

Associated Billing Center's
Newsletter

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A Message From Mona



I recently returned from my 4th annual convention with the American Medical Billing Association in Las Vegas. There was a breakout section for Mental Health Billing companies of which I am an active, contributing participant. Every year we exchange ideas and the latest trends in the industry.

Topics included HIPAA practice guidelines, safeguarding your data base, expediting payment for services rendered, the proper application of CPT and ICD codes, and effective communication with your clients.

There was also a breakout session on tracking reimbursements, minimizing aging reports, and the importance of comprehensive benefit checks as they relate to the expedited processing of claims. AMBA hosts several webinars throughout the year addressing the latest trends in Mental Health Billing.

It was a fantastic conference. The "Strip" is always fascinating and I was a big winner-losing \$1 on an airport slot as I was leaving.

My conversation with Robert Liles, JD of Liles/Parker is always extremely rewarding. Robert keeps me abreast of compliance laws as they pertain to billing services and is also available for private practice consultation.

In addition, I want to express my sincere gratitude and appreciation for the referrals you send our way.

Best Regards,
Mona



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Generation Z-- young people between the ages of 15 and 21 are experiencing stress in growing numbers. The American Psychological Association's Annual Stress in America survey reports that gun violence, sexual assault and immigration are top contributing factors.

About 75 percent of Gen Z reported mass shootings as a significant source of stress while 72 percent said the same about school shootings.

Interesting Note: 68 percent of people between the ages 18 and 21 expressed concern for the state of the nation, but the study found this generation to be least likely to vote in the midterms (we can check the accuracy of this assumption post election).

57 percent of Gen Z said that separating parents from their children at the border was causing them significant stress. Widespread reports of sexual harassment or abuse played a big role with 53 percent saying the issue exponentially increased their anxiety levels.

An Interesting Note Concerning Suicide: Although 62 percent of Generation Z said rising suicide rates among their peers is a source of stress for them, this demographic is more likely to report mental health conditions than any other generation. About 37 percent of Gen Z reported receiving help or treatment from a mental health professional.

And Still Another Interesting Note: The report says that public figures' openness about their personal mental health issues could be a reason why they themselves speak out more, and their use of social media could be another key factor. The APA's report states, "It's clear that social media is an enormous part of Gen Zs' lives and for more than half of them, it provides a feeling of support.

On a positive note, the report states that 75 percent of the overall participants said they feel hopeful about their future.

Source: Gary R'nel



Men Do It-But Less Often

It is a fact: Men around the world cry significantly less than women and when they do cry it is for shorter periods. The primary contributing factors are both social and biological. Ad Vingerhoets, a psychologist at Tilburg University in Holland says that men possess less of the hormone that enables humans to cry.

A super majority of women have revealed that they wished their male partners would show more emotion. For many, it is a sign of strength and self confidence and could actually strengthen their relationship. Pittsburgh Steelers quarterback Ben Roethlisberger says "I think men in general need to show emotion. I think there's a misconception that as men we shouldn't show emotion. And, I think that's wrong. I think we need to show emotion, whether it's at a movie if you want to cry if it's funny, if it's sad. If you want to be around your wife or your girlfriend, just because you cry doesn't mean you're any less manly. I think that, that's a false narrative." Roethlisberger says he has cried in the locker room from both joy and pain.

Research suggests that men weep at the same types of emotional triggers as women. Studies suggest that women cry between 30 and 64 times per year while men well up between 6 and 17 times annually. And, when men do cry, they turn off the tear tap much quicker than women lasting just 2 to 3 minutes per episode versus 6 minutes for women.

Interesting Note: Until puberty, accompanied by a hormonal onslaught-both sexes cry about equally. People who receive social support while crying report increased cathartic release than people who cry alone.

Source: Gary R'nel Tilburg University

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



◆ A man is strolling past the mental hospital and suddenly remembers an important meeting.

Unfortunately, his watch has stopped, and he cannot tell if he is late or not. Then, he notices a patient similarly strolling about within the hospital fence.

Calling out to the patient, the man says, "Pardon me, sir, but do you have the time?"

The patient calls back, "One moment!" and throws himself upon the ground, pulling out a short stick as he does. He pushes the stick into the ground, and, pulling out a carpenter's level, assures himself that the stick is vertical. With a compass, the patient locates north and with a steel ruler, measures the precise length of the shadow cast by the stick. Withdrawing a slide rule from his pocket, the patient calculates rapidly, then swiftly packs up all his tools and turns back to the pedestrian, saying, "It is now precisely 3:29 pm, provided today is August 16th, which I believe it is."

The man can't help but be impressed by this demonstration, and sets his watch accordingly.

Before he leaves, he says to the patient, "That was really quite remarkable, but tell me, what do you do on a cloudy day, or at night, when the stick casts no shadow?"

The patient holds up his wrist and says, "I suppose I'd just look at my watch."

◆ The mother of a problem child was advised by a therapist, "You are far too upset and worried about your son. I suggest you take tranquilizers regularly.

"On her next visit the therapist asked, "Have the tranquilizers calmed you down?"

"Yes," the boy's mother answered.

"And how is your son now?" The therapist asked.

"Who cares?" the mother replied. Source: jokes.skem9.co.uk
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Psychological & Neuropsychological Testing Codes

Codes for *Psych Testing & Neuropsych* testing services utilizing diagnostic tests when mental illness or brain dysfunction is suspected and clarification is essential for diagnosis and treatment were recently revised with changes scheduled to go into effect on January 1, 2019. However, until December 31, 2018 the existing CPT codes for Psych Testing (96101-96103) and Neuropsych Testing (96118-96120) should be utilized. Providers will need to use the billing codes for Medicare and all insurance carriers.

In addition, many psychologists who provide these types of testing will likely receive an estimated 6 percent increase under a proposed rule by the Centers for Medicare and Medicaid Services (CMS). The APA advocated successfully to obtain higher reimbursement rates. Neuropsych testing where data is collected by a technician would also receive a 6 percent increase. If you have any concerns or questions, please give me a call. Also, more information can be reviewed at www.apapracticecentral.org

Associated Billing Center, LLC ↔ Therapist Feedback

Associated Billing Center, LLC is an active exhibitor annually at the NASW-NJ and NJPA- conferences. Attending these and other state conventions gives us the opportunity to meet *face to face* with many of our clients and meet potential clients. This year is no exception. We will be exhibiting at the NJPA convention on November 3, 2019 at the Renaissance Woodbridge Hotel. I look forward to seeing you at the event if you are an attendee.

A Reminder: When you call our office-if your Account Manager is not available and you need immediate help-other team members can assist you. And, of course I am here to help with your questions as well. When we say "You are never alone" we mean it!

Stories You Simply Need to Know About



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✓ Canada legalized recreational marijuana this month and while business is brisk and dispensaries are already finding it challenging to keep pace with demand. One young entrepreneur discovered another benefit of long lines to purchase weed. Elina Childs, age 9, stood outside an Edmonton dispensary, sold all her cookies to those enduring a 4-hour line during the country's first day of legalized marijuana sales. Elina's dad said in the past she would sell the cookies door-to-door and that would take weeks. Last year she was bit by a dog while going door to door according to her dad. Seann Childs, Elina's dad, said, "While driving, we saw how long the lines were at the dispensary and we just stopped to sell the cookies there."

Source: Gary R'nel



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✓ Men across America 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 facial hair as negatively as they once did. Unfortunately, this new social attitude is hurting razor sales at major companies. Several Mental Health professionals say that the "stubble" could actually be an indication of self assurance and confidence. Some men want to portray that laid-back look and believe that the opposite gender finds the 5 o'clock shadow sexually appealing. (No hard evidence on this yet-seems to be totally subjective). OK, let's get personal. I am now adorning a "scruffy-stubble". I like not having to shave daily. But, I still have not mastered the proper trimming techniques. Oh, and no Duck Dynasty beard for me. Ryan Gosling is more my style.

Source: Gary R'nel



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✓ Inflation has really taken a toll on the price tag of a wedding. The average cost for a wedding in the U.S. in 2017 was \$25,764. One bride and groom got very creative in deciding how to afford the type of wedding they wanted. Their invitations, according to the Daily Mirror, stipulated that gifts were optional but that all guests would have to pay for their own dinner-\$40pp that included the main course-platters, cake and a basic soft drink. Guests were also told that if a spouse's or child's name does not appear on the invitation, they are not invited. They also requested that all guests wear something that fits with their theme of navy, white and silver. And, the bride advised women not to wear heels.

The couple has also set up a GoFundMe page asking for donations to help defray costs of the wedding and honeymoon. "If you are unable to use internet banking, you are more than welcome to donate via cash and checks." 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"



www.MentalHealthBillers.com



Mona Ruback