



# VHS NEWS

Valley Hope Solutions has been providing billing and administrative services for behavioral health issues for more than 50 years, we are even more focused today on keeping our stakeholders informed of leading stories and issues pertaining to our ever-changing industry. We hope this serves to be an informative resource, while providing helpful tips, networking events and educational opportunities. Thank you for your continued support of Valley Hope Solutions - enjoy the journey with us!

[www.ValleyHopeSolutions.com](http://www.ValleyHopeSolutions.com)

*Valley Hope Solutions provides expert medical billing services for Substance Use Treatment Centers. We help you navigate through the ever-changing insurance payment rules and regulations along with establishing the necessary revenue cycle management protocols for maximum allowable reimbursement.*



---

# NEWS

---



## OPIOID DEATHS ARE DOWN. THE WAR IS HARDLY OVER.

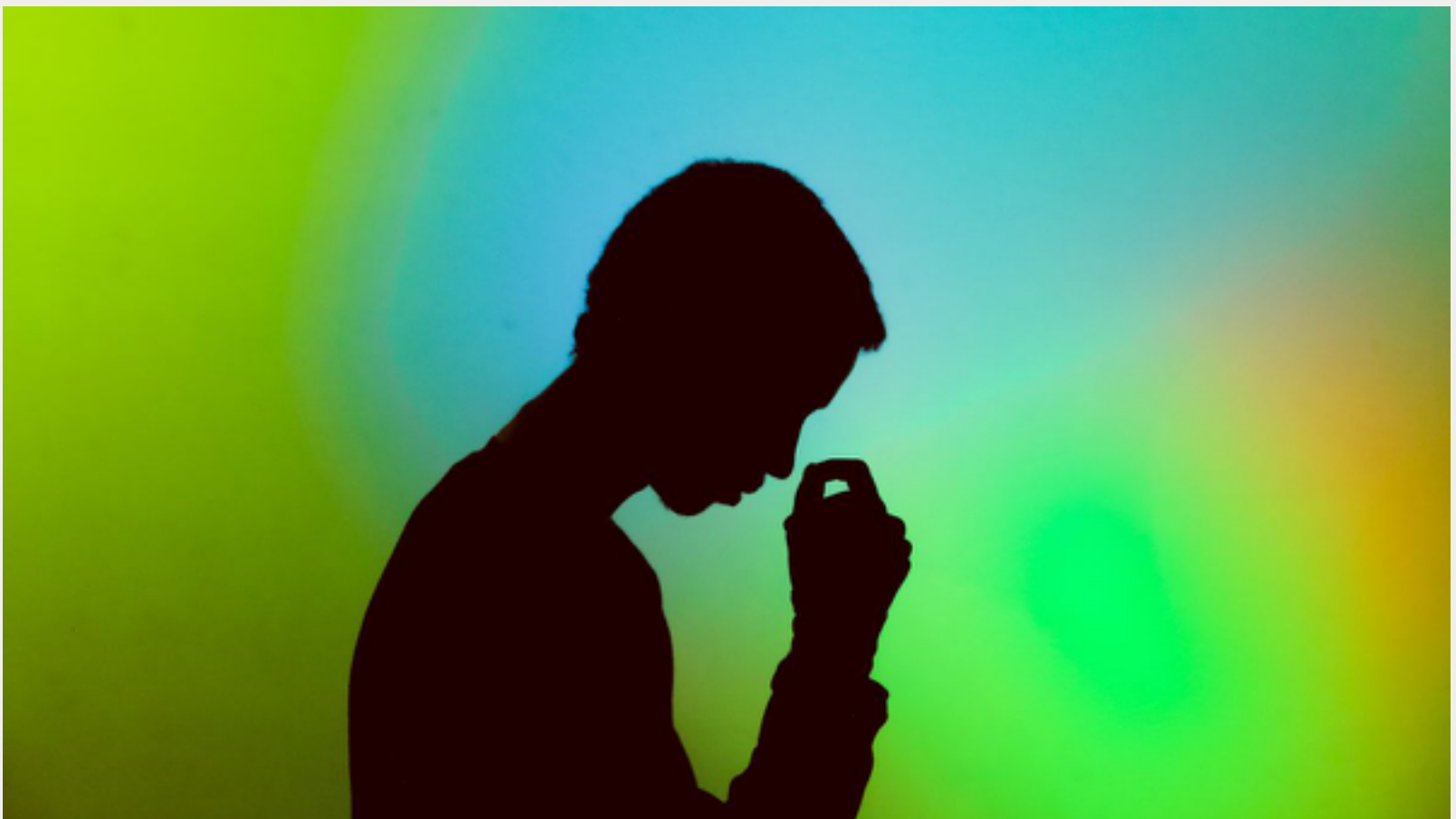
The latest state figures tracking deaths from opioid-related overdoses should be seen as an encouraging, but not definitive sign that we're making sustainable progress against the scourge of drug dependency.

For the second consecutive year, Department of Public Health data showed that fatal overdoses declined. Total confirmed and estimated opioid-related deaths dropped from 2,056 in 2017 to 1,974 in 2018, or about 4 percent. From 2016 to 2017, the figure decreased 2 percent.

As one would expect, urban areas, including gateway cities like Lowell and Fitchburg, remain a magnet for substance abuse and its fatal consequences. According to the DPH report, the number of Lowell residents who died from drug overdoses in 2018 (52) surpassed the combined total of its immediate suburbs (50). When factoring in the total number of OD deaths that occurred in Lowell over that same timeframe, the total rises to 59...

[Read More](#)

---



## HOW ADDICTION STIGMA PREVENTS PEOPLE FROM GETTING HELP

My name is Sara and I am 28 years old. I grew up in a two-parent household with a loving family, had excellent grades in high school, and graduated from college. I currently work full time. I love children, nature, animals, family, and my many friends.

Self-Medicating with Opioids

I have also struggled with depression, anxiety, and OCD since I was in my early teens. At age 18, my life was changed forever when I was prescribed an opiate painkiller after the removal of my wisdom teeth. I discovered, with that one prescription, that opioids made me feel normal. And yet, opioids are what put me through a roller coaster of hell for the next eight years. They also introduced me to my good friend “Heroin.”...

[Read More](#)

---



## ARTISTS IN RECOVERY FIND THEIR FIX IN "THE CREATIVE HIGH"

Recovery that consists of meetings, step work, and an unfulfilling job makes for a very black-and-white life — at least for me it did. That wasn't the recovery I wanted. I was bored. When I got involved in creative endeavors, however, it was like adding color back into my world. For some people, creative expression becomes a new high.

As I started to explore creativity and art, I realized that I'd opened a door to a part of me that had been closed since I started using drugs. As a child, I loved painting and crafting. I reignited that passion and began expressing myself in new ways: blogging, writing and journaling; painting and drawing; making art and attending craft classes; and creating new recipes. My world feels so much more livable with art in it...

[Read More](#)

---



## ALCOHOLIC LIVER DISEASE OVERTAKES HEPATITIS C AS TOP REASON FOR LIVER TRANSPLANTS

Alcoholic liver disease (ALD) has edged out hepatitis C as the number one reason for liver transplants in the United States. This is according to research recently published in JAMA Internal Medicine.

There are a few reasons for this shift, say researchers, and one of them is the fact that hepatitis C has become easier to treat with drugs. Hepatitis C used to be the leading cause of liver transplants back when medications weren't so effective.

But now, an estimated 17,000 Americans are on the waiting list for a liver transplant, and most of them are suffering from alcohol-associated liver disease.

Researchers also noted that there is an increasing openness to a candidate's history of alcohol and addiction. This means within the transplant community, there is an increased level of understanding in terms of when a candidate combating these issues can qualify for a liver...

[Read More](#)

---



# Valley Hope Solutions

877.552.3577 // [valleyhopesolutions.com](http://valleyhopesolutions.com)



Valley Hope Solutions' mission is to help with the quality of care for patients seeking mental and behavioral health treatment, by providing billing and support services led by industry experts, so healthcare providers can focus on the most important element of recovery: the patients.

---

*Copyright © 2019 Valley Hope Solutions, All rights reserved.*