

Associated Billing Center's
Newsletter

-Volume 4
-December, 2016

A Message From Mona

My sincere and best wishes for you and your family as we embark on 2017. Can you believe it? It seems as though we were just welcoming in 2016. When I reflect on how quickly time passes, I constantly need to remind myself to make each day as good as it can be. My trifecta of wishes for the New Year is for individual contentment, followed by good health, and success in achieving our personal goals. Each day, I truly realize the importance of reaching out and lending a helping hand to those in need on a personal and professional level. I am a devotee to the philosophy concerning Karma. Good will extended translates to good will received.

President-elect Trump and Senate Majority leader Mitch McConnell are promising to repeal and replace the ACA. We will be watching these developments with close scrutiny. Let's hope that civility rules the discourse and we provide all Americans with adequate coverage including a sustainable strong Mental Health parity law.

Best regards,

Mona



President Obama Signs 21st Century Cures Act

The legislation passed overwhelmingly in the House and Senate. The act specifically designates \$1 billion dollars over two years to fight the opiate epidemic. Treatment programs would expand including the provision of increased training for professionals counseling the addicted. There's also a substantial portion of the bill dedicated to strengthening mental health parity laws. In addition, increased funding will be made available for cancer and Alzheimer's research.

Click on the link below for more details.

www.refinery29.com

Our note: We support the NAMI statement concerning the 21st Century Cures Act. It states "we are one step closer to its vision of an America where fewer people with mental illness end up on the streets, out of school, or in jail."

The consumption of opiates has reached pandemic levels affecting innumerable individual lives and those of their family members. Drug overdose was the leading cause of accidental death in the U.S. with 55,403 recorded last year. Opioid addiction is driving this epidemic with over 20 thousand deaths officially documented. Four in five new heroin users started out misusing prescription pain killers. 91 Americans on average die everyday due to an opiate overdose. These numbers are tragically sobering and demand that our government institutions provide funding for rehabilitation and expanded Mental Health counseling. Contact your lawmakers to win support for such ideology.

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

"My therapist asked if any of my family suffered mental illness. I said no they all seemed to enjoy it."

Source: funnyandhumorous.com

Psychiatrist to Internal Revenue Service agent on the couch: "Nonsense! No way does everyone in the world hate you- everyone in the U.S. perhaps, but certainly not the world."

Source: free-funnyjokes.com

"It's rude to interrupt my anxiety attack with your positive thoughts."

Source: someecards

One therapist to another after lovemaking: "Darling, that was wonderful for you, How was it for me?"

Source: free-funnyjokes.com

"I got a bonus check for the holidays from one of my patients thanking me for helping to restore his sanity. Then he told me he was insane for writing an additional check".

Source: anonymous

Prince Harry With a Royal Idea on Smartphone Use

Prince Harry is suggesting that young people need to "lift up their heads" from their phones and iPads to improve their mental health. He said his father's generation used to go out and talk to each other and now young people are not getting that face to face contact.

The Prince suggested that people no longer communicate with each other about their problems, choosing instead to spend time on social media, which is preventing them from sharing and overcoming their own and other people's difficulties.

The chief executive of a mental health charity in England states that "I sometimes use the phrase may your life be as happy as social media pretends it is, because there is a veneer, a pretend life going on for a lot of young people."

Our Note: It is unfortunate that we as a society now refer to text messaging and cell phone conversation as primary examples of effective communication. We will know for certain we are in trouble when insurance companies allow therapists to text message therapy sessions.



DEFEAT
the
STIGMA

New Years Resolutions

Many of us make commitments to resolutions that are realistically difficult to achieve or maintain. The consensus among many mental health professionals is to commit to an action or philosophy that is challenging, rewarding, and most importantly attainable. Too many failures in this arena can lead to increased depression and a feeling that change becomes increasingly difficult.

A Quick & Vitally Important Thought from Mona

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.

Please check out our website: mentalhealthbillers.com for our News Blog updates!



THE STATE OF MENTAL HEALTH IN AMERICA 2017



Lesbian, Gay, Bi Adults and Drug Abuse

According to a recent report from the Department of Health's Substance Abuse and Mental Health Services Administration nearly 40 percent of those who identify as lesbian, gay or bisexual claimed to have used illicit drugs in the past year compared to 17 percent of those who identify as straight.

Eric Yarbrough, MD, Director of Psychiatry at Callen-Lorde Community Health Center in New York, says that addressing health-related issues that affect the LGBT community is not really taught in schools or residencies.

"Sometimes all you get are two hours of training and that's it. At the very least, providers must graduate with a high level of education on these issues."

The numbers are staggering: there are an estimated 4 thousand areas in the U.S. designated as having a shortage of Mental Health professionals-one psychiatrist per 30 thousand people. The tech industry is busy creating digitally based solutions. MD Live is now offering behavioral health services as part of Walgreen's mental health platform, giving patients more access to secure video sessions with more than one thousand licensed therapist nationwide.

Currently, 29 states and the District of Columbia require health insurance companies to pay for telehealth services if those same services would be covered when provided in person. More commercial insurers are offering telehealth services to behavioral health professionals, including Aetna, Anthem, Cigna and United Health Group.

Our Note: We would like to know your thoughts on this subject. The pros and cons of this type of therapy. Would you participate in this type of platform? Let us hear from you!

Source: thinkrevivehealth.com

A Note To Our Readers:

We welcome all comments and suggestions about our editorial content. Contributions are also greatly appreciated. The editorial content of this Newsletter is not intended as professional advice and should be considered an informational venue for entertainment purposes. Read and utilize at your own discretion.

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Mona Ruback