Youth Mental Health and Wellness*. The program aims to equip youth — as well as supportive adults — with the tools and knowledge needed to recognize signs of anxiety, depression and emotional trauma and then proactively address them, by seeking help for themselves or providing support to others who may be experiencing something similar.

[More Information](#)



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