

COMMUNITY PARTNERS NEWSLETTER

April 2024

Autism and Mental Health

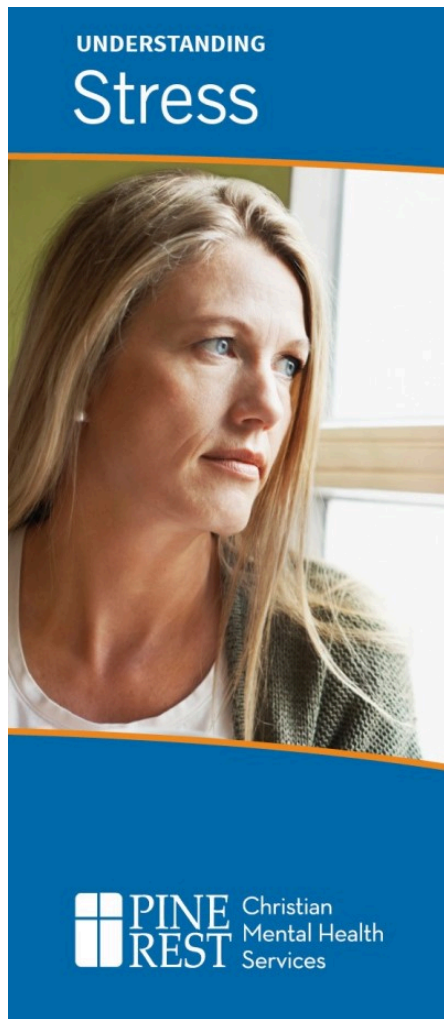


Individuals with an autism spectrum disorder are at a significantly increased risk for also having a behavioral health disorder such as anxiety, depression or ADHD. Heide Rollings, MD, the Medical Director of the future Pine Rest Pediatric Center of Behavioral Health, spoke with WZZM this month about autism and mental health.

[Watch Dr. Rollings on WZZM](#)

[ASD Info & Resources](#)

Understanding Stress



April is Stress Awareness Month! Whether harmful stress is caused by work, money, health issues, the latest text alert or all of the above, the good news is that there are many different healthy options for alleviating stress and bringing a sense of balance back to our busy lives.

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.

Stress Info & Resources

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

[Order Printed Copies](#)

Eating Disorders Focus Group



Pine Rest is in the planning phase for developing eating disorders services for children and teens as part of the new Pediatric Center of Behavioral Health opening in 2026. We'll be conducting two focus groups on May 15-16. Applications to participate are due May 13. We are seeking insights from:

- Individuals that are currently or have received treatment for an eating disorder as an adolescent (18 years or younger)

- Families or caregivers of individuals currently receiving treatment or had received treatment as an adolescent (18 years or younger)

If you have any clients who may be interested in participating, please pass along our website (pinerest.org/ed-focus-group/) or flier to them.

[Download Flier Here \(Scroll Down\)](#)

Pediatric Center of Behavioral Health

Construction Updates



We're busy preparing the site of the new Pediatric Center of Behavioral Health! Construction will begin in June 2024. If you'd like to see our progress, visit the Construction Updates section of our website page.

[Latest Pediatric Center News](#)

Outpatient Therapy: Accepting New Patients



With over 300 therapists on staff, we are now able to see most new patients within 2-5 days at one of our 20 clinics or through teletherapy. Plus, our outpatient clinicians have immediate access to all of Pine Rest's resources at every level of care, including inpatient hospital services.

To refer a patient to outpatient therapy or counseling, have them contact us at **866.852.4001**.

More About Therapy & Psychiatry at Pine Rest

Learn About Referring to Pine Rest

Healthy Support for People in Recovery



[Kevin Neuman, LMSW, CAADC](#) talks about seven things individuals in recovery need from their families and those who support them in order to more effectively manage the challenges of recovery.

7 Ways to Provide Healthy Support

Professional Education at Pine Rest



Credit: kattleho Seisa. Posed by models.

Pine Rest is committed to offering many professional educational opportunities for staff and community practitioners to promote clinical excellence and excellent care for everyone in the communities we serve.

Visit our [website](#) for a list of the latest Grand Rounds and Pearls for Partners lectures, to earn your CE/CMEs, with virtual and in-person attendance options available.

Upcoming Professional Education Events at Pine Rest

We believe in the power of nurses.



PINE REST Christian Mental Health Services

VIEW OPEN POSITIONS

300 68th Street SE
Grand Rapids, MI 49548

SUBSCRIBE TO THE COMMUNITY PARTNERS NEWSLETTER

PROFESSIONAL EDUCATION NEWSLETTER

