

# Practice Management Insight

A report on events affecting Oklahoma providers

June 2021

## ThinkHealth's Client Portal

If you haven't taken advantage of ThinkHealth's new Client Portal, now's the time! For a low yearly fee, your agency can give clients the ability to review and sign documents securely over the internet. Clinicians can also message back and forth with their clients using this HIPAA compliant tool.

In this time of working from home, everyone needs the ability to do things remotely with their clients. The Client Portal may be perfect answer for your agency!

It's not too late to sign up for the Client Portal! Call 405-286-1674 now for more information or to get signed up!

## International Fathers' Mental Health Day

Although most of us—men and women alike—are socialized to think of men as providers of support during the perinatal period and early parenthood, a wealth of research shows that 10% of new dads experience paternal postpartum depression (50% when mom is depressed!) and tend to need support of their own. However, the stigma against experiencing difficulties in early parenthood is even higher for men than for women. Society views men as stoic, self-sacrificing, and above all, strong. When men feel none of those things as new fathers, they don't want to admit it or seek help.

[More Information](#)



CrossCards

### Do wearable stress-relief gadgets work? I tried some to find out.

Coping with stress has never been one of my strengths. As a child, I developed a nervous habit of picking the skin on my fingers, and two decades later, I haven't been able to stop. After more than a year of pandemic life, punctuated by social unrest, natural disasters, a divisive presidential election and a riot at the U.S. Capitol, my fingers have never looked worse — and I'm not alone in dealing with troublesome nervous habits.

Levels of stress and anxiety in the United States, among other mental health challenges, have increased during the past year, prompting many people, myself included, to seek ways to cope. So when I learned that there were wearable devices intended to help improve your response to stress, I was intrigued. How did this technology work? Was it really as easy as the advertisements made it seem?

[More Information](#)

### CVS to Offer In-Store Mental Health Counseling

From isolation to grief, the pandemic has taken a tremendous toll on everyone's mental health. In response to the mental turmoil, there's one coping mechanism consistently recommended: therapy. While therapy can do wonders for a person's mental health, the cost and wait times can create painful barriers to care, leaving people to fend for their well-being without additional support.

CVS is one company is taking steps that may make mental health care more accessible. This year CVS introduced mental health counseling at a few locations nationwide. Currently, it's available at select stores in Pennsylvania, Texas, and Florida, with counseling starting soon at a few stores in New Jersey.

[More Information](#)

### Ammi's Adventures: A 4-Minute Meditation for Kids

Welcome to the world of Ammi—a mindfulness adventure series for young children. Ammi is a wise and gentle child who leads the way as we explore ourselves and one another through the natural world. Each story uses guided imagery to inspire inner connection and support emotional regulation. These simple meditations recognize the importance of imagination as a foundation for conscious creation in the world. They bridge the physical, the energetic, the emotional, and all the spaces in between. Whether in the home or classroom, you can engage in these special practices with children of all ages. Read them aloud together, listen to the guided meditation, and welcome the time to process and integrate the practice.

[More Information](#)

### 'I wish I could live a normal life': What your friend with an anxiety disorder wishes you knew

Many people have anxiety – but not everyone has an anxiety disorder.

The Mayo Clinic describes clinical anxiety disorders as involving "repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks)."

Different types of anxiety disorders include generalized anxiety disorder, social anxiety disorder and separation anxiety disorder.

Anxiety disorders may be more common than you think: About 31% of U.S. adults will experience an anxiety disorder over the course of their lives. Treatments range from therapy to medication to mindfulness.

[More Information](#)



### For college students under pressure, a dog may be the best stress fighter around

Programs exclusively focused on petting therapy dogs improved stressed-out students' thinking and planning skills more effectively than programs that included traditional stress-management information, according to new Washington State University research.

The study was published today in the journal AERA Open, a peer-reviewed journal of the American Educational Research Association. The paper demonstrated that stressed students still exhibited these cognitive skills improvements up to six weeks after completion of the four-week-long program.

[More Information](#)

### What is languishing? Alone? A mental health glossary to explain what you're feeling

I'm depressed." "I'm anxious." "I'm burnt out."

The vocabulary of mental health has seeped into our everyday lives. While some people may use these terms to speak about a specific diagnosis, others use these phrases casually, colloquially, without paying much attention to distinctions. Emotional exhaustion, for example, isn't a clinical term, but that doesn't mean the experience of it is any less real.

So what is the best way to describe that feeling you can't quite put your finger on? Here's a closer look at what some of the most buzzed about mental health terms mean, and when you should use them.

[More Information](#)



[Follow ThinkHealth on Twitter!](#)



## MARK YOUR CALENDAR

**June 1-3**  
[Oklahoma Determination of ASAM Service Level Training](#)

**June 2**  
[Wellness Coach Training](#)

**June 3**  
[Oklahoma Determination of the ASAM Service Level](#)

**June 3**  
[How to Facilitate a Group Rehab PRSS Training](#)

**June 8**  
[PRSS Ethics & Wellness Coach Training](#)

**June 10**  
[Assisted Outpatient Treatment Summit, PRSS Supervisory Training & Housing First Training](#)

**June 13**  
[National Children's Day](#)

**June 15**  
[WellBody Training](#)

**June 20**  
[Fathers Day](#)

**June 21 or 22-25 (new trainer)**  
[Therapeutic Options Train the Trainer Recertification & for New Trainers](#)

**June 27**  
[National PTSD Awareness Day](#)

## Mindfulness for Healthcare Professionals

With heartfelt appreciation, we offer healthcare providers these practical tools for staying resilient. Preparing for the long engagement of healthcare service—both mentally and physically—means carving out whatever time we can to sustain ourselves.

Our hope at Mindful is to provide you with realistically accessible mindfulness practices during these physically and emotionally demanding times. The front lines for healthcare providers may feel overwhelming. Please use these practices freely, and often.

[More Information](#)

## JUNE is...

**National PTSD Awareness Month**

**National Safety Month**

**June 4th**  
**International Day of Innocent Children Victims of Aggression**

**June 19th**  
**International Day for the Elimination of Sexual Violence in Conflict**



## 6 Meditation Apps That Are Worth the Price Tag

Prioritizing self-care has been on the rise for years, leading a cultural shift toward paying attention to our well-being in a fast-changing world. Hop onto Instagram and there are 25.9 million posts tagged #mindfulness. More and more people are exploring the practice, with apps being one of the main ways we're diving in. Quartz recently reported that more than 2,500 meditation apps have launched since 2015, and while their popularity was already growing steadily, the number of downloads these stress-relieving apps get has soared during COVID-19.

1. [Shine](#)
2. [Headspace](#)
3. [Ten Percent Happier](#)
4. [Calm](#)
5. [Happy Not Perfect](#)
6. [The Tapping Solution](#)

[More Information](#)

Questions or comments? Email us at [OrionNet@coxinet.net](mailto:OrionNet@coxinet.net) or call 405.286.1674

To remove your name from our mailing list, please [click here](#).