

A Message From Mona

Madness. Sheer Madness. That seems to be the consensus when speaking to many therapists about their reaction and their patient's reaction to the current status of our political landscape in the nation's capitol. Lawmakers simply do not communicate with each other in particular, when they reside on opposite sides of the political aisle. This mid-term election is of paramount importance. Whether you are a Trump supporter or advocate for Democrats-you need to get to the polls. Our democracy works best when we follow this simple rule. "We the People"-have the power to determine the direction of America and the future of her political landscape. No, I am not endorsing any particular political ideology. What I do endorse is an American citizenship that stays engaged in the political process.

In our newsletter I write passionately about the importance of effective communication between our therapists and Associated Billing Center, LLC. No technological advancement can replace the human touch and the live voice.

Noteworthy: Our website is being refreshed. Don't forge to check it out for our latest blogs and, of course, our Associated Billing Center, LLC newsletter. We welcome your contributions and suggestions for future editions. Send them to me at: mona@assocbillingctr.com

Enjoy what is left of the summer of 2018. Can you believe it?

Best Regards,
Mona



Classified Ads: Help Wanted



Consider the following:

- Suicide is the leading cause of death among people ages 15 to 24.
- More than 30 million individuals suffer from eating disorders that affect their physical and psychological mindset.
- 25 percent of adolescents suffer from some form of mental health anxiety issues.
- One in 5 adults suffers from some form of a mental health condition.
- Bullying in the United States exists at epidemic proportions.
- Substance abuse and overdose fatalities continue to rise.
- The number of school shootings-unfortunately-continues unabated. Additional mental health services are needed for students across all socioeconomic lines.
- 56 percent of American adults with a mental illness did not receive treatment in the past year.
- Everyday 10-thousand baby boomers turn 65 and a disproportionate number of individuals in this age bracket experience increased mental health concerns.

The statistics are staggering. Coincidentally, there is a stated shortage of mental health professionals-particularly in less populated areas of the country. The National Council for Behavioral Health reports that the need for mental health services is expected to grow exponentially.

How are we attempting to fix the problem?

Many colleges are offering social worker and psychology curriculums attracting more interest among applicants. Medical schools are expanding psychiatry departments. Distance learning is also creating new opportunities for those seeking a career in mental health counseling. Gen Z's, many of whom subscribe to expanding idealistic values, could also provide a growing source for future mental health professionals.

Source: Garv R'nel



The 20 Hardest-Working States in America

WalletHub is out with its list of the hardest working states in America. The survey shows that the average American works approximately 1,800 hours per year and 52 percent do not take all the vacation time available to them. So what was used to determine the states with the hardest working populations? Researchers took into account average workweek hours to shares of workers with multiple jobs and annual volunteer hours per resident. The 10 Hardest-Working States in America: Alaska, North Dakota, Wyoming, South Dakota, Nebraska, New Hampshire, Texas, Colorado, Virginia, and Kansas.

- Alaska had the longest hours worked per week, 42, which is ten percent longer than in Utah, the state with the shortest work week at 37 hours.
- Idaho has the largest share of workers who did not use all their allotted vacation time.
- South Dakota has the highest share of workers with multiple jobs.

The states with the least productive workforce include: Michigan, Rhode Island, West Virginia, New Mexico Oregon, Ohio, Nevada, Kentucky, Pennsylvania and Alabama.

If you live in one of the above states there's a pretty good chance you will disagree with these findings unless you're on vacation and did not have time to read the report.

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



** A patient goes to his therapist and says he is depressed. He says life seems harsh and cruel. He says he feels all alone in a threatening world, where what lies ahead is vague and uncertain. The therapist says the treatment is simple. The great clown Terrifini is in town tonight. Go and see him. That should pick you up. The patient bursts into tears: "But, I am Terrifini."

** Daily Affirmations for the Unstable

- I no longer need to punish, deceive or compromise myself. Unless of course, I want to stay employed.
- Today, I will gladly share my experience and advice, for there are no sweeter words than "I told you so."
- I honor my personality flaws, for without them I have no personality at all.

▪ Why should I waste my time reliving the past when I can spend it worrying about the future?

▪ Just for today, I will not sit in my living room all day watching TV. Instead, I will move my TV into the bedroom.

▪ "I see you were last employed by a therapist" said the employer to the applicant. "Why did you leave?" "Well", the patient replied, "I just couldn't win. If I was late to work, I was hostile. If I was early, I had an anxiety complex. If I was on time, I was compulsive."

▪ A therapist met an old patient and exclaimed, "I heard you died." "But you see I am alive" smiled the ex-patient. "Impossible said the therapist. I was told by a colleague who's had 22 peer reviewed papers published, so his opinion's bound to be much more reliable than yours."

Source: broadcaster.org.uk



Dirty Air Can Affect More than Your Lungs

Coughing, hacking, shortness of breathe, lung disease-absolutely all can be by-products of breathing polluted air. But, according to a study published in the Proceedings of the National Academy of Sciences, prolonged exposure to dirty air has a significant impact on our cognitive abilities, especially in older men. The study maintains that breathing polluted air causes a "steep reduction" in scores on verbal and math tests. Constantly ingesting polluted air into the lungs could also stimulate an increased risk factor for the development of Alzheimer's disease or other forms of dementia according to researchers. A sobering statistic: The World Health Organization reports that nine out of every ten people breathe air containing high levels of pollutants with the worst affected regions being Africa and Asia. University of Washington researchers find that the higher the level of particulates in the air, the greater the impact on mental health. The UW School of Public Health also maintains that spending less time outside because of pollution or living a more sedentary lifestyle can be related to psychological distress or social isolation. Source: Gary R'nel

Associated Billing Center, LLC ↔ Therapist Feedback

Throughout the course of a month I will get several calls from therapists telling me they would like to refer Associated Billing Center, LLC to a friend or an acquaintance. I very much appreciate these calls on two levels. First, it confirms for me that we are providing the service and following through on our commitments to our providers (if you ever feel we are coming up short in an area PLEASE let me know). Secondly, referrals are of paramount importance to many types of businesses but especially to the service sector. I want to sincerely extend my gratitude to those of you who have recommended us to others. It is extremely meaningful and ranks among the top three reasons a service business such as ours grows its client list. A Great Big Thank You! *Mona*

Stories You Simply Need to Know About



✓ Digital media dominance is not always a good thing. According to a survey from the American Psychology Association-a third of U.S. teenagers have not read a book for pleasure in at least a year. The APA reports that teen use of traditional media such as books, magazines and television is decreasing-while texting, viewing social media sites and use of other forms of digital media is on the rise. By 2016, the average 12th grader spent six hours a day texting and even more time scrolling. About 32 million adults in the U.S. cannot read. The brick and mortar library for many of today's youth is on the extinct species list.



✓ The American Academy of Pediatrics has published a survey that says good "old fashioned play time" can help young children in many capacities. In particular, when parents engage in play with their children the study shows it nurtures their ingenuity, cooperation and problem-solving skills. The study asks doctors to advise parents that playtime is essential to healthy development. The AAP also advocates for the restoration of play in schools. The Alliance for Childhood maintains that kids in play-based kindergartens end up equally good or better at reading and other intellectual skills, and they are more likely to become well-adjusted healthy people.

✓ The gender pay gap hits home. Data collected by the allowance app BusyKid shows that boys earn twice as much for doing household chores than girls do. Data shows that parents gave their sons a weekly average of \$13.80 for completing weekly chores/allowance as opposed to just \$6.71 for girls. Girls on average were more generous, donating an average of \$2 more per week to charity. The disparity in pay for kids based on gender was very similar to the adult workforce today.

✓ More American males are increasingly growing beards from the stubble to the goatee, or the full beard. Procter & Gamble (Gillette's parent company) says it's easier for men today to avoid a shave during the workweek. P & G says many co workers including managers no longer see the facial hair as negatively as they once did. Several mental health professionals say the stubble could be a sign of self assurance and confidence. In addition, some men believe their 5 o'clock shadow is sexually appealing. (No hard evidence in on this yet-seems to be totally subjective).

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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"BUILDING OUR REPUTATION ONE CLIENT AT A TIME"



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Mona Ruback