

Practice Management Insight

A report on events affecting Oklahoma providers

March 2021

ThinkHealth Update v 3.3.5

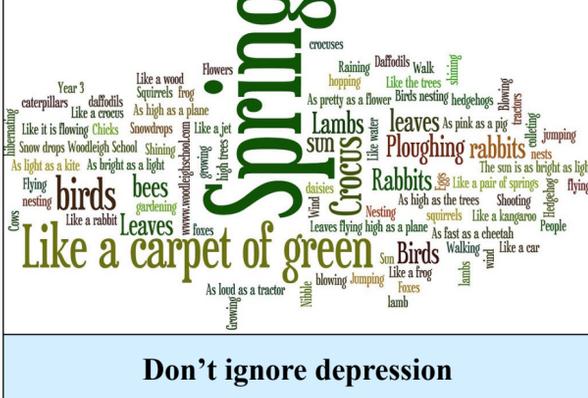
OrionNet Systems, LLC, makers of the ThinkHealth Practice Management System, recently updated their software, unveiling version 3.3.5. To stay current with ever-changing needs and wants of our customer base, ThinkHealth undergoes an update a few times a year.

Among the updates included in this rollout are:

- Additional function for our recently introduced client portal
- Continuing to improve and add to our in-program HELP feature
- ASAM documentation inclusion
- Improved functionality for the simple treatment plan, the patient module, as well as the schedule module

For a more extensive list of the version 3.3.5 update, click below.

[More information](#)



Don't ignore depression

Depression among older adults is more common than ever. And the most significant threat is that many don't seek help.

Depression may be more common as people age, but perhaps the biggest threat to older adults' mental health is that many of them fail to recognize its symptoms and seriousness.

A 2020 poll conducted by GeneSight Mental Health Monitor found that 61% of people ages 65 and older who worry they may have depression don't seek treatment. About one-third believe they can "snap out of it" on their own.

This all-too-common attitude can cause many to unnecessarily suffer from a treatable illness.

"Depression still carries a stigma, especially among older adults, who have trouble admitting they have a problem," says Dr. Caroline Bader, a geriatric psychiatrist with Harvard-affiliated McLean Hospital. "But it's a common and treatable problem, and older people should know they are not alone and do not need to suffer in silence."

[More Information](#)

MARK YOUR CALENDAR	
March 1	Advanced ASI/ASAM Training
March 2 & 9	Wellness Coach Training
March 11 & 17	Housing First Training
March 14	Daylight Saving Begins
March 16	World Social Work Day
March 17	St. Patrick's Day
March 20	Spring Begins
March 22	Therapeutic Options Train the Trainer Recertification
March 23	Therapeutic Options Train the Trainer for New Trainers
March 23	Mental Health First Aid Adults
March 25	Tobacco Free Support Group Facilitation
March 25	Mental Health First Aid Youth



March is...

Self-Injury Awareness Day March 1
World Music Therapy Day March 1
World Teen Mental Health Day March 2
International Day of Happiness March 20
National Social Work Month
National Brain Injury Awareness Month



Social Media Is Traumatizing Us More Than We Realize

Here's how constant COVID-19, racial injustice and political posts can alter your brain and body, plus advice on fixing it.

Disturbing headlines aren't new — but thanks to social media, we're more exposed to them than ever. From uninterrupted streaming of the Capitol riot in Washington, D.C., to videos of police mistreating Black and brown people to updates about the rising COVID-19 death toll, we're constantly bombarded with doom. Social media provides the perfect space for any and everyone to share the latest information (and misinformation), as well as analysis. There's no break.

On balance, we think we can handle it because we're not breaking down every time we spot another tragedy in our news feed. But is this actually a sign we're OK or is it really an indication that we're hurting more than we realize?

[More Information](#)

Foods to Avoid If You Have Anxiety or Depression	Pen, Paper, Power! Five Benefits of Journal Writing
<p>Fruit Juice The fiber in whole fruit fills you up and slows down how your blood takes in energy. Without that fiber, you're just drinking nutritious sugar-water that can quickly hype you up -- and bring you down just as fast. That can leave you hungry and angry -- "hangry." That won't help anxiety and depression. Eat your fruit whole. When you're thirsty, drink water.</p> <p>Regular Soda There's no win for you here: It has all of the blood-spiking sugar of fruit juice with none of the nutrition. Sugar-sweetened drinks like soda have a direct link to depression, too. If you crave a pop, try seltzer water with a splash of juice instead. It'll give you a bubbly fix without too much of the stuff you don't need.</p> <p>More Information</p>	<p>Not everyone is willing to try writing as a primary or supplementary approach to problem-solving. Those who are—even when they are skeptical at first—almost always find writing to be a powerful and surprisingly accessible means to insight, healing, growth and change.</p> <p>The handwritten personal journal has enjoyed a renaissance as a tool for problem solving, life management and creative expression. It's impossible to know how many journal writers there are—journaling is, after all, usually a solitary act—but a popular brand of blank journals is estimated to sell more than 1,000,000 journals per year. [1] Considering that this number accounts for only one manufacturer of blank journals, and the majority of journal writers choose spiral notebooks or composition books, the number of potential journal writers out there is staggering.</p> <p>More Information</p>

An outlook better than optimism?

While looking at the sunny side of life offers a lot of light moments, there may be a better path to well-being.

Optimism feels good. The expectation that positive things will happen is associated with happiness and better health, including fewer heart attacks and a lower risk for premature death. Pessimism, on the other hand, feels bad; it makes you depressed or anxious and keeps the fight-or-flight system activated, triggering chronic inflammation (which is linked to many diseases).

You might think the best way to improve your well-being is to cultivate an optimistic outlook. Think again. "Better than cultivating an artificial optimism is to see the situation and the world realistically," says Ronald Siegel, an assistant professor of psychology, part-time, at Harvard Medical School and medical editor of the Harvard Special Health Report *Positive Psychology*.

[More Information](#)

5 Action Steps for Helping Someone in Emotional Pain

<p>ASK "Are you thinking about killing yourself?"</p>	<p>KEEP THEM SAFE Reduce access to lethal items or places.</p>	<p>BE THERE Listen carefully and acknowledge their feelings.</p>	<p>HELP THEM CONNECT Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	<p>STAY CONNECTED Follow up and stay in touch after a crisis.</p>
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www.nimh.nih.gov/suicideprevention

Suicide Prevention

If You Know Someone in Crisis

Call the [National Suicide Prevention Lifeline \(Lifeline\)](#) at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the [Crisis Text Line's website](#).

The [Veterans Crisis Line](#) connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session at veteranscrisisline.net/get-help/chat.



<p>MENTAL HEALTH ASSOCIATION OKLAHOMA</p>	<p>MHA Mental Health America</p>
<p>The Ohio Council Of Behavioral Health & Family Services Providers</p>	<p>Substance Abuse and Mental Health Services Administration SAMHSA</p>

<p>NAMI National Alliance on Mental Illness</p>

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