

A Message From Mona

I know this may sound strange and some of my clients probably think I could use a couple of therapy sessions, nonetheless, I love what I do-yes I **love** my job. And, I am one of those fortunate individuals who awaken each morning looking forward to the day ahead in the office.

According to a report by the Conference Board, the New York based nonprofit research group, a majority of Americans, 52.3 percent, are in fact unhappy at work. That number reached an all time low in 2010 following the Great Recession when only 42.6 percent of workers said they were satisfied with their jobs.

A CNBC/Survey Monkey Workplace Happiness Index report is more optimistic finding that a majority of respondents, more than 70 percent, are either somewhat or satisfied with their jobs. An opportunity for advancement was the biggest drag on the overall index while meaningfulness was the most significant contributor to overall contentment on the job.

It is that "meaningfulness" in the workplace that carries the most sway for me. I find much satisfaction in helping our providers to increase their revenue cycles allowing them to continue to provide therapy in their local communities. It is a win-win for the patient, for the provider, and for **Associated Billing Center, LLC**.

How many of us go to work and stare at the clock all day waiting for "punch out" time? Fortunately, that is not our reality here. In my conversations over the years with mental health professionals, there is a common denominator-that common denominator is that you love your job as well. How fortunate that we can go to work everyday with a sense of purpose and accomplishment.

Best Regards,

Mona



More Women Opting out of Marriage



A behavioral science professor at a London University says that marriage is not for everybody and in particular women. Professor Paul Dolan says that when it comes to men, they seem to benefit more from the institution because marriage makes them calm down and take less risks. (Yes, we know that is subjective). Dolan says that, "The healthiest and happiest population sub-group are women who never married or had children". Dolan's latest research is presented in his book, *Happy Ever After: Escaping The Myth of The Perfect Life*.

You may have difficulty digesting this one. Dolan says, "Married people are happier than other population sub-groups but only when their spouse is in the room when they're asked how happy they are". Dolan does acknowledge that being married with children is viewed by some as a sign of success.

Dolan says middle-aged married women are at a higher risk of developing physical conditions and mental illnesses than their male counterparts. Dolan continues, "You see a single woman of 40, who has never had children. Bless, that's a shame, isn't it? Maybe one day you'll meet the right guy and that'll change. No, maybe she'll meet the wrong guy and that'll change. Maybe she'll meet a guy who makes her less happy and healthy and die sooner." Dolan's latest book cites evidence from the American Time Use Survey.

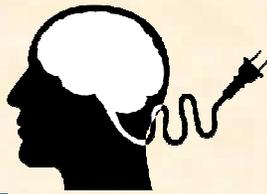
In the UK, Mintel surveyed a range of single women and found that 61 percent of unmarried females were happy being single and 75 percent of single women are not looking for a partner.

A Psych Central study found that both men and women became dissatisfied with their marriages but women experience declines in marital contentment much faster than men. Also, Psych Central finds that 70 percent of divorces are initiated by women.

Yes, the institution of marriage is still alive and well. The divorce rate dropped a staggering 18 percent from 2008 to 2016. The Pew Research Center reports half of Americans ages 18 and older were married in 2017. I have an aunt and uncle who seem to have the "perfect marriage". They were lucky enough to find the right partner. After all, isn't that what it's all about?

Source: Gary R'nel

Pulling the Plug on Stigma



Since 1949, the month of May has been observed as Mental Health Month with many organizations such as NAMI, Mental Health America and the National Council for Behavioral Health advocating for patients to have access to expanded services.

One in five adults in the United States experience mental illness in a given year. One in twenty-five has a serious mental health disorder. Research also shows that one in five teenagers have or will have a mental illness. And, let's not forget the huge number of pre-teens and children afflicted by mental health issues.

I was with a friend recently when she told me that she definitely could use mental health counseling but was afraid of the reaction after her family and friends discovered that she was seeking therapy. Our conversation truly enlightened me about the challenges stigma can present to an individual in need of counseling.

The National Alliance on Mental Illness is optimistic that Stigma is 100 percent curable. The antidote it maintains is compassion, empathy and understanding.

The Mayo Clinic suggests the following to cope with stigma: Get treatment, don't let stigma create self-doubt and shame, do not isolate, don't equate yourself with your illness, join a support group, get help at school and speak out against stigma.

During this Mental Health Month it is vitally important to not allow stigma to further exacerbate, complicate or slow down an individual's recovery. Sadly, those who introduce stigma into our society are among those who desperately need mental health counseling. My friend, yes, she beat the stigma and is in therapy.

Source: Gary R'nel

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



Therapist to Patient: What's your problem?

Patient to Therapist: I think I'm a chicken.

Therapist to patient: How long has this been going on?

Patient: Ever since I was an egg.

A patient goes to a therapist and says, "I've got trouble. Every time I get into bed, I think there's somebody under it. I get under the bed, I think there's somebody on top of it. Top, under, top, under. You gotta help me, I'm going crazy."

The therapist tells the patient, "Just put yourself in my hands for two years. Come to me three times a week and I will cure your fears."

"How much do you charge?"

"A hundred dollars per visit."

"I'll sleep on it, says the patient."

Six months later the mental health therapist met the patient on the street. "Why didn't you ever come to see me again?"

"For a hundred bucks a visit? A bartender cured me for ten dollars."

"Is that so. How?"

"He told me to cut the legs off the bed."

Source: jokes4all.net

How to Get Ahead In Life

- I assume full responsibility for my actions, except the ones that are someone else's fault.
- In some cultures what I do would be considered normal.
- I honor my personality flaws for without them I would have no personality.
- I am at one with my duality.
- A good scapegoat is almost as good as a solution.
- Why should I spend my time reliving the past when I can worry about the future.
- Having control over myself is almost as good as having control over others.

Source: bouldertherapist.com



For Many People it has Been at Least Five Years

BFF-Best Friends Forever. What a terrific feeling knowing that you have a close friend who is there for you in a moment of need and is a great companion just to hang out with and have fun. Finding a new BFF may be more difficult than you might imagine. A recent survey indicates that nearly 45 percent of adults say that it can be challenging finding new friends. A study conducted by OnePoll (Yes, we acknowledge citing OnePoll often in this Newsletter) for Evite finds that the average American has not made a new friend in 5 years. The study sites introversion or shyness among the stimuli making it difficult to make new close acquaintances. Other distractions in the desire to make new close friends include:

- Feeling like cliques exist with difficult borders of penetration.
- Comfortably unable to assimilate into a "social scene".
- A lack of similar interests or career paths.
- Too busy with life and job getting in the way.

The most common reason for ending a friendship, according to a majority of people, has nothing to do with dislike or disagreement but rather one party moving away. The best places to find new friends: workplace, your neighborhood, social clubs, and old school buddies.

Source: Gary R'nel

Education Box-Behind the Scene

When you're in network contract with an insurance company is up for renewal, you can renegotiate your rates. You will need to contact Provider Relations and inquire as to what you need to do for a rate increase. They are increasingly flexible if you have been a provider for a while and have a specialty. It is ALWAYS worth renegotiating. The worst thing that happens is they say no. If you have any questions concerning renegotiating rates, please give me a call. Associated Billing Center, LLC is here to support the financial stability and growth of your practice.

Thanks, Μοηα

Stories You Simply Need to Know About



✓ A recent OnePoll survey finds that cleanliness leads could lead to happiness. The survey conducted on behalf of Carbona found that there is a direct correlation between overall contentment that makes its way straight into the bedroom for some individuals. A super clean person often times was found to have more sex per month than an individual who did not develop a relationship with his or her vacuum. Just how much more sex? Survey Says!-between 7 and 10 percent. And, 75 percent of those who clean regularly seem to be happier with their love life and relationships. Other survey results: 70 percent of the super clean were more satisfied with the level of stress in their lives and 75 percent considered themselves as planners and more organized. Being super clean does have its downfalls. You can be overwhelmed if you miss a day of dusting or vacuuming. Super cleans can become less sociable inviting less people into their homes for fear of criticism concerning its cleanliness. How do you know you have simply gone too far with the cleaning panic? When your looking for your grandmother's plastic furniture covers.



✓ The old standby was a lot less of a distraction. In fact, it helped many of us maintain our focus on our daily activities. Yes, we are talking about the classic phone booth. Today, the telephone booth is nearly extinct. The number of Americans owning a cell phone exceeds 90 percent. In fact, the cell phone is the most quickly adopted consumer technology in the world according to the Pew Research Center's Internet and American Life Project. And, according to the Entertainment Software Association, 60 percent of game players use their cell phones. Texting, E-mailing and Gaming have usurped fundamental face to face communication and, in fact, has brought that art form to near extinction in many ways. Sad.



✓ This may come as a complete shock. Millennials are increasingly becoming attracted to small businesses and small towns for their shopping. A survey conducted by OnePoll on behalf of Vistaprint found that 6 in 10 millennials expect to shop more with small businesses in 2019. This may also come as a bit of a surprise. Only 15 percent of consumers aged 55 felt the same way. Nearly half of millennials would spend more on a product if they were supporting a small business, compared to just 27 percent of the 55 plus crowd. Millennials are more concerned about community commitment and supporting the local economy than baby boomers. Reality check: U.S. millennials do 60 percent of their shopping online and, while many shop brick and mortar, they ultimately purchase on the internet.

Source: Gary R'nel

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