

PINE REST CONNECTIONS

NEWSLETTER

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PINE REST CONNECTIONS NEWSLETTER

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PINE REST Christian Mental Health Services

Restoring Lives, Renewing Spirits
www.pinerest.org

Pine Rest Christian Center for Developmental Disabilities Offers Unique Care

by Mary K. Donovan

According to the US Department of Health and Human Services' Administration on Developmental Disabilities, four million Americans have a developmental disability. Other studies indicate people with developmental disabilities are two-to-three times more likely to develop a mental health disorder. Unfortunately, there are very few mental health professionals who specialize in working with this population.

For over 50 years, Pine Rest Christian Mental Health Services has been caring for the needs of people with developmental disabilities. Today, Pine Rest Christian Center for Developmental Disabilities (PRCCDD) provides specialized inpatient and outpatient services, as well as residential services through Pine Rest Christian Homes (PRCH).

The PRCCDD works under a "Whole Person" philosophy, which recognizes peoples' values for being who they are with an emphasis on empowerment and a person's unique abilities rather than disabilities. "Our focus is on caring about the person, not just caring for him or her," says David Laman, PhD, Director of the PRCCDD.

A multidisciplinary team of professionals having extensive experience working with people with developmental disabilities provide developmental, psychological, and neurological evaluation, as well as outpatient therapy including "talk therapy" and role-playing. They also furnish inpatient services, programs aimed at promoting emotional and behavioral wellness, and services aimed at helping seniors with disabilities live and function optimally. In addition, they provide consultations with families, school systems, and organizations, training and education opportunities for parents, direct care providers, educators, and professionals.



Pictured from left: Keith Van Zoeren, Shelley Marinus, Susan Langeland, and David Laman.

One of the unique features about the PRCCDD is the inpatient care. "We see patients from all over Michigan," says Dr. Laman. "We are one of only a few private mental health systems in the country to have a specialty program for this population. We can provide evaluation and treatment right in the community without institutionalizing a person." Dr. Laman estimates approximately 300 people with developmental disabilities will be admitted to the inpatient units during this fiscal year for an average stay of seven to ten days.

In addition to the inpatient and outpatient services, the PRCCDD also oversees Pine Rest Christian Homes. Established in 1974, it provides faith-based, residential services for adults with developmental disabilities. Included are adult foster care homes, semi-independent living apartments, and an assisted living facility. "Each living environment or home is designed to meet the specific needs of its residents," says Keith Van Zoeren, MA, Corporate Director of the PRCCDD.

Susan Langeland, BS, Director for PRCH, describes each residence. "Pine Grove Home is designed for persons with both a developmental

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Dr. Suzann Ogland-Hand Addresses Depression in Older Adults in New Book

by Doug Lubbers

Suzann Ogland-Hand, Ph.D., a Pine Rest clinician and consultant, has co-authored *Assessing and Treating Late-Life Depression*, a compilation of case studies designed for clinicians with little or no training in gerontology. “Large numbers of older adults experience varying levels of depression; however, for a variety of rather complex reasons, either related to elders themselves or the helping professionals who work with them – this problem is frequently missed,” Dr. Ogland-Hand explains. “This book was written to help practitioners understand some of these complexities in simple, straight-forward ways, so they can more easily diagnose and then treat depression in elders.”



Depression in older adults differs slightly from earlier onset depression, in that older adults are less likely to complain of sadness and more likely to experience anhedonia—decreased interest or pleasure in previously enjoyable activities. Other subtle differences, such as a higher rate of somatic complaints than in younger adults, can make diagnosing depression in older adults challenging for those who have limited experience working with this population. *Assessing and Treating Late-Life Depression* contains research-proven treatments for various forms of depression in older adults.



Suzann Ogland-Hand, PhD

Assessing and Treating Late-Life Depression also includes a practical resource guide containing screening tools for depression, sections on medications and possible side effects, and recommended readings for a more in-depth look at specific facets of depression in older adults. A quick description of ongoing research that deals directly with depression and older adults both finishes the resource guide and keeps the reader apprised of possible changes in the field.

Dr. Ogland-Hand received her Ph.D. in Clinical Psychology from Fuller Theological Seminary's Graduate School of Psychology and received postdoctoral training in geropsychology at the Palo Alto V.A. Medical Center in California. She has been working with older adults and their families for nearly ten years. *Assessing and Treating Late-Life Depression* is published by Basic Books and is available at Schuler Books & Music in Grand Rapids and online at amazon.com.

* Book cover reprinted with the permission of the author.

Pine Rest Campus Clinic Offers Intensive Outpatient Substance Abuse Treatment

by Mary K. Donovan

As part of its expanding continuum of care for substance abuse, Pine Rest is now offering intensive outpatient (IOP) substance abuse treatment services at its Campus Clinic. Pine Rest also offers IOP services at its Kalamazoo Clinic, traditional outpatient substance abuse treatment at eight outpatient clinics, and acute inpatient care and a dual diagnosis (mental illness & substance abuse) partial hospitalization program at Pine Rest's main campus hospital in Grand Rapids.

IOP treatment is designed for persons who do not need detoxification or residential care, but who are likely to relapse without close assistance and monitoring. It lasts from three-to-eight weeks and involves three, 3-hour group sessions per week. Group sessions include group therapy, psycho-educational/didactic and homework components. The Campus Clinic currently offers groups from 6 p.m. to 9 p.m. on Mondays, Tuesdays, and Thursdays. A 9 a.m. to noon group is expected to begin in the near future. Additional individual and family therapy is scheduled, as needed, around the group sessions.

Coordinating IOP treatment services is Jon Weeldreyer, MA, LLP. He received his master's degree in Counseling Psychology from Western Michigan University and is a limited licensed psychologist and certified addictions counselor. He has over 10 years' experience in group and individual therapy and prevention. Weeldreyer was instrumental in coordinating and launching Pine Rest's first IOP treatment curriculum, a joint venture between Pine Rest and Longford Care Unit at the Kalamazoo Clinic. Prior to joining Pine Rest, he served as senior counselor and clinical administrator for Longford Care Unit.

“The IOP service represents an extension of Pine Rest's clinical care continuum in the area of substance abuse services,” says Wayne Creelman, MD, Pine Rest Medical Director and Executive Vice President. “By adding this component, we are better able to offer convenience in behavioral health care for all patients seeking help through Pine Rest.”

“We are pleased to have Jon as the IOP coordinator,” added Scott Wagner, MSW, Corporate Director of Pine Rest's Professional Practice Group. “His extensive experience in IOP treatment, as well as traditional outpatient treatment of substance abuse, will allow our patients to receive the best care possible, regardless of their level of need.”

“An IOP treatment curriculum is a very important component in the substance abuse continuum of care,” says Jon Weeldreyer. “In the past, a person with a substance abuse problem might have been placed in a rehabilitation center for a month with little or no follow up care. Many health plans now prefer, instead, that patients receive detoxification followed by an intensive outpatient program. This method often provides better outcomes.”

Referrals can be made and patients are admitted through Pine Rest's Outpatient Intake Department. **For more information, please call Jon Weeldreyer at 616/281.6326.**



Jon Weeldreyer, MA, LLP

Looking Ahead: Pine Rest Plans for the Future of Behavioral Health Care

by Dan Holwerda, CEO

In a summary of the Surgeon General's Report on Mental Health, which appears on the *Mental Health Resources* web site (<http://mentalhealth.about.com>), emphasis is placed on overcoming the barriers to mental health services. Pine Rest's Vision Document, approved in late 2001, addresses some of these, as well as other issues.



Dan Holwerda, CEO

Services for Older Adults

Baby Boomers are getting older and living longer. Pine Rest is preparing now for the future demands of this population. Outpatient clinicians are being encouraged and supported to improve their geriatric skills and abilities through internal training, research, and scholarship. Pine Rest is also working with home intervention agencies to bring assessment and treatment services to homebound older adults. Consultation services to facilities throughout the area are being expanded to include all aspects of behavioral health care. Finally, Pine Rest is exploring various ways we can help meet the increasing needs of older adults who have a complex combination of behavioral, functional, and medical concerns, which are often difficult to manage in traditional long-term settings.

Integration of Medical and Behavioral Health Care

Many believe there is a strong connection between a person's mental and physical health. Some estimate as many as half of all doctor visits for physical complaints can be traced back to behavioral health concerns. Pine Rest is committed to developing working relationships with primary care physicians (PCPs) and other medical care practitioners. Several of Pine Rest's outpatient clinics, including City, Wyoming, and Grand Haven clinics, are located within medical care facilities, making our clinicians available for

prompt referrals or consultations, as needed. Pine Rest continues to develop relationships with medical care systems to provide high-quality, complementary behavioral health services to patients and explore the idea, where appropriate, of satellite offices where Pine Rest clinicians work directly in a medical setting or office, providing immediate access for patients and doctors. Pine Rest is working closely with MetroHealth and Advantage Health in the coordination of mental health services in a variety of their physicians' offices. A variety of other services are provided by Pine Rest clinicians working within the Spectrum Health system.

Programs and Services for the Underserved

There is a serious need for affordable, quality behavioral health services in the underserved communities. In addition to placing clinics and clinicians in the Madison Square, Belknap Commons, and downtown areas where access to high quality care is limited, Pine Rest's Urban Ministry Task Force has been working with agencies in Grand Rapids' Heartside district to develop services that complement those currently offered in the area. These include psychiatric services, staff and community education programs, and a weekly men's support group. The Task Force is working with St. Andrew's Cathedral to provide access to Hispanic clinicians for Spanish-speaking parishioners, who often experience language and cultural barriers when seeking behavioral health care.

Services for Persons with Developmental Disabilities

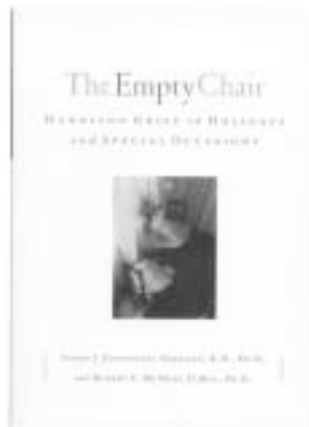
Pine Rest Christian Center for Developmental Disabilities (PRCCDD) encompasses our inpatient and outpatient services for persons with developmental disabilities as well as Pine Rest Christian Homes (PRCH). It currently operates under a philosophy that is contemporary and innovative – the "Whole Person" philosophy,

which emphasizes a person's uniqueness and value. The PRCCDD's goal is to be a 'center of excellence,' providing a continuum of high quality services to persons with developmental disabilities at an affordable cost. In an effort to achieve this goal and maintain the high-quality, Christian care environment clients and residents have come to expect, Pine Rest is exploring long-term care options for our aging residents, who often present needs beyond the scope of care provided in traditional nursing home settings. We are also looking at expanding our day program for PRCH residents, making it more individualized to better meet the needs of all residents at different levels of functioning. The PRCCDD also plans to expand educational opportunities offered to parents, direct care providers, educators, and professionals, as well as consultation services to other adult foster care facilities.

The Empty Chair Provides Help for Recently Bereaved

by Doug Lubbers

Susan Zonnebelt-Smeenge, R.N., Ed.D., a clinician specializing in grief and bereavement at Pine Rest's Campus Clinic, and Robert DeVries, D.Min., Ph.D., a Professor at Calvin Theological Seminary, have written *The Empty Chair*, a book that guides those who have lost a loved one through holidays and other special occasions. *The Empty Chair* gives a simple, clear, concise overview of what a bereaved person may face during the holidays following the death of a parent, child, spouse, or sibling, as well as providing suggestions for healing. "A person needs to give him or herself at least a year after the death of someone they love, and possibly up to four years," explains Zonnebelt-Smeenge. "The holidays are rough—all the memories of the deceased come flooding back at those special times."



Written for those who have lost a loved one, *The Empty Chair: Handling Grief on Holidays and Special Occasions* is peppered with analogies and anecdotes to make comprehension as easy as possible. This nicely designed gift book is divided into five sections, which help the bereaved actively work through their grief during the holidays. "Proactive grieving—doing specific tasks that carry emotional weight—is the healthiest way to move through grief," states Zonnebelt-Smeenge. "A common misperception is that grief just happens—grieving is not a passive process." Each of the sections uses the analogy of a phase in the recovery process of a forest after a firestorm—from destruction to rebirth. Each section is divided

into three parts—the first explains one of the five tasks the bereaved needs to work through in the grieving process, the second gives activities and actions to help the bereaved work through his or her grief, and the third contains meditations to help the bereaved reflect and grow.

The Salvation Army distributed over 3,000 copies of *The Empty Chair* to the survivors and those who had lost a loved one in the terrorist attacks on September 11. This book is published by Baker Book House Company, and is available at most major bookstores (or directly from the publisher in quantities of 10 or more at a discounted rate).

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Robert DeVries, D.Min., PhD and Susan Zonnebelt-Smeenge, RN, EdD

Psychiatric Medical Unit Celebrates 10 Years

by Mary K. Donovan

The Psychiatric Medical Unit (PMU), a joint venture between Pine Rest and Saint Mary's Mercy Medical Center, is celebrating ten years of serving the co-occurring medical and psychiatric needs of West Michigan. The PMU, located on the eighth floor at Saint Mary's, grew out of an idea conceived by Ted Mauger, MD, and Roger Sider, MD.



Jack Mahdasian, MD

"Ted and Roger were instrumental in starting the unit," says Jack Mahdasian, MD, PMU Service Chief and Psychiatrist. "In fact, Ted served as administrator and doctor on the unit." Dr.

Mahdasian has been a psychiatrist on the PMU for seven years and has served as PMU Service Chief for the last three years.

The 20-bed unit is one of only a few such

units in the country to operate at this level of severity. "We service many counties in West Michigan and even the eastern part of the state," says Dr. Mahdasian. Nearly half the patients admitted to the PMU are geriatric patients experiencing an acute confusional state following a medical or surgical procedure. Other patient groups include individuals with head injuries (TBI) and severely and persistently mentally ill (SPMI) individuals in need of medical treatment who could not be easily cared for on a general medical unit. "Other medical personnel are very grateful when one of our psychiatrists is available to evaluate one of their patients. Many times we find the patient to be appropriate for transfer to the PMU."

In addition to high-quality, specialized psychiatric care, the PMU also provides patients with social work services and occupational therapy, including music and pet therapy as well

as comprehensive neuropsychological testing. Patient intake is handled through nurse case managers who are highly trained and experienced in the areas of both medical surgery and psychiatry.

"The PMU doctors, nurses, clinicians, and direct care staff provide the highest quality care to individuals experiencing co-occurring medical and psychiatric conditions," says Dr. Mahdasian. "The PMU provides a wonderfully stimulating environment offering multidisciplinary services for a challenging population. The setting is very user-friendly and collegial."

All patients are required to have both medical and psychiatric criteria for admission to this specialty unit. **To make a referral or request a consultation with a PMU psychiatrist, please call 616/752.6225.**

Pine Rest Clinicians Offer Research Findings

by Mary K. Donovan

Jon Bos, PsyD, Clinical Psychologist and Director of Pine Rest's Attention Deficit Disorders Institute, presented two papers on ADD/ADHD at the World Conference on Neuropsychology, held April 4-7, 2002 in San Juan, Puerto Rico. He will be submitting these papers to industry trade journals for publication later this year.

Dr. Bos began working on these papers last fall. The first paper, "*Developmental Theory of Executive Functions and the Gordon Diagnostic System*," is research-oriented and explores planning, impulse control, and other characteristics of ADHD from a developmental perspective. It is based on information and data collected over the past five years by the ADD Institute.



Jon Bos, PsyD

Dr. Bos's second paper, "*Attribution Theory and ADHD*," is theoretical and examines the limitations of rating scales in the assessment of ADHD. "There is a belief that successful diagnosis and treatment planning are possible based solely on rating scales submitted by parents and teachers," says Dr. Bos. "While this information is helpful and important, it has its limitations. I don't believe you can make a complete diagnosis based on someone's opinion of someone else's behavior. You must also meet the child or individual and assess the elements of attention – sustained focusing, shifting between tasks, and encoding."

"I was very pleased by the feedback from conference attendees. Participants who attended the Gordon paper were interested in developing translations of the test for use in South America," says Dr. Bos. "I was enthused by their interest." During the second paper presentation on Social Attribution Theory, an attending psychologist discussed the application of the theory to marital therapy. "This is an important point. Often a person who hasn't learned about ADHD will blame his or her spouse rather than understand the symptoms," adds Dr. Bos.

Dr. Bos received his doctorate in Clinical Psychology from the Graduate School of Clinical Psychology at George Fox University in Oregon. In September 2002, he will complete his post-doctoral certification training in Neuropsychol-

ogy at the Fielding Institute in Chicago. He has been with Pine Rest since 1997, serving as Director of the ADD Institute since 2000.

To contact Jon Bos, please call the ADD Institute at 616/281.6311.

Cheryl Shigaki, PhD, Clinical Neuropsychologist and Director of Clinical Programs for Older Adult Services, served as primary author in the study, "*Access to Health Care Services Among People with Rehabilitation Needs Receiving Medicaid*." The paper was published this spring in *Rehabilitation Psychology*.

Data collection for this study began over five years ago in central Missouri. One-hundred thirty-eight people with spinal cord injury, brain injury, and/or stroke, receiving Medicaid under a fee-for-service reimbursement system were surveyed in telephone interviews. Most participants reported significant barriers to accessing needed services. Further, the majority of those interviewed felt that access difficulties affected daily routine, physical health, and emotional health.

Dr. Shigaki suggests that policy makers are often unaware of the reasons why health care systems set up for the general populations fail people with disabilities and chronic illnesses. People receiving services should be involved in the feedback process, including people with disabilities and older adults. "Psychologists are trained to be scientist-practitioners, and as a profession, we profess a responsibility to be advocates for the people we serve," Dr. Shigaki says. "Rehabilitation psychologists need to work to improve health care delivery systems for people with disabilities and chronic illnesses."

Dr. Shigaki received her PhD in Clinical Psychology from the University of Florida. She completed a post-doctoral fellowship in Rehabilitation Research at the University of Missouri. She joined the Pine Rest staff in 1999 as a Clinical Neuropsychologist for Older Adult Services and was appointed Director of Clinical Programs in 2000.

To contact Cheryl Shigaki, please call Pine Rest Older Adult Services at 616/281.6304.



Cheryl Shigaki, PhD

Steve Pastyrnak, PhD, Pediatric Psychologist at Pine Rest's Northwest Clinic, served as lead author of "*Neurodevelopmental and Neurocognitive Outcomes of Children Treated with Extracorporeal Life Support*." The paper was presented at the 18th Annual CNMC Symposium on ECMO & Advanced Therapies for Respiratory Failure in Keystone, Colorado this past February. He will be submitting the paper to industry trade journals for publication later this year.



Steve Pastyrnak, PhD

Dr. Pastyrnak and his associates reviewed data collected on 54 children, ages 4 months to 14 years, who were treated with extracorporeal life support (ELS) at De Vos Children's Hospital. The objective was to determine if ELS contributed to neurodevelopmental delays and future learning problems. A number of common, standardized scales and tests were used to determine neurodevelopmental and neurocognitive functioning. Data was analyzed with respect to age, time on ELS, and primary diagnosis. After analyzing the resulting scores, they found the long-term, neurocognitive effects of ELS to be minimal for the majority of children. They also found many children seem to "catch up" over the years, despite a more difficult start of life with regard to development.

"Our findings are actually consistent with previous studies," says Dr. Pastyrnak. "They offer support for the resiliency of brain functioning, despite the seemingly intrusive nature of ELS. We now need to measure and examine other variables with these children, such as family history of learning problems and the level of early intervention. They will more likely be a better predictive measure of neurodevelopment and neurocognition."

Dr. Pastyrnak received his PhD in Clinical Psychology from Nova Southeastern University in Florida. He joined Pine Rest, where he also completed his internship, in 1998. He will be presenting a second paper later this year in London on brain tumors.

To contact Steve Pastyrnak, please call the Northwest Clinic at 616/222.3720.

SPINE REST STAFF INTRODUCTIONS

Compiled by Doug Lubbers



Christopher Braley, PsyD

Christopher Braley, PsyD, joined Pine Rest's Zeeland Clinic as a Clinical Psychologist. Dr. Braley works with adolescents and adults, treating adjustment disorders, relationship and family issues, depression, Axis II personality disorders, stress, spiritual concerns, and more.

He has also focused on the integration of psychology and theology, providing consultation to members of the clergy, especially those who minister to college students and young adults.

"As a psychologist, I believe my role is to help empower and equip people to tear down the barriers that frustrate their pursuit of joy and satisfaction in God and in the blessings He bestows," says Dr. Braley.

Dr. Braley received his master's degree and completed his doctoral studies in clinical psychology at Rosemead School of Psychology in La Mirada, California. Prior to joining Pine Rest, he provided career counseling and individual psychotherapy at the Counseling and Career Development Center at Grand Valley State University.

To schedule an appointment with Christopher Braley, please call the Zeeland Clinic at 616/741.3790.



Vicente C. Pacheco, MD

Vicente C. Pacheco, MD, joined the staff at Pine Rest's Grand Haven and Pine Rest Mercy-Muskegon clinics. Dr. Pacheco focuses primarily on child, adolescent, and family psychiatry, specializing in attention deficit hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), bipolar disorders, psychotic disorders, developmental disorders, depression, anxiety/panic disorders, and more.

Dr. Pacheco brings over 30 years' experience in the areas of general, child, adolescent, and family psychiatry. Besides providing psychiatric assessment and treatment for new patients, Dr. Pacheco also provides follow up treatment for individuals who have been discharged from Pine Rest's inpatient programs.

Dr. Pacheco received his medical degree from Dr. N. Reyes School of Medicine at Far Eastern University in Manila, Philippines and spent three years at Detroit Psychiatric Institute, completing his General Psychiatry residency. He completed his Child and Adolescent Psychiatry residency at Hawthorn Center in Northville, Michigan. Prior to joining Pine Rest, Dr. Pacheco served as a Child, Adolescent, and Family Psychiatrist at Hackley Hospital Outpatient Psychiatric Services in Muskegon.

To schedule an appointment with Dr. Pacheco, please call the Grand Haven Clinic at 616/847.5145, or Pine Rest Mercy-Muskegon Clinic at 231/733.8231.



Maria G. Gallardo, MD

Maria G. Gallardo, MD, joined Pine Rest with over 15 years' experience in child and adolescent psychiatry. Dr. Gallardo specializes in affective disorders, eating disorders, and issues affecting minority children and adolescents. Dr. Gallardo works primarily on the inpatient Child and Adolescent unit at Pine Rest's campus Van Andel Center.

Dr. Gallardo graduated *magna cum laude* with a medical degree from Nordestana University in the Dominican Republic. She went on to complete three fellowships in child and adolescent psychiatry at the University of Texas Medical Branch at Galveston, at the Institute of Living at the University of Connecticut, and at Duke University.

Prior to joining Pine Rest, Dr. Gallardo worked as an emergency room physician at the Public Health Service System in San Juan, and in private practice in Puerto Rico before serving as a psychiatrist at Borgess Medical Center in Kalamazoo. After that, she worked as an Associate Professor of Psychiatry at Michigan State University's Kalamazoo Center for Medical Studies. She then moved on to the Community Hospitals of Indianapolis and to Mulberry Psychiatric Group at St. Mary's Hospital in Evansville, Indiana.

To contact Dr. Gallardo, please call 616/281.6360.



Charlene Mullen, MSW, CSW

Charlene Mullen, MSW, CSW, joined Pine Rest's Northwest Clinic in Walker as a Clinical Social Worker. Mullen works with adults and older adults. Her areas of expertise include women's issues, depression, mid-life issues, post traumatic stress, grief and loss, caregiver issues, alternative lifestyle issues, and spiritual concerns.

Mullen has been working in behavioral health care for over 20 years. She received a master's degree in social work from Western Michigan University. Over the years, Mullen has worked with clients through Ottawa County Community Mental Health, Hospice, and Pine Rest's Northwest Clinic when it first opened. Prior to rejoining Pine Rest, Mullen was in private practice and also co-facilitated a group for women who have been molested.

To schedule an appointment with Charlene Mullen, please call the Northwest Clinic at 616/222.3720.



Libby Sleaford, MSW, CSW, CAC-I

Libby Sleaford, MSW, CSW, CAC-I, has joined Pine Rest's Grand Haven and Zeeland clinics as a Clinical Social Worker. She works with children, adolescents, and adults, specializing in child abuse, depression, post traumatic stress disorder, parenting, adoption, divorce and family issues, grief, substance abuse, and domestic violence.

Sleford received her master's degree in social work from Grand Valley State University. Prior to joining Pine Rest, Sleford provided social work services for Child and Family Services of West Michigan.

To schedule an appointment with Libby Sleaford, please call the Grand Haven Clinic at 616/847.5145, or the Zeeland Clinic at 616/741.3790.



Shelley Marinus, MSW, MS

Shelley Marinus, MSW, MS, has joined Pine Rest Christian Center for Developmental Disabilities (PRCCDD) as a therapist. She works with children, adolescents, and adults. Her areas of expertise include mental health aspects of developmental disabilities, plus individual, family, and group therapy using movement, art, and music, along with traditional psychotherapies.

Marinus has been working in behavioral healthcare for over 12 years. She received a master's degree in social work and a master's degree in dance/movement therapy from Hunter College in New York. Prior to joining Pine Rest, Marinus served as a clinician at the Cincinnati Center for Developmental Disorders in Cincinnati, Ohio.

To schedule an appointment with Shelley Marinus, please call the PRCCDD at 616/281.6364.



Martha Fuller, MSW, CSW, CAC

Martha Fuller, MSW, CSW, CAC, joined Pine Rest's Campus Clinic as well as its main campus Van Andel Center Hospital. She works primarily with patients who are experiencing concurrent substance abuse and mental illness concerns, addictions, and other compulsive behaviors. She also treats depression, anxiety, grief, gambling, marital issues, and more.

Fuller has over 15 years' experience in behavioral health care, specifically substance abuse and chemical dependency. She received her master's degree in social work with an emphasis on family systems and psychopathology, as well as a graduate certificate in women's studies, from Syracuse University. Prior to joining Pine Rest, she worked as a Therapist, Managed Care Case Manager, and Chemical Dependency Specialist at Project Rehab's Employee Assistance Center.

To schedule an appointment with Martha Fuller, please call the Campus Clinic at 616/455-5270.



Michael Karluk, MD

Michael B. Karluk, MD, works with children and adolescents at Pine Rest's Southwest and Campus clinics. Specializing in ADD/ADHD, depression, anxiety/panic disorders, and psychotic disorders, Dr. Karluk handles outpatient psychiatric evaluations and medication management.

Dr. Karluk received his medical degree from the University of Illinois College of Medicine at Chicago, completed his residency in Psychiatry at the University of Illinois at Chicago, and completed a fellowship in Child and Adolescent Psychiatry at Yale University Child Study Center. Before joining Pine Rest, Dr. Karluk served as Director of Inpatient Services and was an attending physician at Children's Memorial Hospital in Chicago. He also served as an instructor in the Department of Psychiatry and Behavioral Sciences at Northwestern University Medical School, Chicago.

To schedule an appointment with Dr. Karluk, please call the Southwest Clinic at 616/222.3700, or the Campus Clinic at 616/455.5270.



Mariann Eschenburg, MSW, CSW

Mariann Eschenburg, MSW, CSW, joined Pine Rest's Holland Clinic as a Clinical Social Worker. She works with children (4 and older), adolescents, and adults, specializing in ADD/ADHD (not testing), adjustment disorders, anxiety/panic disorders, depression, family and marital therapy, grief, sexual abuse, stress management, women's issues, and more.

Eschenburg received her master's degree in social work from Western Michigan University. She has four years' experience in behavioral health care. Prior to joining Pine Rest, she served as a social worker at Bethany Christian Services.

To schedule an appointment with Mariann Eschenburg, please call the Holland Clinic at 616/820.3780.



Shannon Thompson, MSW, CSW, FAODP

Shannon Thompson, MSW, CSW, FAODP, joined Pine Rest's Campus Clinic as an Outpatient Substance Abuse Therapist. She works with adults, facilitating group and individual therapy sessions and developing individualized treatment plans. Her focus is Pine Rest's intensive outpatient substance abuse treatment services (IOP).

Thompson has over five years' experience in substance abuse counseling. She received her master's degree in social work from Western Michigan University, with a graduate certificate in alcohol and drug abuse. Prior to joining Pine Rest, she served as an Outpatient Substance Abuse Therapist for Longford Care Unit and The Recovery Center.

To schedule an appointment with Shannon Thompson, please call the Campus Clinic at 616/455-5270.



Remi Rakipi, MSW, CSW

Remi Rakipi, MSW, CSW, joined Pine Rest as a Clinical Social Worker at the Campus Clinic. She works with children, adolescents, and adults, providing assessment and treatment for stress, sexual trauma, anxiety, depression, pregnancy and postpartum related issues, compulsive spending, family conflict, anger management issues, adjustment disorders, child and adult ADHD, and marital discord. She also facilitates PREP, Inc. Couples Communication workshops at the Campus Clinic.

Rakipi received her master's degree in clinical social work from the University of Michigan. She is also certified in Level I Eye Movement Desensitization Reprocessing (EMDR) treatment, plus has a certificate in marriage and family therapy, specializing in couple and sex therapy, from PENN Council for Relationships in Philadelphia. She is an associate member of the American Association for Marriage and Family Therapy and the National Association of Social Work. Prior to joining Pine Rest, Rakipi served concurrently as a clinical social worker at Jewish Family & Children's Service in Philadelphia and as a psychotherapist at Postpartum Stress Center in Rosemont, PA.

To schedule an appointment with Remi Rakipi, please call the Campus Clinic at 616/281.6450 or 616/281.6363, ext. 2737.



Jon Weeldreyer, MA, LLP, CAC

Jon Weeldreyer, MA, LLP, CAC, joined Pine Rest as a Psychologist and Coordinator of Intensive Outpatient (IOP) Substance Abuse Services. He works with adolescents, adults, and older adults at both Campus and Kalamazoo clinics. He specializes in IOP and traditional outpatient substance abuse services. His areas of expertise also include anger management, anxiety/panic disorders, depression, dissociative identity disorder, divorce, family therapy, marital therapy, post traumatic stress disorder, and stress management.

Weeldreyer received his master's degree in counseling psychology from Western Michigan University and is a limited licensed psychologist and certified addictions counselor. He has over 10 years' experience in group and individual therapy and prevention. Weeldreyer was instrumental in coordinating and launching Pine Rest's first IOP treatment curriculum, a joint venture between Pine Rest and Longford Care Unit at the Kalamazoo Clinic. Prior to joining Pine Rest, he served as Senior Counselor and Clinical Administrator for Longford Care Unit.

To schedule an appointment with Jon Weeldreyer, please call the Campus Clinic at 616/281.6362, or the Kalamazoo Clinic at 269/343.6700.



Jeffrey W. Jackson, MD

Jeffrey W. Jackson, MD, has joined Pine Rest as a Psychiatrist on the adult inpatient unit at the campus Van Andel Center Hospital and on Saint Mary's Psychiatric Medical Unit. He specializes in treating patients with both medical and psychiatric conditions.

Dr. Jackson received his medical degree from Michigan State University's College of Human Medicine. He completed his residency in Psychiatry and Internal Medicine at West Virginia University. Dr. Jackson is board-certified in internal medicine and is a member of the American Psychiatric Association.

To contact Dr. Jackson, please call 616/281.6303.



Virgil F. Vasquez, MD

Virgil F. Vasquez, MD, has joined the psychiatric team at Pine Rest Mercy-Muskegon Clinic. Dr. Vasquez has served the behavioral health needs of the Muskegon community for over 20 years. At Pine Rest Mercy-Muskegon Clinic, he will be providing psychiatric care to adults in the Muskegon and lakeshore areas.

His areas of expertise include: bipolar disorder, obsessive-compulsive disorder (OCD), generalized anxiety disorders, and post-traumatic stress disorder (PTSD).

Dr. Vasquez received his medical education from Santo Domingo University in the Dominican Republic and Barcelona University in Spain. Prior to joining Pine Rest, he served as Medical Director of Hackley Hospital Outpatient Psychiatric Services. Dr. Vasquez is a long-standing member of numerous societies and associations, including the American Psychiatric Association, the Michigan Medical Society, and the Muskegon County Medical Society, where he currently serves as President-elect.

To schedule an appointment with Dr. Vasquez, please call Pine Rest Mercy-Muskegon Clinic at 231/733.8231.



Michael M. Thebert, MD

Michael M. Thebert, MD, has joined Pine Rest's outpatient psychiatry team, working at the Northwest, Southwest, and Caledonia clinics. Dr. Thebert specializes in anxiety/panic disorders, depression, psychotic disorders, and post traumatic stress disorder, with a focus on adults and older adults.

Dr. Thebert received his medical degree from the University of Iowa College of Medicine and completed his psychiatric residency through Michigan State University's Department of Psychiatry, which included a three-year placement at Pine Rest. Dr. Thebert has served as Medical Director for The Center for Counseling in New Baltimore, Michigan. He also has had a private practice in adult psychiatry.

To schedule an appointment with Dr. Thebert, please call the Northwest Clinic at 616/222.3720, the Southwest Clinic at 616/222.3700, or the Caledonia Clinic at 616/891.8770.

Hospital-Based Services Restructures Leadership Team

by Phil Ellis, PhD and Mary K. Donovan

The Hospital-Based Services (HBS) leadership team is responsible for the management and operation of Pine Rest Mercy Care (Joint Venture) and the Center for Psychiatric Residential Services (CPRS). Updates to Pine Rest's strategic plan and vision statement have resulted in some revisions to the management structure and personnel of this team.

Dr. Phil Ellis, PhD, is currently Clinical and Corporate Director of HBS and chairs the leadership team. He oversees all hospital operations and now reports directly to Wayne Creelman, MD, Executive Vice President and Medical Director. Dr. Ellis has been with Pine Rest since 1981 and has served as Clinical and Corporate Director of HBS since 1996.

Lisa Briggs, BSN, RN, has assumed the role of Director of Nursing. She oversees the day-to-day patient care on the HBS units. All Clinical Service Managers report to Briggs. She reports to the Corporate Director for all operational and hospital care issues and to the Chief Nurse Executive/VP of Nursing for nursing policies and procedures, regulatory issues, and departmental concerns. Briggs joined Pine Rest in 1999 and previously served as Clinical Service Manager for Pine Rest's Inpatient and Partial Adult Program. She has 16 years' experience in the mental health field in both patient care and administration.

Bob Nykamp, MA, assumed the role of Director of Operations (half-time) and oversees financial management and facility issues for HBS. He began his career at Pine Rest as Administrator for Outpatient Services and rejoined the staff in 2001 as Special Assistant to the CEO, a position he will continue to hold on a half-time basis. Nykamp has 15 years' experience in the healthcare industry, both in administration and healthcare marketing.

Jim Bottenhorn, MA, LLP, continues in his role as Director of Intake and Utilization Management with responsibilities for the Contact Center, Switchboard, and Utilization. Bottenhorn has been a part of the HBS leadership team since 1999. He has 18 years' experience in behavioral healthcare as both a clinician and an administrator.

Lesley Menhart, MSW, CSW, CAC-I, rounds out the team as Director of CPRS. All aspects of this 48-bed program for adolescents report to Menhart, including day-to-day fiscal and clinical operations. She joined Pine Rest as a therapist in 1998 and was appointed Director of CPRS in 2001. In addition to her duties with CPRS, Menhart is also Chair of Pine Rest's Social Work Department.

Nancy Jelsma Joins Pine Rest as Chief Nurse Executive and Vice President of Nursing

by Mary K. Donovan

Nancy Jelsma, MSN, RN, CNA, CPHQ, joined Pine Rest in April 2002 as Chief Nurse Executive and Vice President of Nursing. She is responsible for nursing practice and standards of care, clinical quality of care and service, regulatory compliance, and serves as a community liaison.



Nancy Jelsma,
MSN, RN, CNA, CPHQ

Jelsma comes to Pine Rest from Priority Health where she served as Manager, Health Management Improvement and Compliance. She has over 20 years'

experience in healthcare on the patient-care, patient/staff/student education, and management levels. She maintains certification in Nursing Administration, Healthcare Quality and in the Academy for Healthcare Management.

"We are very pleased to have Nancy as a member of Pine Rest's Senior Management Team," said Wayne Creelman, MD, Medical Director and Executive Vice President. "Her extensive experience in the healthcare field will help us to enrich the high quality care we provide at Pine Rest."

To contact Nancy Jelsma, please call 616/455.5000, ext. 2501.

Center for Developmental Disabilities (continued from page 1)

disability and a mild to moderate mental health concern – a dual diagnosis. Cameron Home is also designed for people with a dual diagnosis, but with a moderate to severe mental health concern. Southwood Home focuses on residents who are lower functioning and require assistance with daily living skills such as bathing, dressing, and eating. Westwood Home is our assisted living facility. Residents are aging or have a physical disability as well. Adrian Home and Eastwood Home residents are higher functioning and are pretty independent with daily living skills. They require minimum staffing, except for community outings. Residents at Carriage Lane Apartments require minimal support, are pretty independent, and often hold jobs in the community."

While there are other adult foster care homes in the area, PRCH is unique because it is privately funded. As a result, a home environment can be created and residents stay in specific homes for a long period of time. PRCH also provides a Christian environment that supports the individual's beliefs and faith, as well as on-site medical, psychiatric, and psychological treatment, enabling all areas of care to be coordinated.

Van Zoeren and Dr. Laman point out there are very few places that offer specialized training in working with persons with developmental disabilities and the mental health issues that surround them. The PRCCDD provides a unique opportunity for individuals who are interested in working with this population. "Ultimately, we would like Pine Rest Christian Center for Developmental Disabilities to become a 'Center of Excellence' in mental health and residential services for people with developmental disabilities," says Van Zoeren.

For more information about the Pine Rest Christian Center for Developmental Disabilities, please call 616/281.6364. For more information on Pine Rest Christian Homes, please call 616/559.5822.

Randall Christenson, MD Elected President of Medical Staff

Randall Christenson, MD, was elected President of Pine Rest's medical staff. Dr. Christenson serves as Service Chief on Pine Rest's Older Adult Unit. This is the second time he has been elected, serving previously in 1987.



Randall Christenson, MD

During his two-year term, Dr. Christenson serves as the "voice of the medical staff to the hospital," representing the group on Pine Rest's Board of Directors, Credentialing Committee, and Peer Review Committee. "I look forward to working with my peers and Senior Management to maintain Pine Rest's current high level of care."

Dr. Christenson has been a member of the medical staff at Pine Rest since 1983 and is a partner in Psychiatric Associates of West Michigan (PAWM). He received his medical degree from Creighton University and completed his psychiatric residency and fellowship in Geriatric Psychiatry at Duke University Medical Center. "It's been a privilege to play a role along with my colleagues in developing our Older Adult program into a 'center of excellence' for older persons with mental disorders."

To contact Dr. Christenson, please call 616/281.6304.

Myers Named Service Chief for Adult Psychiatry

Richard Myers, MD, assumed the role of Service Chief for Adult Psychiatry. Previously, he had been providing outpatient psychiatric services to adults at Pine Rest's Southwest Clinic. Dr. Myers also served as Medical Director and



Richard Myers, MD

Vice President of Medical Affairs for Pine Rest from 1997-1999.

Dr. Myers received his medical degree from the University of Pittsburgh and completed his psychiatric residency at Pacific Presbyterian Medical Center in San Francisco. He also provides psychiatric care within the local Community Mental Health system one day per week.

To contact Dr. Myers, please call 616/281.6303.

CPINE REST CALENDAR OF EVENTS

Compiled by Doug Lubbers

2002

September

SEPTEMBER 4, 11, 18, 25—Pine Rest's Anger Management Class. Led by Jim Bottenhorn, MA, LLP, Director of Pine Rest's Contact Center. 7 to 8:30 p.m. Open to adults and older teens. Registration is required. Cost: \$60/individual or \$90/pair. **Call (616) 493-6033 for location information and to register.**

SEPTEMBER 13—Developmental Disabilities Conference. "Meeting the Challenge: Addressing the Mental Health Needs of Individuals with Developmental Disabilities." 8 a.m. to 4:30 p.m. Crowne Plaza Hotel, Grand Rapids. Keynote addresses by Scott Stiefel, MD, Medical Director, Neuropsychiatric Clinic for People with Developmental Disabilities, Salt Lake City, Utah, and Ann R. Poindexter, MD, Health Care Management Consultant, Conway, Arkansas. Co-sponsored by NADD and Pine Rest Christian Center for Developmental Disabilities. **Call (616) 281-6364 for more information.**

SEPTEMBER 14, 21, 28—Pine Rest Family Institute "Secrets for Successful Marriage." Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (616) 455-5279 for more information.**

SEPTEMBER 24—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. on Pine Rest's main campus. **Call (616) 455-5279 for more information.**

SEPT. 26, 2002 TO MARCH 27, 2003—Pine Rest Clinical Pastoral Education Extended Program. A 24-week course designed especially for people who are active in ministry work. Registration is required. \$25 application fee. *Apply before August 15, 2002.* \$500 unit fee if clinical work is completed at Pine Rest, Spectrum Health, or Wedgwood Christian Youth and Family Services. \$750 unit fee if clinical work is completed at student's own ministry site. **Call (616) 455-5000, ext. 2566 for more information.**

October

OCTOBER 5, 12, 19—Pine Rest Family Institute "Secrets for Successful Marriage." Pre-marital workshop for stepfamilies/blended families is taught by experienced marriage professionals and is for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (616) 455-5279 for more information.**

OCTOBER 5, 12, 19—Kalamazoo - Pine Rest Family Institute "Secrets for Successful Marriage." Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (800) 968-0544 for more information.**

OCTOBER 7, 14, 21, 28—Depression Educational Support Group. A support group for the understanding, coping and recovery from depression. 4:30 to 6 p.m. at the Northeast Clinic. Cost: \$45/person. **Call (616) 364-1500 for more information.**

OCTOBER 8, 15—Stress Management Educational Support Group. A support group for understanding and developing strategies for stress management. 12 to 1:30 p.m. at the Northeast Clinic. Cost: \$25/person. **Call (616) 364-1500 for more information.**

OCTOBER 10—National Depression Screening Day. Free depression testing. **Call (616) 455-6500 for location and time information.**

OCTOBER 16—GGRCMP 5th Anniversary. **Call (616) 455-5279 for event information.**

OCTOBER 22—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. at Pine Rest's main campus. **Call (616) 455-5279 for more information.**

OCTOBER 23—Professional Lecture Series. Featuring Gary Burkhart, Ph.D. and Jon Bos, Psy.D., psychologists with Pine Rest's Psychological Consultation



Jon Bos, PsyD



Gary Burkhart, PhD

Center. **“Practical Applications of Neuropsychological Assessment.”** 9 a.m. to 12:15 p.m. at the Van Andel Center Gym on Pine Rest’s main campus. Free admission. **Call (616) 455-6500 for more information.** *Underwritten by the Pine Rest Foundation.*

November

NOVEMBER 4, 11, 18, 25—Depression Educational Support Group. A support group for the understanding, coping and recovery from depression. 4:30 to 6 p.m. at the Northeast Clinic. Cost: \$45/person. **Call (616) 364-1500 for more information.**

NOVEMBER 5—PREPARE Training Seminar. Prepare/Enrich, the most widely used assessment tool for premarital and marital counseling, is scientifically validated, and can be used by clergy, mental health professionals, and other counselors. 8 a.m. to 2:30 p.m. Cost: \$125/person. **Call (616) 831-2622 for location and registration information.**

NOVEMBER 5, 12—Stress Management Educational Support Group. A support group for understanding and developing strategies for stress management. 12 to 1:30 p.m. at the Northeast Clinic. Cost: \$25/person. **Call (616) 364-1500 for more information.**

NOVEMBER 7, 14, 21, DECEMBER 5—Pine Rest’s Anger Management Class. Led by Jim Bottenhorn, MA, LLP, Director of Pine Rest’s Contact Center. 7 to 8:30 p.m. Open to adults and older teens. Registration is required. Cost: \$60/individual or \$90/pair. **Call (616) 493-6033 for location information and to register.**

NOVEMBER 8—Professional Lecture Series. Featuring Ronald J. Koshes, M.D., Assistant Professor of Psychiatry, Georgetown University Medical Center. **“Struggles in the Treatment of Individuals with Schizo-Affective Disorder and Substance Abuse.”** 9 a.m. to 12:15 p.m. at the Van Andel Center Gym on Pine Rest’s main campus. Free admission. **Call (616) 455-6500 for more information.**



Ronald Koshes, MD

Underwritten by Eli Lilly Pharmaceutical and the Pine Rest Foundation.

November 12, 13, 14, 15—Family Wellness Training. Four-day, 40-hour training workshop provides certification for facilitators interested in teaching “Survival Skills for Healthy Families.” 8 a.m. to 5 p.m. Cost: \$750/person (scholarships available). Sponsored by the Pine Rest Family

Institute. **Call (616) 831-2622 for location and registration information.**

NOVEMBER 13—Dementia Screening Day. Free, confidential screening for dementia held in the Mulder Treatment Center on Pine Rest’s main campus. **Call (616) 281-6311 for more information.**

NOVEMBER 19—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. **Call (616) 455-5279 for more information.**

December

DECEMBER 3, 10—Stress Management Educational Support Group. A support group for understanding and developing strategies for stress management. 12 to 1:30 p.m. at the Northeast Clinic. Cost: \$25/person **Call (616) 364-1500 for more information.**

2003

January

JANUARY 6, 13, 20, 27—Depression Educational Support Group. A support group for the understanding, coping and recovery from depression. 4:30 to 6 p.m. at the Northeast Clinic. Cost: \$45/person. **Call (616) 364-1500 for more information.**

JANUARY 9, 16, 23, 30—Pine Rest’s Anger Management Class. Led by Jim Bottenhorn, MA, LLP, Director of Pine Rest’s Contact Center. 7 to 8:30 p.m. Open to adults and older teens. Registration is required. Cost: \$60/individual or \$90/pair. **Call (616) 493-6033 for location information and to register.**

JANUARY 11, 18, 25—Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (616) 455-5279 for more information.**

JANUARY 14, 21—Stress Management Educational Support Group. A support group for understanding and developing strategies for stress management. 12 to 1:30 p.m. at the Northeast Clinic. Cost: \$25/person **Call (616) 364-1500 for more information.**

JANUARY 28—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. **Call (616) 455-5279 for more information.**

February

FEBRUARY—Celebrate Marriage Month. **Call (616) 831-2622 for information on special events.**

FEBRUARY 1, 8, 15—Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshop for stepfamilies/blended families is taught by experienced marriage professionals and is for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (616) 455-5279 for more information.**

FEBRUARY 1, 8, 15—Kalamazoo - Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (800) 968-0544 for more information.**

FEBRUARY 4, 11—Stress Management Educational Support Group. A support group for understanding and developing strategies for stress management. 12 to 1:30 p.m. at the Northeast Clinic. Cost: \$25/person. **Call (616) 364-1500 for more information.**

FEBRUARY 6—FOCCUS Training Seminar. The FOCCUS inventory is a premarital inventory designed to help couples learn more about themselves and their relationship. 12 - 3 p.m. **Call (616) 831-2622 for location and registration information.**

FEBRUARY 25—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. **Call (616) 455-5279 for more information.**

March

MARCH 1, 8, 15—Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (616) 455-5279 for more information.**

MARCH 3, 10, 17, 24—Depression Educational Support Group. A support group for understanding, coping and recovery from depression. 4:30 to 6 p.m. at the Northeast Clinic. Cost: \$45/person. **Call (616) 364-1500 for more information.**

MARCH 5—Professional Lecture Series. Featuring Tom Gribbin, MD, Saint Mary’s Cancer Center, Mark Eastburg, PhD, psychologist, Pine Rest City Clinic, Patricia Warsen, MSW, Nancy Hale, MSW, and Jennifer Harrison, MSW, clinicians with Pine Rest City Clinic. **“Cancer and Family Wellness: Diagnosis and Treatment of Mental Health Issues in Patients, Caregivers, and other Family Members.”** 9 a.m. to 12:15 p.m. at the Van Andel Center Gym on Pine Rest’s main campus. Free admission. **Call (616) 455-6500 for more information.** *Underwritten by the Pine Rest Foundation.*

MARCH 6, 13, 20, 27—Pine Rest’s Anger Management Class. Led by Jim Bottenhorn, MA, LLP, Director of Pine Rest’s Contact Center. 7 to 8:30 p.m. Open to adults and older teens. Registration is required. Cost: \$60/individual or \$90/pair. **Call (616) 493-6033 for location information and to register.**



Jim Bottenhorn, MA, LLP

MARCH 11, 18—Stress Management Educational Support Group. A support group for understanding and developing strategies for stress management. 12 to 1:30 p.m. at the Northeast Clinic. Cost: \$25/person. **Call (616) 364-1500 for more information.**

MARCH 22, 29, APRIL 5—Kalamazoo and Grand Rapids locations - Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshops taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (800) 968-0544, Kalamazoo or (616) 455-5279, Grand Rapids for more information.**

MARCH 25—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. **Call (616) 455-5279 for more information.**

April

APRIL 8, 15—Stress Management Educational Support Group. A support group for understanding and developing strategies for stress management. 12 to 1:30 p.m. at the Northeast Clinic. Cost: \$25/person. **Call (616) 364-1500 for more information.**

APRIL 12, 26, MAY 3—Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (616) 455-5279 for more information.**

APRIL 22—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. **Call (616) 455-5279 for more information.**

APRIL 30—Professional Lecture Series. Featuring Rick Blackmon, PhD, Adjunct Professor, Fuller Theological Seminary, CA. **“Psychological Paths to the Pulpit, Counseling, and Social Work: Practical Solutions for Caregivers.”** 9 a.m. to 12:15 p.m. at the Van Andel Center Gym on Pine Rest’s main campus. Free admission. **Call (616) 455-6500 for more information.** *Underwritten by the Pine Rest Foundation.*

May

MAY 3, 10, 17—Kalamazoo - Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (800) 968-0544 for more information.**

MAY 8, 15, 22, 29—Pine Rest’s Anger Management Class. Led by Jim Bottenhorn, MA, LLP, Director of Pine Rest’s Contact Center. 7 to 8:30 p.m. Open to adults and older teens. Registration is required. Cost: \$60/individual or \$90/pair. **Call (616) 493-6033 for location information and to register.**

May 10, 17, 31—Pine Rest Family Institute “Secrets for Successful Marriage.” Pre-marital workshop taught by experienced marriage professionals for couples who want to grow their relationship in preparation for marriage. Because it is skill-based, it is a valuable addition to traditional pastoral or professional premarital counseling. 9 a.m. to noon. Cost: \$95/couple. **Call (616) 455-5279 for more information.**

MAY 15—FOCCUS Training Seminar. The FOCCUS inventory is a premarital inventory designed to help couples learn more about themselves and their relationship. 12 – 3 p.m. **Call (616) 831-2622 for location and registration information.**

MAY 20—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. **Call (616) 455-5279 for more information.**

MAY 21—Professional Lecture Series. Featuring Peter Lichtenberg, PhD, Associate Professor of Psychiatry, Psychology, and Behavioral Neuroscience, Wayne State University. **“Latest Findings in Assessing and Treating Depression in Older Adults.”** 10 a.m. to 12:15 p.m. at the Van Andel Center Gym on Pine Rest’s main campus. Free admission. **Call (616) 455-6500 for more information.** *Underwritten by the Pine Rest Foundation.*



Peter Lichtenberg, PhD

June

JUNE 24—Pine Rest Family Institute Marriage and Family Building Series. This series of speakers and topics equips pastors and church leaders with tools and resources for strengthening marriages and supporting families in their congregations. 11:30 a.m. to 1:30 p.m. **Call (616) 455-5279 for more information.**

CPINE REST CLERGY CONNECTIONS

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PINE REST CLERGY CONNECTIONS NEWSLETTER

Published annually with Connections Newsletter by Pine Rest Christian Mental Health Services' Marketing and Community Relations Department.

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Pine Rest Critical Incident Response Team Helps New York Heal

by Mary K. Donovan

It was almost unimaginable. On September 11, 2001, the United States was attacked. The World Trade Center was destroyed. The Pentagon was seriously damaged. Thousands of people lost their lives. In the days that followed, people across the country searched for ways to help. For most, all they could offer were prayers and financial support.

Clinicians from Pine Rest were given the opportunity to help the people of New York City in a very concrete and positive way as part of our Critical Incident Response Team (CIRT). They were put on notice the day after the tragedy and by the following Monday, 12 clinicians were there. Three of those clinicians were Mark DeVries, PhD, Bruce Retterath, PhD, and Kim Prose, PsyD.

"I heard so many people calling for retaliation that I felt a need to do something positive and constructive," says Dr. Mark DeVries. "When this opportunity came up, it was a way for me to respond in a positive manner so I offered my services."

Kim Prose felt she has some basic skills and wanted to do something to help. Both she and DeVries received 'crash courses' in critical incident stress debriefing, which they put to use regularly during their time in New York. "At times, I wondered if I was actually helping, but I walked away feeling like I had done something. Maybe nothing big, a lot of little things. But it was something."

Bruce Retterath has advanced training in critical incident stress debriefing. "To be honest, I was a little skeptical about going at first," says Dr. Retterath. "I didn't want to be a 'sightseer.' I wanted to be sure there was actually something we could do to help when we got there."

When they arrived in New York City, all three agree nothing was as they expected. Dr. Retterath describes the scene as "a movie where everything just stopped." While each had his or her assigned responsibilities, they found many of the debriefings to be much less formal than anticipated. Since their identification badges indicated they were mental health workers, taxi drivers, people on the ferry or subway, and people on the street would approach Dr.'s Retterath, DeVries, and Prose. These people weren't looking for anything more than to tell their stories. The outpouring of gratitude they saw also surprised the three. "People were amazed that we would come all the way from Michigan just to help them," says Dr. DeVries. "They were even more appreciative that Pine Rest would be willing to send so many clinicians. Many of the other agencies were only able to send one or two representatives."

After completing their assignments each day, the CIRT members also took in some of the sights of New York, including Central Park, well-known restaurants, and they even attended a taping of *The Conan O'Brien Show*. One of the most memorable sights for Prose was a memorial they went to at Union Square. "I saw all of these posters of people who were missing – husbands, wives, sons, daughters," she says. "In that instant, it was no longer something that happened a thousand miles away. It suddenly became very personal."

At the end of their stay, they saw a city that was starting to come to life again. All three were glad Pine Rest was able and willing to send them and believe they 'got' more than they 'gave.' "We were there to help facilitate healing for people who were very broken, with compassion and an understanding that life would go on," Dr. Retterath summarizes. "That is what we do at Pine Rest – implant hope. It's our mission."



Pine Rest CIRT Members in New York

Carrying On: Nick VanderKwaak Retires from Pine Rest

by Doug Lubbers

Nick VanderKwaak, M.Div., Th.M., A.P.C., has retired after serving 26 years as a Chaplain at Pine Rest's main campus in Grand Rapids. His presence was felt both on and off campus, he led many classes, pastoral workshops, and worship services. He mentored clinical pastoral education students, helping them focus on the specific needs of their patients. Active in both the Michigan and Grand Rapids Chaplain Associations, Rev. VanderKwaak held executive positions in both associations.

He started at Pine Rest as a Chaplain for children and adolescents but soon took on extra responsibilities in the Dual Recovery, Older Adult, and Partial Hospitalization services. He also was part of a Christian Reformed Church Study Committee, which discussed the prevention of abuse.

"His faithfulness in providing pastoral care was unsurpassed, as was his investment in the mission of Pine Rest," stated Rev. Bob Uken, Director of Pastoral Services for Pine Rest, friend and co-worker. Rev. VanderKwaak embodied the fruits of the spirit in both his work and his daily life, and over time the impact of his leaving will become more and more apparent. He wrote many articles for assorted Pine Rest publications, including a memorable piece on spirituality and addiction (which was published in the Dual Recovery issue of the TODAY magazine) and was on the cutting edge of trends in pastoral care, thanks to his voracious reading habits. "Nick possesses a gracious presence and was a stabilizing influence in our department," explained Rev. Uken. "He was always willing to support his fellow clergy members."



Nick VanderKwaak was honored earlier this year at the Pine Rest Annual Employee Service Awards Dinner. Pictured from left to right: Keith Van Zoeren, Wayne Creelman, Dan Holwerda, and Nick VanderKwaak.

Rev. VanderKwaak will be spending his retirement in Michigan, more than likely relaxing in his garden with his grandchildren—his two passions—and “carrying on” in his post-Pine Rest life. He will also be offering his services to Pine Rest on a per diem basis, allowing him to continue changing more lives for the better.

Encouraging and Promoting Diversity at Pine Rest

by Doug Lubbers

As Pine Rest's Ombudsperson, Cliff Barnes works with Human Resources staff to settle many disputes among co-workers, which often involves redirecting misdirected communication. Because he is a peacemaker both by job and nature, Cliff Barnes has been involved in organizing a campaign to promote diversity awareness at Pine Rest. As the chairperson of Pine Rest's Rainbow Coalition, he actively tries to bring together people of different backgrounds to build understanding and ultimately improve customer service.



Cliff Barnes

"Diversity is the ability to love one another unconditionally," Barnes explains. "The goal of diversity awareness is to remove the issues of race and gender completely." Removing the issues is a challenging task, but a task worth accomplishing, since a happy, encouraging staff creates happy, encouraged patients. "A productive, happy staff has a trickle-down effect on patient care," Barnes states. "A happy staff will serve our patients better and have mission moments, where they greatly affect our patients' lives in a beneficial way."

Pine Rest has taken an active role in healing the gap between the races in many ways. The Diversity Brown Bag Lecture series is a lunchtime lecture series where people of diverse cultural, occupational, and faith

backgrounds from outside of Pine Rest are invited to share their insights on stereotypes, appreciating their culture, and other race and gender issues. Pine Rest's Diversity Task Force, chaired by President and CEO Dan Holwerda, sponsors the series. Pine Rest also has participated in the annual "Summit on Racism" and "Summit Action Teams," hosted by the Racial Justice Institute and the Grand Rapids Area Center for Ecumenism (GRACE). Several staff members also participate in Woodrick Institute's "Institute for Healing Racism" and "Allies for Healing Racism" luncheons.

Diversity awareness applies to more than just the internal community of Pine Rest. It also includes the encircling external community. "Christ ministered to a diverse population, as should we," Barnes states. "Up until the past few years, there wasn't a bridge into the inner city." Pine Rest has actively been reaching out to the inner city and surrounding communities through its roles at Belknap Commons and Browning Claytor Health Center and initiatives such as the Urban Underserved Ministry and the recent opening of the City Clinic in downtown Grand Rapids at Saint Mary's Mercy Medical Center.

Pine Rest Focuses on the Underserved

by Mary K. Donovan

Pine Rest is continuously looking for new ways to extend its mission and services to those in need. One committee helping Pine Rest achieve this goal is the Urban Ministries Task Force. Under the auspices of this task force, Pine Rest has undertaken several initiatives this past year to help bring quality behavioral health care to the urban underserved populations.

Pine Rest Partners with Heartside District Agencies

"In the urban communities, there is often a lack of affordable health care," says Jennifer Harrison, MSW, CSW, Clinic Manager for four Pine Rest clinics and a member of Pine Rest's Urban Underserved Committee. "This often prevents people living in these communities from seeking and receiving behavioral health care."

Over the last four years, Pine Rest has placed clinicians at Browning Claytor Health Center, Belknap Commons, and Breton Health Center. These facilities provide healthcare and wellness services to the urban underserved communities in greater Grand Rapids. This past year, Pine Rest also developed a partnership with Heartside Ministries and other agencies in Grand Rapids' Heartside district. "The idea was to work with agencies already in the area and determine how Pine Rest could assist them in their work," says Keith Van Zoeren, MA, Corporate Director and Chairman of the Urban Ministries Task Force.

Pine Rest clinicians now provide services that complement those currently being offered in the Heartside district, including staff and community educational and training programs and a men's support group. Van Zoeren says Pine Rest is also working with the Heartside Counseling Consortium to bring psychiatry services – both English-speaking and bilingual – to the community. "They already have a successful counseling service. Duplication would not be cost effective or necessary. What Pine Rest can add to the mix is highly qualified, paneled psychiatrists to work with clients."

City Clinic Opens In Downtown Grand Rapids

In addition to developing partnerships in the Heartside District, Pine Rest added a new clinic to its network of outpatient clinics. The City Clinic opened on January 9, 2002 with a staff of

11 psychiatrists, psychologists, and clinical social workers. Located within Saint Mary's Cancer Center in downtown Grand Rapids, these clinicians provide a variety of behavioral health services including

treatment for depression, anxiety, ADHD, psychotic disorders, chemical dependency, and co-existing medical and psychiatric conditions. By locating the clinic within a medical facility, Pine Rest is furthering its vision of medical integration, where the mind, body, and spirit are treated concurrently.



Wayne Creelman, MD, Pine Rest Medical Director and Jennifer Harrison, MSW, City Clinic Manager at the Grand Opening of the City Clinic.



Members of the Urban Underserved Committee, pictured from left: Jennifer Harrison, Rev. Carl Kammeraad, and Keith Van Zoeren.

Because of its location, the City Clinic also allows Pine Rest to serve the underserved in the surrounding community. "Pine Rest has traditionally tried to place its outpatient clinics in areas that demonstrate a need for our services," says Jennifer Harrison. "The City Clinic is no exception. In addition to integrating with the surrounding medical community, we are focused on providing services for the underserved population who traditionally have not had access to convenient, high quality, ambulatory behavioral health care." Some of the community-based services being offered include group therapy, behavioral health education classes on topics like managing diabetes and depression, and family wellness counseling.

The Urban Ministries Task Force sees these initiatives as the first phase of a long-term commitment to serving the underserved and extending Pine Rest's mission into broader communities.

SOUTHWEST CLINIC PASTORAL CONSULTATION GROUP RESUMES IN SEPTEMBER

If you are a pastor looking for an opportunity to network with other pastors and share concerns and experiences in a safe, confidential environment, please join us. This group meets bi-weekly from September through May and welcomes all denominations. (No meetings during Christmas and Easter.)

For meeting dates and times, or to learn more about this group, call Hank Bosma, Southwest Clinic Manager, at 616/222.3700.

CPINE REST CONNECTIONS NEWSLETTER



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CAREGIVER STUDY PARTICIPANTS SOUGHT

Suzann Ogland-Hand, PhD, clinician and consultant with Pine Rest Christian Mental Health Services, in conjunction with researchers across the country, is helping recruit participants for a “*Dementia Caregiving Skills Program*.” The program, funded by the National Institute of Mental Health and directed by Ann Steffan, PhD, University of Missouri-St. Louis, is targeted at helping caregivers better manage the stresses and difficulties they face when caring for a family member with dementia.

The on-going study, which commenced in January 2002, is seeking participants who are female caregivers, between the ages of 30 and 85, and living with a family member who has dementia. The program is free of charge, and offered to caregivers in their homes. Caregivers will receive all information by mail or by telephone. Participants should reside in the central United States (Illinois, Iowa, Indiana, Kansas, Missouri, Michigan, Minnesota, Nebraska, Wisconsin).

Caregivers will learn coping skills and techniques to lessen behavioral problems of the family members. The no-charge training is done either by informational workbook and telephone support (group 1), or by video, workbook and telephone coaching (group 2). Eligibility requirements include willingness to be assigned, by chance, to one of the two groups. The purpose of the study is to determine which materials are most helpful to caregivers. Each caregiver will participate in four telephone assessments, and will be paid \$20 for each assessment.

If you know of someone who might benefit from participation in this study, please call Dr. Ogland-Hand at 616/455-5000, ext. 2131 or Dr. Judith Gant at (toll-free) 1-866-669-7140 or 1-866-212-7806 or email at gantj@umsl.edu.

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