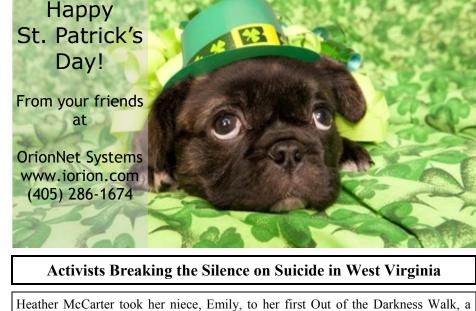
Social Media Carries Significant Risks for Youths in Recovery



Think about the last time a little clumsiness in the wording of one your e-mails led to a big misunderstanding with the recipient. Now think of how that might have gone over if instead of being a one-on-one communication, that message had been read by hundreds of "friends" on social media. This helps illustrate the perils of the online world in which today's adolescents and young adults seem to prefer to reside.

on the well-being of young people, both positive and negative. For those with substance use issues, technology is affecting the course of illness and inevitably will shape the journey into recovery. Yet these trends prove difficult to quantify precisely because, as a recently published parent handout from the Hazelden Betty Ford Foundation states, "By the time research on the impact of technology is complete, the findings are obsolete." **More Information**

Social media and other online technology are having numerous effects



fundraiser event for suicide prevention, when Emily was 5-years-old, so she could see there were other people in the community like her.

The week before, Emily's family had told her that her mother, Jihnah, killed herself on Emily's second birthday.

"I felt she needed to see that she was not alone and would benefit from others that

have 'been there." McCarter wrote in an email. "I lost a sister, not a mother — these are two completely different relationships that nourish a soul.' McCarter said Emily is grateful that her family told her the truth.

After her niece turned 10-years-old, she chose to speak at an Out of the Darkness Walk. Her message was to "tell your children the truth — we can handle it help keep us from going crazy in the future," McCarter wrote.

According to the American Association of Suicidology, each suicide intimately

affects at least six other people. Based on the 825,832 suicides from 1989 through

2013, it estimated that the number of survivors of suicide, who are loved ones of

people who died by suicide, in the United States is 4.95 million.

More Information ThinkHealth Needs Your Feedback!

ThinkHealth was recently added

to Capterra's Top Mental Health Software Products list!



Please click here to give a review on your ThinkHealth System.

Boost Outcomes Significantly E-Cigarettes As the first initiative of a larger Results of a new study suggest that achieving greater success in smoking campaign, the California Department

quitting.

"The public needs facts, not more fiction," said former state health officer and director of the CDPH, Ron Chapman, MD, MPH, in a media teleconference. "[As] we've done with other outbreaks and epidemics, we've taken this formal step of warning Californians about the health risks of e-

cigarettes. It's the job of the CDPH to

of Public Health (CDPH) recently

released a health advisory and state

health officers report centered on the

dangers of e-cigarettes.

protect the public's health and prevent further health disparities, and we see ecigarettes as a growing threat that needs to be addressed." **More Information**

University at Buffalo and the Roswell Park Cancer Institute, the study found that by giving smokers the medication bupropion for a longer period before their quit date, a higher percentage of smokers remained smoke-free 30 days after

Enhancements to Existing

Tobacco Treatments Could

cessation could lie in better use of

existing treatments, rather than pinning

Conducted by researchers at the

hopes on finding a new therapy.

The theory underlying this latest study was based on anecdotal evidence that some smokers who have taken bupropion for other indications reported that they were stopping smoking without even trying to quit. The study of 95 patients extended the typical one-week period of medication use prior to quitting smoking to four weeks, comparing results for

those individuals to those who received

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MARK YOUR CALENDAR

March 2015

March 3 Safety Training for Home-Based **Professionals** OKC, OK

March 5 **ASI Training**

March 8 **Daylight Savings Start**

OKC, OK

March 10 Statewide Transition Plan Stakeholder Meeting—OHCA

OKC, OK March 11

OHCA OKC, OK

Drug Utilization Board Meeting-

Meeting — OHCA OKC, OK March 17

Medical Advisory Committee

March 23

St. Patrick's Day

March 12

Tulsa, OK

Trainings (T-ASI)

OKC, OK

Tulsa, OK

ASAM Trainings Tulsa

March 25-26 2M2L Law Enforcement and **Community Training**

Teen Addiction Severity Index

March 27 **ODMHSAS Board Meeting** OKC, OK

ThinkHealth is getting closer to EHR certification and is now HealthHome

What's New at OrionNet Systems

More information to follow soon.

compliant!



The conference will be located at the Renaissance Hotel and **Cox Convention Center** in Downtown OKC on

March 31st-April 2nd

March is



Work Month



Medical News





