

Community Partners News

Mental Wellness Resource Night: April 23 at Caledonia Clinic!



Pine Rest Caledonia Clinic invites all community members, including healthcare workers, to come tour their office, meet the friendly clinicians and get valuable tips on mental health. This free event will consist of information sessions led by therapists including the topics: the impact of trauma on kids and teens, connecting with your kids, identifying suicide risk factors, tips & tools for managing distress and an overall understanding of therapy.

Wednesday, April 23 | 6 - 8 p.m.
Pine Rest Caledonia Clinic
6505 Cherry Meadow Dr SE, Caledonia, MI

Learn More About This Free Event

Pine Rest Partners with MDHHS on New Crisis Stabilization Unit for Mental Health

The State of Michigan has designated \$56 million to create 13 crisis stabilization units (CSU) across the state, providing a short-term alternative to emergency departments and psychiatric hospitals where patients experiencing a mental health crisis can receive immediate care. The first CSU in Kalamazoo is under construction now and is a partnership between Pine Rest and Michigan's Department of Health and Human Services (MDHHS).

According to Pine Rest Vice President & Medical Director Bibhas Singla, MD, "We will accept everybody, no matter what their insurance is, whether they have (insurance) or not, we will serve them."

[Read the Full Story on WWMT.com](#)

Update on Pine Rest Pediatric Center of Behavioral Health



Heide Rollings, MD, Medical Director for the Pediatric Center of Behavioral Health, joined eightWest last week to show our progress on the pediatric center and talk about the new and expanded services it will provide to help address the crisis in children's mental health, expand access to treatment, and reduce wait times for care.

Additionally, she was able to share a recent timelapse video of the construction and renderings demonstrating the specialized community and treatment areas designed to best surround patients and their families with the care, compassion and comfort to enhance healing.

[Watch Full Interview on WOODTV.com](#)

[Learn More About the Pediatric Center](#)

Tips for Calming an Angry Person



When somebody loses their temper with us, our natural defensive tendency is to match their intensity, which usually serves to only pour gasoline onto the fire. Although counter-intuitive, a calm, measured response to anger can help de-escalate tensions and prevent a bad situation from getting even worse. This article reviews nine effective strategies to help diffuse anger.

[Read 9 Tips for Calming an Angry Person](#)

Understanding Stress

UNDERSTANDING
Stress



Long-term and chronic stress can lead to serious health problems, affecting nearly every system in the body. Too much stress has been associated with exhaustion, anxiety disorders, depression, headaches, asthma, skin rashes, cardiovascular disease, gastrointestinal issues and cancers. Stress can even prematurely age us. The good news is that Pine Rest's highly trained clinicians can help explore the reasons behind overwhelming stress, learn new strategies for coping and provide a safe place to practice these new skills.

We invite you to share with your clients or organization our *Understanding Stress* brochure, to learn about the warning signs of too much stress, healthy management tools and how Pine Rest can help. 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.

[More Info & Resources for Stress](#)

[Download our Understanding Stress Brochure \(PDF\)](#)

[Order Printed Copies](#)

Building Safer Workplaces Webinar May 21

Integrating Workplace Security and Mental Health Services



Photo credit: getty / AJ Watt

Wednesday, May 21 | 2 - 3 p.m.

SEC President, Jason Russell, has teamed up with Pine Rest's Executive Director of Employee Assistance Programs, Jean Holthaus, to share how integrating workplace security and mental health services can prevent crises, promote well-being, and foster a culture of safety in the workplace. Join this free webinar for insights on best practices, stories from workplaces who are doing it well, and actionable steps to begin integrating both initiatives within your organization.

[Learn More & RSVP](#)

[Read More About Workplace Security & Mental Health](#)

Forks & Futures: The Pine Rest Nursing Academy Experience



Tuesday, May 6 | 6 p.m.
Postma Center at Pine Rest

We invite future nurses and their loved ones to join us for a complimentary dinner on Tuesday, May 6, to learn how the Pine Rest Nursing Academy can support their journey to becoming a nurse. The academy provides up to \$40,000 in tuition assistance, hands-on experience, mentorship, and being part of a strong professional community.

[Learn More & Reserve Your Seat Today!](#)

SAVE THE DATE!

The 2025 Annual Psychiatric Nursing Conference

[Unity in Nursing: Mental Health at the Heart of Holistic Care](#)

Thursday, September 18 | 8:00 a.m. – 4:30 p.m.
Pine Rest Postma Center

Join us for this full day event, for nurses and other healthcare providers from any setting, to learn about and help focus on mental health as a component of holistic, high-quality care, that is patient centered.

Nursing contact hours will be available. Mark your calendars and check our website for details!

[Read the Full Announcement](#)

For More Information or to Refer a Patient

Psychiatric Urgent Care, Inpatient & Partial Hospitalization Programs

Call [616.455.9200](tel:616.455.9200) or [800.678.5500](tel:800.678.5500)

Outpatient, Telehealth & Addiction Services

Call [616.258.7500](tel:616.258.7500)

Subscribe to the Community
Partners Newsletter



300 68th Street SE
Grand Rapids, MI 49548

Mental Health Matters Newsletter
for Family & Friends

©2025, Pine Rest Christian Mental Health Services

Accredited by The Joint Commission on Accreditation of Healthcare Organizations. Accredited by the Commission on Accreditation of Rehabilitation Facilities.
