



July

ThinkHealth News 2023

Software Thinking and Standing with You



Customers Hot Topic

OHCA has selected 3 health plans: [Aetna Better Health of Oklahoma](#), [Humana Healthy Horizons of Oklahoma](#) and [Oklahoma Complete Health](#)

Your SoonerCare dental services will be covered through a dental plan starting Feb. 1, 2024. The rest of your health care needs will be covered by health plans starting on April 1, 2024.

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Proposed rule changes by the Oklahoma Health Care Authority to implement a statewide health information database has been rejected by Governor Kevin Stitt.

[Senate Bill 1369](#), a.k.a. the Health Information Act is supposed to go into effect July 1. The bill would require healthcare providers to enter patient records into an online database.

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Agency Events and News

Healthy Aging Series will be taught by Barb Pyle. Barb brings a lifelong passion for healthy living. In addition she spent 26 years working as an RN, has been certified as a health & wellness educator & coach and has been a certified yoga instructor for the past 9 years.



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Are you ready to discover how to empower your child to feel confident and resilient again, using simple and effective mindfulness practices? Together, we'll unlock the power of simple mindfulness techniques that restore peace and harmony in your child's life. We're never too young to discover mindfulness practices, in fact the younger we are, the more we're able to come in with an open mind and sense of curiosity!

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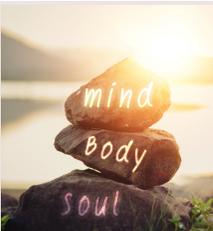
The TBOY 1st Annual Protect Youth Mental Health 3-part summer series will have a host of speakers, music, game trucks, and community supporters. The goal is to provide resources and information along with supportive services to those in the community and in attendance.

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Join in Continuing Education Seminar on Cultural Adaptations in Mental Health. Gain 7 CEUs, participants will learn how to implement cultural sensitivity, competency, and relevant care strategies for quality and progressive outcomes with diverse populations who suffer from the top three mental health conditions in America

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NEWSLETTER HIGHLIGHTS

ODMHSAS Increases Alternative Transportation Services to Meet Oklahomans Where They Are

The Oklahoma Department of Mental Health and Substance Abuses Services (ODMHSAS) can now deploy mobile crisis services and transport those experiencing behavioral health issues, rather than law enforcement.

Previously, ODMHSAS provided these services in variety of ways, but with the passage of SB 12X, there are now less restrictions and more funding dedicated to crisis transportation.

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Rural Oklahoma communities receive iPads to assist with mental health

Oklahoma mental health agencies are cracking down on the epidemic of untreated mental health issues plaguing people across the state by distributing thousands of iPads to rural communities. It's to help ensure anyone suffering from a mental health episode can get immediate access to a doctor without traveling.

Mental health providers are few and far between in a small, rural community like Sperry. iPads have already proven to be beneficial there.

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Kids With Anxiety More Likely to Get Medication Alone From Their Doctors

Even before the pandemic changed our lives, the prevalence of anxiety symptoms had been growing among children, adolescents, and young adults. A study out in Pediatrics today looks at how those symptoms, including persistent worries and fears, are being treated in primary care offices. Across three timeframes from 2006 through 2018, anxiety disorders were diagnosed more often, rising from 1.4% of visits to 4.2% in the latest period. The treatment changed, too, from just under half of children receiving psychotherapy to just below one-third of patients getting it.

Medication use stayed the same, but the likelihood of receiving medication alone grew. That means more patients overall were receiving either no treatment or only medication during the last period. The authors say this greater reliance on medications could be a sign of doctors' offices struggling to meet a mounting child and youth mental health crisis.

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Mark Your Calendar

July 4

[Independence Day](#)

July 16

[National Ice Cream Day](#)

July 23

[Parent's Day](#)

July 24

[Cousins Day](#)

July 27

[National Intern Day](#)

July 29

[National Chicken Wings Day](#)

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