

Associated Billing Center's
Newsletter

-Volume 29

-February, 2019

A Message From Mona

I am so fortunate to be able to profess, "I actually love what I do for a living!" I have been engaged in the mental health billing profession for over 25 years. My formidable training began with my managing a two-person therapy practice in Central Jersey. These two therapists (husband and wife) truly became my mentors educating me on the protocols necessary for managing a successful practice.

I was having dinner recently with friends and the topic of how many people actually love their job was discussed. Seated at the dinner table were two women- one a CPA and the other a registered nurse. While the CPA was less than filled with exuberance about her profession the RN loved what she did and counted herself among the "lucky few".

Research Shows:
More than 70 percent of workers say they do not feel satisfied with their career choices. We spend one-third (or more) of our days at work. When we are not content-we suffer in innumerable ways. Most mental health therapists maintain that those unhappy with their jobs can suffer from depression, physical ailments, and SMI.

A major contributing factor to unhappiness at work is the praise factor. People want to be praised and recognized for their contributions from their peers and managers. In addition, many people make career choices to impress and please other people. It's very simple; impress and please yourself.

I am so appreciative to the team in our office and to you-our providers-who make this journey a uniquely pleasant and fulfilling experience for me.

Best Regards,
Mona



March is National Professional Social Work Month

They impact millions of lives every day. They give people hope, choices and help to script the storylines of their future. We of course are describing the indelible mark of positive change that mental health professionals impart on their patients everyday.

The National Association of Social Workers is helping to lead this year's Social Work Month celebration with a campaign centered around the theme "Social Workers: Leaders. Advocates, Champions." The campaign will inform the public and legislators about the crucial role mental health therapists for generations have played in improving the well-being of people and helping our nation become a better place to live (even in this politically chaotic environment).

Social work is a fast-growing profession with more than 680,000 social work professionals in the United States, according to the Bureau of Labor Statistics. Clinical social workers are the largest group of mental health providers in the United States and the U.S. Department of Veterans Affairs is one of the biggest employers of social workers. There is a shortage of mental health professionals with demand outweighing supply. Contributing factors include the nation's opioid crisis and child welfare. Addicts usually cannot take care of themselves let alone attend to the mental health stability of their children. The number of states with shortage ratios will increase to nearly 30 states by 2030. Most shortages are in the western and southern regions of the country. The Bureau of Labor Statistics predicts that social worker employment will grow by 19 percent between 2014 and 2024.

The NASW maintains that social workers are needed now more than ever before as the nation grapples with issues such as income inequality, the opioid addiction crisis, the environment and the continued struggle of equal rights for all.

With political chaos, drug dependency and personal challenges increasingly becoming an integral part of our landscape-a debt of gratitude is offered to the men and women who work daily to improve individual lives and the nation in which we live.

Source: Gary R'nel



pixabay.com

Say It Isn't So-Yes, It Is

An ever growing number of mental health therapists are in agreement with a recent survey that shows 45-percent of Americans think their sex life is stuck in a rut. And there is more. Seven in ten admitted that they could use a drastic boost in excitement. The study was conducted by OnePoll in conjunction with PinkCherry and reported in the NY Post.

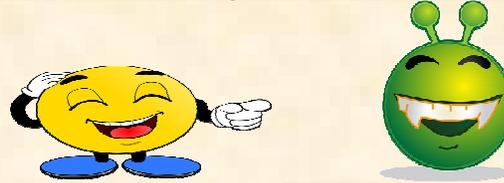
And yes, there is even more. Two-thousand Americans were polled with 62 percent saying they rely on the exact same position every time. More numbers: Three in five said thinking about a new sexual position is something they would consider-while some say they routinely practice sex in different rooms to change things up. And, a footnote-50 percent of Americans supposedly tried a sex toy (not sure if we believe this number) with 41 percent saying it can help make a relationship stronger.

AARP conducted research on sex in the bedroom and relationships for people over 50. The advocacy groups findings:

- ◆ Rates for divorce after age 50 have doubled in the U.S. since the 1990's, while rates for younger couples are falling.
- ◆ One in 25 people over 50 were cohabiting with a romantic partner outside of marriage in 2016, a 75 percent increase from 2007-and the biggest jump of any age group according to the Pew Research Center.
- ◆ Looking to lose weight? NO-we are not suggesting you utilize divorce as an effective tool but, according to a recent study by the University of Arizona, newly divorced postmenopausal women lost pounds and inches compared with married and already single postmenopausal women.

Source: Gary R'nel

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



pixabay.com

◆ When is it ok for a mental health therapist to be judgemental?
When criticizing everyone else for being judgemental.
Source: BigCulpMaster

◆ Two therapists witness a man grab a woman's purse and run off. The woman is sobbing and in distress. One therapist looks toward where the man ran off and says to the other, "That poor man needs help."
Source: blackfish_xx

◆ A husband and wife who worked for the circus went to an adoption agency. The social workers there raised doubts about their suitability. The couple then produced photos of their 50-foot motor home, which was clean and well maintained and equipped with a beautiful nursery.

The social workers then raised concerns about the education a child would receive while in the couple's care.

"We've arranged for a full-time tutor who will teach the child all the usual subjects along with French, Mandarin, and computer skills."

Then the social workers expressed concern about a child being raised in a circus environment.

"Our nanny will be a certified expert in pediatric care, welfare, and diet."

The social workers were finally satisfied.

They asked, "What age child are you hoping to adopt?"

"It doesn't really matter...as long as the kid fits in the cannon."
Source:upjoke.com

pixabay.com



We Simply are not Getting Enough of It

No, it's not what you think. This story has nothing to do with sex. What we are talking about here is sleep. Recent brain research is studying how sleep deprivation affects disease and normal cognitive functions. As an example, preschoolers who skip naps are worse at memory games. New research shows that poor sleep can also increase the risk of contracting Alzheimer's disease. Researchers suggest that even a single night of sleep deprivation boosts brain levels of the proteins that form toxic clumps in Alzheimer's patients. In the area of mental health-modest sleep reductions are linked to increased feelings of social isolation and loneliness. A growing number of researchers are saying that sleep deprivation is a contributing factor to an escalating public health crisis and that it deserves as much attention as obesity as a debilitating disease.

In addition to stress related factors that keep us up at night, the ever expanding presence of social media is certainly a huge contributing factor to a lack of sleep. A sleep researcher at Penn State says, "We've had this natural experiment with the internet that swamped everything else." In 2016, the Centers for Disease Control reported that a third of adults fail to get the recommended seven hours. Bring back the sheep-shut off your devices-learn to meditate before bed and set a time limit for just how long that glare will light up the bedroom from the TV.

Source: Gary R'nel

Associated Billing Center, LLC ↔ Therapist Feedback

Many providers are still uncertain about the issuing of new Medicare ID numbers. Here are the basics: The law requires the Centers for Medicare & Medicaid Services (CMS) to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. A new unique Medicare number will replace the current Health Insurance Claim Number (HICN) on the new Medicare cards. Your patients who are new to the Medicare program starting in April 2018 and later will only have a card with the new Medicare number. There will be a transition period when you can use either the HICN or the MBI (Medicare Beneficiary Identifier) to exchange data and information. The transition period started April 1, 2018, and will run through December 31, 2019. Please call me with any questions regarding this change which is long overdue to protect senior citizen privacy. Thanks, *Mona*

Stories You Simply Need to Know About



✓ Are you coming home from your job feeling mentally and physically exhausted? There may be a good reason. You, are a modern day workaholic. A new survey finds that about half of employed Americans consider themselves workaholics. That number in reality could be higher. Why? A OnePoll survey suggests that Americans work an average of four hours per week for free (salaried positions). Additional survey findings: Nearly three in ten say their job obsession is fueled by a desire to succeed combined with financial necessity. And, we have not calculated time spent at home on line doing work related tasks not officially accounted for. Interesting stat from a 60 minutes/Vanity Fair survey: Nearly 70 percent of employees under 30 years old said it wasn't a problem keeping in touch with work related issues at home-that number drops to 52 percent for the 30 and older crowd. Sixty-three percent of U.S. workers would take unused sick time pay rather than choose to take the time off. Interesting note: Women working outside the home who have children experience a better work-life balance than men.



✓ According to a study by First Orion, nearly half the calls made to US cell phones in 2019 will be spam. Ninety-percent of those calls will have familiar caller IDs. A Federal Communications Commission report says there isn't an effective way of identifying a call as spam before answering. Robocall blocking software company, YouMail, estimates that more than 47 billion robocalls were made in 2018, a whopping 57 percent increase over the previous year. And, despite the existence of the Do Not Call Registry, an increasing number of these calls are being made. Consumers, particularly the elderly, need to stay alert when receiving these calls harboring malice intent. There is a flip side to this: There are thousands of people in the United States who use telemarketing skills to market legitimate products. The challenge is making an immediate determination if the call is a scam or a legitimate individual attempting to earn an honest paycheck. Do all telemarketers deserve a cold hang up or would a polite and immediate, "No Thank You", be the more appropriate response?



✓ Researchers at the Washington University School of Medicine are reporting that women's brains are nearly four years younger than men's, at least in how they burn fuel. Women seem to retain sharper and more efficient brain wave activity as they age as compared to their male counterparts. Researchers at the school report that, "Brain metabolism changes with age but what we noticed is that a good deal of the variation we see is down to sex differences." Researchers used a computer algorithm to predict people's ages based on brain metabolism as measured by scans. They suspect something other than hormonal differences is a contributing factor because the difference in metabolism remains steadfast when women enter menopause. Yes, women just may have the edge when it comes to brainpower.

Source: Gary R'nel

Pictures on this page from pixabay.com

Please check out our website: mentalhealthbillers.com for our News & Blog updates.

Like us on 

Connect with us on 

Follow us on 

The editorial content of this newsletter is not intended to be professional advice. It should be considered informational and a venue for entertainment.

Associated Billing Center, LLC is a proud member of:



"BUILDING OUR REPUTATION ONE CLIENT AT A TIME"



www.MentalHealthBillers.com  Mona Ruback