

A Message From Mona

We are all told when making career choices that we should apply these principles: Choose a vocation that will fulfill our sense of purpose—one that will allow us to “play” everyday and not simply complete an assigned task. Much depends on the structure of our DNA. Is it strictly about money, service to society or simply to be defined as a paycheck and a job?

I am extremely fortunate to have chosen a profession that allows me to “play” everyday. I actually LOVE what I’m doing. My career in mental health billing started when my children were young and I managed a group practice. I was not sure what the experience would be like. Well, it was life changing. I learned from a husband and wife therapist team (Carol & Floyd) the value of being employed in an occupation where you can provide for your family and contribute to the well being of others simultaneously. I helped to ensure their practice prospered and that they could serve as many patients as possible. Thanks to you, my providers, for allowing me to serve in this profession.

Best Regards,

Mona



A Tradition Since 1949

It was conceived sixty-nine years ago—Mental Health Awareness Month. Mental Health America, as well as other advocacy groups continue to advocate on behalf of patients who feel stigmatized by others if they seek mental health counseling. Statistics show that these organizations are having an affect. Fewer individuals today associate a “stigma” when contemplating therapy.

It is imperative that the stigma attached to getting help continues to dissipate. Today, more people die from suicide in America than from traffic accidents or homicides. Sadly, an average of 22 veterans commits suicide daily. In addition, more than one in five adults suffers from some form of a mental health condition. As we reported last month in our Newsletter; 20 percent of children have, at some point, suffered a debilitating mental health condition according to the National Institute of Mental Health.

Mental Health Awareness Month reminds all of us of the importance of effective advocacy on behalf of those in need. We need to contact our legislative representatives regularly on our patients’ behalf.

Source: Gary R’nel



All Present & Accounted For

Unfortunately, research and statistics tell us that our battle against the opioid pandemic is not yielding positive results to date. Our lawmakers and the Administration need to do more. Here are the facts as we have them:

- > The CDC finds that increases in drug overdose deaths are driven by increased use of synthetic opioids other than methadone, such as fentanyl.
- > All races have shown an increase in opioid-related deaths.
- > We all know a family member, a friend, or work associate who is experiencing an addiction problem.
- > Nearly 63 percent of all drug overdose deaths involve opioids.
- > The CDC reports that on average-115 Americans die each day.

Our Note: We need to cease and desist politicizing the debate on this issue. Too many lives and families are being destroyed. Pure & Simple.

Source: Gary R'nel

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



-Patient to therapist: I have a carrot growing out of my ear. Amazing! So you have. How could that have happened? I can't understand it either, because I planted cabbage.

-What do you know when you see three rabbits walking down the street wearing tuxedos and top hats? You know you need a therapist.

-A man walks into a therapist's office looking very depressed.

Patient: You've got to help me. I can't go on like this.

Therapist: What's the problem?

Patient: Well, I'm 35 years old and I still have no luck with the ladies. No matter how hard I try, I just seem to scare them away.

Therapist: My friend, this is not a serious problem. You just need to work on your self-esteem. Each morning, I want you to get up and run to the bathroom mirror. Tell yourself that you are a good person, a fun person, and an attractive person. But, say it with real conviction. Within a week you'll have women buzzing all around you.

The man seemed content with this advice and walked out of the office a bit excited. Three weeks later he returned with the same downtrodden expression on his face.

Therapist: Did my advice not work?

Patient: It worked alright. For the past several weeks I've enjoyed some of the best moments in my life with the most fabulous looking women.

Therapist: So, what's your problem?

Patient: I don't have a problem-my wife does. Source: free-funny-jokes.com



Associated Billing Center, LLC ↔ Therapist Feedback

Associated Billing Center, LLC is now receiving all faxes utilizing secure electronic facsimile technology. Upon receipt, all faxes are distributed promptly to the appropriate Account Manager file expediting the entire process. Also, excitement abounds at Associated Billing Center, LLC. We are refreshing our website featuring an updated Blog and Newsletter section. And, as always, please give me a call anytime to discuss billing issues or suggestions. That is what I am here for. Thanks. *MONA*.

On Average it Happens 57 More Times in this Country than Anywhere Else

The United States has had 57 times as many school shootings as other major nations combined. This year we have averaged one school shooting per week. This is based on a time period from January 1, 2009 through May 21, 2018. And yes, there has been another school shooting since that date. What is most disconcerting and troubling is that many people have acquired an immunity to the emotions surrounding these shootings because of their frequency. How do we rectify this? Lawmakers need to be less strident and more cooperative on partisan political ideology and, instead, focus increasingly on the issues that affect the lives of everyday Americans. Mental health professionals continue to research the most affective therapies shortly after a shooting traumatizes a school population. The earliest school shooting in the U.S.? 1764, the Pontiac Rebellion School Massacre. Source Gary R'nel



Workplace Mental Health: Yes, it Needs to be Addressed

We all experience it-some more than others. Stress in the workplace. Now, thanks to a multitude of awareness campaigns, an increasing number of American businesses, large and small, are taking active steps to assist employees who are feeling stressed out at work. Mental Health America reports that 70 percent of those currently employed are searching for other jobs. Less than one-third of Americans say they are happy and content in their current workplace environment. Some employees are so dissatisfied on the job that they even sabotage the success of their workplace. Stressful employees log in more absenteeism; say the job affects their family and social life and their overall physical health. Workplace mental health problems contribute to a loss of as much as 500 billion dollars per year in worker productivity and high turnover rates. A recent survey showed that 35 percent of respondents always miss 3-5 days per month because of workplace stress.

MHA reports that the happiest employees tend to include interpersonal relationships, commitment to the organization and a sense of meaning or purpose in the workplace. Increasingly, employers are expanding their EAP benefit programs, offering additional flexibility work arrangements including the option of working either full or part-time from home and allowing employees the flexibility to structure their work schedule to adapt to personal demands and needs. Others offer aesthetically attractive breakrooms, exercise rooms and an open door policy for a good venting session with managers and co-workers. Companies recognizing the value of sound mental health in the workplace are often more profitable than their counterparts.

We spend a majority of our lives consumed in two arenas. Sleeping and Working. I have been employed at companies that seriously did not care about one's mental health or happiness. I am now employed by a company (ok, here comes the plug) Associated Billing Center, LLC that is cognizant of its team members needs. Any company that is unaware of the connection between worker productivity, loyalty and contentment is literally depriving itself of an important tool that affects the mental health of its employees and future growth of the company itself.

Source: Gary R'nel

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.

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