

A Message From Mona

Several articles appearing in this Newsletter are related to the devastating shooting at the Parkland, Florida school on Valentine's Day. In the immediate days after the shooting when the networks were repeatedly showing the victims faces I was extremely saddened. These children represented my own two daughters when they were in high school. They both spoke often about a future comprised of promising careers and starting families.

I wept when seeing the pictures of the 17 who perished along with the narratives about their spirit and plans for the future. And, as for the trauma suffered by the parents of these students, I literally cannot even begin to imagine this. I decided to do research on school shootings in the United States. I was appalled to discover that on May 6, 1940 at the South Pasadena Junior High School there was a shooting that resulted in 5 deaths. There were earlier school massacres dating into the 1700's but this was the first that took at least five lives. We can only hope that Congress responds to this latest shooting in a responsible manner. Please, do something.

Best Regards, *Mona*



Parkland School Shooting Affects All Of Us

Each of our team members have school aged children. When we learned of the Parkland School shooting on Valentine's Day we were collectively shocked, thankful that our children were safe, and aghast that many members of Congress offered prayers and "heartfelt condolences" rather than endorsing the idea of an honest debate about assault weapons, bump stocks, mental health, background checks, uniform enforcement codes and the impact of digital social media. While President Trump and members of Congress hold vastly divergent views on gun control there seems to be a consensus that more funding is needed for mental health services. And that there is. Here are the stats: According to the U.S. Surgeon General, about 20 percent of American children suffer from a diagnosable mental illness during a given year. Further, nearly 5 million children suffer from a serious mental illness (one that significantly interferes with their day-to-day life). Congress must increase funding for mental health services in schools, facilities and in private practices. Contact your Congressional representative to register your support for increased funding. Our future could depend on it.

Source: Gary R'nel

aarrghh

Profanity: It Ain't All Bad

Amy Cooper Hakim, Ph.D. says when we use expletives “The words themselves don’t help us to better tolerate pain-but the emotional and physical reaction that we have by saying the words triggers the fight or flight response, which then gives us that burst of energy to make it through the difficult or painful task.” A study done at Keele University measured the effects swearing had on pain tolerance, and found that we can withstand more pain when using profanity.

Laura MacLeod, LMSW says that “When we complain, vent or share anger without cursing, we are keeping ourselves in check. The stress is not released because we are sharing within guidelines, not totally releasing all feelings. When cursing, our whole body and all emotions are connected-no guidelines, no filter. The release is complete, and thus stress relieving.” A study published in the journal Language Sciences maintains that having an expansive vocabulary of taboo words means that a person is better able to express themselves in a verbose, nuanced way. Sometimes it is not a sign of a limited vocabulary.

Source: nbcnews.com

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



-What’s the difference between a marriage and a mental hospital? At a mental hospital you have to show improvement to get out.

-How do insane people walk through a forest?
They take the psycho path.

-Three patients in a mental institution prepare for an examination given by the head psychiatrist. If the patient passes the exam, they will be free to leave the hospital. However, if they fail, the institution will detain them for five years. The doctor takes the three patients to the top of a diving board looking over an empty swimming pool, and asks the first patient to jump.

The first patient jumps head first into the pool and breaks both arms. Then the second patient jumps and breaks both legs. The third patient looks over the side and refuses to jump. “Congratulations! You’re a free man. Just tell me why you didn’t you jump?” asked the therapist. To which the third person answered, “Well, I can’t swim.”

Ever notice how many women’s problems can be traced to the male gender? MENstruation, MENopause, MENTal breakdown, GUYnecology, HIMorrhoids.
Source: joikes4all.net

One therapist to another therapist: “Who do you talk to when you’re in need of therapy?” The other responds “Myself, I am well trained in offering advice.”
Source: Gary R’nel



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Therapist Feedback

I speak with numerous therapists about the opioid epidemic and how it affects so many of their patients. It seems to be so pervasive that we all know someone who is an addict, in recovery or is an active user. Check out the link below concerning a story about a group of emergency rooms that have sharply reduced the amount of opioids they are administering and prescribing for pain. Congress and the President need to dramatically increase funding for addiction counseling. To date this has not been done. Go to npr.org to find details on the above story.

Universal Depression Screening for Teens

The American Academy of Pediatrics has issued an updated guideline calling for universal screening for teen depression. Psychiatrist and Columbia University associate professor, Dr. Rachel Zuckerbrot, says “What we are endorsing is that everyone 12 and up, be screened at least once a year.” Stats: Only about 50 percent of adolescents with depression get diagnosed before reaching adulthood. As many as 2 in 3 depressed teens do not get the care that could help them. Question: Should pediatricians screen for depression as part of a routine examination? Also, as a parent would you feel comfortable with an automatic screening process?

Source: NPR Source: Gary R’nel



A Full Calendar Does Not Automatically Mean Your At Your Productive Peak

We think the busier we are in our professional and social lives the more we accomplish and the closer we are to attaining our goals. Prepare yourself. You just might want to reevaluate this type of thinking according to Dutch businessman and blogger Darius Foroux. In an NBC story Foroux says the word “busy” first began to puzzle him when he briefly worked for an IT research company in London. Foroux stopped filling his calendar with what he refers to at times as meaningless “to do’s”. As an example he cites going to social gatherings out of obligation, and saying yes to things that didn’t appeal to him.

Foroux says to only do things that make you happy or bring you closer to your goals. When you turn down a social invitation that you sincerely have no desire to attend it can be very liberating once you get past the associated guilt and concern about what the reaction will be. Foroux says it’s important to understand the difference between being efficient and being effective. He says he learned this very important lesson from business guru and theorist Peter Drucker. To be efficient, he explains, is to accomplish many worthwhile tasks, but to be effective, he says, is “Doing the right things.” The right thing is some task or activity that brings you closer to your goal.

Foroux says that getting “busy” out of your life starts with learning to know yourself. He says if you want to say no to a request (at work this could require a more nuanced response) you really need to think about: Who are you? What do you like? Say no to the things you really do not enjoy doing. Think about yourself. Foroux says when evaluating a request you should ask yourself “What is my role? What am I trying to achieve?” Putting “busy” to rest does not mean quitting your job and becoming less social, it simply means slowing down and becoming more conscious of how you really want to spend your time.

Source: Gary R’nel

Source: NBC News

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