

Associated Billing Center's
Newsletter

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A Message From Mona

With the Thanksgiving holiday upon us it is a time for reflection and introspection. Many of us have been touched in an emotional way in reaction to the recent tumultuous and, at times, barbaric campaign season. At dinner one evening post election, we all pontificated on why we supported our candidate. As the discussion began to heat up, I decided to reset the GPS to another direction. As a close knit group we decided to share our trials, tribulations, joys and successes of the past year. Our focus then quickly turned to Thanksgiving and introspection. We realized that we have family and relationships to be thankful for despite some in the group experiencing difficult challenges. Each of us reminisced about the true meaning of Thanksgiving. Enjoy the day with family and friends!

Sincerely,

Mona



Just How Stressful Was This Election?

A Seattle mental health counselor reports that she saw a big increase in patients complaining about campaign related tension and stress. "I've never had this many patients actually talk about the election during the time they are here for services" says Bernice Imei Hsu. She says clients would call to set up an appointment and one of the first topics to surface was politics. Beginning in May and through the election Hsu says about 85 percent of new client inquiries were election related.

Source: K5 Seattle

Our Note: Given the extraordinary divisiveness among the electorate in this Presidential election it would be interesting to study average recovery time for those suffering from negative emotions and finding their daily lives and routines negatively impacted.

Fear of Weight Gain Can Influence Birth Control Choices

According to a study at the Pennsylvania State College of Medicine choices women make about birth control can be influenced by concern over possible weight gain. It is one of the most commonly reported reasons why women stop using hormonal contraception, and therefore may play a role in unplanned pregnancies says Dr. Cynthia Chuang at Penn State. Although oral contraception has not actually been proven to cause weight gain, many women attribute weight gain to the pill. The birth control shot has been linked to weight gain in younger women. Source: Penn State

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

Two therapists meet for dinner with one beginning the conversation by saying "it has been a crazy day" to which his friend responded "thank goodness, how do you think I was paying for this dinner tonight".

Source: Anonymous

"I've wrestled with reality for 35 years, Doctor, and I'm happy to state I finally won out over it."

Source: Mary Chase

"Truly great madness cannot be achieved without significant intelligence."

Source: Henrik Tikkanen

"Insane people are always sure that they are fine. It is only the sane people who are willing to admit that they are crazy."

Source: Nora Ephron

Everyone is born with genius, but most people only keep it a few minutes.

Source: Edgard Varese

Working Fewer Hours and Not Feeling Guilty

Researchers at the Organization for Economic Cooperation have concluded that working more than 48 hours per week reduces actual output and productivity. Long hours led to fatigue, stress induced accidents, errors and increased illness. The study examined working hours in several countries over 22 years. Working overtime in some cases has been linked to weight gain and increased alcohol and tobacco use. Several companies report an increase in productivity with Senshi Digital reporting that projects that used to take two or three months now completed in much less time.

Depression Rates Rise for Adolescents

Johns Hopkins Bloomberg School of Public Health reports that the rate of adolescents reporting a recent bout of clinical depression grew by 37 percent in the decade ending in 2014, with one in six girls reporting an episode in the past year. The finding was published in the November 14th journal Pediatrics. Study leader Ramin Mojtabi, MD, PhD., MPH says "This shows us there are a growing number of untreated adolescents with depression and that we are making few inroads in getting mental health care to this population". Sadly, suicide rates have risen in recent years particularly among young girls and women. The CDC reported this month that suicide rates among American middle school students—those aged 10-14—were higher than rates of death from motor vehicle accidents in that age group. White adolescents and young adults were also more likely than non-whites to experience depressive episodes. In adolescents, after 2011, there were small increases to mental health providers, the use of in-patient and day treatment centers and medication. Parents need to stay fine tuned to the "vibes" their children are constantly sending.

Mental Health Trend 2016

Mental Health America's annual report finds nearly 6 in 10 adults with a mental health issue receive no treatment. 18.5 percent of Americans were found to be experiencing mental health issues, a slight increase from 18.1 percent reported last year. This year's report represents a total of 43.7 million adults.

A Quick & Vitaly 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!



Scientists Link Selfies To Narcissism, Addiction & Mental Illness

Picture source: funnyandhumorous.com/submitted by johns

Our Note: We surveyed our team members at Associated Billing Center, LLC and none of them, and we do mean none of them, agreed with the above caption. The consensus was that selfies have become as common place as the cell phone and email. While we all find the above photo “captivating”, we would never refer to our friends and children who selfie frequently as narcissistic. Well, there are exceptions here and there!

Mental Health Humor

“The good part about having a mental disorder is having a valid reason for all the stupid things we do because of a damaged prefrontal cortex. However, the best part is seeing someone completely sane doing the same exact things, without a valid excuse. This is the great equalizer of God and his little gift for all us crazy people to enjoy.”
-Shannon Adler

“I decided early in graduate school that I needed to do something about my moods. It quickly came down to seeing a psychiatrist or buying a horse. Since almost everyone I knew was seeing a psychiatrist, and since I had an absolute belief that I should be able to handle my own problems, I naturally bought a horse.”

Kay Redfield Jamison, *An Unquiet Mind: A Memoir of Moods & Madness*
traumadissociationwordpress.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 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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Mona Ruback