Supporting The Entire Recovery Journey

Mariah DeYoung, LMSW, CAADC recently spoke with eightWest about how Pine Rest
continues to expand and develop substance use disorder treatments so we can support people's recovery at every step with caring, compassionate mental health and addiction experts using evidence-based treatments. Most recently, we have added partial hospitalization and intervention services. With these additions and expanded detox and residential services, we can usually get people into treatment in 1-2 days!

Watch Video

Addiction & Recovery Programs Info

Utilizing Art Therapy

A picture is worth a thousand words, and when someone is struggling with mental health a picture may be the best way for them to express their feelings. At Pine Rest, we utilize activity therapy -- painting, dancing, coloring, mask painting, origami and more -- to help patients of all ages work through a range of difficult emotions at their own pace. Plus, these activities can improve communication and concentration as well as reduced feelings of depression and anxiety.

“The lightbulbs that you see go off when you use art is just amazing,” said Danielle Martin, Pine Rest's Lead Activity Therapist.

"If you are tackling a tough challenge like a triskele ball (origami) you feel a sense of accomplishment; it is uplifting and helps us get through difficulties," said activity therapist, Rob Johnson.
New Rapid Stop Operating On Pine Rest Campus

The Rapid’s bus route 10 has added a new stop right on Pine Rest’s Cutlerville Campus at 300 68th St SE. The stop is located directly across from the Retreat Clinic (Building B). This change comes as part of The Rapid’s goal to “help cultivate a more equitable community by providing access to more essential services.”

Pine Rest Welcomes New Board Members

We are thrilled to welcome these four dynamic and talented community stakeholders to our Pine Rest governance team and look forward to their valuable contributions, both as Pine
Rest board members and members of the West Michigan community.

- Jack DeBoer currently teaches music at Grand Valley State University as an Adjunct Professor.
- Stella Michael currently serves as the Director of CRM Platforms and Applications at Beaumont Health Spectrum Health (BHSH).
- Omar Cueves is Vice President of Investor and Corporate Relations for the Grand Rapids Chamber of Commerce.
- Mina Breuker, RN, MSN, MM, dedicated her acute care nursing career to Holland Community Hospital System for 20 years.

Learn More About Our New Board Members

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Recovering Your Joy And Energy

As professionals in the business of caring for others, it's easy to lose track of self-care. The past few years have been more challenging than most. However, if you're always putting others first, you risk turning your life into a never-ending, energy-draining "to do" list. Practicing self-love, self-care and self-compassion might not come easy, but it can help restore your joy and energy.

Tips To Recover Your Joy & Energy

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Understanding Suicide Brochure

Our *Understanding Suicide* brochure alerts you to the warning signs of suicide, the risk factors involved, and tips for talking to someone about suicide. It includes crisis hotlines, what to do
when you see a concerning social media post, and Pine Rest treatment and services available to support the whole family.

We invite you to share with your clients or organization our *Understanding Suicide* brochure. 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.

Download Understanding Suicide Brochure (PDF)

Order Understanding Suicide Brochure (printed copies)

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**Fall 2022 Virtual Pearls For Partners Series**

**Psychotropic Medications Update 2022**  
October 12 | 7 - 8 a.m. | No charge to attend

1 CME or CE credit available.

Join a panel of Pine Rest mental health providers as they present the latest developments in psychotropic medications targeted for various populations including Child & Adolescent, Adult, Older Adult and Substance Use Disorder.

Register Now

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**PTSD: From Pregnancy To One Year Postpartum**  
November 9 | 7 - 8 a.m. | No charge to attend

1 CME or CE credit available.
Attendees will gain a better understanding of common medical complications contributing to the development of postpartum PTSD and how PTSD can present within the perinatal period. Presenters include:

- **Dr. Andrea McFerren**, Psychiatrist and Clinical Lead for the Mother and Baby Partial Hospitalization Program
- **Dr. Rebecca Marchand**, Clinical Psychologist and Chief Psychologist, Psychiatry Residency
- **Dr. Robyn Hubbard**, Grand Rapids Women’s Health and the Ob/Gyn Department Chair at Spectrum Health Butterworth Hospital

Register Now

**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