

Associated Billing Center's  
**Newsletter**

-Volume 7  
-March, 2017

**A Message From Mona**

The vitriolic discourse under the Big Dome in our nation's capitol has reached the heights of Mt. Everest. Whether you support President Trump, or can best be described as an apostate of the President, our communication with each other can best be characterized as dysfunctional. It is personally disheartening to witness our elected representatives behaving in such a juvenile manner. The other night at dinner with Democrat and Republican friends we all reached consensus in one area. Our government and its peoples have become so divided that it makes the Grand Canyon appear to be a narrow pass. I am extremely concerned about the debate concerning healthcare and, in particular, how it relates to mental health. Our lawmakers, despite their party affiliation, must ensure that people in need of therapy, as well as those addicted to narcotics, will have the resources necessary to seek treatment and lead productive lives.

Best regards,

*Mona*



**NAMI Announces Legislative Priorities for 2017**

The National Alliance on Mental Illness is enunciating its legislative priorities for 2017 as part of its "ongoing efforts to ensure that policy makers maintain a focus and continue to address the needs of the mental health community." The Highlights:

- Reject Medicaid Caps or block grants, putting individuals with mental illness and families at risk.
- Support Medicaid expansion, with income based eligibility, to provide a pathway for individuals with mental health conditions.
- Ensure insurance market reforms include mental health and substance abuse use disorder coverage at the same level (parity) as other health conditions.
- Increase investment at NIH and NIMH for the understanding, diagnosing and treatment of mental illness.
- Promote early intervention for serious mental illness through continued federal funding set aside in the Mental Health Block Grant.
- Improve Integration of Care.
- Support our nation's caregivers by extending existing national caregiver support programs.
- Expand capacity for mental health care for service members and veterans.
- End the Criminalization of Mental Illness by investing in policies and funding on the national and state level to support therapy where appropriate instead of automatic incarceration.

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

Patient to Therapist: "I think I'm a cat.  
Therapist to Patient: "How long has this been going on?"  
Patient to Therapist: "Oh, since I was a kitten!"

Patient to Therapist: "I keep thinking I'm a dog.  
Therapist to Patient: "Lie down on the couch and let's explore."  
Patient to Therapist: "I can't, I'm not allowed on the furniture."

**Request for Treatment:** A young woman took her troubles to a therapist. "You must help me," she pleaded. "It's gotten so that every time I date a nice guy, I end up in bed with him. And then afterward, I feel guilty and depressed for a week."

"I see," nodded the therapist. "And you, no doubt, want me to strengthen your will power and resolve this matter."  
"For God's sake, NO!" exclaimed the woman, "I want you to fix it so I won't feel guilty and depressed afterward."

Source: bouldertherapist.com

### Some Veggies Each Day Keeps the Stress Blues Away

Results of a study conducted by the University of Sydney published in the *British Medical Journal Open* shows that eating three to four servings of vegetables daily is associated with a lower incidence of psychological stress.



pixaby.com

There were 60 thousand participants. The study included lifestyle factors and psychological distress at two time points, 2006-08 and 2010. The findings:

- People who ate 3-4 daily servings of vegetables had a 12 percent lower risk than those who consumed 0-1 serving daily.
- People who ate 5-7 daily servings of fruit and vegetables had a 14 percent lower risk of stress than those who ate 0-4 servings daily.

The study also revealed which gender benefits more by consuming increased fruits and vegetables.

Click on the link below for the entire study:

<https://www.sciencedaily.com/releases/2017/03/170315094543.htm>

### Blood Samples and Schizophrenia

Researchers at the University of Maryland have developed a blood test that could help therapists more quickly diagnose schizophrenia. The study was recently published in the journal of Analytical Chemistry. Recent studies have indicated that patient outcomes could be improved if the time elapsed between the onset of symptoms and the initiation of treatment is diminished. The research is supported by the National Science Foundation.

Read more at: [www.eng.umd.edu/html/news/story.php?id=10299](http://www.eng.umd.edu/html/news/story.php?id=10299)

### A Quick & Vitaly Important Thought from Mona

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

**It is unfortunate that most politicians do not adhere to this idea.**

Please check out our website: [mentalhealthbillers.com](http://mentalhealthbillers.com) for our News Blog updates!



pixaby.com

### Prescription Abuse Reaches Far Beyond the Addict

Families Anonymous is an invaluable support group providing a 12 Step Fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues. When family members attend a meeting they are no longer alone, but among friends who have experienced similar problems. Anonymity of members is paramount to the success of the program.

We have known friends who have had “no where to turn” when they learned that a child, sibling, or spouse had an addiction problem. The frustration was overwhelming because they immediately blamed themselves for the addiction taking place. Newcomers attending meetings feel as though they are no longer isolated in their emotions but actually see these same reactions among other attendees.

This is a terrific resource for therapists working with the families of addicted individuals. Families Anonymous meetings are non judgmental, offer peer support in a warm and welcoming environment, and a venue for interpersonal honest communication between attendees.

On the web: [familiesanonymous.org](http://familiesanonymous.org)

## Drug Facts

Experts at Columbia University predict that drug overdose deaths may peak in 2017 at 16.1 deaths per one hundred thousand. Drug overdose is the leading cause of accidental death in the U.S. Everyday in the U.S. 2,500 youth abuse a prescription pain reliever for the first time. By survey almost 50 percent of teens believe that prescription drugs are much safer than illegal street drugs- 60 to 70 percent say that home medicine cabinets are their source for drugs. Unfortunately, those who need to use these medications for legitimate control of their chronic pain are finding it increasingly challenging to fill lawful prescriptions in certain segments of the marketplace.

**Associated Billing Center, LLC is a proud member of:**



**"BUILDING OUR REPUTATION ONE CLIENT AT A TIME"**



[www.MentalHealthBillers.com](http://www.MentalHealthBillers.com)



Mona Ruback

### Sleep Deprivation

Many Americans are chronically sleep deprived. A new report from the CDC looks at different occupations where individuals suffer the most from sleep deprivation. Click on the link below for some interesting “nighttime” reading.

<http://www.cbsnews.com/pictures/americas-most-sleep-deprived-workers/>