



Community Partner News

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Mother & Baby Program Improves Patient and Child Health and Wellbeing



Clients who received treatment in the Mother & Baby Program between September 2019 and November 2021 were given standardized tests, including the Edinburgh Postnatal Depression Scale, Generalized Anxiety Disorder-7 item scale, and the Postpartum Bonding Questionnaire when they were admitted to the program, halfway through their

stay, and again at discharge. The results showed large and consistent treatment gains in all areas.

Clients also reported clinically significant decreases in impaired mother-baby bonding, and maternal rejection, anger, or anxiety towards their baby. Clinical evidence now shows that patients' symptoms are actually decreasing and patients are getting better.

[Learn More About the Study](#)

[Mother & Baby Program Info](#)

May is Perinatal Mood & Anxiety Disorders Month in Michigan



Historically known as postpartum depression, PMADs affect over 23,000 families each year. PMAD is different and more intense than the “baby blues” that many women experience in the weeks after birth of a baby. PMAD includes depression, anxiety, psychosis, bipolar disorder, obsessive compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).

[How Pine Rest Can Help With PMAD](#)

Psychologist Dr. Greg Mallis Offers Stress Management Strategies

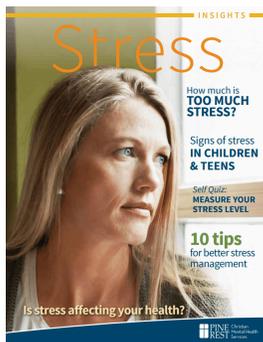


April is Stress Awareness Month, and Greg Mallis, PsyD shared some unique stress management tactics on WOODTV8's DAILY TWO series. Topics covered include:

- Box breathing technique
- Guided imagery demonstration
- The role of gratitude
- 5-4-3-2-1 grounding exercise

[Watch All Aired 'Daily Two' Segments](#)

Stress Insights Magazine: Free Resources



Our *Stress Insights* magazine delves into what is stress, symptoms, causes, how it affects children and teens, info on PTSD, tips for stress management, and more.

We invite you to share with your clients or organization our *Stress Insights* magazine. It is available online and the printed version can be ordered through our website, along with our other publications; please note the number of copies you'd like in the comments section.

[Stress Insights Magazine \(PDF\)](#)

[Order Stress Insights Magazine \(printed copies\)](#)

Videos & More Resources For Stress

For More Information or to Refer a Patient

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Outpatient, Telehealth & Addiction Services

Call 866.852.4001



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