

BEHAVIORAL HEALTH

It often goes unquestioned that financial assets are of measurement of the personal worth of any human being. The social conditioning upheld by the agreement of people in society that money = worth supports the idea that people in poverty are worthless, and people with wealth are worthy of respect. It is accurate to say that the high majority of people on both ends of the spectrum of wealth and poverty did not get there by excellent or poor money management, but by being born into privilege or by being born into problematic situations.

Throughout human history of governments ruled by royalty, there has been an obsession about the royal bloodline as a superior breed of people, regardless of the fact that their DNA was debased by marriages to siblings and cousins. Public opinion was such that incest among royal families was to be expected to keep their bloodline pure. Now with modern understanding of genetic disorders resulting from inbreeding, it is understood that human DNA needs diversity to have a functional immune system and intellectual adequacy. Yet for many thousands of years, people upheld the lie that royal families and nobles who chose inbreeding to give themselves permission to perpetrate incest driven by their pedophilia were superior to them and worth more as people than those without wealth.

All human beings are worth the same; we are all equally precious. It is not possible to add or take away the worth of a person by adding or subtracting money from their assets. Too often, people identify with what they own as a part of their personage, as if their property has become a part of who they are. Once was too many times for anyone to support the lie that people born into burdensome situations are worth less than those born into privileged situations.

Lack of self-worth is a feeling that all people struggle with, including the very wealthy and very privileged. It is a habit of the conditioned mind to make up stories about why we feel the way we do to explain the presence of our feelings. A person in poverty might justify their lack of self-worth with their economic situation. A person with extreme wealth might justify their lack of self-worth with their economic situation as well, believing that they should have more privileges.

Victim-blaming people surviving poverty is a frequent occurrence promoted by those who indulge in wishful thinking that everyone is born with a fair chance at economic empowerment. It can be a comforting lie that people in poverty got that way because they did not plan ahead, were irresponsible, lacking motivation, or lazy.

Both people in poverty and people who are economically empowered tend to think that there is something wrong with the person in poverty. "What is wrong with me?" the self-blaming victim of poverty asks the mental health counselor.

"What is wrong with you?" the people resenting those in need of government assistance to pay for their mental health care ask. "Why can't you afford to pay for a mental health care provider working full time at minimum wage?" An excellent health insurance plan that covers preventative care would cost no less than 1/3 of a person's monthly income working full-time at minimum wage.

According to state governments, insurance companies, and the health care providers they hire to provide mental health care to people in need of government assistance, anyone who receives free mental health care is a “behavioral.” These people are labeled “behaviorals” because it is agreed upon they must have misbehaved to land themselves in poverty and in need of assistance; these people must need assistance *because* they have a behavioral health disorder.

It is not possible to receive mental health care paid for by any government insurance plan without registering as a client of a behavioral health agency. Every single health care provider in the United States who accepts government insurance has labeled their mental health care department as Behavioral Health.

So, you are poor and you are seeking mental health care? You are a behavioral. Just admit it, there is something wrong with you. If you knew how to act right, if you behaved properly, you would not be poor and you would not be in need of emotional support from a therapist.

The label “Behavioral Health” is a salient example of discrimination towards and victim-blaming of people who do not thrive in an exploitive economic system.

Can you fathom a person who earns a triple-digit yearly income and can afford the best of health insurance plans seeing a psychologist for mental health care and being labeled a client of Behavioral Health?

What if a person works full-time at minimum wage and needs to see a therapist every week to help them deal with the grief from the death of a loved one? No way around it, they are a client of Behavioral Health, or spending 1/3 of their monthly income on paying for therapy out of pocket unless they find a therapist who offers fees at a sliding scale.

Why has every health care provider hired by the insurance companies contracted with the state governments agreed to label their mental health care departments as Behavioral Health?

Since when is poverty a behavioral health disorder? What about the people who exploit others to gain wealth, the money-lenders who committed crimes that made people lose their homes while they profited from the foreclosure, would you consider this group of people to have a behavioral health disorder? Or is it that any person who is victimized has something wrong with them otherwise they could have avoided being victimized in the first place?

So, according to the words of all health care providers contracted with state governments, the victims have a behavioral health disorder, and perpetrators that gain wealth from organized crime are respected clients.

How can you claim to respect your clients when you force them to agree to be a client of Behavioral Health in order to receive mental health care provided with government assistance? Do the insurance companies absolutely REQUIRE the health care providers they hire to use the label “Behavioral Health?” Is it optional? Can you go back to calling it “Mental Health care” which is the therapy people with wealth also receive? Or must you uphold the idea that all people in poverty have behavioral health disorders?

Is having money a sign of mental health?