

Associated Billing Center's  
**Newsletter**

-Volume 2  
-October, 2016

**A Message From Mona**

Thanks for your positive response to our premiere Newsletter. Your suggestions are very much appreciated and I look forward to your future comments. Some ICD 10 codes for Mental Health were updated effective October 1, 2016. You can download this update to your mobile device. The app is: icd10consult. It is a red icon. The codes are being changed to provide more specificity.

World Mental Health Day is observed every year on October 10<sup>th</sup>. The overall objective is to raise awareness of mental health issues around the globe and to mobilize efforts in support of mental health counseling and support. Given all of the advances in the area of technology there is one constant that remains; the basic human instinct to help others. As cultures and societies evolve, we must adhere to the principal of helping others who need our assistance.

Sincerely,

*Mona*



**Traumatized Syrians Seeking Mental Health  
Online**

ABC News reports that traumatized Syrians, most of who are in need of mental health counseling, are increasingly turning to the internet for help. Former Yale professor of psychology Jefe-Bahloul says that most of the field mental health workers who are treating these patients lack an advanced degree.

Recently, Bahloul and a colleague initiated a program called Syrian Telemental Health Network with the goal of reaching those affected by the Syrian crises.

The technology is designed to use an encrypted and safe online referral system to connect global professionals to clinicians working in Syria and its neighboring countries. ABC news reports that counselors on the ground have little aid as they try to keep up with the increasing numbers of patients in need of mental health services while dealing with the attacks on the facilities they work in.

**Astounding Fact:** Mental health professionals are trying to help the 4.8 million refugees resulting from Syria's civil war. The ongoing crisis has left millions of people devastated both physically and emotionally.

**Our Note:** It is disheartening that our political leaders both Democrats and Republicans cannot come together to strategize on how to end this human suffering and injustice.

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

Here's Some Advice From a Top  
Mental Health Professional

A therapist proclaimed the way to achieve inner peace is to finish all the things you have started. So the patient looked around her house she started and had not finished and before leaving the house in the morning, she finished off a bottle of Pinot Noir, a bottle of Chardonnay, a bottle of Baileys, a bottle of Kaluha, a packet of Penguins, an entire frozen Entenmanns chocolate cake the rest of a cheesecake, and a box of chocolates. Instead of calling it temporary insanity it was labeled temporary inner peace.

Patients versus Psychiatrists

What's the difference between the patients and the psychiatrists at the mental hospital?

The patients are the ones that eventually get better and go home.

**Mental Health in the Emergency Room**

Kaiser Health reports that emergency room patients with psychiatric problems tend to include more children and elderly patients than you would expect to see based on the age range of the general population. Suzanne Lippert, an assistant professor at Stanford University says the findings highlight the fact that there is a shortage of outpatient treatment facilities in many areas. Young mental health patients are less likely to get reliable care after discharge from the ER. Also, statistics show that early intervention among the young lags behind the general population.

**Smoking Cessation and Depression**

Northwestern University researchers maintain that individuals afflicted with depression may find it more difficult to quit smoking. Researchers are testing a new cessation treatment program that provides behavioral activation therapy and medication. Depressed smokers experiencing adverse withdrawal symptoms say that their depression contributes to the resumption of smoking, including low mood, difficulty in engaging in rewarding activities, and impaired thinking/memory. Researchers are investigating whether FDA approved Chantix reverses thinking and memory problems during withdrawal. **Astounding Fact:** When you use tobacco products, nicotine is quickly absorbed into your bloodstream. Within 10 seconds of entering your body, the nicotine reaches your brain. It causes the brain to release adrenaline, creating a buzz of pleasure and energy.

Source: Northwestern University/Kristen Samuelson

**Mental Health Trend 2016**

The National Institute of Mental Health reports that there are thousands of Mental Health apps, and the number is growing every year. The NIH reports there is very little industry regulation and very little information on app effectiveness. Much research is needed to determine efficacy.

**A Quick 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.*



# THE STATE OF MENTAL HEALTH IN AMERICA 2017



- 18.29 percent of adults struggle with mental health problems annually. This translates to 43.7 million Americans. This statistic does not include those suffering from substance abuse or developmental disorders.
- The state prevalence of mental illness ranges from 16.03% in Florida to 22.6% in Oregon.
- The state prevalence of adult alcohol and substance abuse use ranges from 7.18% in Tennessee to 12.51% in Washington, D.C.
- Data indicate a significant increase in the number of depressed youth across the country.

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### Fact or Fiction: Dispelling the Myths of ADHD

Click on the link below for an interesting in depth story on ADHD and the latest developments and research. ADHD is one of the most prevalent psychiatric illnesses. A recent study shows the ADHD diagnosis has gone up 43 percent from 2003 to 2011.

[www.sciencedaily.com/releases/2016/10/161013103134.htm](http://www.sciencedaily.com/releases/2016/10/161013103134.htm).

Story provided by Texas A&M University

### Therapy Humor

“A question that always makes me hazy is it me or are the others crazy?”

-Albert Einstein

“I’m afraid to see the therapist about the voices in my head. She might know who they are.”

-Stanley Victor Paskavich

“If you don’t belong in a mental institution, you must be a very boring person.”

-Gala Siegel

Traumadissociation.wordpress.com

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Mona Ruback