

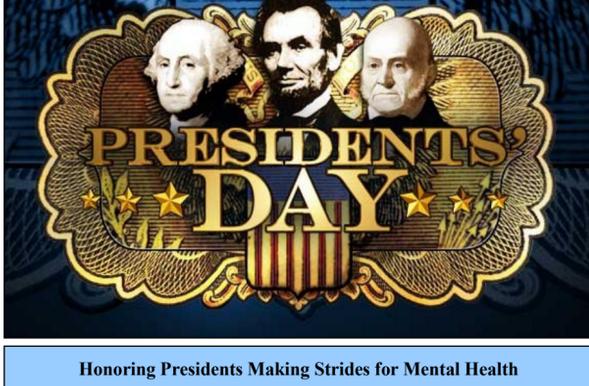
Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

February 2021

Try the new Client Portal!

When the Covid-19 pandemic shut down much of the “normal” operations last spring, OrionNet systems began developing tools to make distance counseling easier with ThinkHealth. First came our HIPAA compliant version of telemedicine, ThinkTelehealth. This platform allows a counselor to conduct remote sessions with video/audio connections to their patient. Then came the new client portal as a companion to ThinkHealth. The client portal allows the clinician to remotely send documents to the patient for them to review and sign. It also has a feature that lets the patient and clinician exchange secure messages! The client portal is available for a very reasonable yearly fee. Call 405-286-1674 today for more information or to sign up for this valuable tool!



Honoring Presidents Making Strides for Mental Health

Today our nation remembers how each President has shaped the past and continues to mold the future; three Chief Executives in particular stand out to Each Mind Matters for their contributions to mental health.

In 1963, President John F. Kennedy signed the Community Mental Health Act. The first federal law to encourage community-based mental health care, the Act expanded service options for many Americans living with mental health challenges. The bold promise of the Act was to shift resources away from large state-run institutions in favor of community-based services. Speaking to Congress earlier that year, President Kennedy said the idea was to help individuals find successful treatment in their own communities and return to “a useful place in society.”

[More Information](#)

Mental health is one of the biggest pandemic issues we'll face in 2021

With progress in efforts for [Covid-19 vaccines](#) and predictions for when the population will receive them, there seems to be a light at the end of the long, harrowing pandemic tunnel. As the physical risks are better managed with vaccines, however, what will likely still remain is the indelible impact of the pandemic weighing on the collective psyche.

“The physical aspects of the pandemic are really visible,” said Lisa Carlson, the immediate past president of the American Public Health Association and an executive administrator at the Emory University School of Medicine in Atlanta. “We have supply shortages and economic stress, fear of illness, all of our disrupted routines, but there's a real grief in all of that.”

[More Information](#)

That feeling you can't name? It's called emotional exhaustion.

The tank is empty. 2020 did not relent; the early days of 2021 have been a national nightmare; and if there's a phrase to describe what many of us are feeling it's this: emotionally exhausted.

The frustrating, heartbreaking, unpredictable events of the past months demanded so much. Many of us had to learn new ways of working, of caring for and teaching our children, of staying healthy and remaining connected. The burden of our responsibilities seemed to grow heavier by the day, and if we did find a precious moment to lay down the load, we'd turn on the TV to see racial unrest, hundreds of thousands dead from COVID or a raging mob at the U.S. Capitol. Many of us are asking, “how much more can we take?”

[More Information](#)

MARK YOUR CALENDAR

February 1
[National Freedom Day](#)

February 2
[Ground Hog Day](#)

February 2 & 9
[Wellness Coach Training](#)

February 3
[T-ASI Training](#)

February 8-10
[ASI & ASAM Training](#)

February 10
[ASAM Training](#)

February 14
[Valentines Day](#)

February 15
[Presidents Day](#)

February 19
[National Caregivers Day](#)

February 23
[WellBody Program Training](#)

How Memorial Tattoos Can Help With The Grieving Process

Remembrance tattoos can aid people dealing with loss in more ways than you might realize, according to mental health experts.

After [Kobe Bryant](#) and his daughter [Gianna](#) died in a helicopter accident in January 2020, the basketball legend's sister Sharia Washington paid tribute to her late brother and niece [with a new tattoo](#).

The ink featured their jersey numbers circled by a snake in the shape of an infinity symbol — a reference to Bryant's nickname, the Black Mamba. His widow, [Vanessa](#), later had [loving messages from her husband and daughter](#) tattooed on her wrist and neck.

[More Information](#)

February is...

[National Patient Recognition Week Feb. 1-7](#)

[National School Counseling Week Feb. 7-13](#)

[World NGO Day Feb. 27](#)

[National Eating Disorders Awareness Week Feb. 22-Mar. 1](#)

[Black History Month](#)

[National Heart Month](#)



What happens at the intersection of mental health and one's experience as a member of the Black community?

While the experience of being Black in America varies tremendously, there are shared cultural factors that play a role in helping define mental health and supporting well-being, resiliency and healing.

Part of this shared cultural experience — family connections, values, expression through spirituality or music, reliance on community and religious networks — are enriching and can be great sources of strength and support.

However, another part of this shared experience is facing racism, discrimination and inequity that can significantly affect a person's mental health. Being treated or perceived as “less than” because of the color of your skin can be stressful and even traumatizing. Additionally, members of the Black community face structural challenges accessing the care and treatment they need.

According to the Health and Human Services Office of Minority Health, Black adults in the U.S. are [more likely](#) than white adults to report persistent symptoms of emotional distress, such as sadness, hopelessness and feeling like everything is an effort. Black adults living below the poverty line are more than twice as likely to report serious psychological distress than those with more financial security.

[More Information](#)

Partly hidden by isolation, many of the nation's schoolchildren struggle with mental health

More than 10 months into the pandemic, mental health is a simmering crisis for many of the nation's schoolchildren, partly hidden by isolation but increasingly evident in the distress of parents, the worries of counselors and an early body of research.

Holed up at home, students dwell in the glare of computer screens, missing friends and teachers. Some are failing classes. Some are depressed. Some are part of families reeling with lost jobs, gaps in child care or bills that can't be paid.

Some students care for, or grieve, relatives with covid-19, the disease caused by the coronavirus, which has claimed more than 400,000 lives in the United States.

[More Information](#)

Significant Warning Signs You May Have A Mental Disorder

Whether it is depression, anxiety, or something else, mental illness is not something to take lightly. Individuals who feel they might be struggling with some type of issue with their mental health should reach out for assistance and visit a doctor or mental health professional, such as a psychologist or psychiatrist, as soon as they can. Doing so can greatly assist in the identification of what is wrong, if anything, and can help with starting effective treatment sooner. Individuals may also want to consider speaking to a trusted friend or other loved one, particularly if they are nervous about seeking professional help, as they can be a great source of support.

Uncover the major symptoms that may indicate the presence of a mental disorder now.

[More Information](#)

10 Ways to Show Yourself Some Love on Valentine's Day

I didn't get married until I was 42, and trust me when I say I had plenty of years before then that I was single on Valentine's Day.

Seeing my friends and co-workers get roses and boxes of chocolate from their significant others made me question why this holiday should even exist.

But, since Valentine's Day isn't going anywhere, why not take advantage of the lovefest in a different way?

No partner? No problem.

Try these ideas to spread lots of love...to yourself.

1. Make yourself a care package
Fill a pretty box or basket with a few of your favorite things to enjoy on Valentine's Day. Mine would definitely include dark chocolate, herbal tea, and some lavender essential oil.

2. Go shopping
Give yourself permission to splurge a little. You deserve it. Buy yourself a special little something.

[More Information](#)

The Positive Tomorrow Mission is Simple:

Partnering with homeless families to educate their children and create pathways to success

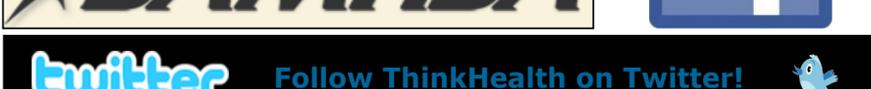
At Positive Tomorrows, we help homeless children and their families in three ways:

We remove barriers that get in the way of a child's learning, including hunger, lack of transportation and basic necessities.

We provide robust, intensive and individualized education to homeless kids who are often behind.

We empower homeless families to become self-sufficient and gain stability.

[More information](#)



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