



# February

## ThinkHealth News 2025

Software Thinking and Standing with You



### Customers Hot Topic

#### Insurers Failed to Comply with Mental Health Coverage Law, Department of Labor Report Finds

A U.S. Department of Labor report revealed that insurers are violating the Mental Health Parity and Addiction Equity Act by excluding key treatments and creating inadequate provider networks, making it harder for patients to access care. Despite efforts to address these issues, progress remains limited. The report also raised concerns about insurers using biased reviews to deny coverage, a practice that has led to legal challenges and harm to patients. Ongoing investigations are examining how insurers manage these reviews and ensure fairness.

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### Agency Events and News

#### Applied Suicide Intervention Skills Training (ASIST) - 2 Day IN PERSON

ASIST is a two-day workshop that teaches suicide prevention through a six-step model, including skilled intervention and safety planning. Participants gain the knowledge and confidence to save lives, with 13 CEUs offered for Ohio professionals.

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#### 5th Annual CFT Student Research Conference: Therapy & Mental Health Trends



The 5th Annual Online Couples & Family Therapy Student Research Conference, hosted by Alliant International University, will explore "Innovative Trends in Therapy: The Future of Relationships." Topics include the impact of social media, AI, and emerging trends on mental health. Dr. Afarin Rajaei will give the keynote on AI's effect on behavioral health

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#### Counseling on Access to Lethal Means Clinical Workshop (02-20-25) IN PERSON

This workshop teaches professionals how to help individuals reduce access to firearms and medications during suicide risk, using the means safety prevention framework. Participants will learn to incorporate it into risk assessments, use motivational interviewing, and earn CEUs. Preference is given to Montgomery County residents or workers.

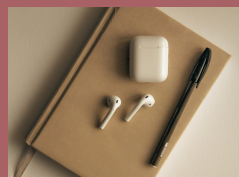
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#### Mindful Resolutions: Mindful De-escalation and Negotiation

This in-person training in the OKC metro area teaches mindfulness-based skills for identifying bias, de-escalating situations, and building trust, especially when working with youth. CEUs are available for CLE, CLEET, and VWC. The training is led by Zana Williams, founder of Mindful Resolutions, with over 15 years of experience working with at-risk youth.

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## NEWSLETTER HIGHLIGHTS



### Oklahoma County approves contract for construction of new behavioral health center

Oklahoma County Commissioners approved a contract with Flintco Construction on January 15, 2025, to build a new behavioral health center as part of the new jail project. This facility, which has been in development for nearly 20 years, is intended to provide much-needed mental health services, particularly for individuals who are incarcerated. The commissioners emphasized the project's significance following a U.S. Department of Justice report that highlighted Oklahoma's inadequate mental health care, especially for people with mental health issues. Commissioner Myles Davidson expressed confidence in Flintco's ability to deliver the project, stressing that the facility is a critical need. The construction is slated to be completed by September 2026, with the groundbreaking ceremony set for two weeks from now.

[Read More Here.](#)

### Gov. Mike DeWine lauds slight dip in Ohio suicide rates, pushes for sustained mental health efforts

Ohio has reported its first decline in suicide deaths in three years, with 1,777 lives lost in 2023, a decrease of 20 from the previous year. Governor Mike DeWine calls this a positive step but emphasizes the need for continued mental health support. White non-Hispanic males remain the most affected, though suicide rates have dropped among Black and White non-Hispanic females. The state has launched several initiatives, including the 988 Suicide & Crisis Lifeline, a Black Youth and Young Adult Suicide Prevention Initiative, and school wellness programs. Despite the decline, suicide remains the second-leading cause of death for Ohioans aged 10-34, highlighting the ongoing need for mental health efforts. Ohio Department of Health Director Bruce Vanderhoff encourages everyone to recognize when someone is struggling and to seek help through the 988 Lifeline.

[Read More Here.](#)



## Mark Your Calendar

**February 1st**

[Black History Month](#)

**February 1st**

[American Heart Month](#)

**February 2nd**

[Groundhog Day](#)

**February 4th**

[Rosa Parks Day](#)

**February 14th**

[Valentine's Day](#)

**February 17th**

[Presidents' Day](#)

**February 22nd**

[World Thinking Day](#)



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