Practice Management Insight

A report on events affecting behavioral health and substance abuse providers **September 2019**

$572 million verdict handed down in the Oklahoma opioid trail

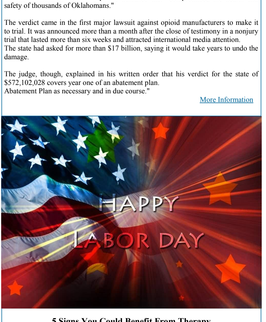
A judge returned a $572 million verdict against Johnson & Johnson and its subsidiaries Monday, ruling their misleading marketing and distribution of opioid painkillers triggered a deadly crisis in Oklahoma.

"The opioid crisis has ravaged the state of Oklahoma. It must be abated immediately," Cleveland County District Judge Thad Balkman said in announcing the verdict.
The judge specifically agreed with the state of Oklahoma that Johnson & Johnson and its subsidiaries created a public nuisance that "compromised the health and safety of thousands of Oklahomans."

The verdict came in the first major lawsuit against opioid manufacturers to make it to trial. It was announced more than a month after the close of testimony in a nonjury trial that lasted more than six weeks and attracted international media attention.
The state had asked for more than $17 billion, saying it would take years to undo the damage.

The judge, though, explained in his written order that his verdict for the state of $572,102,028 covers year one of an abatement plan.
Abatement Plan as necessary and in due course."

More Information



5 Signs You Could Benefit From Therapy

Often, I receive questions such as: "Mariana, do you think I should go to therapy?" My answer is almost always the same: "Mental health can be as much preventive as it is corrective." What I mean by this is that psychotherapy should be something as normal as a yearly medical checkup. It's like something I mentioned to a dear friend and colleague the other day:
I want to live in a world where talking about your mental health comes out as normal as telling someone about your cold.
Fortunately, social media has helped minimize the stigma surrounding mental health, but there's still a lot of work to do. Even with the language we use. When we tell children "keep it up, and I'll send you to a therapist!" As if it were a threat. Or when we tell someone "you're certifiably insane, they need to lock you up", when they behave or react unusually. If we receive these messages constantly, it's not surprising that we see "going to therapy" as something extreme.
If you've considered (or have been considering therapy), here are five (5) signs that can help you make that decision:

More Information

The Reason Why Baking Makes You Feel Good, According to Psychologists

Whether you're nibbling a slice of zucchini bread or an extra-chewy chocolate chip cookie, it's always fun to be the taste tester for a friend or relative who loves to bake. And, while eating products created with love (and sugar) probably makes you feel good, the baker is reaping some psychological benefits, too.
Studies have shown that creative activities like baking and knittingcontribute to an overall sense of well-being.

More Information

Is Your Therapy Missing This Essential Factor?

"You've got to think about big things while you're doing small things, so that all the small things go in the right direction." —Alvin Toffler
The cultivation of self-compassion, drawing on ancient healing traditions, has increasingly been shown by Western researchers to have widespread benefits for health and well-being. Self-compassion practice in various forms has been shown to decrease distress, relieve mental illness symptoms, reduce self-criticism, and retrain one to think in healthier and more secure ways about oneself.

More Information

Feeling Anxious About Daily Challenges?

If you're feeling overwhelmed and anxious about life's daily challenges, it may be time to begin to cultivate equanimity. Equanimity is a capacity for calmness and balance despite daily challenges and life's changing circumstances.

Equanimity moves us toward steadiness and serenity, enabling us to be present without becoming caught up in what we see and feel. Like a sailboat that remains upright and balanced even in heavy winds, equanimity helps us sway in the breeze holding our centeredness, without being pulled too far in any direction.

While the term "equanimity" is used most frequently in Buddhist and other spiritual teachings, research in psychology shows how this calmer balance can be applied throughout everyday life.

More Information

This is Talk Therapy

Questions and answers *about talk therapy, also known as psychodynamic therapy:*
For most psychiatrists, evaluating a patient involves coming up with a psychiatricdiagnosis and findingmedication for that diagnosis. How is psychotherapy different?
A psychiatric diagnosis alone is a poor and limiting way of understanding a person (see post on diagnosis). It fosters the fiction that we can treat emotional pain as an encapsulated illness, separate from the person having the pain. Most problems that bring people to treatment are woven into the fabric of their lives. It is less about what they have than who they are.
This is a different way of viewing psychiatric disorders—not matching up a patient with a diagnosis, but spending more time understanding the patient as a person.
It is all about understanding the person—and helping them to better understand themselves.
It is rarely helpful to move from a diagnosis to a treatment decision. We should be working to understand the underlying difficulties.

More Information

Role of school nurse changes to encompass mental health

Traditionally, the thought of a school nurse brings visions of lice checks and the Band-Aid brigade, but the role of school nurse has changed.
School nurses from all around Oregon recently met for a weekend retreat to talk about the importance of their job.
"School nurses across the country are looking very carefully at the role that we should be playing and communicating about the role that we play," said Wendy Niskanen, president of the Oregon School Nurses Association.
She says when a student comes to see a nurse at school, it may start off with physical symptoms but turn into much more.

More Information

Why You Can Relieve Your Anxiety Now or Later, but Not Both

They leave you feeling drained after every conversation. They want your nonstop attention and the conversation is always about them. They may be charming, charismatic and the life-of-the-party personality. They also may cheat. They may lie. And it's probably someone else's fault when something goes wrong.
These are some (but certainly not all) of the traits you might run across in someone who is an "energy vampire."
"An energy vampire is somebody who literally zaps your energy dry," Judith Orloff, MD, a psychiatrist on the University of California-Los Angeles Psychiatric Clinical Faculty, tells NBC News BETTER.

More Information

MARK YOUR CALENDAR

September 1 – 30
Healthy Aging Month

September 1 – 30
National Recovery Month

September 1 – 30
World Alzheimer's Month

September 2
Labor Day

September 7
Recovery Monitoring & Support
ODMHSAS

September 9
National Grandparents Day

September 8-14
National Suicide Prevention Week

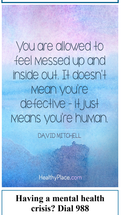
September 12
Mental Health First Aid Adults
ODMHSAS

September 13
Mental Health First Aid Youth
ODMHSAS

September 20
Hope Suicide Prevention for Crime Victims
ODMHSAS

September 25
Tobacco Free Support Group Facilitation
ODMHSAS

September 30
Mental Health First Aid Youth
ODMHSAS



Having a mental health crisis? Dial 988

With suicides on the rise, the U.S. government wants to make the national crisis hotline easier to reach. Once implemented, people will just need to dial 988 to seek help. Currently, the National Suicide Prevention Lifeline uses a 10-digit number, 800-273-TALK(8255). Callers are routed to one of the 163 crisis centers, where counselors answered 2.2 million calls last year.
A law passed last year required the Federal Communications Commission to study assigning a three-digit number for suicide prevention, like 911 for emergencies or 311 for city services.

More Information

We here at OrionNet Systems take pride in what we do, we want to take a moment to recognize our **September Birthdays**. Our team works very hard and are very passionate about their work. We wanted to say Happy Birthday to them all, may there be many more to come. Thanks for your hard work.

More Information

12 Ways to Practice Mindfulness Every Single Day

You might think you need to schedule additional moments of mindfulness into your daily routine in order to feel its full effect. The truth is, though, that mindfulness can be part of the tasks you *already do* every single day — and the benefits will speak for themselves. Science shows that practicing mindfulness can help you retain your focus when learning new information, solve problems in new ways, and even make you more resilient in the face of stress.

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