



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



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

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.

Visit our website for more information and an office located nearest you: www.advancedcounseling.org

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.

Brighton: (810) 220-2787

Canton : (734) 737-1200

Clarkston: (248) 922-2300

St. Clair Shores: (586) 777-9000

Southfield: (248) 213-0501

Taylor: (734) 285-8282



Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a

successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles

by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note

business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how

your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances

the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are

also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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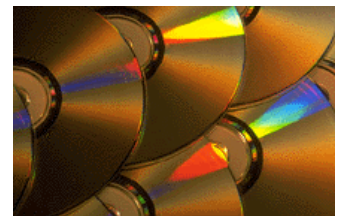
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Raab & Associates, Inc.

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St. Clair Shores, MI 48081
586-779-8003
FAX: 779-8146

Caring, competent, confidential

We're on the Web!
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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your

organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your

organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.