



# October

## ThinkHealth News 2023

Software Thinking and Standing with You



### Customers Hot Topic

As you all know, Oklahoma Manage Care (MCO) will be starting on **April 1, 2024**.

You will be able to pick between three health plans: [Aetna Better Health of Oklahoma](#), [Humana Healthy Horizons of Oklahoma](#) and [Oklahoma Complete Health](#).

Most SoonerCare members will get their health care services covered in a new way next year – through health and dental plans.

A health or dental plan is an organization that provides health care services through a network (group) of doctors, dentists, pharmacists, mental health professionals and other service providers. Some plans provide extra services like programs to help you quit smoking and get healthier.

To learn about the basic benefits and services that all health plans offer, go to SoonerCare Benefits ([oklahoma.gov](http://oklahoma.gov)).

[Click Here for More](#)

### Agency Events and News

Join us, October 10, 2023, for an event that dives into ways to connect with your child to help support their mental health and wellness. Training Includes: Supporting Our Kids' Mental Health & Wellness, Connecting and Talking with Your Child.



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Join Professional Counselor Micah Perkins at this in-person event as he discusses basic concepts of Rational Emotive Behavior Therapy and Cognitive Behavior Therapy and how identifying and challenging self defeating beliefs contribute to increased well being.

Attendees will learn:

- How the brain changes as the result of CBT.
- How the mind and body interact with each other.
- How to identify self defeating beliefs and replace them with self helping beliefs.

[Click Here for More Information](#)

This one day workshop based on the Mental Health First Aid (MHFA) curriculum, an internationally recognized evidence-based program, is designed to provide skills to individuals who work with adults who may be experiencing mental health-related challenges. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

[Click Here for More Information](#)



#### Better Together Mental Health Workshop: "The Situation in Erie County"

Join us for an exciting in-person event at the Erie County Health Department in Sandusky, OH, USA. The Better Together Mental Health Workshop is a platform where experts and community members come together to discuss the current mental health situation in Erie County, Ohio.

[Click Here for More Information](#)



# NEWSLETTER HIGHLIGHTS

## OKLAHOMA Newsletter Highlights

### Oklahoma County Receives Award from ODMHSAS for Treatment Court Success and Graduation Rates

The Oklahoma Department of Mental Health and Substance Abuse Services is celebrating the Oklahoma County Treatment Court program, Judge Kenneth M. Stoner and the Oklahoma County Public Defenders and District Attorney's Office for achieving an 83-percent graduation rate related to their drug court program.

Oklahoma County Treatment Court says it's had 916 graduates since January 2016. They also estimate the program has saved the community \$112,791,000 because it costs \$19,000 per year to incarcerate someone, while Drug Court only costs \$5,000 per person per year. Many of the individuals who enter the program are identified as repeat offenders, have been involved in the legal system for years, and have either a high need for treatment or a high risk of addiction. As a result of entering the program, they have made enormous strides to reclaim their lives.

[Click Here for More Information](#)

## Ohio Children's Alliance Conference

We, ThinkHealth, will be at the Fall Conference at the Renaissance in Westerville on October 17 and 18. Come by our booth and learn more about OrionNet Systems' ThinkHealth Electronic Health Records mental health and behavioral Health software. We will be giving away some goodies and holding a lucky draw.

These two days will be filled with opportunities to connect, collaborate and hear from state and private organizational experts and leaders, sharing updates on evidence-based and best practices in our sector.

See you at the Fall Conference!



[Click Here for More Information](#)



## Mark Your Calendar

**October 1**

[International Coffee Day](#)

**October 6**

[World Smile Day](#)

**October 14**

[National Dessert Day](#)

**October 16**

[World Food Day](#)

**October 26**

[National Pumpkin Day](#)

**October 31**

[Halloween](#)

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