

Associated Billing Center's  
**Newsletter**

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### A Message From Mona

I was out to dinner with a close friend of mine and the topic of gratitude arose. Ellen faced medical, mental health and financial problems in the past year and I asked her how she was coping. Her short answer: A Gratitude List.

While I knew what she meant, I was still curious for her interpretation of a gratitude list. Ellen told me that her challenges were many, diversified and some extremely personal. Again, I queried-how are you coping?

Ellen reminded me that she still had much to be thankful for. Her family and friends who supported her throughout the year in a very non-judgmental manner was most important to her. Ellen told me that her family foundation and her upbringing had a lot to do with her coping mechanism. She said her parents messaged constantly about the importance of kindness and treating others as you would want them to treat you. She said "Mona, always attempt to cultivate relationships with people you trust and who you can depend on in times of need."

I am so thankful to have a friend like Ellen. Whenever I face a personal challenge she is one of my go-to people. The next evening I started writing my gratitude list. I realized that for many personal challenges there is always something to be grateful for. In my case it is the people in my life; my immediate family, friends, team members at work and relationships that I have built with my clients. I want to express my gratitude to all of you as we enter this Holiday Season.

Yes, I am getting a bit sentimental here-but Ellen reinforced to me that it is people who matter the most. People who nourish other individuals in their time of need and expect nothing in return-accept Genuine Gratitude.

Best Regards,  
Mona



### Cell Phones: The Cognitive Affect

A study published in the journal *Preventive Medicine Reports* says that after just one hour of screen time, children immediately can exhibit less curiosity, lower self-control and reduced emotional stability. Nursery school children who used cell phone screens frequently were twice as likely to lose their temper.

Excessive use of social media/cell phones may be contributing to increasing rates of depression, particularly in female adolescents. Researchers report that the simple ping of a text message is more than enough to distract adolescents from focusing on the task at hand.

#### A Startling Fact-Though Not Surprising:

The National Institute of Health claims that young people can spend an average of five to seven hours per day mesmerized by their mobile devices.

According to a Pew Research study, 60% of teens between the ages of 13 and 17 say that spending too much time on line is a "major" problem facing their age group. More than half of teens say they spend too much time engaged with their phones-while over 40 percent acknowledge they need to reduce their time wedded to social media.

Michael Ungar on the Psychology Today website says that parents, "Need to exercise their ability to influence our children." He says parents pay for the devices, we allow them to take the devices to bed, we buy the games and additional software. In essence Ungar writes, "We basically buy them bags of crack and then say, please self regulate."

Dr. Sara Page is with the Duke Department of Pediatrics. She says, "Electronic devices and social media are here to stay. Learning to use them responsibly and in moderation is often a challenge."

Our Note: It is imperative that mental health insurers cover therapy sessions to inform both parents and their children about the deleterious effects of cell phone addiction. The art of communicating with each other without a device in one's hand is becoming extinct.

Source: Gary R'nel



## Retail Mental Health Therapy

Walk-in Med Centers-Telehealth-Now comes the latest offering from Beacon Health Options. The Boston based company has opened its first outpatient mental health clinic inside a Walmart store in Carrollton, Texas. Beacon is leasing the space and will manage the clinic. The company reports that more than 10-million people live in the area considered to have a shortage of mental health professionals.

People can walk-in or call and make an appointment to see a licensed therapist. This Newsletter has reported previously that an estimated one in five adults experience some form of mental illness. The National Alliance on Mental Illness reports that many people do not get treatment.

Beacon says the on site-clinician will do an evaluation, determine what services would be appropriate and construct a treatment plan.

Beacon says the Walmart clinic is not for people with Serious Mental Illness (SMI), but rather for "those who are still functioning well and need some help for common issues." The company says it hopes to expand locations.

Critics of the idea believe that Congress needs to focus more on the affordability and access to therapists already in private practice.

Advocates who support the idea of storefront counseling maintain that it is more comfortable for patients who might be somewhat reticent in actually calling to make an appointment with a therapist.

According to Beacon Care Services, the Carrollton Walmart location accepts health insurance. Individuals can book an appointment, but walk-ins are welcome. Current charges at the clinic-\$140 for the initial evaluation-\$110 for follow up sessions.

Our Note: We are extremely interested in your feedback on this story. Please email [gary@assocbillingctr.com](mailto:gary@assocbillingctr.com). Source: Gary R'nel

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



◇ A young woman takes her troubles to a therapist. "You must help me," she pleaded. "Its gotten to that every time I date a nice guy, I end up in bed with him. And then afterward, I feel guilty and depressed for a week."

"I see," nodded the therapist. "And you, no doubt, want me to strengthen your will power and resolve this matter."

"For God's sake, NO!" exclaimed the woman. "I want you to fix it so I won't feel guilty and depressed afterward."

◇ What happens when a therapist and a prostitute spend the night together? In the morning each of them says "120 dollars, please."

◇ Once I had multiple personalities, but now we are feeling well.

◇ Hypochondria is the only illness that I don't have.

◇ Why is therapy sometimes a lot quicker for a man than a woman? Because when it's time to go back to childhood, a man is already there.

◇ Patient to therapist-"I have a ringing in my ears."  
Therapist to patient-"Don't answer."

◇ Patient to therapist-"I think I'm a cat."  
Therapist to patient-"How long has this been going on?"  
Patient to therapist-"Oh, since I was a kitten."

Source: workjoke.com



## Kaiser Family Foundation Releases Stats on Mental Health

A Kaiser Family Foundation/Economist three-country survey recently found that one in five Americans report always or often feeling lonely or socially isolated. These feelings are accompanied frequently with physical and financial consequences. An interesting finding in the report is that those who say they are feeling lonely or socially isolated are divided concerning the impact of social media. Among the survey findings:

- > Americans who are single, divorced, widowed or separated are more than twice as likely to report feeling lonely or socially isolated.
- > Interesting note: Reports of feeling lonely or socially isolated are similar in the United States and England compared to nine percent in Japan.
- > 22 percent of Americans say they always or often feel isolated or lonely or that they lack tangible companionship.
- > 31 percent say they have had thoughts about harming themselves.

Our Note: When digesting these statistics we realize how important it is for our lawmakers to advocate for always expanding mental health insurance coverage. 43-million Americans suffer from a mental health condition. 56 percent of adults did not receive treatment.

## Associated Billing Center, LLC ↔ Therapist Feedback

Recently, one of my providers contacted me and apologized for calling so often and asking so many questions. I responded very simply "That is what we are here for-to answer all of your questions." I often write about how important it is for all of us at Associated Billing Center, LLC to maintain exceptional lines of communication between your office and ours. Our business consultant seems to emphasize this every time we speak. We build relationships with you-our clients-based on the personal and professional level. Never hesitate to call and ask a question. On another note, if you have patients who are changing insurance due to the open enrollment period please notify us ASAP. This will help us prevent disruptions in your revenue cycle. Thanks, *MONA*

## Stories You Simply Need to Know About



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✓ This is shocking. Instead of trading a washer and dryer for what you hope will be a brand new car-one set of parents offered to trade embryos based on its sex. A mother was so anxious to give birth to a little brother for her son that she offered her female embryo to another couple hoping for a daughter. Lisa took drastic action, sitting down at her computer and writing a message: "Hello we have been trying to give my child a sibling for three years....we want to complete our family with a son. We have a great quality female embryo. Would you like to consider a trade?" The New York Post reports that Lisa was contacted by a California woman interested in a potential swap. "She already has a toddler, and she has two male embryos left over," said Lisa. "Her husband has six sons from another marriage and they have a boy together. Her husband said "If we are going to go through this again, it's going to be a girl." It's been reported that Lisa has received inquiries from would be parents who are eager to take the female embryo, but don't have a male to exchange.



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✓ "If I could only look twenty years younger." A Dutch man may have found his own version of the Fountain of Youth. Dutchman Emile Ratelband is on a mission to legally reduce his age from 69 to 49 to improve his chances of meeting someone on the dating application Tinder. Ratelband maintains that if you can change your name or gender, then why not legally be able to change your age. He says he feels much younger than his age and claims his doctor told him he has the body of someone more than 20 years younger. Ratelband says he does not want to lie about his age on Tinder when trying to meet women. It could result in a promising match being blown up. GET THIS...the father of seven has another two children on the way, both by surrogates. He says "I don't want my kids to be embarrassed by me when I take them to the school gates and I'm 85." A local court in the city Arnhem was expected to rule on the case.



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✓ Complaining about the in-laws has now been taken to the next level. A woman has lit up discussion boards and social media on this one. Her mother-in-law, who has hosted Christmas Dinner for years, is now asking family members to pay \$21 to cover the cost of food. The mother-in-law says this year she wants to cook from scratch and it's more expensive. The daughter-in-law says her mother-in-law is in no way financially destitute and finds the whole idea repulsive. Rumor is running rampant that this Christmas Dinner tradition is swiftly coming to a close. And in case your wondering, sources say plenty of prepared dishes are brought to the dinner each year. WOW!

Source: Gary R'nel

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