

Free Monthly ThinkHealth Trainings!

OrionNet Systems, LLC recently renewed our scheduled monthly ThinkHealth trainings. These valuable sessions are available to any ThinkHealth customer, simply watch the banner at the bottom of your ThinkHealth inbox for a link to register. We also send out email reminders. They're typically on Fridays at 10am, so watch for the next scheduled meeting and get signed up!

We'd also love some feedback about these trainings, so please call 405-286-1674 or 855-355-1920 or email us at onsmarketing@orionnetsystems.com and let us know what you think about future topics and/or let us answer your questions.

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Offering Integrated Behavioral Health Care via Telehealth a Win-Win

Integrating behavioral health care into the primary care setting is a great way to expand the incredibly limited availability of psychiatrists, psychologists, social workers and other professionals with this expertise who are in especially high demand as patients need support during the COVID-19 pandemic. It can mean having behavioral health professionals located in the same walls as the primary care practice, a primary care practice teaming up with professionals who provide services at or from other locations, or both.

And as discussed at a recent AMA clinical case study webinar, when you can make telehealth services part of your integrated behavioral health care model, it only enhances the services that can be offered and expands the reach physicians have to patients who otherwise wouldn't be able to easily access mental and behavioral health services.

The interactive webinar provides participants with an overview of opportunities and techniques for delivering integrated mental and behavioral health care via telehealth. A physician and a licensed social worker from Oak Street Health, a large Chicago-based network of value-based primary care centers for adults on Medicare with locations in more than a dozen states, shared their experiences with adding telehealth to their integrated behavioral health care.

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Quality Recess Gives a Boost to Children's Mental Health, Study Says

Recess is likely to evoke a variety of childhood memories for adults. According to a study published in the Journal of School Health, it has significant impacts on the healthy development of children.1

Especially as teachers have had to reimagine their approaches to work during COVID-19, recess provides a meaningful opportunity to reassess how best to support the needs of all students through the lens of play.

While schools may feel pressure to push learning given disruptions from the pandemic, prioritizing recess quality may be beneficial for both children and teachers, given the variety of benefits that healthy child development offers.

[More Information](#)

You Don't Have To Be An Olympian To Prioritize Your Mental Health

Simone Biles' decision to withdraw from the team competition and the individual all-around competition at the Tokyo Olympics came as a surprise to many. Biles, largely viewed as the greatest gymnast of all time, says mental health concerns were at the forefront of her mind.

Her decision has been celebrated by many. It's the latest example of high-profile athletes publicly talking about the pressures they face and putting their mental health first. Tennis star Naomi Osaka has also made public statements about her struggles with depression. She pulled out of the French Open and Wimbledon this year to focus on her mental wellbeing.

[More Information](#)

The Top 100 Mental Health Blogs for 2021

There are thousands of mental health bloggers out there, but these top 100 mental health blogs and are particularly powerful sources of insight, wisdom and support. Since the COVID-19 pandemic hit in 2020 we've seen mental health issues on the rise, and it's more important than ever to find wellness in your life. The following bloggers have been carefully awarded spots on this list for their exemplary work and high ranking among the world's long list of anxiety blogs, bipolar disorder blogs, depression blogs, eating disorder blogs, OCD blogs, PTSD blogs and more.

This ultimate list is curated with the top bloggers who have successfully used their stories to dismantle stigma, change lives, and rewrite the mental health narrative.

The following blogs feature content on a variety of mental health topics which include everything from depression blogs to OCD blogs to PTSD blogs and other mental health blogs.

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Teens are Advocating for Mental Health Days off School

By the time Ben Ballman reached his junior year in high school he was busier — and more anxious — than he had ever been.

"I had moments where it felt like the whole world was coming down on me," he said. "It was definitely a really difficult time."

Before the pandemic shut everything down, his day started at 6:30 a.m., when he woke up to get ready for school. Next came several Advanced Placement courses; then either soccer practice or his job at a plant nursery; studying for the SAT; and various extracurricular activities. He often didn't start his homework until 11 p.m., and finally went to bed three hours later. Every day it was the same grueling schedule.

"It's not even that I was going above and beyond, it was, 'This is the bare minimum,'" said Ben, now 18 and a recent graduate of Winston Churchill High School in Montgomery County, Md.

[More Information](#)

MARK YOUR CALENDAR

September 1 & 2
2021 Virtual Justice and Recovery Conference
[ODMHSAS-online](#)

September 3
PRSS for Veterans
[ODMHSAS-online](#)

September 6
Labor Day
[National Calendar](#)

September 7
National Grateful Patient Day
[National Calendar](#)

September 8
Advanced ASI/ASAM Training
[ODMHSAS-online](#)

September 9
Tobacco Free Support Group Facilitation
[ODMHSAS-online](#)

September 12
National Grandparents Day
[National Calendar](#)

September 14
Wellness Coach Training
[ODMHSAS-online](#)

September 16
Housing First Training
[ODMHSAS-online](#)

September 21
Wellness Coach Training
[ODMHSAS-online](#)

LOL Your Way to Better Mental Health

Wayne Federman is a veteran stand-up comedian who has written late-night monologue jokes for Jimmy Fallon and appeared on Curb Your Enthusiasm and Silicon Valley. But his ability to find humor in just about any situation helped him cope particularly well in quarantine. "During the pandemic, I'm shut down. All my gigs are canceled," he says. "I'm alone in the house, and I find out my ID is stolen. I'm like, 'Yes! This could be the best day I've had in years.'"

The more he thought about it, the funnier the situation seemed. "Sometimes you think you don't matter in life, and you wake up and think, Hey, somebody wants to be me," he says. "That's awesome."

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SEPTEMBER is...

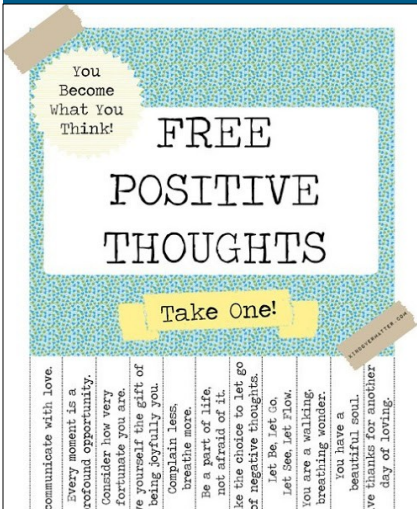
[Suicide Prevention Month](#)

[National Recovery Month](#)

[World Alzheimer's Month](#)

[Self-Care Awareness Month](#)

[September 6-12 National Suicide Prevention Week](#)



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