

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

December 2015

ThinkHealth Touch 2.0 is Available on the App Store

OrionNet Systems' ThinkHealth-Touch 2.0 is now available on the app stores.

The ThinkHealth-Touch enables clinicians to write their progress notes while on-the-go and off-line on either an iPad or an Android tablet. The app is also capable of collecting digital signatures from clients. These features are becoming increasingly important for clinicians who seek to do their job out of an office setting.

"Our ThinkHealth-Touch 2.0 went through the app review process at the app store very quickly," said Clyde Wafford, president of OrionNet Systems. "We're very excited to finally have it available for our clients."

OrionNet Systems held two online demonstrations over their new app product due to the overwhelming response they received from their clients. The demonstrations were open for anyone to join on December 2 and December 3, 2015.

"Our hope and our goal is to get as many clinicians as possible to use the new system," said Clyde Wafford. "For clinicians to go mobile, to start entering their notes offline, to be able to see their clients away from their desk, this will be a great achievement that will really help the behavioral health and substance abuse industry."

[More Information](#)



OrionNet Systems' employees took a half day today to enjoy a leisurely lunch out at a Chinese restaurant in Edmond, Oklahoma, and a couple rousing games of bowling at a nearby bowling alley.

"Everyone has been working very hard this year," said Clyde Wafford, president of OrionNet Systems. "So we wanted to take some time out for our employees to show them how much we appreciate them and how much they contribute to the company."

OrionNet Systems is a small Oklahoma business founded in 2001. OrionNet Systems has designed, developed and supported applications created both for the client-server and web environments, as well as developing, marketing and supporting a commercial application for the counseling centers industry.

[More information](#)

Report shows notable changes in substance use treatment admissions over past decade

Proportion of primarily alcohol-related admissions drops while the proportion of primarily heroin and prescription opioid-related admissions rises.

A new report by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that, overall, the number of admissions reported among Americans aged 12 and older for publicly funded substance use treatment has declined slightly from 2003 to 2013 (from 1,865,145 admissions in 2003 to 1,683,451 admissions in 2013).

Additionally, the report reveals that there have been notable changes in the proportion of admissions associated with various substances of abuse.

[More Information](#)

Tips for Managing Holiday Blues

Many people can experience feelings of anxiety or depression during the holiday season. People who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time. Extra stress, unrealistic expectations or even sentimental memories that accompany the season can be a catalyst for the holiday blues. Some can be at risk for feelings of loneliness, sadness, fatigue, tension and a sense of loss.

A lot of seasonal factors can trigger the holiday blues such as, less sunlight, changes in your diet or routine, alcohol at parties, over-commercialization or the inability to be with friends or family.

[More Information](#)

7 of the Best Movies About Mental Health

There's no shortage of movies to pick from that talk about topics concerning mental health. Some have honest, poignant depictions, while others—to put it politely—aren't worth your time. (Don't worry, we've left those movies off this list.) This is by no means a definitive list of the top movies about mental illness, but a selection that I think are worth taking a look at. So without further ado, here are a few of my favorites, some modern and some classic, that portray mental health accurately.

Autism: Rain man (1988)

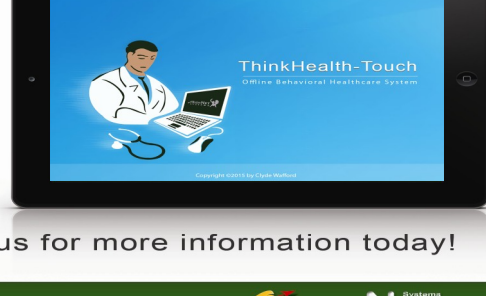
This classic movie tells the story of a man living with autism, Raymond (Dustin Hoffman) and his brother Charlie (Tom Cruise). Raymond's characteristics throughout the film accurately exemplify the habits and ritualistic behaviors of someone who is autistic.

[More Information](#)

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Despite Sandy Hook and Other Mass Shootings, Fewer States Increased Mental Health Funding, Report Finds

Despite mass shootings and prominent deaths linked to mental illness in recent years, a growing number of states have cut funding for mental healthcare and reform, a report published Tuesday by the National Alliance on Mental Illness found.

Resources have been cut despite calls from elected officials to improve mental healthcare and policy [changes](#) aimed at destigmatizing and increasing access to such care, especially in the wake of a deadly shooting at Sandy Hook Elementary School in Connecticut in 2012, in which 20 children and six adults were killed.

[More Information](#)

Oklahoma 2016 Behavioral Budget Cuts Look Bleak

The Oklahoma Health Care Authority (OHCA) and the Oklahoma Department of Mental Health and Substance Abuse (ODMHSAS) held a Behavioral Health Advisory Council Meeting at the Oklahoma Capitol regarding the budgetary updates for 2016 on December 9, 2015.

OrionNet Systems sent two of their staff to learn the upcoming changes for the New Year.

"We want to minimize any negative effects that the budget updates for next year may cause our clients," said Clyde Wafford, president of OrionNet Systems.

[More Information](#)

MARK YOUR CALENDAR

December 1 – 31
[Safe Toys and Gifts Month](#)

Prevent Blindness America

December 1
[World AIDS Day](#)
World AIDS Campaign

December 6-12
[National Handwashing Awareness Week](#)

Henry the Hand Foundation

December 16
[Drug Utilization Review Board Meeting](#)

OHCA
[More Information](#)

December 10
[OHCA Board Meeting](#)

OHCA
[More Information](#)

December 10
[OK Board Meeting](#)

OKC
[More Information](#)

December 24
[Christmas Eve](#)

December 25
[Christmas Day](#)

December 31
[New Year's Eve](#)



December is ...

Safe Toys and Gifts Month

Prevent Blindness America

National Hand Washing Awareness Month



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Midday Fix: Tips for Fighting Seasonal Affective Disorder

Energy Slumps: Specifically if you notice increased tiredness and lower energy. Humans don't hibernate so you should feel as energetic in the fall and winter as you do the rest of the year! If you find it difficult to bring yourself to fulfill normal, daily obligations, it might be more than just a slump.

Increased Appetite: Again, you are not a bear and your body does not need to store up food to hibernate for the winter. In fact, you probably need fewer calories than you did in the summer when activity levels are higher. So if you find yourself constantly craving foods, especially those high in carbohydrates, it may be a sign that you are experiencing SAD.

[More Information](#)



Our offices will be closed December 25, 2015 to celebrate the holiday.



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Questions or comments? Email us at OrionNet@coxinet.net or call 405.286.1674

To remove your name from our mailing list, please [click here](#).

Over the coming years, the federal government will be issuing many regulations with guidance on how the provisions of the Affordable Care Act must be implemented. For each regulation, there is typically a comment period where the issuing agency seeks public input on the proposed content of the regulation. Public comments are often incorporated into the final rulemaking – **this means that YOU can influence the rollout of healthcare reform by submitting comments!**

The National Council will keep you updated about upcoming opportunities to submit comments. Stay tuned to MentalHealthcareReform.org for more details!