

Associated Billing Center's  
**Newsletter**

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**A Message From Mona**



Thanks to all who attended Associated Billing Center's breakout session at the NASW-PA Conference at the Kahalari Resort in the Poconos. Our session focused on ensuring the financial stability of your practice as it relates to insurance reimbursement, claims submission, follow-up, pre-certs, appeals, balance billing and our Benefit Information Profile Page. The event was fulfilling for both the attendees and for me. Hosting a breakout session affords me the opportunity to engage with therapists and learn directly from them what they consider to be the most important issues in managing a successful practice. The same concerns were addressed whether it was a group practice or solo provider. What a fun day!

Best regards,

*Mona*



**Celebrities On The Power Of Going To Therapy**



"Asking for help is always a sign of strength."  
-Michelle Obama

"My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things being as healthy as my teeth."  
-Kerry Washington

"It's not a weak move to say I need help."  
-Jon Hamm

"I think that whether you have a mental health condition or not it's good to talk to somebody."  
-Demi Lovato

"I spent a lot of time avoiding feeling. And now I have no time left for that."  
-Brad Pitt

"We need to help young people and their parents understand that it's not a sign of weakness to ask for help."  
-the Dutchess of Cambridge

"It's really a wonderful thing to be able to talk to someone who doesn't judge you."  
-Katy Perry

Source: [huffpost.com](http://huffpost.com)

## Why “This Is Us” Is A Show

### Anyone Can Relate To



**This Is Us** is truly “Reality” television at its best. While the characters are all fictional and the story lines derived from a writer’s pen, audience reaction indicates that innumerable individuals relate strongly to the on screen emotions, trials and tribulations. Megan Garber writes in the Atlantic that, “The show toggles between stories and relationships with an efficiency that manages to never seem ruthless.” Garber writes, “The show’s characters are flawed and surprising, and therefore relatably human. When these characters interact with each other, they cut the sweet with the salty and the bitter. “

The show’s executive producer and writer, Dan Fogelman, says **This Is Us** offers hope and optimism and makes you cry but also makes you feel good.  
Source: Gary R’nel

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



### **The Therapist And The Genie**

A therapist was walking along a Hawaiian beach when he kicked a bottle poking up through the sand. Opening it, he was astonished to see a cloud of smoke and a genie smiling at him. “For your kindness,” the genie said, “I will grant you one wish.”

The therapist paused, laughed, and replied, “I have always wanted a road from Hawaii to California.” The genie grimaced, thought for a few minutes and said, “Listen, I’m sorry, but I can’t do that. Think of all the pilings needed to hold up the highway and how long they’d have to be to reach the bottom of the ocean. Think of all the pavement. That’s too much to ask.”

“OK,” the therapist said, not wanting to be unreasonable. “I’m a therapist. Make me understand my patients. What makes them laugh and cry, why are they temperamental, why are they so difficult to get along with, what do they really want? Basically, teach me to understand what makes them tick.”

The genie paused, and then sighed, “Did you want two lanes or four?”

Source: broadcaster.org.uk

One therapist to another: “I am seeing more patients who are worried about the Trump administration.”

Other Therapist: “Well, he did promise to increase business.”

Source: Gary R’nel

### Associated Billing Center, LLC Therapist Feedback

Associated Billing Center, LLC is receiving many requests from current and new clients in the credentialing and recredentialing area. We are proud to announce that we are now providing this service to all of our therapists with a dedicated team member focusing on this important area. There are differing and sometimes complex requirements for group practices. We are here to help! Ask me about any concerns you have in this area.

*Mona*

### A Quick & Vitally Important Thought from Mona

**“Effective communication is the key to enhanced personal and professional relationships. Maintaining the ability to communicate effectively is one of life’s most important skills. Communicating with family and friends effectively leads to a more rewarding life.**

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



### **Get It Together Ladies and Gentleman: America Needs Quality Healthcare**

On Tuesday, Sept. 26, Senate leadership announced that the Graham-Cassidy bill would not be voted on. Sen. John McCain (R-AZ), Sen. Susan Collings (R-ME), Sen. Rand Paul (R-KY)-and their Democrat colleagues publicly opposed the Graham-Cassidy bill, making it impossible to reach the 51 votes needed to pass.

The bill would have:

- Permitted states to change the rules so health plans don't have to cover mental health care.
- Slashed billions from Medicaid funding, which would make it harder for people to get local mental health services.
- Ended the Medicaid expansion that covers adults with mental health and substance use conditions who don't usually qualify
- Cut financial assistance to buy health insurance, making mental health coverage unaffordable for many.

The National Alliance on Mental Illness thanks citizens who contacted their lawmakers about the importance of protecting mental health services

Our Note:

It is imperative that our lawmakers exercise due process when debating healthcare in America. We need lawmakers who have actually gone through the puberty stage to act as adults, setting aside their ideological prejudices, and to work in a bipartisan fashion to give birth to healthcare reform.

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



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Mona Ruback