

Associated Billing Center's
Newsletter

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A Message From Mona

May was Mental Health Awareness Month observed in the United States since 1949. One in five adults will suffer a mental disorder in their lives and everyone is affected or impacted by mental illness through friends and family. It is imperative that Congress and the President find a pathway through the growing divisiveness on policy and governing matters relating to healthcare and mental health services. Is this a tangible possibility? That remains to be seen.

Obamacare provided one of the largest expansions of mental health and substance abuse disorder coverage in a generation. Still, the ACA is in need of rehabilitation. Too many states have limited choices and premiums in many instances are rising exponentially. Joan Rivers used to ask, "Can we talk?" Unfortunately, it seems as though we have lost this skill in our nation's capitol. We need desperately to find our way back to common ground for the good of humanity.

Best regards,

Mona



Insurance CEO says Trump is Driving up Premiums on Purpose

Vox journalist, Sarah Cliff, recently interviewed BC/BS North Carolina CEO, Brad Wilson, to ask him about the current debate over healthcare. Wilson maintains that the President's threat to permanently cut Obamacare's cost-sharing reduction subsidies is forcing Wilson and other CEOs in his position to issue rate hikes across the nation.

Wilson says that, "The information we've seen coming from the administration actually creates more uncertainty rather than greater certainty. Right now what we cannot assume, nor should we assume, the money is going to be there."

Our Note: Wilson is basically charging that Trump is being evasive on the subsidies by design in order to accelerate a collapse of the Affordable Care Act.

There is no doubt that the ACA needs rehabilitation in order to prevent insurance companies from arbitrarily withdrawing from the marketplace and to increase competition. It is sad and appalling that we simply cannot have an honest discourse on what is best for America and her citizens. It's fine to subscribe to a political ideology-but it is not fine when that adherence is so rigid that progress is stalled on such an important issue. The ICD-10 needs to be revised to include a code for political polarization.

Source: learnprogress.org

Veterans with Mental Health Injuries Need Our Support and Recognition



Some veterans are hesitant to engage in mental health therapy for PTSD and other military related psychological traumas feeling that they can “go it alone” in the healing process.

At least 20 veterans commit suicide every day in the United States. The VA has taken positive steps to help facilitate the transition from military to civilian life which, for many, can be an arduous journey. Nathan Fletcher, in a column in the Washington Post, writes that “The Purple Heart should also be considered for those who survived war but could not survive the peace that followed because of very real mental health injuries.”

Our Note: We think Fletcher could be on to something here.

Source: Gary R'nel

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

The head therapists in an insane asylum had a meeting and decided that one of their patients was potentially well. So they decide to test him and take him to the movies. When they get to the movie theater, there are signs of wet paint pointing to the benches. The therapists just sit down, but the patient puts a newspaper down first and then sits down. The therapists get all excited because they think maybe he's in touch with reality now. So they ask him, “Why did you put the newspaper down first?” He answers, “So I'd be higher and have a better view.”

Great news, Mr. Oscarson, the therapist reported. “After eighteen months of therapy, I can pronounce you finally and completely cured of your kleptomania. You'll never be trapped by the desire to steal again.” “Gee that's great,” the patient replied. “And just to prove it, I want you to stop by Sears on the way home and walk the length of the store. You'll see-you'll feel no temptation to shoplift whatsoever.” “Oh, whatever can I do to thank you?” “Well,” suggested the therapist, “If you DO have a relapse, I could use a new microwave.”

Source: free-funny-jokes.com/funny-mental-health-jokes.com



Seven of the Best Movies about Mental Health

Laura Greenstein writes on the National Alliance on Mental Illness website revealing her top seven movies dealing with the topic of mental health. Here we go: Autism: Rain Man (1988) Anxiety: What About Bob (1991) OCD: As Good As it Gets (1997) Schizophrenia: A Beautiful Mind (2001) Bipolar Disorder: Silver Linings Playbook (2012) Depression: The Skeleton Twins (2014) Mental Health: Inside Out (2015).

Question: How many have you seen? Which films would your list include?

A Quick & Vitally 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.”

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



Mental Health at the Office

At any given time seventy percent of those currently employed are searching for other jobs. According to Mental Health America, less than one-third of us are happy or content with our work. Eighteen percent are unhappy with their current position with some even sabotaging the success of their workplace. An unhappy or unhealthy work environment is bad for business and for its employees. Major firms, particularly tech companies, are creating workplace environments to reinforce a positive mental health feeling at the office.

Mental Health America's website reports that studies show being unhappy with or unfulfilled by work can take a toll on our health, relationships, and even lifespan. Ever hear a co-worker in the office say, "I can't wait to get the hell out of here?" For some employees that comment is not only applicable to the day at hand but to the job itself.

Top 5 Reasons for Happy Employees: Relationship with co-workers, contribution of work to organization's business goals, meaningfulness of the job, opportunities to use skills/abilities and relationship with immediate supervisor.

Top Reasons for Leaving a Job: Minimal wage growth, lack of opportunity, excessive overtime, Lack of teamwork and lack of flexibility on just how a task is completed.

ER Visits For Kids On the Rise Post Pot Legalization

NBC News reports the number of teenagers sent to the ER more than quadrupled after marijuana was legalized in Colorado—mostly for mental health symptoms. Read the entire article at: <http://www.nbcnews.com/health/health-news/er-visits>

Cannabis is legal for medical use in 28 states while 8 states have legalized the recreational use of marijuana.

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