



# The Advanced Times

Advanced Counseling Services  
Providing Hope. Changing Lives.

March, 2010

## Changing Economic Times & Insurance Benefits

The economy in Michigan has not been as depressed in over 30 years. With changes in employment come changes in insurance benefits for both working and unemployed individuals. In addition, the Federal government passed Mental Health Parity, which is intended to provide equal coverage for both medical care, as well as mental health and substance abuse therapy.

What many people are finding, however, is that they are facing higher deductibles and higher co-pays. This kind of change can discourage people from

either staying in therapy or not seeking it at all.

Advanced Counseling is very aware of these changes and is making every effort to work with individuals and continue to provide quality treatment. The irony is that, in such stressful times, people need to talk to someone more than ever. However, when the need is the greatest, the resources are at their lowest.

We urge people to take care of their health: both physical health and mental health. They go hand in hand, one impacting the other. The Administration

and Clinical Staff at Advanced Counseling will work with you in every way to insure that as many people as need it get the best help possible during these uncertain times.

To stay current with these many changes, an insurance verification in-service was held in our Southfield office on February 26, 2010.

Visit our website for more information and an office located nearest you: [www.advancedcounseling.org](http://www.advancedcounseling.org)

◆ **March 15 - CARF  
RE-ACCREDITATION**



**Storm brewing over Lake St. Clair – tumultuous skies and times in Michigan**

### Did you know . . .

The World Health Organization projected that depression will rank second in worldwide disease burden by 2020. Heart disease will remain first.

Good mental health can improve your physical health.

## Mental Health: What's Normal; What's Not?

One thing that makes it difficult to distinguish normal mental health from mental illness is that there's no easy test to show if something's wrong. It appears that mental disorders have a biological cause. But for now, there's no clear medical test for mental illness.

For these reasons, diagnosis and treatment of mental disorders is based on signs, symptoms and how much the condition affects day-to-day life. Signs and symptoms commonly show up as:

- **Behaviors**, such as obsessive hand washing or drinking too much alcohol

- **Feelings**, such as deep or ongoing sadness, euphoria or anger
- **Unusual thoughts**, such as delusions that the television is controlling your mind, or thoughts of suicide
- **Physical signs/symptoms**, such as sweating, racing

heartbeat or uncontrolled rapid breathing (hyperventilation).

If you experience persistent signs and symptoms, or others observe these, talk to your doctor and then seek out a therapist or counselor for additional evaluation and treatment.