

January NEWS 2022

A report on events affecting behavioral health and substance abuse providers



Mark Your Calendar

January 5

[ASI Training](#)

January 11

[Wellness Coach Training](#)

January 17

[Martin Luther King Day](#)

January 19

[Tobacco Free Support Group Facilitation](#)

January 25

[Crisis Services Series](#)

NEWSLETTER HIGHLIGHTS

New billing disclosure requirements take effect in 2022

OKC's New Plan For Mental Health Emergencies Still Includes Police

Don't forget mental health and self-care amid the hustle and bustle of the holidays

Mindfulness Workshop

The gender gap in recognizing mental health issues

HAPPY NEW YEAR



New Year New Update!

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- ThinkJottable - Our Mobile app to jot down notes that can sync to your ThinkHealth Account
- Auto save file - Won't lose any information if you exit out accidentally.

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Mind, body, soul: Embodied Directions Wellness Sanctuary opens with yoga

By Megan Fernandes

Helping others was a passion for Jennifer Stevens long before she opened her first clinical mental health practice in the city.

“Helping folks, it’s just in my blood,” Stevens said, noting it’s a trait she learned from her mother, who worked in a group home setting to support people with developmental disabilities.

“Sometimes I would go to work with her and it was very much like a family, a community atmosphere at her agency,” Stevens said. “The clients that she supported became like extended family in a lot of ways.”



A Brighter Tomorrow: Requiem Alliance focusing on mental health in service industry

By Payton Head

Olivia Pener is a co-founder of the Requiem Alliance. She said they decided to create the organization after the suicide of a fellow restaurant worker and friend.

“There have been many suicides within the service industry and also a lot of overdose deaths,” Pener said. “This [group] is something that has been long overdue and the strategies that we as a collective have employed to address the issue on our own, or with each other, they’re just not working. Because our friends keep dying.”

“We just want to make sure that people have access to the mental health care that they need and that as many barriers to accessing that care are removed as possible,” Pener said.



Questions or comments? Email us at onsmarketing@orionnetsystems.com or call 405.286.1674
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