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Dr. Greg Mallis On The Benefits Of Gratitude

Studies show that a healthy dose of gratitude reduces pain, improves the quality of our
sleep, helps regulate stress, reduces anxiety and depression, and builds stronger
cornections with others.

Pine Rest's Dr. Greg Mallis spoke with WZZM13 about a variety of ways we can
incorporate gratitude into our daily lives, not only during Thanksgiving.

Watch Now: Tips On Practicing Gratitude

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**Expert Advice On Addiction Intervention**

An intervention is a carefully planned and structured process where a trained expert guides
a team of family and friends in how to address the problem of addiction in a loved one
using a message of love, understanding and compassion.

Mariah DeYoung is a fully Licensed Master Social Worker and Certified Advanced Alcohol
and Drug Counselor with over 10 years of experience. She appeared on eightWest's 'Ask
The Expert' segment to explain how and when to stage an intervention.

Watch Now: Addiction Intervention

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**Partial Hospitalization Program For Substance Use Treatment**

Pine Rest is offering a new partial hospitalization
program for those seeking intensive daily substance use disorder treatment without the overnight stay.

Megan Roudabush, manager at Pine Rest's Retreat Clinic, says, "We can't forget that many times, the greatest hurdle for patients is when they come home and must adjust to life without drugs and alcohol. There has long been a gap in care at this point in the treatment cycle, and Pine Rest's day program can be a bridge to help them transition."

Transition Clinic Expands Impact With Move

Since June 2021, the Transition Clinic has provided adults age 18+ rapid access to behavioral health services for up to 90 days after discharge from a higher level of care such as psychiatric inpatient, partial hospitalization or urgent care.

To expand access to services, the clinic recently moved to a newly renovated space in Building A on our 68th Street campus.
The 'i understand love heals' non-profit organization and Project #EAS, courtesy of the Eric Spitler family, is collaborating on a blanket drive to bring hope and healing to Pine Rest patients.

Now through December 31, anyone can donate a new, unused blanket along with a written note of encouragement to one of several drop-off locations around Grand Rapids. On January 4, the blankets will be delivered to Pine Rest to serve as comfort gifts for patients experiencing mental health crises.

**Blanket Drive Drop-Off Locations**

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**Depression Insights Magazine**

Our *Depression Insights* magazine looks at the causes, symptoms and types of depression, how it varies with gender and age group, how it relates to bipolar disorder and suicidality, along with the full spectrum of treatment options available.

We invite you to share with your clients or organization our *Depression 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.
Struggling This Season?

The "most wonderful time of the year" can also be the toughest for many.

Our Holiday Mental Health series features expert advice from our clinicians and staff to help you prioritize your mental health this holiday season! Find everything from tips on coping with grief and depression, to self-care strategies, stress management techniques, ideas for sober celebrating and more.

For More Information or to Refer a Patient
Psychiatric Urgent Care, Inpatient & Partial Hospitalization Programs
Call 616.455.9200 or 800.678.5500

Outpatient, Telehealth & Addiction Services
Call 866.852.4001