

A Message From Mona

I asked a friend how she was doing the other day when we met for lunch. Her response: "Excellent." To which I responded, "Really, that good? Wow that is great." Later in the day I was thinking about how many people say they are "excellent" in response to that question. I have a couple of friends who are on auto-response when this question is asked. No matter how terrible their day is, or the depth of their personal challenges, they always verbalize that they are in fact "excellent". I am familiar with a motivator who tells his clients to respond using that word particularly in the workplace. He says the message you are sending is that you "have it all in check" and that "you are a well balanced person." Then, I got to thinking. If someone really does not feel "excellent" but says they are-it could be a sign of instability and a mechanism for false self reassurance. What a dilemma. For now, if someone tells me their day is going "great" that seems to be my comfort zone.

Best Regards,
Mona



Mental Health Services Vitally Important to Save Lives

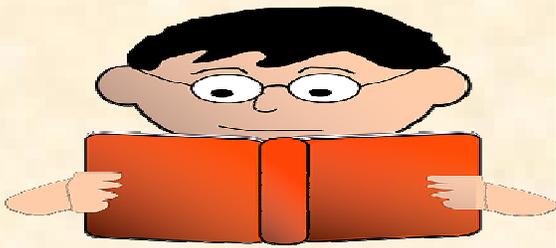
It's the kind of Déjà vu we can all live without-another mass shooting in the United States. The tragic event at the Capital Gazette took the lives of five people and injured others. According to data from the Gun Violence Archive, a total of 154 mass shooting incidents have occurred in the United States this year through June 28th. In 2017 the U.S. witnessed a total of 346 mass shootings.

A recent report in the Los Angeles Times concludes that peer reviewed research has shown that individuals with major mental disorders are more likely to commit violent acts, especially if they abuse drugs. When we focus more narrowly on mass public shootings we see a relatively high rate of mental illness.

A universally accepted statistic is that only one-third of the people who have committed mass shootings have sought or received mental health therapy prior to their attacks. Congress still needs to increase funding for mental health therapy. The 21st Century Cures Act and Helping Families in Mental Health Crisis Act were intended to streamline federal mental health programs and ensure that states use at least 10 percent of mental health block grants on early intervention and community treatment. We need an independent audit as to whether or not these funds are in fact being disbursed as required by law. Several lawmakers are calling for increased funding under the program.

What is desperately needed is an honest debate on how to end this calamity. We do not endorse political ideologies in this Newsletter. What we do advocate for is discourse that is not myopically focused on talking points instead of finding resolution.

Source: Gary R'nel



Summer Tidbits of Information You Absolutely Need to Know

-Some men may soon need mental health therapy in attempting to cope with the following announcement: The Miss America pageant is ending its swimsuit competition. Gretchen Carlson (the former Fox News host recently settled a lawsuit against executives at Fox) says "We will no longer judge our candidates on their outward physical appearance." Carlson says in the future the event will be referred to not as a pageant, but rather a competition. She says the organization will strive to change its public perception by emphasizing its role in providing scholarships to young women and honoring talent. It would be interesting to note how many men now will not watch.

-It can be extremely annoying. Walking or driving near someone who is immersed in using their cell phone. Now, a shopping center in China has added a pedestrian lane in the mall for those of us who simply cannot part with the device. According to the NY Times, the new pedestrian lane is intended to address the needs of the so-called "heads down tribe."

Source: Gary R'nel

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



- I used to be indecisive. Now I'm not sure.
- Hypochondria is the only illness that I don't have.
- Patient to Therapist: I think I'm a cat. Therapist: How long has this been going on? Patient: Oh, since I was a kitten.
- After 12 years of therapy, my therapist said something that brought tears to my eyes. He said, "No hablo Ingles."
- A patient walks into his therapist's office and claims he suffers from CDO. The therapist looks puzzled and asks what he means. The patient responds it's like OCD but everything has to be in alphabetical order!
- I told my therapist that I talk to myself. I was surprised when he replied, "That's OK. Just hold a cell phone by your mouth."
- A social worker asks a colleague: "What time is it?" The other one answers: "Sorry, don't know, I have no watch." The first one responds, "Never mind! The main thing is that we talked about it."



Source: workplacejoke.com

June 15, 2018 ↔ An Important Day to Remember

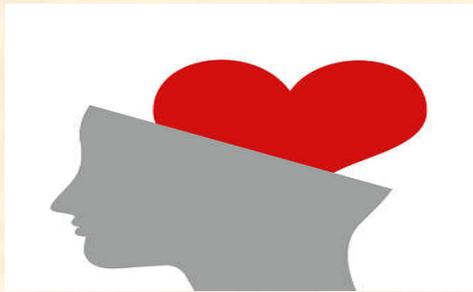
June 15th was World Elder Abuse Awareness Day. According to the Administration for Community Living, about five million-one in ten-older adults are abused, neglected or exploited every year. The Office of Inspector General for HHS reports a third of all Medicare beneficiaries experienced harm within just 15.5 days of entering a nursing home. The National Council on Aging reports that only 1 in 14 cases of abuse are reported to authorities. NCOA reports that abusers are both women and men. In almost 60 percent of elder abuse the perpetrator is a family member. I have always held senior citizens in the highest regard. Their wisdom and advice for the most part remains untapped. If you suspect elder abuse-report it. In many cases the victims are defenseless.

Source: Gary R'nel

Associated Billing Center, LLC ↔ Therapist Feedback

I want to express my deep appreciation to those of you who have suggested us to colleagues who are searching for a mental health billing company. Businesses often run on referrals. While we utilize social media and trade associations to market our services, there truly is nothing more effective than a personal referral. I encourage your calls and comments always. True client service is listening to you and then responding. Thanks, again.

Mona,



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Mental Health Providers: Treat Thyself

Mental health providers spend an inordinate amount of time caring for the psychological well being of others. An abundance of therapists were queried recently at a conference about the status of their own mental health. Some looked puzzled and others responded "You know-I've never given the subject much thought." The phrase **compassion fatigue** is used to describe the phenomenon of psychological distress or indifference which arises in those who are repeatedly called upon to care for others, extend themselves emotionally, or generally support those who are suffering.

Some providers maintain they do not have the time to seek counseling. They frequently refer to their busy lives, their devotion to their patients, their own families, and life's general obligations. Many therapists tend to put others' needs before their own. The good news is that the percentage of mental health professionals seeking therapy from their peers is growing exponentially. The APA, in a published article, reports that just over 50 percent of mental health professionals in the 1970's considered therapy for themselves. That number grew to nearly 75 percent in the 1990's and continues to expand today.

Support groups such as Families Anonymous and Al-Anon lecture to attendees about the significance of self preservation as it relates to the ability to help loved ones and acquaintances with their personal challenges. So, take time for yourself in various capacities-you're worth it! Source: Gary R'nel



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All is not well. According to a University of Pittsburgh Graduate School of Public Health study-researchers believe that tens of thousands of opioid-related deaths possibly have gone unreported from 1999 to 2015. Death certificates in at least five states did not specify the type of drugs used in 35 percent of overdose deaths. Pennsylvania had the highest number of unspecified overdose deaths. A study by the Society for the Study of Addiction estimates opioid-related deaths are 20 to 35 percent higher per year than what is being reported. Source: Garv R'nel

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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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