

NEWSLETTER



Your Mental Health Billing Specialist
Building Our Reputation One Client at a Time

-Volume 1
-August, 2016



A MESSAGE FROM MONA

I sincerely hope your summer was filled with enjoyment and relaxation for you and your family. I am extremely excited to deliver to you the premiere edition of our monthly *Newsletter*. You will find information useful to the Mental Health Profession, Humor and Vignettes.

I truly welcome all suggestions concerning content and contributions. Our team members provide input for each edition.

Our Mental Health Billing Service is growing thanks to your referrals. They are so appreciated. Really!

Your feedback is always of paramount importance to our success. Keep it coming.

On the web at: mentalhealthbillers.com

Sincerely,
Mona

Olympic Athletes: The Mental Health Connection

Preparing athletes to compete in the Olympics does not just require physical training but takes years of emotional and mental dedication as well. Competing at such an advanced level is just as much a mental competition as it is a physical competition. It is not only crucial to be the strongest and fastest in the specific category but an elite Olympian must also learn to be emotionally and mentally focused throughout every practice and every competition.

Nearly 4 billion people around the globe tune in to watch at least one Olympic event and billions of dollars are spent preparing for this huge world event. The mental and emotional stress on the athletes and coaches alike is extraordinary and is often overlooked by the general public.

Source: Kristen Fuller, M.D., medical writer with Sovereign Health.

Sports Psychology is an expanding specialty area with many top Division 1 college teams as well as pro teams hiring full time Mental Health Counselors.

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Laugh a Little or Maybe A Lot: It's Good Therapy

The Bathtub Test

During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized. "Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup." "No," said the Director, "A normal person would pull the plug. Do you want a bed near the window?"

Source: tramuadissociation

Possible Expansion of Mental Health Services

The Helping Families in Mental Health Crisis Act, H.R. 2646, has passed out of the House Energy and Commerce Committee by a vote of 53-0. The NAMI has made this bipartisan reform effort possible and it is expected to help millions of Americans affected by Mental Health conditions.

If passed, the bill would enhance crisis response services, increase the Mental Health workforce, promote early intervention for mental illness and support integration of Mental Health, substance abuse and primary care.

Source: National Alliance on Mental Illness

Associated Billing Center, LLC urges you to contact your local lawmaker to express support for this legislation.

Mental Health Trend 2016

- According to PricewaterhouseCoopers 2016 will be the year millions of consumers have their first video consults and clinicians will learn to work in new ways incorporating insights obtained from data analysis into treatment plans.



Disclaimer: The editorial content of this page is in no way intended to be professional advice. It should be considered informational and a venue for entertainment purposes. Read and utilize at your own discretion.

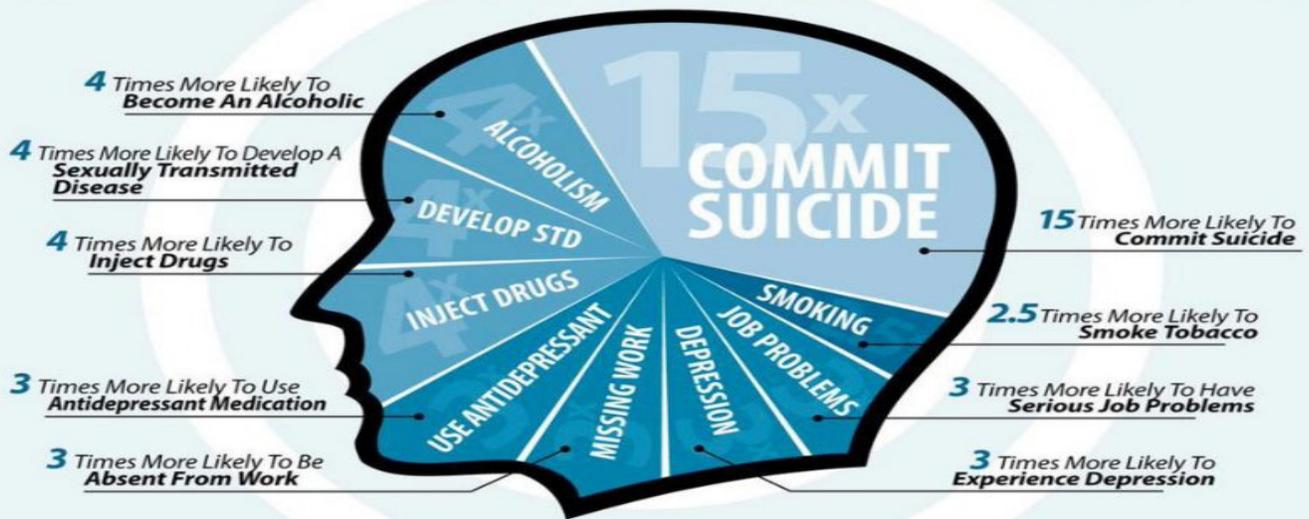
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PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



Source: LinkedIn/Pulse

Two 12 Year Old Girls Alleged to have Stabbed a Classmate to be Tried as Adults

Click on the link below for an interesting column on waiving up juveniles to adult court. It addresses Mental Health treatment and the issue of maturity.

http://www.huffingtonpost.com/judith-g-edersheim-jd-md/how-can-12-year-olds-be-ad_b_11309846.html?utm_hp_ref=mental-health

Source: Judith G. Edersheim, J.D., M.D./Huff Post Blog

Effective communication is the key to positive personal and business relationships. Possessing the ability to communicate effectively could possibly be one of life's most important skills.

Mona

Therapy Humor

How many psychotherapists does it take to change a light bulb? Just one, so long as the light bulb "wants" to change.

How many narcissists does it take to change a light bulb? Just one. All he has to do is hold it in place while the world revolves around him.

Source: Neel Burton
Psychology Today