

21st Century Cures Act

The 21st Century Cures Act was enacted by Congress in 2016, but only recently is becoming implemented. Health Care providers will no longer be able to engage in “information blocking.” Patients must have immediate access to their health information without charge, instead of the 30 day delay of the past.

The Cures Act will give the patient more control over their health care by giving them ready access to their medical records through a smartphone or a secure portal.

[More Information](#)



How to Be Social Again

The corona virus pandemic has taken a toll on our collective mental health. Can nutrition help?

As we move through the spring of The Great Vaccination, many of us are feeling cautious optimism, and also its flip side: creeping dread.

Maybe you have a sense of ambivalence about how to interact with others again. If you used to work in an office, you might be worried about returning to work — but eager to see people again. Or you find yourself having to confront a neighbor about a longstanding problem — but you’re out of practice with conflict resolution. (I’m not sure I remember how to talk to another human anymore, let alone one I disagree with.)

Whatever the specifics, “there will be new forms of social anxiety,” said Dacher Keltner

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May is **Mental Health Month**, but 2020 might as well be International Mental Health Year. Even though physical distancing is saving lives amid the coronavirus pandemic, the resulting isolation — accompanied by job loss for many people — is leaving a trail of depression and anxiety in its wake, even among some people who haven’t grappled with those mental health issues before.

In 2018, long before we ever heard of COVID-19, one in five U.S. adults experienced mental illness, according to the [National Alliance on Mental Illness](#), with anxiety disorders and depression being the most common. unfortunate stigma attached to simply having a mental illness.

[More Information](#)

MARK YOUR CALENDAR

- May 3
[Advanced ASI/ASAM Training](#)
- May 4
[PRSS Ethics](#)
- May 4
[Wellness Coach Training](#)
- May 5
[Cinco de Mayo](#)
- May 5
[IPS 101 Training](#)
- May 5
[IPS Fidelity Training](#)
- May 9
[Mother’s Day](#)
- May 11
[Wellness Coach Training](#)
- May 19-21
[2021 Children's BH Virtual Conference](#)
- May 31
[Memorial Day](#)

10 of the Best Online Therapy Platforms

...multiple [studies suggest](#) that online therapy really is as useful as in-person visits when they’re conducted via video, though there’s less research-based evidence on text-only therapy. Several of the telehealth services below, such as Amwell, accept insurance; others don’t. Given that subscription-based teletherapy plans can be more affordable than some insurance copays (accent on “some”), they can be a budget-friendlier to find support when you need it, without leaving home.

Here are 10 of the best online therapy platforms out there today, and a summary of each to help determine which is best for you.

1. Talkspace
2. BetterHelp
3. Calmerry
4. Sesh
5. Amwell
6. Online-Therapy.com
7. 7 Cups
8. Pride Counseling
9. ReGain
10. Cerebral

[For more information](#)



MAY is...

- [Mental Health Awareness Month](#)
- [National Small Business Week May 2-8](#)
- [National Emergency Medical Services Week May 16-22](#)
- [National Foster Care Day May 4](#)
- [International Nurses Day May 12](#)

World Maternal Mental Health Day - 5 May 2021

World Maternal Mental Health Day draws attention to essential mental health concerns for mothers and families. Life changes around pregnancy make women more vulnerable to mental illness. The negative cycle of poverty and mental illness impact on a woman’s ability to function and thrive. This may also directly affect her foetus or child, with long-lasting physical, cognitive and emotional outcomes.

[More Information](#)



What Is Sand Tray Therapy?

Unwinding Your Anxiety Habit Loop

Sand tray therapy, which is sometimes called sandplay therapy, is used for individuals who have experienced a traumatic event such as abuse or a catastrophic incident. Although this type of therapy is used most often with children, sandplay therapy also can be helpful for teens and adults.

When utilizing this therapy, psychotherapists use sand trays to assess, diagnose, or treat a variety of mental illnesses. Research shows that sand tray therapy also can help increase emotional expression while reducing the psychological distress that may come from discussing traumatic events or experiences.

[More Information](#)

I don’t know about you, but I’m a little tired of reading the same tips over and over about how to calm down and destress. I’m tired of trying to slow down my breathing when my chest feels heavy, and question the worst-case scenarios running around my head.

That’s why psychiatrist Judson Brewer’s new book *Unwinding Anxiety* is so refreshing. Yes, it has some tips—but they don’t come until much later in the book. In fact, his whole point is that tips alone won’t help those of us who struggle with anxiety.

Brewer shows how anxiety exists inside the habits that make up our everyday lives, and habits are sticky.

[More Information](#)

What NOT To Say When Someone Shares Their Trauma With You

The 21 best low-stress jobs for people with anxiety

It takes a lot of courage for a loved one to open up to you about a traumatic experience they’ve been through. Trauma can span a range of events like physical or emotional abuse, sexual assault, a car accident, a health crisis, a shooting, a natural disaster or the death of a loved one (just to name a few).

So when a person you care about decides to share their personal story, you want to respond to their pain in the “right” way — but it can be hard to know what that is. Often, in trying to be supportive, friends or family inadvertently say something insensitive that backfires and causes hurt instead.

Tovah Means, a trauma therapist at Watch Hill Therapy in Chicago, said many survivors never tell anyone what happened to them because they’re afraid they’ll be judged or blamed for it. Others choose not to speak up because they think what they’ve been through isn’t “that bad.” So if a loved one does confide in you, then you want to honor that.

[More Information](#)

If you are reading this you are probably asking yourself if there really are jobs that won’t make your anxiety symptoms worse. The short answer to that is yes, there are many jobs that would be a great fit for someone with anxiety or social anxiety disorder.

Finding a job that is anxiety-friendly can be difficult if you don’t know where to look. If you have generalized anxiety, you likely will want to find a low-stress job, but if you have social anxiety disorder, you may also be looking for a low-stress job with limited social demands.

Zippia understands that the job search process itself can cause anxiety. But with this guide, you can navigate the job search much more easily.

Here are some things to keep in mind when looking for a job that won’t make you anxious:

Look for jobs that are flexible, both in terms of workspace and of deadlines. Don’t toss job opportunities away just because they are not work-from-home.

[More Information](#)



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