

Practice Management Insight

A report on events affecting Oklahoma providers

June 2018

ThinkHealth Updates v4.20 was a Success!!

ThinkHealth rolled out version 4.20 recently and it was a huge success, adding many new features and options to our system. According to Clyde Wafford, President/CEO, "My team put in a lot of hours for the last deployment and I need to get them some time off before this next deployment coming the end of June." Therefore we closed on Friday, June 1st, for some much deserved rest and relaxation for the OrionNet Systems, LLC employees, after many, many hours of overtime.

But of course there is no rest when another deployment is coming so quickly, later this month. There are always ways to make our product better, and we regularly listen to ours customers' suggestions and often incorporate them into our rollouts. If you have an idea or suggestion for improving ThinkHealth, please let us know, and you may see it included in one of our updates.

[More Information](#)

Bottled-Up Emotions at Work Lead to Burnout

In many ways, figures like *Mad Men's* Donald Draper still reign in the professional world: unsmiling suits, grabbing the next crisp white shirt from a desk drawer after pulling an all-nighter. Many leaders embody the always-on professional robot — that is, until fatigue, stress, and burnout strike.

Research suggests that if we attempt to repress how our work affects us — how our work affects our emotional health — it can lead to increased stress, less productivity, heightened depression and anxiety, and may even lead to a greater risk of heart disease. There's even some recent research to suggest that emotion suppression is connected to an increased risk of breast cancer.

To say the least, not metabolizing our emotions is making us sick. That's not how we should be spending the 90,000 hours that we work in a lifetime.

[More Information](#)



A Meditation on Working with Anxiety

This practice combines mindful breathing, the body scan, and mindfulness of thoughts with *mindful self-inquiry*. Mindful self-inquiry is an investigation into the nature of one's own mind and being. That inquiry looks into physical sensations, emotions, and thoughts that may be contributing to stress and anxiety. In your daily life, you may be so busy doing that you feel you have little or no time for self-reflection. Yet this exploration is extremely worthwhile, as fears often lie beneath the surface of awareness.

By going with what's happening rather than expending energy fighting or turning away from it, you create the opportunity to gain insight into what's driving your concerns.

When you practice mindful self-inquiry, you bring kind awareness and acknowledgment to any stressed or anxious feelings in the body and mind and simply allow them to be. This means staying with those feelings without analyzing, suppressing, or encouraging them. Although this may seem scary in and of itself, realize that when you allow yourself to feel and acknowledge your worries, irritations, painful memories, and other difficult thoughts and emotions, this often helps them dissipate. By going with what's happening rather than expending energy fighting or turning away from it, you create the opportunity to gain insight into what's driving your concerns.

[More Information](#)

How to take a mental health day

We're heading into summer — time to kick back and relax, right? Not for a lot of us. More than half of U.S. workers don't use all of their vacation days, even though taking time to rest and rejuvenate is key to productivity.

People recognize that they need this time for themselves — in a survey of full-time workers in the U.S. 45 percent say that paid time off for mental health days would help them beat burnout. But they struggle to break away from the incessant demands of the office.

Even a single day off can feel like a break, and summer is an ideal time to get a day to yourself on the calendar. When you work without breaks you're busy, but not necessarily productive. "It's important to have opportunities to rest and reflect and recharge. It's a mistake to think that more hours worked equals more productivity," says Leah Weiss, Ph.D., author of "How We Work" and a Stanford Graduate School of Business lecturer.

[More Information](#)

Why We're Focusing on Mental Health

On March 6th, The Players' Tribune published an article written by Cleveland Cavs center and forward Kevin Love. The team was off to a poor start for the season. He talked about the stress from that and from personal issues. It came to a head during a game against the Atlanta Hawks. He wrote about his heart racing, not being able to catch his breath, and feeling like his mouth was chalk. He ended up at Cleveland Clinic where they ran a "bunch of tests" but found nothing.

The truth: Kevin Love had suffered a panic attack. But he wrote he knew he couldn't bury what happened.

The team connected him with a therapist. Months later, Love shared his own story, and took a big step towards getting past the stigma and sharing his own struggle.

[More Information](#)

MARK YOUR CALENDAR

June
[National Safety Month](#)

June 1
[Addiction Severity Index](#)
[Tulsa OK](#)

June 5
[SBIRT](#)
[OKC OK](#)

June 6
[Wellness Coach Training](#)
[Tulsa OK](#)

June 13
[Drug Utilization Review Board Meeting](#)
[OKC, OK](#)

June 18
[American Society of Addiction Medicine and the Oklahoma Determination of the ASAM Service Level](#)
[Tulsa OK](#)

June 17
[Father's Day](#)

June 28
[OHCA Board Meeting](#)
[OKC, OK](#)

June 28
[Mental Health First Aid Youth](#)
[OKC, OK](#)

June 28
[Strengthening Families Program-Prevention](#)
[OKC, OK](#)

June 31
[World No Tobacco Day](#)

Clinician Activity Training-Treatment Planning/PA's

Join us June 22nd from 10:00am noon for the Clinician Activity Training-Treatment Planning/PA's. During this training we will explore the Treatment Plan Module and provide some tools and tips along the way. We will review Treatment Planning in ThinkHealth. We will concentrate on learning basic concepts, problem/goals, learning advanced time saving tools, and how to properly bill for a Treatment Plan.

CEU's are approved for LPC, LMFT, LADC, and CADC. Please click to register below.

[More Information](#)

Customer Quote! OrionNet Systems 2018

Glad you are watching out for us... you have the best service in the land!

Susan -Touchstone Counseling



June is...

National Safety Month

PTSD Awareness Month

Men's Health Month

Family Health & Fitness Day USA



National Alliance on Mental Illness



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