

Associated Billing Center's
Newsletter

-Volume 5
-January, 2017

A Message From Mona

Former President Obama reportedly told President Trump that he would lend his support to proposals that he felt would improve upon the Affordable Care Act. It is vitally important that two central components of the act remain in place. The provision that allows parents to keep their children up to the age of 26 on their policies (given the economic challenges facing this age group) and the rule that does not allow insurance companies to refuse coverage to those patients with pre-existing conditions. While the ACA has provided coverage for an additional 20 million patients, it is true that in some markets premiums have increased exponentially. It would be wonderful if politicians could debate the future of healthcare in America without first concerning themselves with an allegiance to their party and instead debate the issues and solutions that would best serve the broadest sectors of our citizenry.

Best regards,

Mona



Post Election Stress: The Reality of it All

The Huffington Post reports that more than 1 in 3 Americans continue to experience inner turmoil over the outcome of the election. According to a new Washington Post-ABC New Poll, 35 percent of those polled say Trump's election has increased their normal stress level, 12 percent report it has reduced their anxiety, while 52 percent say it made no difference.

Grace Sparks, Huffington Post Associated Poll Editor, reports the groups most likely to say their stress increased post election include Democrats, Hispanics and people without a religious affiliation. 41 percent of women say their anxiety levels are elevated, 20 percent saying by a "great deal".

A majority of Trump supporters say they are "significantly" less stressed about the future of his presidency.

Interesting Note: 63 percent of people who didn't vote or who voted for a third party candidate say the election made no difference in their stress levels.

Our Note: Several therapists have told us that even though the election occurred more than 70 days ago, some of their patients continue to experience high anxiety.

It is our desire to see lawmakers of both parties come together in a bipartisan fashion to craft legislation that will benefit all Americans.

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

THIS IS WHAT YOUR WIFE NEEDS AT
LEAST THREE TIMES PER WEEK

After 35 years of marriage, a husband and wife came for counseling. When asked what the problem was the wife went into a tirade listing every problem in their marriage including neglect, lack of intimacy, loneliness, and feeling unloved and unlovable.

Finally, after allowing this for a significant amount of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced her long and passionately as her husband watched-with a raised eyebrow.

The woman shut up and quietly sat down as though in a daze. The therapist turned to the husband and said "This is what your wife needs at least 3 times a week. Can you do this?"

"Well, I can drop her off here on Mondays and Wednesdays, but on Fridays I fish."

Source: funnyandhumorous.com submitted by Linda

Smartphone Addiction Affects Our Physical and Mental Health

Jane Brody writes in the New York Times about the new book, *The Power of Off*. The author, New York psychotherapist Nancy Colier, asks what really matters in life as it relates to our personal use of technology. Most people now check their smartphones 150 times per day, or every 6 minutes according to the author. And, young adults are now sending an average of 110 texts per day.

The only difference between smartphone addiction and any other is that it's socially accepted. But, the author says, that does not mean it's not detrimental.

Click on the link below for more on the impact of smartphones and digital media on our personal lives.

<https://www.nytimes.com/2017/01/09/well/live/hooked-on-our-smartphones.html>

Our Note: Yes, we understand the irony of asking you to "click" on the link above to use technology to learn how it could be detrimental to your physical and mental health.



Young Girls are Less Apt to Think that Women are Really Smart

A study in the publication Science reports that girls in the first few years of elementary school are less likely than boys to say that their own gender is "really, really smart," and less likely to opt into a game described as being for super-smart kids. The study comes amid a push to figure out why women are underrepresented in science, technology, engineering and mathematics. The study included girls ages 5-7, when stereotypes seem to take hold.

Source: npr.org

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



Your Toxic Boss Could Affect Your Mental Health

Carolyn Gregoire with the Huffington Post reports that toxic bosses are, unsurprisingly, the top cause of unhappiness in the workplace. A Gallup survey shows that 41 percent of American workers say they've been psychologically harassed on the job. Access the link below for an intriguing article on how a manager, not properly trained, can adversely affect employees.

www.huffingtonpost.com/.../bad-boss-mental-health_us_5873b3fee4b043ad97e4a44...

Mental Health America has released its annual *State of Mental Health Report* ranking all 50 states and DC based on several mental health and access measures. Among the findings:

- Health care reform has reduced the rates of uninsured adults with mental health conditions, 19 percent remain uninsured in states that did not expand Medicaid, 13 percent remain uninsured in states that did expand Medicaid.
- There are over 1.2 million people incarcerated with a mental health condition and lack of access to mental health care is linked to higher rates of incarceration.
- Youth mental health problems are on the rise, and 6 out of 10 young people with major depression do not receive ANY mental health treatment.

State of Mental Health in America Overall Ranking

| Rank | State |
|------|---------------|
| 1 | Connecticut |
| 2 | Massachusetts |
| 3 | Vermont |
| 4 | South Dakota |
| 5 | Minnesota |
| 6 | New Jersey |
| 7 | Iowa |
| 8 | North Dakota |
| 9 | Pennsylvania |
| 10 | Maine |
| 11 | Delaware |
| 12 | New York |
| 13 | Alaska |
| 14 | Maryland |
| 15 | Illinois |
| 16 | Hawaii |

| Rank | State |
|------|----------------------|
| 18 | District of Columbia |
| 19 | Kentucky |
| 20 | New Hampshire |
| 21 | Kansas |
| 22 | New Mexico |
| 23 | California |
| 24 | Oklahoma |
| 25 | Colorado |
| 26 | Ohio |
| 27 | Nebraska |
| 28 | Florida |
| 29 | Wyoming |
| 30 | Washington |
| 31 | Missouri |
| 32 | Texas |
| 33 | North Carolina |

| Rank | State |
|------|----------------|
| 35 | Wisconsin |
| 36 | Rhode Island |
| 37 | South Carolina |
| 38 | Virginia |
| 39 | Montana |
| 40 | Utah |
| 41 | Tennessee |
| 42 | Louisiana |
| 43 | West Virginia |
| 44 | Mississippi |
| 45 | Indiana |
| 46 | Alabama |
| 47 | Arkansas |
| 48 | Idaho |
| 49 | Oregon |
| 50 | Arizona |

Source: mentalhealthamerica.net

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"BUILDING OUR REPUTATION ONE CLIENT AT A TIME"



www.MentalHealthBillers.com



Mona Ruback