

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

October 2019

OrionNet Systems Attends Zarrow Mental Health Symposium

OrionNet Systems will be attending The [2019 Zarrow Mental Health Symposium](#) October 3rd. We are excited to attend this particular conference which will place emphasis on emerging knowledge, research, and best practices. The two-day conference will provide participants with information and practical tools they can use in their professional practice, agencies and communities. This year's conference focuses on promoting and exploring new frontiers, promising practices, and innovative solutions in mental health.

ThinkHealth is a complete software solution for mental and behavioral health industry but is not limited to outpatient services. ThinkHealth can accommodate residential needs, we meet all certifications for Health Homes, and we offer Therapeutic Foster Care agencies and the parents a system with the tools aimed at improving family and child outcomes seamlessly and effortlessly. Parents and Clinicians are both able to document and communicate right within ThinkHealth to ensure the best care and support is provided for our nations "Foster Families."



Encouraging Kids To Talk About Emotions

Last week I was outside in the backyard with my 4-year-old son, immersed in conversation about his swim lesson that upcoming Saturday. We were talking about how excited he was about the lesson, how he was looking forward to playing games with his teacher, and how he might even put his head under water that week.

Then all of sudden, out of nowhere, he started screaming that he didn't like the snack that he was happily eating only a few minutes before. When I dared to ask him why he no longer wanted the snack, there was more yelling, then crying, and before I knew it, the snack was on the ground. I thought to myself (as any parent would):

What in the world just happened?

[More Information](#)

Positive childhood experiences tied to better adult mental health

Kids who have more supportive experiences with family, friends, and people in their school and community may be less likely to have psychological or relationship troubles in adulthood, a new study suggests.

Adverse childhood experiences (ACEs) like abuse, neglect, violence, and parental absence have long been linked to lasting negative effects on physical and mental health, researchers note in JAMA Pediatrics. But less is known about whether positive experiences make it easier for kids to cope, or what happens with children whose lives have mix of negative and positive experiences.

[More Information](#)

Ohio gets almost \$56 million from feds to fight opioid abuse

The U.S. Department of Health and Human Services on Wednesday announced that Ohio will get \$55.8 million in grants to fight the drug epidemic - part of \$1.8 billion that the Centers for Disease Control and the Substance Abuse Mental Health Services Administration awarded across the nation.

The only two states that got more money were California, which got \$69.8 million, and Pennsylvania - which got \$55.9 million. U.S. Sen. Sherrod Brown said the Ohio Department of Health will distribute the money awarded to the state.

"There isn't a community in Ohio that hasn't been touched by the addiction crisis," said a statement from Brown, an Ohio Democrat. "This much-needed investment will expand access to medication-assisted treatment that so many Ohioans rely on to help them in their recovery."

[More Information](#)

Your work emails contain subtle clues about your emotional state

Some corporations have always cared how their employees feel—if only because happier workers are more productive than those who are miserable. Others have only recently begun to wake up to the fact that they need to address wellbeing in meaningful ways. This focus raises a question: How can a company tell whether the people who work there are happy?

A small Toronto-based company called Receptiviti is suggesting a tech solution. Unlike more traditional methods, like employee surveys, its method hinges entirely on analyzing the language used in employees' everyday workplace communications, be that emails, Slack messages, or even voice. But what makes Receptiviti's method interesting is that while it uses natural language processing, a branch of machine learning, to analyze language, it's not sifting communications for sentiment.

[More Information](#)

What Is The Best Diet For Mental Health?

Should you eat an apple—or a bag of Oreos? Go to McDonald's—or the vegetarian restaurant on the corner? When we make these everyday food choices, many of us think first of our physical health and appearance. But there's another factor we may want to consider in picking foods: their impact on our mental health.

A growing body of research is discovering that food doesn't just affect our waistline but also our moods, emotions, and even longer-term conditions like depression. Which makes sense, after all. Our brains are physical entities, running on the energy that we put into our bodies, affected by shifts in our hormones, blood sugar levels, and many other biological processes.

[More Information](#)

Can single, 30-minute sessions of therapy help kids struggling with depression?

A child doesn't know how to cope with her emotions, is depressed, and stays in bed all day. She could use some help from a psychological counselor; someone to teach her how to handle challenging thoughts and behaviors. But for parents, finding that help can be an ordeal.

As it stands, the current system simply isn't built to accommodate the number of young people who could benefit from mental health care.

It's a tall order just to get people into treatment; stigma still keeps too many out. But even those who are willing face many barriers.

For one, there's a **growing shortage of mental** health care providers, and young patients, who can't often drive themselves, may need to travel far to find one.

[More Information](#)

Psychotherapy leads in treating post-traumatic stress disorder

Post-traumatic stress disorder (PTSD) is a common, often debilitating mental health condition that occurs in some people who have experienced trauma. It can have a negative impact on mood, mimicking depression, and is characterized by petrifying episodes in which affected people re-experience trauma. New research suggests psychotherapy may provide a long-lasting reduction of distressing symptoms.

Over the course of a lifetime, many people directly experience or witness trauma, such as sexual assault, violence, or natural disasters. Experts estimate that 10% to 20% of these people will experience acute (short-term) PTSD. Some will go on to develop chronic (long-term) symptoms. Overall, about 8% of all people will develop PTSD during their lifetime, highlighting the need for effective treatments.

[More Information](#)

MARK YOUR CALENDAR

October 1 – 31
Antidepressant Death Awareness Month

[More Information](#)

October 1 – 31
National Critical Illness Awareness Month

[More Information](#)

October 3-6
Institute on Psychiatric Services: Mental Health Services Conference

American Psychiatric Association
[More Information](#)

October 6-12
Mental Illness Awareness Week

National Alliance on Mental Illness
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October 7
National Child Health Day

[More Information](#)

October 9
National Stop Bully Day

[More Information](#)

October 9
National Emergency Nurses Day

[More Information](#)

October 10
Wellness Coach Training

ODMHSAS
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October 13-19
Case Management Week

[More Information](#)

October 14
Columbus Day

[More Information](#)

October 16
Well Body Program Training

ODMHSAS
[More Information](#)

October 17
Mental Health First Aid Adults

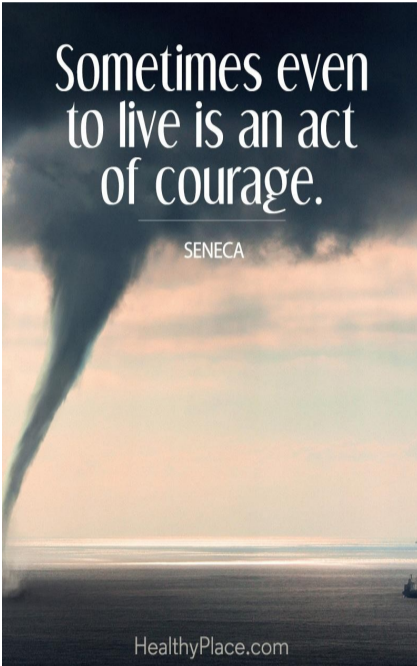
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October 29
Mental Health First Aid Youth

ODMHSAS
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October 31
Halloween

[More Information](#)



Is air pollution worsening kids' mental health?

Children exposed to high amounts of air pollution were more likely to end up in the emergency room for a mental health problem a couple days later than children with lower exposure, according to a new study.

The study, published today in [Environmental Health Perspectives](#), is the first to examine short-term exposure to small particulate matter pollution and mental health effects in children, and found that pollution was linked to worsening mental health disorders just days after exposure.

It adds to growing evidence that dirty air may be causing and worsening depression, anxiety and other mental health issues in children and teenagers.

[More Information](#)

When you're depressed you don't control your thoughts, your thoughts control you. I wish people would understand this.



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National Alliance on Mental Illness



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