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Sibling bullying linked to poor mental health years later

Most people who grew up with brothers or sisters know sibling relationships aren't always picture perfect. A sibling can be your best friend one minute, and your worst enemy the next. Now, however, researchers from the University of York find that children who consistently bully a sibling at a young age can push their brother or sister towards a greater risk of mental health and overall well-being issues later on in adolescence.

Study authors looked at data on over 17,000 people during this project. The team concludes that as sibling-bullying frequency increases during early-to-middle adolescence, so does the severity of mental health issues in that child's late teenage years.

Bullying can be bad for both siblings

More Information

Experts speak on child abuse and the hidden warning signs

1,000 abused children are helped by CARE House every year. When I asked Libby Nicholson, the director of CARE House in Montgomery County if child abuse has reached crisis levels in the Miami Valley she responded, "Yes, I call that a crisis, but it was a crisis yesterday, and it's going to be a crisis tomorrow until we fix this problem."

more dangerous reports of child abuse, experts say there are many other lesserknown signs that slip through the cracks.

Physical wounds -and social isolation are mainstream, tell signs of child abuse. Betsy Linnell, with Cedarville University, says the main sign that goes overlooked is when kids over perform at school due to fear and anxiety of retaliation.

More Information Depression Rates Have Tripled During the Pandemic — How to

The pandemic has wreaked havoc on people's mental health — and a new study

Recognize the Signs and Respond to Them

suggests the effects are widespread and longer-lasting than anticipated.

to research from Boston University published in medical journal The Lancet Regional Health. Pre-pandemic, about 8% of U.S. adults experienced depression. But in a survey of 1,161 people taken between March and April of 2020, that statistic jumped to 28%. People often experience elevated levels of depression after a traumatic event, Dr.

Depression rates tripled over the course of the first year of the pandemic, according

Sandro Galea, dean of Boston University's School of Public Health and one of the study's authors, tells CNBC Make It. It can be caused by natural disasters, terrorist attacks or, in this case, a pandemic.

More Information



Mindfulness is the ability to be fully present of where you are and what is

happening. Sounds easy right? You just have to pay attention to what you do and that's it. But it is much more difficult than you would think. We are used to letting our minds wander, to being distracted, to obsessing over thoughts of the past or the future. Changing the way our mind works is difficult and mindfulness is something that should be practiced. Stopping this has several benefits and this is why it can be a great tool to help your employees. To begin with, practicing mindfulness helps the well-being of the people who work with you.

More Information Young Adults with Mood Disorders Often Not Receiving Mental Health

Young adults with a mood disorder are having a much harder time than adults when

As the pandemic continues to fuel concerns about children's mental health, schools should be aware that students

with conditions like depression and anxiety may qualify for accommodations under federal law, the administration said Wednesday. Ongoing disruption and social isolation sparked by COVID-19 precautions have

led to concern about mental health in

general. And federal officials have encouraged schools to target federal relief aid to students' mental health and emotional well-being in addition to the academic recovery. **More Information**

it comes to addressing their mental health, according to new analysis of national

survey data. The **2021 Mood Disorder Survey** was conducted by The Harris Poll on behalf of the National Alliance on Mental Illness (NAMI). Younger adults (18-34)

experience greater concerns about the judgment and stigma they may experience from seeking out treatment. When they do seek out treatment, they have greater difficulty in accessing affordable, professional care. "Many people develop mood disorders as young adults, at a time of life when they are juggling living on their own, launching careers and starting families," said NAMI Chief Medical Officer Ken Duckworth, M.D. " More Information





MARK YOUR CALENDAR

Teen Addiction Severity Index

November 6 **International Stress Awareness Day**

November 7 **Daylight Saving Time**

November 8

Housing First Training

Mental Health First Aid Adults November 11

Veterans Day November 13

November 10

World Kindness Day November 13-21

Week November 15-19

Hunger and Homelessness Awareness

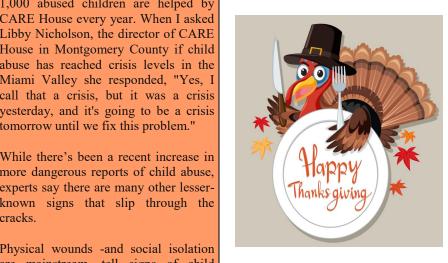
Anti-Bullying Awareness Week

November 16

International Day for Tolerance November 20

International Survivors of Suicide Loss Day

November 25 Thanksgiving Day



November is...

Eat Smart Month

National Homeless and Hunger **Awareness Month**

Heritage Month

National Diabetes Month 2021

Movember

National Family Caregivers Month 2021

Gluten-Free Diet Awareness Month

Awareness Month **COPD Awareness Month**

National Long-Term Care



mental health Jay Hendricks was joined by Kristi

Morning routines for your

Edwards and Melanie Saiz of

Centers for Children and Families to discuss morning routines for mental health. How can a morning routine help

o A healthy, low-stress & focused morning routine can set the tone for

improve your mental health?

- your entire day. o Cementing some morning habits can be helpful to people experiencing anxiety and/or depression as it makes it easier to
- prioritize your mental health from the very start of your day. o Decision fatigue can happen if we allow ourselves to start an unstructured morning. From pushing the snooze button a few times to
- struggling to put an outfit togetheryour mind is being worn down with insignificant decisions before you have a chance to be productive. More Information











