

A Message From Mona

In the aftermath of the Marjory Stoneman Douglas High school shooting, it's being reported that admissions of children to mental health centers, as well as those seeking private therapy, has grown exponentially. The Miami Herald reported recently that nearly all 40 beds at the Jackson Behavioral Health Center have been full since the shooting unfolded on Valentine's Day killing 17 and wounding countless others. In fact, it's being reported that the nine children's crisis units within the Central Florida Behavioral Health System are reporting increased admissions. These statistics are not specific to Florida itself. Reports indicate that across the country there is increased demand among teens and adults for mental health counseling as it relates to these incidents.

The National Alliance on Mental Health reports that untreated mental illness costs the nation as much as \$300 billion dollars each year. We need to apply relentless pressure on our representatives to ensure that the proper funding is in place. In this mid-term election year this might be just the time to do so.

Best Regards,

Mona



Celebrating Passover and Easter

What a wonderful time of the year. The convergence this year of these two traditional and impactful holidays represents hope and inspiration to all who cherish peace and harmony in the world. With the news dominated by school shootings, a President immersed in infidelity scandals, the Mueller investigation and Congress experiencing one of its lowest approval ratings in history, we can all share in the messages of optimism surrounding these two holidays.

Passover: The major Jewish spring festival that commemorates the liberation of the Israelites from Egyptian slavery.

Easter: The most important and oldest festival of the Christian Church, celebrating the resurrection of Jesus Christ described in the New Testament as having occurred on the third day of his burial after the crucifixion.

Whether you follow the traditions of Judaism or Christianity, whether you are an acknowledged atheist or agnostic, we can all revel in the messages of these two traditions and take away a sense of hope and optimism for the future. It could be beneficial to our Mental Health.

Source: Gary R'nel



Gov't Appoints a Minister for Loneliness

It is official. Britain has appointed its first Minister for Loneliness. No, this is not a story taken from the *Onion* but an acknowledgement from our friends across the pond that being lonely can trigger a wide range of physical and mental health issues. Researchers have found that 1 in 10 people in England face isolation. More than 9 million people report feeling often or always lonely. Brigham Young Psychology Professor, Julianne Holt Lunstad, says, "Having weak social connections is considered to be as damaging to one's health as smoking 15 cigarettes a day." Eight out of ten caregivers say they too, feel lonely or isolated.

Our Note: Our senior citizens in this country truly are our national treasure. Their experience and lifetime learning are invaluable assets that young Americans could and should regularly use as a resource. Those who are affected by loneliness need our support and access to mental health counseling. Bravo to our English cousins for recognizing this.

Sources: huffpost.com Sky News Gary R'nel

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



A man goes to a therapist and says, "I got a real problem I can't stop thinking about sex." The therapist says, "Well let's see what we can find out," and pulls out his ink blots. "What is this a picture of?" he asks. The man turns the picture upside down then turns it around and states, "That's a man and a woman on a bed making love."

The therapist says, "Very interesting" and shows the next picture. "And what is this a picture of?" The man looks and turns it in different directions and say, "That's a man and a woman on a bed making love."

The therapist tries again with the third ink blot, and asks the same question, "What is this a picture of?" The patient again turns it in all directions and replies, "That's a man and a woman on a bed making love."

The therapist states, "Well, yes, you do seem to be obsessed with sex." "Me?" demands the patient. "You're the one who keeps showing me the dirty pictures.!"

Once I had multiple personalities, but now we are all feeling well.

I don't suffer from insanity, I enjoy every minute.

Hypochondria is the only illness that I don't have.

Warning: this one is not that great! A therapist returns from a ski conference in Aspen where all the therapists were permitted to ski for free. Her husband asked her how it went. She replied, "Fine, but I've never seen so many Freudian slips."

Source: workjoke.com

Associated Billing Center, LLC ↔ Therapist Feedback

A reminder: New Medicare ID cards will be mailed beginning next month through April, 2019. Medicare recipients need not contact CMS unless their address has changed. In a long overdue effort to protect subscriber identity, CMS will stop using Social Security numbers for identification purposes. The new cards will have Medicare Beneficiary Identifiers (MBI). During the transition period through 2019, providers can use the MBIs or previously assigned Medicare numbers. As always, I'm here if you have any questions or concerns. **Mona**

Bucks for Mental Health: We are Making Inroads

The Fiscal Year 2018 federal appropriations package increased investments in mental health services and support efforts. It includes significant investments in research at the National Institute of Mental Health, the Mental Health Block Grant and to key programs at HUD, Veterans Affairs and Justice. The Substance Abuse and Mental Health Services Administration will receive an increase of nearly \$306 million for mental health programs. MHBG will see an increase of \$160 million. NIMH will receive nearly a \$110 million increase while the NIH will see a \$3 billion increase in funding. Nonetheless, as stated earlier in this Newsletter, the pressure on our lawmakers must remain vigilant in order to ensure that future funds are procured and best serve those in need of expanded mental health services. Source: NAMI Source: Gary R'nel

Stressed Out



Chill Out! It Literally Could Be a Matter of Life or Death

We hear people offering us advice when we are upset, angry, or frustrated to calm down. Now, researchers from Iowa State University finds that angry men aged 20 to 40 are one-and-a-half times more likely to be dead 35 years earlier than those who remained calm. A report in the *Daily Mail* cites the fact that stress is absolutely linked to physiological damage. That link has also been proven repeatedly by scientists throughout the world. Another stated fact: The frequent release of adrenaline during periods of stress could damage DNA which could lead to life threatening illnesses.

Angry and frustrated and not sleeping well? Researchers at the University of Massachusetts say that people who do not seek mental health therapy to find resolution to excessive stress stimuli are more likely to experience insomnia which, in turn, can lead to many physical and psychological problems. Heart disease, digestion, hypertension, lower immune systems and much more. And, get this. Brazilian scientists have shown that heightened stress reduces the amount of available glucocorticoids--the hormone involved in skin plumping collagen--which leads to more wrinkles.

An American Psychological Association survey reported stress levels among Americans continuously on the rise. The main reasons: money and employment. Most of us would agree that personal relationships are high on the list of life experiences that can increase our stress level. The APA maintains that short-term stress can be helpful. How? When we experience stress our bodies produce larger quantities of cortisol, adrenaline, and noradrenaline. All of these improve the ability for us to respond to a dangerous or challenging situation. It's when we produce these chemicals continuously that the positive turns to a negative for us. The APA recognizes three different types of stress: Acute, Episodic, and Chronic.

About to get angry at someone? Try Mental Health Therapy, Yoga and Meditation. And, Chill Out!

Source: Daily Mail APA Gary R'nel

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