

Practice Management Insight

A report on events affecting Oklahoma providers

March 2018

OEA demands pay raise for teachers and school staff

Oklahoma lawmakers have three weeks to approve over \$800 million in new funding, including raises for educators and school staff, or teachers will walk off the job.

That was the ultimatum offered Thursday by the state's largest teacher union, which has called for an April 2 teacher walkout if its demands are not met. "Oklahoma educators have reached a breaking point," said Alicia Priest, president of the Oklahoma Education Association.

During a press conference at its Oklahoma City offices, the OEA produced a list of demands that include a \$10,000 pay raise for all Oklahoma teachers and a \$5,000 pay raise for all school support staff, such as custodians, secretaries and food service workers.

[More information](#)



Everyone Is Going Through Something

I've never been comfortable sharing much about myself. I turned 29 in September and for pretty much 29 years of my life I have been protective about anything and everything in my inner life. I was comfortable talking about basketball — but that came natural. It was much harder to share personal stuff, and looking back now I know I could have really benefited from having someone to talk to over the years. But I didn't share — not to my family, not to my best friends, not in public.

Today, I've realized I need to change that. I want to share some of my thoughts about my panic attack and what's happened since. If you're suffering silently like I was, then you know how it can feel like nobody really gets it. Partly, I want to do it for me, but mostly, I want to do it because people don't talk about mental health enough. And men and boys are probably the farthest behind. I've never been comfortable sharing much about myself. I turned 29 in September and for pretty much 29 years of my life I have been protective about anything and everything in my inner life. I was comfortable talking about basketball — but that came natural.

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[More Information](#)

Depression In Teens

It's not unusual for young people to experience "the blues" or feel "down in the dumps" occasionally. Adolescence is always an unsettling time, with the many physical, emotional, psychological and social changes that accompany this stage of life.

Unrealistic academic, social, or family expectations can create a strong sense of rejection and can lead to deep disappointment. When things go wrong at school or at home, teens often overreact. Many young people feel that life is not fair or that things "never go their way." They feel "stressed out" and confused. To make matters worse, teens are bombarded by conflicting messages from parents, friends and society.

[More Information](#)

Mental Health

Everyone feels worried or anxious or down from time to time. But relatively few people develop a mental illness. What's the difference? A mental illness is a mental health condition that gets in the way of thinking, relating to others, and day-to-day function.

Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more.

Mental illness is an equal opportunity issue. It affects young and old, male and female, and individuals of every race, ethnic background, education level, and income level. The good news is that it can often be treated.

Signs and symptoms of mental illness depend in part on the illness. Common symptoms include.

[More Information](#)

7 Beliefs of Emotionally Healthy People

We all know the basics of being healthy: eat well, exercise, and get some rest (especially when you've got your country's 500th anniversary to plan, your wedding to arrange, your wife to murder, and Guilder to frame for it) because, as they say, if you haven't got your health, you haven't got anything.

But how to improve the health that happens between our ears? Today, we'll do a checkup of seven beliefs emotionally healthy people hold.

Two big footnotes on this. One: no one carries around all these beliefs all the time, without exception. We each struggle in our own way. So don't be alarmed if you think your own belief system could use some shoring up: Nobody is 100% healthy 100% of the time. Two: I'll be the first to say there's no rigidly definitive list of healthy beliefs. But IMHO, these are the biggies, so let's count them down, leaving the most important for the end.

[More Information](#)

MARK YOUR CALENDAR

March 1
The Professional Ripple Effect
[OKC, OK](#)

March 6
Tribal Consultation
[OKC, OK](#)

March 11
Daylight Saving Begins

March 14
Drug Utilization Review
[OKC, OK](#)

March 15
Medical Advisory
[OKC, OK](#)

March 17
St. Patrick's Day

March 20
Spring Begins

March 21
Mental Health First Aid Youth
[OKC, OK](#)

March 22
OHCA Board Meeting
[OKC, OK](#)

March 22
Maternal Mood Disorders
[OKC, OK](#)

March 28
Strengthening Families Program-
Prevention
[Broken Arrow, OK](#)

ThinkHealth Feedback!

Check out ThinkHealth on Capterra the Top Mental Health Software Products list!

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What's New at OrionNet Systems

ThinkHealth is EHR Certified and is HealthHome compliant! If you are looking for the most used System.

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405.286.1674



March is

International Women's Day

Mental Retardation Awareness Month

Self Harm Awareness Month

National Nutrition Month



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

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