

Associated Billing Center's
Newsletter

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A Message From Mona

I want to personally thank you for responding in a timely manner when we have requests concerning patient information or other billing matters. It helps to make us more efficient and effective in what we do.

I am one of those fortunate people who actually loves their job. Clients often say to me, "How do you do this everyday?" My response is, that while this is a business, it is also personal. I have a close family member who needed much advocacy in navigating through her health insurance bureaucracy in order to secure treatment and reimbursement. She was told repeatedly that insurance would not cover her diagnosis code. She needed help! After exploring modifiers and filing appeals we were successful in allowing her to continue her treatment. It is unfortunate that many individuals do not have a "personal" ombudsman to advocate for their rights. Enjoy the rest of your summer.

Best regards,

Mona



Taking Sick Leave for Mental Health



How often have we all said, "I can use a mental health day but I am afraid my boss will not understand." USA Today reports that when a web developer shared with her manager that she was taking two sick days to focus on her mental health relating to chronic depression and anxiety, the response was gratifying. Her CEO actually thanked her for shedding light on the importance of good mental health. "You are an example to us all, and cut through the stigma so we can all bring our whole selves to work."

The employee wrote about how talking about depression at work was scary. "If you struggle with mental illness, know that there are people out there who strive to make their workplace empathetic and supportive."

Fact: Over half of the American work force has vacation time that is unused, resulting in 662 million untaken vacation days each year. How widely accepted is the idea of telling your boss you need a mental health day? Skeptics say we have a long way to go. The analogy here could be considered the long battle to "Break the Glass Ceiling."

Robin Williams-The Gentle Soul



A mother traveling through an airport had recently learned that her husband had committed suicide. She was hysterical, facing a wall and sobbing uncontrollably when she was suddenly comforted by a complete stranger. She felt a hand on her shoulder. A soft voice stated, "Miss, I see that you are travelling alone. I just wanted to make sure you are OK." Through her tears she could place the voice but couldn't actually believe Robin Williams took the time to see if she was ok. She said Williams was a gentle soul. He made us laugh and he made us cry. He made us feel with his craft. He was open about his mistakes and faults. He was obviously in pain. Robin, you are very much missed and will always be loved. Always

Why Laughing At Yourself Can Boost Your Health

It's happened to everyone: you walk down the street, trip, stumble and fall. Assuming you are not seriously injured, you might peer around to see who bore witness to your foible and either are completely embarrassed and horrified that you took a tumble in public or have a good laugh at yourself and resume whatever it was that you were doing.

The world seems to be divided between two types of people-those who find it easy to laugh at themselves and those who take themselves a little too seriously. Research on the subject matter has shown that health is enjoyed more by those who crack up when they fall.



Ursula Beermann, Senior Lecturer at the Institute of Psychology at the University of Innsbruck says that "Adaptive humor, such as cheering people up or seeing the humor in negative events, is connected to well-being and psychosocial health. A 2009 study conducted by cardiologists at the University of Maryland Medical Center in Baltimore revealed that laughing, along with an "active sense of humor," can protect against a heart attack and prevent heart disease. Source: nbcnews.com

Our Note: One of our team members tripped over absolutely nothing and fortunately did not sustain any injury. She did tell us being able to laugh at herself was therapeutic and actually had a positive affect on the rest of her day. It was a confidence builder.

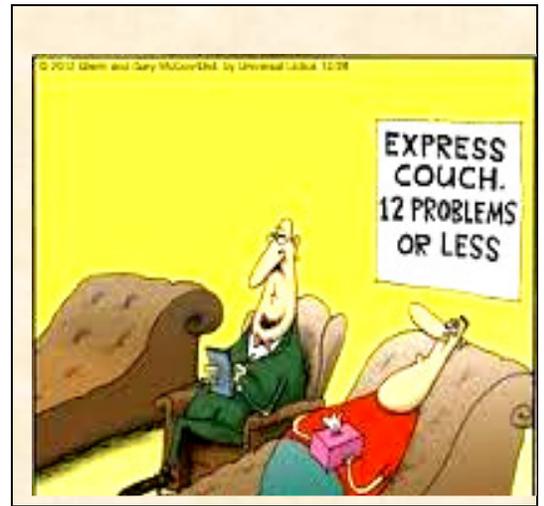
Associated Billing Center, LLC Therapist Feedback

Some practices are reporting increased patient activity due to stress related to the current political climate in our nation's capitol. In a recent survey, The American Psychological Association reported that nearly 60 percent of respondents said it is a "very" or "somewhat" significant source of anxiety in their lives. Some reported feeling tense all the time. We are wondering if it's just a matter of time until there is a newly assigned ICD code specifically for stress related to politics.

A Quick & Vitally Important Thought from Mona

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

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



Padding to be allowed at Three Rivers ISD

Administrators at Three Rivers Independent School District in Texas are shopping for spanking paddles. The Board of Education recently approved the use of the “wooden paddle” to administer corporal punishment when a student misbehaves in school. The school district’s trustees voted 6-0 approving the spankings. The policy states only a campus’ behavior coordinator or principal can administer the disciplinary measure at their discretion. Parents will be allowed whether they want to opt out or not. Students in the district will be paddled for minor infractions, such as being disobedient to teachers or not following rules in the classroom according to Andrew Amaro, the district’s Behavior Coordinator. Texas is among 15 states that specifically allows a school to use corporal punishment; eight other states have no laws or regulations against it, according to the National Center on Safe Supportive Learning Environments.

Former Education Secretary, John B. King, states that, in the short term, students who are physically punished in school show an increase in aggressive and defiant behavior. In the long-term, students who experience corporal punishment are more likely to grapple with substance abuse and mental health issues, including depression, personality disorders and post-traumatic stress. School districts in Texas are NOT required to report corporal punishment.

Source: usatoday.com caller.com

Our Note: There is an abundance of highly regarded research conducted by mental health professionals with impeccable credentials calling the administering of corporal punishment in schools indisputably detrimental to the current and former psyche of those on the receiving end of the paddle. In a future Newsletter we will report on the ramifications of spanking conducted in the privacy of your own home.

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Mona Ruback