

**Exclusively Serving Mental Health Practices
Building Our Reputation One Client at a Time**

Web: mentalhealthbillers.com

A Message from Mona



Associated Billing Center, LLC Jamesburg, NJ



The Associated Billing Center support team in a recent meeting reviewing a technology update concerning billing software.

We write frequently in this Newsletter about **Associated Billing Center's** ongoing investments in safe and secure technology upgrades. Improved technology can really streamline the billing process and enhance overall client experience. Meeting clients' expectations in Mental Health billing can really help providers focus on their practice while ensuring everything runs smoothly.

Welcome to the Fall & the upcoming Presidential election.



Mona

Education Box-You Need to Know



News & Notes

Update

- Humana will be dropping its commercial insurance plans in 2025.
- Cigna-Health Springs will no longer cover Medicare Advantage plans in 2025.
- A reminder to providers: If you are planning on moving your office and/or changing your mailing address, it is vitally important to notify us. Insurance company databases need to be updated to avoid a delay in payments. You need to provide the date of the move, the place of service address and if it differs from the mailing address. Any questions, please contact us. We are here to help!

COBRA Reminder

- If your patient transitions to COBRA, ask if they have been given a new ID card or if the information remains the same. We suggest an updated Associated Billing Center Benefit Profile prior to submitting new claims.
- **Associated Billing Center** can now accept payments by VENMO (@mona-ruback) and by Zelle (mona@assocbillingctr.com).
- For Credentialing, we work closely with Kellie Goodroe/CEO, Affordable Physician Services. Kgoodroe@affordablephysicianservices.com. Inform Kellie that you are a client of ours.

Mental Health Practice Logistics

Collecting payments from patients in a timely manner is crucial for several reasons:

* **Cash Flow Management:** Timely payments ensure a steady cash flow which is vital for covering operational expenses such as staff salaries, rent and supplies.

* **Reducing Bad Debt:** Prompt collection minimizes the risk of accounts becoming delinquent which can lead to increased bad debt and losses.

* **Administrative Efficiency:** Streamlining the payment process reduces administrative burdens allowing staff to focus on patient care rather than chasing down payments.

* **Patient Relationships:** Clear communication about payment expectations can enhance trust and transparency with patients, fostering better long-term relationships.

* **Compliance and Risk Management:** Proper payment practices can help mitigate risks associated with compliance and financial audits.

A Reminder: **A**ssociated **B**illing **C**enter can assist in balance billing of patients. Please give us a call with any questions. We Here to Help!

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



* By all means, marry. If you get a good partner, you'll become happy; if you get a bad one, you'll become a philosopher.
Source: Socrates

*The forensic psychologist was irritable because judges and juries tried his patients.

*Dr.Jekyll's more successful second formula turned him into a world-class sprinter rather than a violent psychopath, proving that you can run but you can't always Hyde.

* **OK-This one is weak.** People are choosing cremation over traditional burial. It shows they are thinking out of the box.

*There was a colorful restaurant called The Psycho Deli.
Source: punoftheday.com



HIPAA and its Application to Minors in Your Practice

Parental Consent and Rights: Generally, parents or guardians must provide consent for treatment of minors (typically under 18), which includes access to medical records.

Confidentiality: In many states, minors may have the right to confidentiality regarding certain mental health services, especially if they are deemed mature enough to understand their treatment. This includes therapy for issues like substance abuse or reproductive health.

Informed Consent Forms: Ensure that consent forms clearly outline what information will be shared with parents and what will remain confidential.

Variation in Laws: Be aware that state laws may offer different protections and rights regarding minors' confidentiality and parental access. Establishing procedures for reporting any breaches of HIPAA confidentiality is important to avoid fines and in-depth audits. Also, educate minors about their rights regarding confidentiality.

Mental Health Practice News & Notes

Increasing Revenue at a Mental Health Practice

- ✔ **Expand Services:** Offer additional services such as group therapy, workshops or wellness programs that attract new clients and provide more options for existing ones.
- ✔ **Telehealth Options:** Implement teletherapy services to reach clients who may prefer virtual appointments, increasing your client base.
- ✔ **If you accept insurance ensure you're in-network with a variety of insurance plans and consider billing for different types of sessions (e.g., assessments, follow-ups).**
- ✔ **Client Retention:** Focus on building strong relationships with your clients. Regular follow-ups, check-ins and personalized care can encourage clients to continue their therapy.
- ✔ **Marketing and Outreach:** Enhance your online presence through a professional website, social media and local SEO strategies. Consider partnerships with local healthcare providers for referrals.
- ✔ **Remember Your Practice is Your Business. Collect Feedback:** Regularly solicit feedback from clients to understand their needs and make improvements which can lead to increased satisfaction and referrals.
- ✔ **Diversify Revenue Streams:** Consider consulting, coaching or offering training to other professionals which can add to your income.
- ✔ **Workshops and Training:** Host workshops on mental health topics to raise awareness and generate additional revenue.
- ✔ **You could consider Sliding Scale Fees:** This can help attract clients who might not otherwise be able to afford therapy, potentially increasing your overall client volume.
- ✔ **Collaboration with Other Professionals:** Establish relationships with physicians, schools and community organizations for referral opportunities.
- ✔ **Develop Specialized Programs:** Consider creating programs for specific populations (e.g., adolescents, veterans) that address their unique needs.

Which of these strategies resonate with you?

STORIES YOU SIMPLY NEED TO KNOW ABOUT



Sure. Cotton Candy tastes great. In fact, dentists highly recommend it. But there is another use for this treat in addition to satiating your taste buds. Cotton candy is indeed an interesting concept when it comes to creating artificial blood vessels! Researchers have been exploring various methods to create scaffolds for tissue engineering, and cotton candy machines can produce fine, fibrous structures that mimic the extracellular matrix. These fibrous structures can provide a supportive environment for cells to grow and develop into functional tissues. The porosity and flexibility of the cotton candy fibers can also allow for blood flow and nutrient exchange, which are crucial for vascular applications. Who Knew?



Warning: If you are offended by the word vibrator you should skip this story. About 82% of American women own a vibrator. Some are now being used in an unorthodox way to help cure migraine headaches. Men and women are applying a vibrator to their foreheads to ease the pressure and pain from migraines. Dr. Adriana LaGier, an Associate Professor of Biology at Iowa's Grand View University, told Wired that her research team investigated vibration and migraine relief after hearing her friends' stories of placing vibrators on their foreheads. "Some of the people using vibration as a therapy for migraine are experiencing huge benefits, it's very exciting to see," Tie-Quang Li, who has studied migraines and vibration at the Karolinska Institute in Sweden, told Wired.



"My mother hated it, so it was hidden away for decades in my house." So says Andrea Lo Rosso about a recently discovered Picasso masterpiece. It's believed that the artwork was painted between 1930 and 1936 and that it's a portrait of Picasso's mistress, French photographer and painter Dora Maar, who was connected to the painter until their breakup in 1945. The painting was eventually put into a cheap frame and hung. "My mother didn't want to keep it, she kept saying it was horrible. This Pablo Picasso is estimated to be worth roughly \$6.6 million. Picasso's distinct signature was discovered in the upper left-hand corner of the portrait. Lo Rosso's mother is said to be "hating" the painting a little less these days.



Exclusively Serving Mental Health Professionals Since 2001

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We never take your business for granted. Never.

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*****Please Refer us to a Colleague. It is always appreciated. "Word of Mouth" referrals are of paramount importance to the success and growth of a service sector business. Thank You!**



Associated Billing Center, LLC values client feedback. Please call us immediately if you have a question concerning your account. Your feedback helps to ensure that we are offering optimum service to our clients.

An Important Note:

The mental health billing sector has become extremely competitive and saturated since the onset of the pandemic. Most of these entities are impersonal corporate type organizations interested in volume. Many of these behemoths strip away your ability to manage your own practice in what you perceive to be in your best interest. We are proud that Associated Billing Center, serving Mental Health Practices nationwide for more than a decade, will never be labeled as one of these impersonal "behemoths".



Associated Billing Center, LLC was established in 2001 to exclusively provide Mental Health billing services to individual and group practices. We are certified as a third-party biller by our State Department of Banking & Insurance. We work as your dedicated back office with the focus on improving your RCM (Revenue Cycle Management) while allowing you to do what you do best – take care of your patients.

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