

# Practice Management Insight

A report on events affecting behavioral health and substance

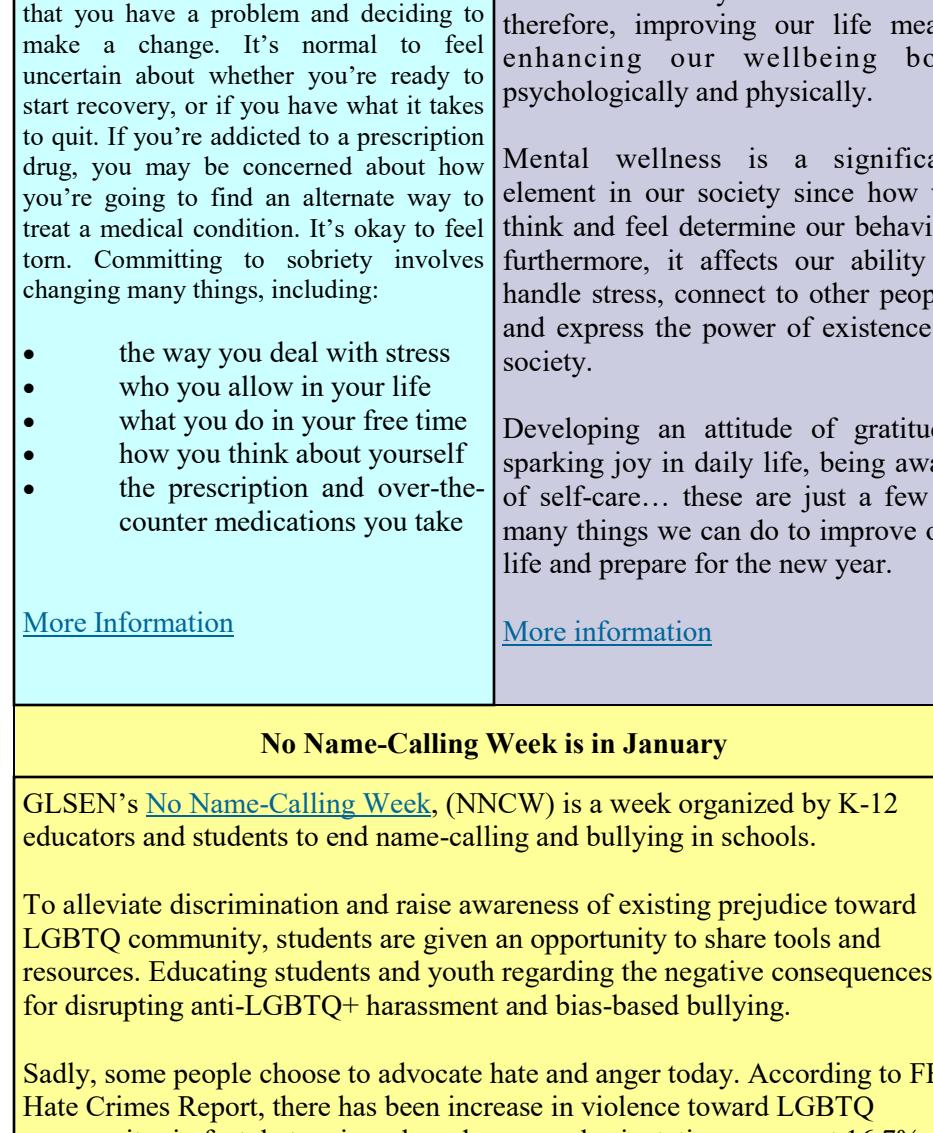
January 2021

## Happy New Year!

The team of OrionNet Systems is grateful to have you as one of our beloved clients. We appreciate each of you for allowing us to be a part of the business solution for your agency.

Mental Health America (MHA) released its annual [State of Mental Health in America Report](#), which ranks all states based on fifteen mental health and access measures for both adults and youth. Study indicates that the highest level of anxiety and depression has been seen since the pandemic.

Outstanding counselors and healthcare professionals who genuinely care about our community and people—like you—are extremely precious for society. We wish you many blessings, joy and happiness for the new incoming year. Simultaneously, we look forward to improving ThinkHealth and supporting your agency.



## MARK YOUR CALENDAR

January 1  
Global Family Day

January 8  
Keeping Babies in Mind while Working with Parent

January 11  
Human Trafficking Awareness Day

January 12  
Wellness Coach Training

January 19  
Tobacco Free Support Group Facilitation

January 18-22  
No Name Calling Week

January 28  
National Fun at Work Day



## January is...

Mental Wellness Month

National Mentoring Month

National Blood Donor Month

Birth Defects Prevention Month

National Slow Cooking Month

National Hot Tea Month

National CBD Month



For the medical professional on the go



## What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. [People define it differently](#), but it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Positive mental health enhances people's life quality by allowing them to realize their full potential, cope with general stress and anxiety with the stresses of life, work productively, and make meaningful contributions to their communities. It also helps build [self-esteem](#).

Ways to maintain positive mental health include: getting professional help if you need it, connecting with others, staying positive, getting physically active, helping others, getting enough sleep, developing coping skills.

[More Information](#)



ThinkHealth is available on iPad and Android tablets.

Enter your patients' health record, have Treatment Plans signed and write a progress note **all while offline**. Simply sync all the data when online.

Click [here](#) for more info.



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