

Practice Management Insight

A report on events affecting behavioral health & substance abuse providers

August 2020

OrionNet Systems – 19 Years of Success!

OrionNet Systems celebrated their annual company anniversary in August of 2020. Celebrating a 19-year milestone, OrionNet System’s primary philosophy is to make the customer the focus. This has always motivated the members to advance and grow as a team. While striving to provide quality services for the clients and introducing unprecedented innovations to enhance their product, the OrionNet team is grateful for the partners and clients who have been involved in their journey and thrilled to see what awaits in future.

The OrionNet Systems office took some time off on the afternoon of Thursday, July 30 and Friday, July 31, 2020 to commemorate the company’s anniversary. Thursday evening saw the entire office gather at a local establishment to enjoy food, drink and fellowship! Everyone had a wonderful time with Clyde and Hermie Wafford, owners of OrionNet Systems, providing the delicious refreshments! Friday was an invigorating day off for the company! Many thanks to Clyde and Hermie for their generosity!

[More Information](#)

Text messaging: The next gen of therapy in mental health

A psychotherapy tool in real-time that enhances care

In the U.S., it is estimated that approximately 19 percent of all adults have a diagnosable mental illness. Clinic-based services for mental health may fall short of meeting patient needs for many reasons including limited hours, difficulty accessing care and cost. In the first randomized controlled trial of its kind, a research team investigated the impact of a texting intervention as an add-on to a mental health treatment program versus one without texting. A text-messaging-based intervention can be a safe, clinically promising and feasible tool to augment care for people with serious mental illness, according to a new study published in Psychiatric Services.

[More Information](#)

What People With Bipolar Disorder Want You To Know

Those with the mental health condition share what it's like to live with the illness and how best to offer your support.

Whenever a celebrity experiences a highly publicized mental health crisis, it sparks a critical conversation about mental illness, its stigma and treatment—both on social media and within our communities.

Kanye West disclosed he was [diagnosed with a mental health condition](#) in 2018 and revealed through some of his lyrics on his album “Ye” that he was living with bipolar disorder. In the past few weeks, West’s mental health has become more of a focus following his Twitter storms, a recent [rally in South Carolina](#) ostensibly promoting his presidential candidacy, and a [statement released by his wife, Kim Kardashian West](#)

[More Information](#)

4 Yoga Stretches for a Good Night’s Sleep

Reach for better rest when you add these bedtime yoga poses to your sleep routine.

Before the pandemic, 25% of Americans suffered from acute insomnia every year, according to a 2018 study from the University of Pennsylvania. We can only assume that number has gone up. Bills, chores, work, technology, and now a global pandemic all conspire to keep our brains constantly on, when sleep needs the opposite. We try anything in order to settle down and let go of the day, from cups of tea to [writing in a journal](#). Here’s one more approach to consider: mindful movement.

Many studies have linked yoga with better sleep. Harvard Medical School sleep and circadian health expert, professor Sat Bir Singh Khalsa, notes that experimental trials have also shown meditative breathing can be a powerful sleep aid.

[More Information](#)

Finding Joy During Difficult Times

Stressed about the global pandemic, unemployment, financial uncertainty, or civil unrest? Even in these tough times, you can find joy in your daily life and improve your outlook.

Now more than ever, finding joy in your day-to-day experiences can improve your quality of life and enhance and protect your mental health. As many of us are mired in intense and heavy information from the news and social media, possible long-term shelter-in-place orders, financial instability, and political and civil unrest, it’s become more and more difficult to find peace—both internally and externally. Furthermore, for many adults who are working from home while taking on new roles and responsibilities for their children’s academic needs, a newfound stress in the home is ever present. How can we, both individually and as a collective, “spark joy” to lift our own and each other’s spirits to get through this global crisis?

[More Information](#)

Nawal Mustafa, M.A. @hebraincoach

10 WARNING SIGNS OF ANXIETY (Part 1)

1. GETTING EASILY IRRITABLE OR QUICK TEMPERED
2. WORRYING EXCESSIVELY AND HAVING DIFFICULTY CONTROLLING IT
3. INCREASED HEART RATE, TENSE MUSCLES, AND DIFFICULTY BREATHING DUE TO WORRYING
4. AVOIDING THINGS THAT TRIGGER THE ANXIETY
5. FEELING A SENSE OF IMPENDING DANGER, PANIC, OR DOOM

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10 WARNING SIGNS OF ANXIETY (Part 2)

6. STRUGGLING TO SIT STILL AND OFTEN FEELING RESTLESS
7. NEEDING MORE REASSURANCE THAN USUAL
8. DIFFICULTY CONCENTRATING
9. WITHDRAWING FROM OTHERS AND CANCELLING EXISTING PLANS
10. OFTEN FEELING WEAK OR TIRED TO THE POINT WHERE IT IS INTERFERING WITH WORK AND RELATIONSHIPS

Kids' mental health can struggle during online school. Here's how teachers are planning ahead.

When her South Carolina high school went online this spring, Maya Green struggled through the same emotions as many of her fellow seniors: She missed her friends. Her online assignments were too easy. She struggled to stay focused.

But Green, 18, also found herself working harder for the teachers who knew her well and cared about her.

"My school doesn't do a ton of lessons on social and emotional learning," said Green, who just graduated from Charleston County School of the Arts, a magnet school, and is headed to Stanford University. "But I grew up in this creative writing program, and I'm really close to my teachers there, and we had at least one purposeful conversation about my emotions after we moved online."

From the other teachers, Green didn't hear much to support her mental health.

That was a common complaint among parents when classes went online in March to stem the spread of coronavirus. With the sudden halt to in-person learning, many students missed their friends, yearned to be out of the house, developed erratic sleep habits and drove their (often working) parents crazy. On top of that, many were dealing with the trauma of sick or dying family members, economic hardship and disruption to the life they once had.

[More Information](#)

MARK YOUR CALENDAR

[MedicAlert Awareness Month](#)
Center for Disease Control & Prevention

[Children’s Eye Health and Safety Month](#)
Prevent Blindness

August 4
[Wellness Coach Training](#)
ODMHSAS—OKC

August 7
[PRSS Supervisory Training](#)
ODMHSAS—OK

August 8
[National Happiness Happens Day](#)

August 21
[Mental Health First Aid Training Adults](#)
ODMHSAS—OK

August 30
[National Grief Awareness Day](#)

How to tell im relapsing...

- I hardly have any energy.
- I sleep too much or not at all.
- I eat too much or very little.
- I'm disinterested in everything.
- I push people away.
- I isolate myself.
- I avoid eye contact.
- I feel numb.

Thoughts of suicide, other mental health struggles still high for LGBTQ youth

Forty percent of young LGBTQ people have considered suicide in the last year; that rises to more than half for trans and non-binary youth.

That’s according to the second annual survey on LGBTQ youth mental health by The Trevor Project. The non-profit organization provides crisis intervention and suicide prevention services to LGBTQ people under the age of 25.

Two years of data isn’t enough to show trends, says clinical psychologist Amy Green, who is also the director of research at The Trevor Project. But what they do show, she says, is that “the numbers are high and staying high, in terms of mental health.”

“LGBTQ youth already deal with housing instability, food insecurity and trouble accessing health care,” she says. “All of that is exacerbated by a pandemic.”

More than 40,000 people, age 13 to 24, responded to the survey, which The Trevor Project says is the largest of its kind. It was conducted between December 2019 and March 2020 — as COVID-19 restrictions began to take hold.

[More Information](#)



AUGUST

- [National Wellness Month](#)
- [August 2-9 International Assistance Dog Week](#)
- [August 9-15 National Health Center Week](#)
- [August 23-29 Be Kind to Humankind Week](#)



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