

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

October 2020

ThinkHealth EHR Certification

The ThinkHealth Practice Management “EHR” has been 2014 certified and recently had its EHR certification renewed for the updated standards. Our new certification better aligns with Behavioral Health/Mental Health/Substance Abuse/Residential services that our software delivers and fits more of what our consumers are seeking. OrionNet Systems, LLC realizes the benefits that our EHR certification brings to our members, such as increasing their revenue through grants from RFPs and increasing the quality of care for their clients.

Being a certified EHR vendor is something our company takes on with pride as we continue to move forward into the future with new technology.

[More Information](#)

MARK YOUR CALENDAR

October 4
National GOE Day
[National Calendar](#)

October 5
National Child Health Day
[National Calendar](#)

October 6
Virtual Evidence-Based Suicide Prevention Training for Physicians & Nurses
[Ohio DMHAS](#)

October 8
Wellness Coach Training
[ODMHAS](#)

October 10
World Mental Health Day
[National Calendar](#)

October 12
Columbus Day
[National Calendar](#)

October 13
Wellness Coach Training
[ODMHAS](#)

October 14
National Stop Bullying Day
[National Calendar](#)

October 16
Mental Health First Aid Adults
[ODMHAS](#)

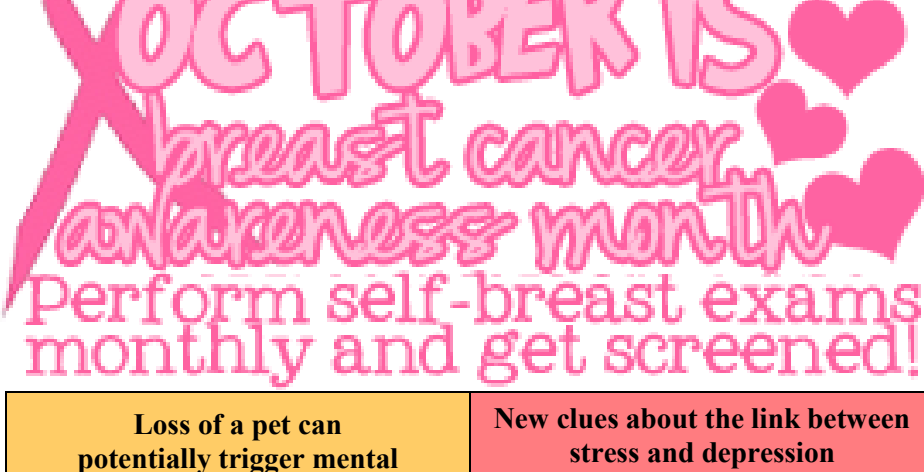
October 20
WellBody Program Training
[ODMHAS](#)

October 24
National Make a Difference Day
[National Calendar](#)

October 26-28
ASI, ASAM PPC, and Oklahoma Determination of ASAM Service Level Training
[ODMHAS](#)

October 29
Tristate Trauma Network's Annual TIC Fall Conference
[Ohio DMHAS](#)

October 31
Halloween
[National Calendar](#)



Loss of a pet can potentially trigger mental	New clues about the link between stress and depression
<p>The death of a family pet can trigger a sense of grief in children that is profound and prolonged, and can potentially lead to subsequent mental health issues, according to a new study by researchers at Massachusetts General Hospital (MGH). In a paper appearing in <i>European Child & Adolescent Psychiatry</i>, the team found that the strong emotional attachment of youngsters to pets might result in measurable psychological distress that can serve as an indicator of depression in children and adolescents for as long as three years or more after the loss of a beloved pet.</p> <p>"One of the first major losses a child will encounter is likely to be the death of a pet, and the impact can be traumatic, especially when that pet feels like a member of the family," says Katherine Crawford, CGC, previously with the Center for Genomic Medicine at MGH, and lead author of the study.</p> <p>More Information</p>	<p>After experiencing trauma or severe stress, some people develop an abnormal stress response or chronic stress. This increases the risk of developing other diseases such as depression and anxiety, but it remains unknown what mechanisms are behind it or how the stress response is regulated.</p> <p>The research group at Karolinska Institutet has previously shown that a protein called p11 plays an important role in the function of serotonin, a neurotransmitter in the brain that regulates mood. Depressed patients and suicide victims have lower levels of the p11 protein in their brain, and laboratory mice with reduced p11 levels show depression- and anxiety-like behaviour. The p11 levels in mice can also be raised by some antidepressants.</p> <p>More Information</p>

Let's #BreakTheStigma Around Men's Mental Health

75% of all suicides are male

40% of men won't talk to anyone about their struggle

25% of men live with a mental illness

Men can breakdown, cry, and experience intense grief and loss – they're just better at hiding it.



It is not "unmanly" to struggle. Please don't suffer in silence. You're not "weak" for speaking up - you're strong and brave

#SuicidePrevention

THE DEPRESSION PROJECT
@RealDepressionProject

Men and Depression

Men and women both experience depression but their symptoms can be very different. Because men who are depressed may appear to be angry or aggressive instead of sad, their families, friends, and even their doctors may not always recognize the anger or aggression as depression symptoms. In addition, men are less likely than women to recognize, talk about, and seek treatment for depression. Yet depression affects a large number of men

Everyone feels sad or irritable and has trouble sleeping once in a while. But these feelings and troubles usually pass after a couple of days. Depression is a common but serious mood disorder that may cause severe symptoms. Depression affects the ability to rest, think, and handle daily activities. Also known as *major depressive disorder* or *clinical depression*, a man must have symptoms for at least two weeks to be diagnosed with depression.

[More Information](#)

How can mental health counselors help?

A mental health counselor provides support to those experiencing mental or emotional distress. They may use a variety of therapeutic techniques to help a person manage anxiety, depression, and other mental health conditions.

Worldwide, around 1 in 5 people have a mental health condition.

In the United States, around 46.6 million adults have a mental health condition. However, in 2017, only 42.6% of them accessed mental health services.

This article will discuss the role of mental health counselors, otherwise known as therapists or psychotherapists, and explain how they can help people begin to feel better.

[More Information](#)

Autumn Anxiety is Real: Why the Fall Season Makes You More Stressed

Colorful leaves, cozy sweaters, a return to cooler weather, pumpkin spice everything: It's no surprise that 40 percent of Americans say that fall is their favorite season, beating out second-place summer by a comfortable margin, according to a poll by international research and data analytics group, YouGov. Not everyone feels this way, however, and a significant amount of people actually do experience autumn anxiety, says Carrie Landin, a psychologist with UHealth Integrative Medicine Center and a clinical instructor at the University of Colorado, department of psychiatry residency program. (Here's how to have a healthier autumn.)

[More Information](#)



OCTOBER is...

[National Depression Education & Awareness Month](#)

[National Domestic Violence Awareness Month](#)

[Antidepressant Death Awareness Month](#)

[Breast Cancer Awareness Month](#)

[Emotional Wellness Month](#)

[Mental Illness Awareness Week](#)
October 4-10

Mental Health Crises Are Not Spectacles

Mental health crises can happen anywhere at any moment, such as in a public place. Time and time again, I've seen those public moments captured in photos and videos online, turning a moment of pain into a show that people seem to feel entitled to gawk at and criticize. This needs to stop because mental health crises are not spectacles. Making them into such is stigmatizing and potentially harmful to the individual struggling.

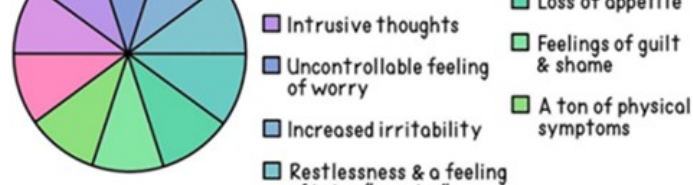
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What people think anxiety is



What anxiety actually is



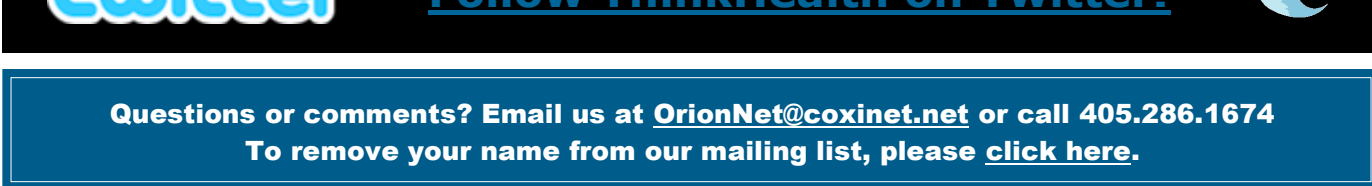
How To Create A Morning Routine That Reduces Anxiety And Stress

The self-care rituals you practice in the morning can improve your mental health for the rest of the day.

As a person who's dealt with anxiety since I was a kid, I find that I'm often most anxious first thing in the morning. When I open my eyes, all of the worries and potential stressors that await me flood my mind. The pit in my stomach makes me want to stay in bed as long as I can so I don't have to face the day ahead.

Of course, this avoidance only exacerbates what I'm feeling. What alleviates it is just the opposite: Getting up on the earlier side so I have time for my morning routine. These days, that's making an iced coffee, taking my dog for a walk, following a short workout video, writing my to-do list for the day and — when time permits — meditating and journaling.

[More Information](#)



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