

Community Partners News

Pine Rest Pediatric Center of Behavioral Health Now Open!



Inspired by the healing power of nature, the Pine Rest Pediatric Center of Behavioral Health is now open, welcoming kids into a space designed to feel less like a hospital and more like a treehouse retreat, featuring warm materials, abundant natural light, playful design elements and views of the outdoors.

Proudly serving as Michigan's first behavioral health center created entirely for children, teens and their families, and guided by Pine Rest's "no wrong door" approach, the Pediatric Center offers a seamless continuum of care in one location—making it easier for families to find the right level of support, when and where they need it most, and helping young people grow, heal and thrive.

Services available at the Pediatric Center of Behavioral Health include:

- Psychiatric Urgent Care for ages 6-17
- Inpatient psychiatric hospitalization (age-specific units)
- Partial hospitalization programs
- Outpatient services

- Psychological assessments
- Specialties include treatment for eating disorders, substance use and neurodevelopmental disorders as well as treatments for young children

The Pediatric Center is designed to partner closely with medical providers, therapists, schools and community professionals to ensure timely access to care and continuity of treatment. Providers with questions about services, referrals or care coordination are encouraged to reach out to Pine Rest's Referral Relations team for support.

[Download Child & Adolescent Services for Community Partners \(PDF\)](#)

[Explore the Pediatric Center Website](#)

[Watch Maranda at our Community Open House \(WOODTV\)](#)

If you have questions about the Pediatric Center, please contact our Referral Relations Team.

Call Ryan McPherson 616.222.4591 Ext: 3890

Call Karen Coy 332.322.0790

Email Ryan & Karen at referralrelations-c@pinerest.org

Helping Kids Thrive Through Occupational Therapy



Photo credit: Shutterstock

When a child struggles with everyday tasks—like getting dressed, focusing in class, managing transitions, or playing with peers—it can affect confidence at home, school, and beyond. Occupational therapy is designed to help children and teens develop the practical skills they need to participate more successfully in daily life.

From strengthening motor skills and improving sensory and emotional regulation to building greater independence in routines, occupational therapy meets our young clients where they are and supports meaningful, real-world progress.

[Read About the Benefits of OT for Kids](#)

Self-Care for Stressful Times

April is Stress Awareness Month



For those working in health care, education, and community support roles, the pace and intensity of daily work can feel especially demanding right now. Supporting others—often through complex and emotionally charged situations—requires sustained focus and compassion. That’s why being intentional about self-care matters more than ever.

Self-care isn’t about stepping away from responsibility or adding one more task to the day. It’s about giving yourself the support needed to manage stress, maintain perspective and stay present for the people and communities who rely on you.

Even small, everyday acts of self-care can make a meaningful difference. And because stress shows up differently for everyone, there is no single “right” approach.

In this article, Pine Rest clinicians and staff share practical, realistic strategies to help professionals care for themselves in sustainable ways. As you continue to care for others during these stressful times, we encourage you to remember that your well-being matters, too.

[Read Tips for Self-Care During Stressful Times](#)

Beyond Concussions: Traumatic Brain Injury (TBI)



With spring comes youth sports season ... and the increased risk of concussions and brain injuries among young players. The term “concussion” is synonymous with mild traumatic brain injury (mTBI), which is quite common, and can have wide-ranging physical and psychological effects. Some signs or symptoms may appear immediately after the traumatic event, while others may appear days or weeks later. A mild injury to the brain is still a serious injury that requires prompt attention and an accurate diagnosis.

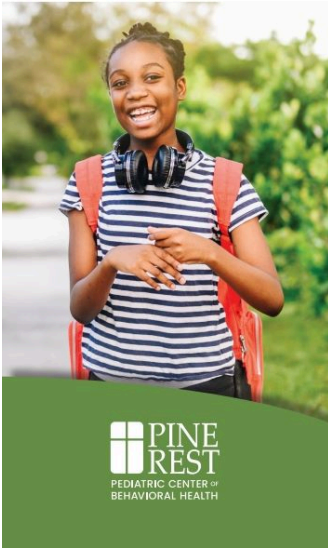
Healthcare providers are likely to encounter increasing numbers of patients and family members who are concerned about the effects of head injuries and what assessment and treatment options are available. Being able to recognize the acute and chronic symptoms of concussion will lead to more favorable outcomes in the future.

[Read About the Symptoms, Testing & Diagnosis of TBI](#)

NEW! Treetops Pediatric Clinic Brochure

Treetops Pediatric Clinic

To support awareness and referrals for Pine Rest's new Treetops Pediatric Clinic located in the Pediatric Center of Behavioral Health, we're pleased to share our new printed clinic brochure is now available through the Literature Ordering System.



This brochure introduces families to the Treetops Pediatric Clinic, an outpatient pediatric clinic designed to support the behavioral health needs of children and adolescents. It highlights the clinic's welcoming, developmentally informed approach to care, with an emphasis on early identification, outpatient treatment and family collaboration. It's a helpful resource for pediatric practices, schools, therapy offices and community organizations supporting children and families.

Printed copies of the Treetops Pediatric Clinic brochure, as well as brochures for all Pine Rest outpatient locations, are available to order and share in waiting rooms, offices, and referral packets.

[Request Printed Materials Form](#)

Upcoming Educational Events at Pine Rest



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- **April 29 | Grand Rounds: Evidence-Based Approaches to Treating Anorexia Nervosa and Bulimia Nervosa** | Virtual Only | Registration Deadline is April 27.

Learn More & Register for Virtual Grand Rounds

- **April 30 | Nursing Grand Rounds: Caring for Patients with Catatonia** | Virtual & In-person | Registration Deadline is April 24.

Learn More & Register for Nursing Grand Rounds

- **May 19 | Quarterly EAP Conference: The Human Factor** | Virtual & In-person | Registration Deadline is May 15.

Learn More & Sign Up for the EAP Conference

Save the Date!

2026 Annual Psychiatric Nursing Conference



Unity in Nursing: Building Skills, Strengthening Practice

Thursday, September 17, 2026 | 8:00 a.m. – 4:00 p.m.

Pine Rest Postma Center

Credits Offered: Up to 6 Nursing Contact Hours

Keynote Speaker: Renee Thompson, DNP, RN, FAONL, FAAN, CSP®

Mark your calendars and save the date for Pine Rest's 3rd Annual Psychiatric Nursing Conference! We have exciting and renowned speakers lined up to discuss the most current and relevant topics in mental health nursing today. Check our website for more info and please sign up to get notified for when registration opens for this event.

Learn More About the Annual Nursing Conference

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300 68th Street SE
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Mental Health Matters Newsletter
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