



# January

## ThinkHealth News 2023

*Software Thinking and Standing with You*



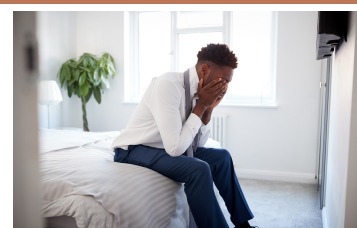
### Customers Hot Topic

By: Kiersten

ODMHSAS is seeking feedback to guide training decisions for 2023. Your responses will be used to determine the types of training and the style of training offered throughout 2023.

**[Click Here to Fill out Form](#)**

### Agency Events and News



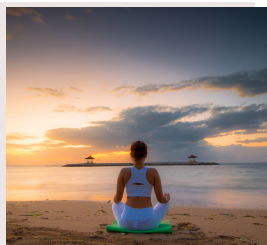
Are you a stressed, depressed and spiritually-curious Millennial who wants to...

- wake up everyday feeling calm and peaceful?
- get out of that rut you're stuck in & start living with intention?
- get through your day feeling more energized?

[Click Here to join for a FREE 2-day workshop](#)

What if you could heal that part inside that feels broken without spending years of talking about your problems? What if your next mental, emotional or spiritual breakthrough could come sooner and easier than you think? This workshop combines Conscious Connected Breathing, Energy Healing and Sound Therapy for exhilarating impact.

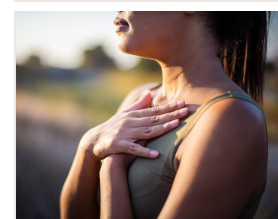
[Click Here to Register](#)



### ODMHSAS Strategic Plan

ODMHSAS identified three main goals progress services throughout Oklahoma. These goals were created using agency-specific mental health and substance abuse challenges affecting the State of Oklahoma and the statewide goal of reducing childhood obesity. In addition, studies show that childhood obesity indicates an increased risk for mental health (disorders), substance use, and addictive disorders

**[Click Here for More](#)**



Experience the amazing healing power of your breath with the Joy of Breathing technique. It allows you to quickly and effectively access a deeper connection with your body, mind, heart and soul. The technique is simple and powerful enough that anyone can practice and get benefits during the first session.

[Click Here for More](#)

One Trip Over the Moon, LLC is a safe space, where like-minded persons of all backgrounds can practice self-care, learn how to make healthy lifestyle changes, and explore new ways to connect with self, others, and nature. Virtually, you will have an opportunity to connect in real-time with the instructors and other participants and learn more about One Trip Over the Moon's in-person retreats.

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## NEWSLETTER HIGHLIGHTS

A new behavioral health transportation model in Oklahoma is being hailed as a significant step toward eliminating stigma and decriminalizing mental health.

Oklahoma is the first state in the nation to implement a statewide alternative approach to psychiatric transport services. Nov. 1, 2022, marked the one-year anniversary of a new law allowing the Oklahoma Department of Mental Health and Substance Abuse Services the ability to transport people experiencing a mental health emergency. Previously, law enforcement was primarily responsible for crisis transport.....

Law enforcement officials have been some of the more vocal proponents of this change, advocating for a better practice that provides a more appropriate transportation option and promotes operational efficiency. Like many Oklahoma communities, Muskogee's police department handles a large volume of mental health-related calls. With a population of approximately 37,000 and only 85 police officers to cover all shifts, constantly taking officers off the street, with two required to transport patients to available facilities, they have been required to pay overtime, call in extra officers and pay extra for fuel, noted Farmer.

[Click Here for More](#)

### OhioMHAS Prevention Office Releases Strategic Plan 2021-24

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) Office of Prevention Services is dedicated to the vision of All Ohioans promoting healthy, safe, and resilient communities. To achieve this, OhioMHAS partners with the state's behavioral health and related organizations to build a workforce that is capable of sustaining community-based prevention strategies and growing the use of evidence-based practices rooted in the science of prevention. The recently released Strategic Plan establishes a roadmap for providing expansive, strong infrastructure and support that has the capacity to sustain the future of effective prevention in Ohio. OhioMHAS Director Lori Criss added, "Our Office of Prevention Services plays an essential role in carrying out our vision of ending suffering from mental illness, substance use disorders and problem gambling for Ohioans of all ages, their families, and communities." Click [HERE](#) to read more about Ohio's Prevention priorities, strategies, programming and alignment with the strategic plans of the Governor's offices of RecoveryOhio and the Children's Initiative, as well as the OhioMHAS Strategic Plan 2021-24.

[Click Here for More](#)



### Mark Your Calendar

#### January 1

[New Year's Day](#)

#### January 9

[Law Enforcement Appreciation Day](#)

#### January 16

[Martin Luther King Day](#)

#### January 21

[National Hugging Day](#)

#### January 23

[National Pie Day](#)

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