

September

ThinkHealth News 2024

Software Thinking and Standing with You

Customers Hot Topic

Insurers can restrict mental health care. What laws protect patients in your state?

Most Americans — more than 164 million of them — have insurance plans through employers. These are generally regulated by federal law.

Although the law requires insurers to offer the same access to mental health care as to physical care, it doesn't require them to rely on evidence-based guidelines or those endorsed by professional societies in determining medical necessity. Instead, when deciding what to pay for, the government allows insurers to set their own standards.

"If insurers are allowed to home bake their own medical necessity standards, you can pretty much bet that they're going to be infected by financial conflicts of interest," said California psychotherapist and attorney Meiram Bendat, who specializes in protecting access to mental health treatment.

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Billing complexities shouldn't stand in the way of your practice's success. **ThinkHealth** is here to guide you through unlocking the full potential of billing with Medicare, Medicaid, and private insurance effortlessly.

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HELLO
SEPTEMBER

Agency Events and News

Mental Health Matters: A Community Conversation

Join us to discuss the mental health crisis in our community and engage in finding solutions. The evening will include inspiring conversations promoting recovery and healthy communities and discussing how we can improve access to treatment, crisis response, and recovery support.

[Click Here for More Information](#)



Wellness: A Comprehensive Guide 1 Day Workshop in Tulsa, OK

In today's fast-paced work environment, workplace wellness is essential for both individuals and organizations. This course takes a proactive approach to enhancing the health and wellbeing of employees, addressing mental and physical health, reducing stress, and minimizing absenteeism.

[Click Here for More Information](#)



4th Appalachian Ohio Suicide Prevention Conference

This one-day conference will focus on "Understanding and Thriving in Appalachia" as we explore suicide prevention through the cultural lens of Appalachia. Open to suicide prevention coalitions, mental health professionals, healthcare professionals, etc. dedicated to community solutions to address the public health problem of suicide in Appalachia.

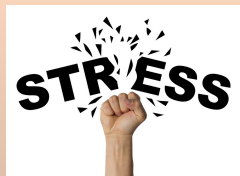
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How to Overcome Stress and Perform at Your BEST—Oklahoma City

A workshop designed for heart-centred, success-driven professionals—people doing their utmost to succeed in their demanding career while attempting to balance family and personal life but finding themselves stressed and overwhelmed instead.

[Click Here for More Information](#)



Oklahoma National Guard breaks ground on wellness center

National Guard leaders say the Wellness Center began as a idea with a hand-drawn sketch on scrap paper during a conversation between Lt. Col. Montana Dugger, deputy for the Guard's Construction and Facilities Maintenance Office, and Maj. Gen. Thomas H. Mancino, adjutant general for Oklahoma, about building a place to bring all of the Guard's resources that support Guardsmen's mental and physical health together under one roof.

The physical readiness center is set to incorporate a fully-equipped workout space for resistance and agility training, and physical therapy spaces, while other areas will include indoor and outdoor meditation spaces, a chapel for religious and non-religious persons, conference rooms, classrooms, a teaching kitchen, a coffee bar, and offices for OKNG Health and Wellness programs and services.

[read more here.](#)

Nearly two years since launch, 988 mental health hotline shows progress

COLUMBUS, Ohio ([WCMH](#)) — The 988 Suicide and Crisis Lifeline officially launched nationwide on July 16, 2022.

As we near the two year anniversary of the number, central Ohio mental health experts are sharing the progress with the number locally.

With 988, people in crisis can simply call or text 988 and be connected to help in their area immediately. The Alcohol, Drug and Mental Health Board of Franklin County held a news conference Tuesday morning to talk about how the 988 lifeline has impacted people in central Ohio.

Sue Villilo, the VP of Clinical Services & Provider Relations at ADAMH, said use of the number has grown exponentially over the past two years. "In 2023 we were averaging about a thousand calls a month and just this May we saw a huge uptake to about 1,600 calls a month, so more than a 50 percent increase from the prior year and we are anticipating that these numbers will just continue to grow," said Villilo.

[read more here.](#)



Mark Your Calendar

September 1

[National Suicide Prevention Month](#)

September 2

[Labor Day](#)

September 7

[Read a Book Day](#)

September 15

[World Lymphoma Awareness Day](#)

September 17

[Constitution Day](#)

September 21

[International Day of Peace](#)

September 29

[World Heart Day](#)

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