

Associated Billing Center's
Newsletter

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A Message From Mona

I have much to be thankful for. My family, friends, for those who support me when I need it most, and of course the individuals I work with on a daily basis. I am thankful that we have assembled the best team since the inception of our company.

Speaking of the inception of our company, we just celebrated our tenth anniversary in our South River, NJ office. Associated Billing Center, LLC began operations in a spare room in my home fifteen years ago. Next up it was a small office in Spotswood, NJ. Our current office is a three room suite which allows us to operate in a more efficient manner and enables us to continue our ongoing efforts to meet our client's goals and objectives.

I write frequently about the importance of effective communication skills. I am privileged to work with clients who maintain a similar passion about actually connecting one person to another. I have many enjoyable conversations both on the professional and personal level. Thank You.

Best Regards,

Mona



Mental Health by the Numbers

- One in five adults suffer from some form of a mental health condition; that's about 20 percent of the population.
- 20 percent of children have, at some point, a debilitating mental health condition according to the National Institute of Mental Health.
- More adults are able to access mental health therapy in states that have expanded Medicaid as long as there are therapists available to see them.
- More than 90 million Americans live in federally-designated Mental Health Professional Shortage Areas. The National Council for Behavioral Health reports that 77 percent of counties across the country have severe shortages of mental health professionals.
- NPR reports that each year one of every four substance abuse counselors resigns. There has been a shortage of addiction counselors for decades while the demand for such services is increasing.
- Millions of Americans face mental illness everyday.
Source: Gary R'nel



Up Close & Personal With a Former President's Son

Michael Reagan is the elder son of former President Ronald Reagan. Michael has written in illuminating detail about his experience with opioid addiction. The CDC reports that:

+Drug overdoses killed 63,632 Americans in 2016. Nearly two-thirds of these deaths involved a prescription or illicit opioid.

+Synthetic opioid overdoses increased in 21 states, with 10 states doubling their rates from 2015 to 2016.

For families of those suffering from this disease, an absolutely phenomenal support group is Families Anonymous. Check out FA on line at: familiesanonymous.org

For a fascinating story from Michael Reagan go to: <https://www.cagle.com/michael-reagan/2018/04/to-opioid-hell-and-back>
Source: caglecartoons.com

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



-A very shy guy goes into a nightclub and sees a beautiful women sitting at the bar. After an hour of gathering up his courage, he finally goes over to her and asks, tentatively, "Um, would you mind if I chatted whith you for a while?"

She responds by yelling, at the top of her lungs, "No, I won't sleep with you tonight!" Everyone at the bar is now staring at them. Naturally, the guy is completely embarrassed and he slinks back to his table.

After a few minutes, the woman walks over to him and apologizes..She smiles at him and says, "I'm sorry if I embarrassed you. You see, I'm a graduate student in psychology and I'm studying how people respond to embarrassing situations."

To which he responds, at the top of his lungs, "Two hundred dollars? What do you mean \$200?"

-A pastor, known for his lengthy sermons, noticed a man get up and leave during the middle of his message. The man returned just before the conclusion of the service. Afterward the pastor asked the man where he had gone.

"I went to get a haircut"

"But, said the pastor, "Why didn't you do that before the service?"

"Because," the gentleman said, "I didn't need one then."

Source: jokes4all.net

-Sign at a flea market: *All kinds of nuts available.* Two mental health therapists standing nearby begin soliciting for new patients.

Source: Gary R'nel

Associated Billing Center, LLC ↔ Therapist Feedback

"Absolutely, of course." That is my response whenever I am asked by a therapist if their patient can call our office with a question concerning their billing. Speaking with your patients about their insurance, deductibles, max out of pocket issues, co-pays, etc. is an integral part of our service to you. And, you can feel confident that all patients are treated with diplomacy and the utmost respect. After all, we are a reflection of you and your practice.

Mona

Women: Best Female Friend Vs. Spouses

According to a recent survey in England-51 percent of married women prefer to spend time with their best friends as opposed to their husbands. Full Disclosure: The survey was conducted at a gender specific spa where many of the women said they could more honestly and openly communicate with their female friends. Some of the contributing factors: We could talk about everything, she listens more, I could tell her things I cannot tell my spouse, we enjoy the same things, I can truly be myself, she offers better advice, she is less irritating, we have much more in common and she has a better sense of humor. We are wondering how men would react to a similar survey about spending time with their male buddies instead of their wives.

Source: Gary R'nel



The Report Card Is In: The 2018 State of Mental Health in America

States with high rankings have lower prevalence of mental illness and higher rates of access to care for adults. Lower rankings indicate that adults have high prevalence of mental illness and lower rates of access to care.

Rank	State
1	Massachusetts
2	Iowa
3	Hawaii
4	North Dakota
5	South Dakota
6	Maine
7	Minnesota
8	Illinois
9	New Jersey
10	Connecticut
11	Wisconsin
12	Delaware
13	New York
14	Maryland
15	California
16	Pennsylvania
17	Vermont

Rank	State
18	Texas
19	Michigan
20	Rhode Island
21	Nebraska
22	Kansas
23	Virginia
24	Florida
25	New Mexico
26	Arkansas
27	Alabama
28	Ohio
29	Georgia
30	Wyoming
31	West Virginia
32	Kentucky
33	District of Columbia
34	Montana

Rank	State
35	Oklahoma
36	Missouri
37	North Carolina
38	Washington
39	South Carolina
40	Colorado
41	Louisiana
42	Arizona
43	Mississippi
44	Tennessee
45	Idaho
46	New Hampshire
47	Indiana
48	Oregon
49	Alaska
50	Nevada
51	Utah

Adult Ranking/Mental Health America

Associated Billing Center, LLC is a proud supporter of Mental Health America. MHA works at the grassroots and community level in a nonprofit capacity to support individuals affected by mental health illness. The group was founded in 1909. Fact: The Centers for Disease Control says that Mental illnesses, such as depression, are the third most common cause of hospitalization in the United States for those aged 18-44. Astonishing Fact cited by the CDC: Adults living with serious mental illness die on average 25 years earlier than others. Incredible! We must all support continuous and expanded funding for mental health professionals. Pure & Simple.

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

The editorial content of this newsletter is not intended to be professional advice. It should be considered informational and a venue for entertainment.

Associated Billing Center, LLC is a proud member of:



"BUILDING OUR REPUTATION ONE CLIENT AT A TIME"



www.MentalHealthBillers.com



Mona Ruback