

Practice Management Insight

A Report on Events Affecting Oklahoma Mental Health and Substance Abuse Providers

July 2019

ThinkHealth 3.0 Successfully Deployed!

ThinkHealth 3.0 was recently unveiled to all members! It has some exciting new functions and features and allows each user to customize it to their own taste.

ThinkHealth 3.0 is very user-friendly, but if you need any help, please don't hesitate to call us at 405-286-1674. Our wonderful tech support team will help you with any questions you may have regarding ThinkHealth.

Also, there is a How-To available titled [How-To Navigate ThinkHealth v3.0](#), which will automatically open when you log into the system. Then you MUST close it before proceeding. That How-To is also available in the Application Menu (the yellow O with the red arrow in the top left of your main screen), then it's under Help.

There is a ThinkHealth 3.0 training webinar available on our website, which you can access by clicking on the link below and then logging in with your username and password, then Downloads & Training>Webinars-ThinkHealth Members>Main>ThinkHealth 3.0 Training. (if you don't have a username and password, contact your administrator).

[More Information](#)

Why you should learn Mental Health First Aid

(CNN)-One in five adults in the US lives with a mental health problem according to the [National Institute of Mental Health](#) - but most don't seek out professional help. That's where [Mental Health First Aid](#) - an eight-hour workshop - hopes to fill the gap.

The class trains citizens how to recognize the signs and symptoms of various mental illnesses -- from depression to anxiety disorder and substance abuse disorder.

Participants also learn how to listen non judgmentally and deescalate in crisis situations. In addition, they receive a list of mental health and substance abuse resources.

"It's really not common sense to know exactly what to say, and how to say it. And that's what mental health first aid does," says Betsy Schwartz, who oversees the Mental Health First Aid program at the [National Council for Behavioral Health](#).

[More Information](#)

MENTAL HEALTH FIRST AID

A - Assess for risk of harm or suicide

L - Listen non judgmentally

G - Give information and reassurance

E - Encourage professional help if needed

E - Encourage self help

Every year, 46 million Americans deal with mental illness. Only 41% get help. Here's how you can.

(CNN)-May is Mental Health Awareness Month -- a time for renewed focus on mental health. It is a critical health problem in the US according to the Department of Health.

An estimated 46 million American adults experience mental illness in a given year but only 41% get help for it, according to the [National Alliance on Mental Illness](#). The problems range from depression and anxiety to substance abuse.

A big reason why so many don't seek help is stigma. But there's no shame in finding a listening, caring voice. Sometimes just being heard and discussing solutions is all it takes.

Here's how to find help -- from employee benefits to free and sliding scale counseling services.

Employer mental health benefits

According to a [report](#) by the Society for Human Resource Management, 81% of US employers offer mental health benefits. But many employees don't take advantage of them.

[More Information](#)

Mental health problems are actually very common

According to [mentalhealth.gov](#), in 2014, 1 in 5 American adults experienced a mental health issue.

1 in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

"Our best understanding is that mental health is impacted by what they call a triple factor vulnerability, that includes biological, genetic predispositions, environmental distresses, and then the psychological things, some of our patterns, our habits, our coping skills," said licensed clinical professional counselor at Sullivan Mental Health Services, Kevin Lindley.

People can experience different types of mental health problems and each has unique warning signs and treatment.

However, there are a few common warning signs.

[More Information](#)

Therapists use cooking to stir up better mental health

"Whenever Grandma Dolly cooked, we all would come running," Mikki Frank reminisced while mixing pancake batter in a ceramic mixing bowl. Her therapist Julie Ohana asked, "What about your grandma's buttermilk pancakes made them so special?" "Her love," Frank replied. "That's a big part of any recipe," Ohana affirmed. Over the past few months, Frank has been exploring culinary arts therapy, one of the latest trends in self-care. The practice combines cooking with traditional therapy, Ohana's specialty. The method is relatively new within the counseling field and has proven helpful for those with depression, anxiety and other mental health issues. This is due in part to its meditative aspect.

[More Information](#)

What Happens To Therapists Who Listen To Trauma All Day

Most people are familiar with vicarious living — an act which involves having an experience through the lens of another person — in one way or another. Maybe you've refreshed a sibling's Instagram feed one too many times while they were on vacation, or relished tales of your friends' dating lives. However, not all vicarious experiences are positive. Sometimes hearing the details of an unpleasant situation can cause vicarious trauma, the phenomenon where you feel negatively affected by a tragic situation like a mass shooting — even if you weren't physically present for it. [Vicarious trauma can materialize](#) in many different ways and can range in intensity. It's a natural, empathetic response to human suffering.

[More Information](#)

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National Children's MENTAL HEALTH AWARENESS DAY

SAMHSA
Substance Abuse and Mental Health Services Administration

MARK YOUR CALENDAR

July 1-31
National Minority Mental Health Awareness Month

[More Information](#)

National Grilling Month

July 4th
Independence Day
[National Calendar](#)

July 11
Cheer Up the Lonely Day
[National Calendar](#)

July 10
Drug Utilization Review Board Meeting
[OHCA](#)

July 18
Medical Advisory Meeting
[OHCA](#)

July 28
Parents Day
[National Calendar](#)

No one realizes how strong someone with depression has to be just to do daily stuff like shower, brush hair or get out of bed.



ThinkHealth
Practice Management Software (EHR)

Happy INDEPENDENCE Day

Here's why leaders need to care about mental health

'Mental health' can mean a lot of things, depending on who you talk to. Many people confuse mental health — which is a positive state, like physical health — with mental ill-health. Mental ill-health is the anxiety that rears its head when an estranged son pictures a conversation with his mother. It's the depression that settles on a college student facing a fractured world and a new set of life decisions. It's the diagnosis of bipolar that reshapes a young adult's self-perception, his community".

[More Information](#)

JULY is...

Juvenile Arthritis Awareness Month

National Cleft & Craniofacial Awareness & Prevention Month

Eve Injury Prevention Month

Let us Build your Website

Happy Parents Day
July 28th, 2019
honoring parents for the hard work and raising the next generation.

NAMI
National Alliance on Mental Illness



National Children's MENTAL HEALTH AWARENESS DAY

SAMHSA
Substance Abuse and Mental Health Services Administration