

Community Partners News

Seeking Participants: Therapists Working with Children and Adolescents



We are seeking participants for a paid research study conducted by investigators at Pine Rest Christian Mental Health Services. This series of four asynchronous virtual training modules examines clinicians' knowledge, attitudes and likelihood to screen and address experiences of online victimization in adolescents.

[Learn More About the Research Study](#)

Supporting School Transitions for Children in Eating Disorder Recovery



Photo credit: Getty Images / LeManna

The return to school can present unique challenges for children recovering from eating disorders. Changes in routine, social dynamics, and care environments may impact their progress and emotional well-being.

Our latest article offers practical, clinically informed strategies for parents and caregivers to help ease this transition. From structured meal planning to promoting autonomy in a supportive way, these tips are designed to reinforce recovery while helping children feel more confident and connected during the school year.

We invite you to share this resource with families or use it to guide your own work with children navigating recovery and reintegration into academic settings.

[Read Tips for Supporting Kids with Eating Disorders During School](#)

Immediate Openings in Pediatric Eating Disorders Partial Hospitalization Program



Photo Credit: SDI Productions

Recognizing and understanding eating disorder symptoms and warning signs early on and seeking support can make a substantial difference in outcomes, helping individuals on the path to recovery. Our Pediatric

Eating Disorders Program for ages 12 through high school has immediate openings. Pine Rest participates with almost all major insurance plans.

Not sure what level of care is needed? Have questions about the program? Call 800.678.5500 for assistance and admission.

About the Pediatric Eating Disorders Partial Program

New “On My Way” Tool for Psychiatric Urgent Care Center



We’re excited to introduce a new feature designed to improve access and streamline care at Pine Rest’s Psychiatric Urgent Care Center—the “On My Way” tool. This easy-to-use online feature allows patients to notify our team that they’re en route. It’s a simple but powerful way to reduce wait times, improve patient flow, and ensure timely support for individuals experiencing urgent psychiatric needs.

[Learn More About Psychiatric Urgent Care](#)

August 31 is International Overdose Awareness Day



Drug overdoses still remain the leading cause of death among Americans ages 18 to 44, according to the CDC. Help prevent an overdose death by recognizing the signs, whether your client is conscious or unconscious. Equip your practice with additional resources, such as Naloxone, and resources for any clients who may have lost someone to an overdose.

[Read About the Signs of Overdosing](#)

[Understanding Naloxone & When to Use It](#)

Understanding Substance Use Disorders



Alcohol and other drug use contribute to more deaths, illnesses, and disabilities than any other preventable health condition. Substance use disorders are associated with a wide range of serious health issues, including cancer, cardiovascular disease, cirrhosis, dementia, depression, gout, infectious diseases, pancreatitis, and seizures. Beyond physical health, substance use can negatively impact academic and professional performance, job retention, and interpersonal relationships.

To support education and awareness, we developed our *Understanding Substance Use Disorders* brochure—a resource designed for distribution to patients and members of your organization. It provides a clear explanation of addiction as a medical condition rather than a moral failing, outlines available treatment options, and offers guidance for families navigating these challenges.

The digital version is accessible online, and printed copies can be ordered through our website.

How Common are Perinatal Mental Health Struggles?



Jean Holthaus, Pine Rest’s Outpatient Network Regional Director, talked to WOODTV recently about how 1 in 5 women and 10% of their partners experience perinatal mood or anxiety disorders (PMAD) between conception and a year postpartum.

The good news is that psychiatric and therapeutic treatments—such as cognitive behavioral therapy, interpersonal therapy, and appropriate pharmacotherapy—are effective, evidence-based approaches for managing PMAD. Pine Rest provides continuum of treatment for PMAD including the Mother & Baby Partial Program, classes, inpatient therapy both in person and through teletherapy, classes, and medication intervention, if appropriate.

[Watch Jean's Interview on WOODTV](#)

REGISTRATION CLOSING SOON!

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 fellow nurses and other healthcare professionals, to learn about and help focus on mental health as a component of holistic, high-quality care, that is patient centered.

Complete schedule, all topics and speakers line-up is ready to view on our registration page.

Catered lunch and a gourmet coffee bar will be provided. Nursing contact hours will also be available. **Seats are limited and are filling up fast!**

Register for the Unity in Nursing Conference Today!

Need to Refer a Patient? We're Here to Help

When a patient needs mental health care, time matters—and so does simplicity. At Pine Rest, we've made the referral process as smooth and accessible as possible for medical providers, therapists, school counselors, and other community professionals.

Whether you're referring for outpatient therapy, inpatient care, psychiatric urgent care, or specialized services like addiction treatment or neuromodulation, we offer multiple pathways to fit your workflow:

- **Epic Care Everywhere:** For Epic users, referrals are fast, secure, and integrated directly into your EHR system.
- **EpicCare Link:** A web-based portal for non-Epic providers to view patient progress and submit referrals.
- **Phone or Fax:** Prefer a direct conversation or paper forms? Our admissions team is ready to assist.
- **Care Convene & Great Lakes Health Connect:** Additional electronic options for seamless coordination.

We're committed to making sure your patients receive timely, appropriate care—and that you stay informed every step of the way.

How to Refer Patients to Pine Rest

Subscribe to the Professional
Education Newsletter



300 68th Street SE
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Mental Health Matters Newsletter
for Family & Friends