

## Community Partners News

### Rapid Access to Psychiatry at Pine Rest!

We know how frustrating it is not to be able to get a psychiatric evaluation or services when your clients need them, and we've been investing in ways to make these services more available than ever. Please help us spread this good news!

**Same-day walk-in** psychiatry assessments, connections to additional services, and prescriptions as needed for adults at our Psychiatric Urgent Care Center. Open daily!

[More About Our Psychiatric Urgent Care Center](#)

**Same-week appointments** for psychiatric evaluations, medication management and therapy for adults at many of our 19 outpatient clinic locations and through telehealth. We have also reduced wait times for child and adolescent appointments. Have your clients call 616.258.7500 to make an appointment or send us a referral.

[How to Refer to Pine Rest](#)

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## Psychiatric Urgent Care Updates Hours



Starting January 2, 2025, we're adjusting our hours to better serve the community! Based on data from the past two years, we've tracked when clients needed us most and we've changed our hours to reflect their preferences.

**New Hours:**

**Monday – Friday:** 8 a.m. to 6 p.m.

**Saturday & Sunday:** 8 a.m. to 12 p.m.

Psychiatric Urgent Care Center

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## Struggling During the Holidays



The holiday season can be emotionally taxing. However, they can be particularly challenging for those struggling with depression, eating disorders, grief, and more. Our clinicians offer practical tips for you and your clients to survive the season.

Managing Depression During the Holidays

Supporting Those with Eating Disorders Around the Holidays

More Help Navigating the Holidays

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## Ask the Addiction Experts: What is Narcan & When to Use It?



Naloxone (commonly known by the brand name Narcan) is a life-saving drug used to treat possible opioid overdose. It is available over the counter at most pharmacies without a prescription as well as free through multiple naloxone distribution stations in the area including vending machines and The Grand Rapids Red Project.

[Read About Narcan & When to Use It](#)

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## Understanding Suicide



Engaging in conversations about suicide during the holidays might seem challenging. However, these moments can be pivotal in suicide prevention. Initiating a dialogue—whether with ourselves, those we care about, or trusted professionals—can be a crucial step. Contrary to common misconceptions, discussing suicide does not increase the risk of suicidal thoughts or actions. On the contrary, it can provide much-needed support and intervention, potentially saving lives.

We invite you to share with your clients or organization our *Understanding Suicide* brochure, to learn about warning signs, risk factors, how to talk to someone about it, and how our psychiatric hospital is here to help. The brochure 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.

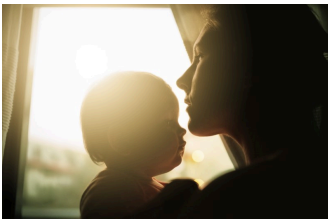
[Download Understanding Suicide Brochure \(PDF\)](#)

[Order Printed Copies](#)

[More Info & Resources for Suicide Prevention](#)

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## Upcoming Professional Education Events



### Virtual Pearls for Partners Series

#### Pregnancy in Teenage Years

Wednesday, January 8, 2025 | 7 - 8 a.m.

1 CE Credit (medical professionals, psychologists & social workers)

This presentation by four psychiatry residents at Pine Rest aims to cover pregnancy in teens, specifically highlighting key concepts like rates of unintended pregnancy, how to counsel patients that are experiencing teen pregnancy, and understanding psychiatric consequences.

[Learn More & Sign Up Today](#)

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## Virtual Grand Rounds Series

### The Changing Landscape of Sport-Related Concussions

Wednesday, January 15, 2025 | 12 - 1 p.m.

1 CE Credit (medical professionals, psychologists & social workers)

Kevin M. Guskiewicz, PhD will discuss the latest technologies and methodologies used to diagnose concussions, including biomarkers, imaging techniques, and sideline assessment protocols. Attendees will understand strategies used in cognitive rehabilitation to support recovery after a concussion.

[Learn More & Sign Up Today](#)



## SUPPORT MENTAL HEALTH

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Grand Rapids, MI 49548

Mental Health Matters Newsletter  
for Family & Friends

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