

Community Partners News

Navigating Your Mental Health During the Holidays



The holiday season can be joyous and blessed, but also emotionally taxing. And it can be particularly challenging for those struggling with depression, eating disorders, grief and more. The good news is, planning ahead now can provide the self-care we may need in order to enjoy the coming days of festivities. Our clinicians offer practical tips on a variety of holiday scenarios to help you and your clients cope better this season.

Read Mental Health Tips for the Holidays

Watch Therapist Jean Holthaus - Tips for Holiday Stress (Maranda)

Watch Dr. Ron DeVries - Mental Health & the Holidays (WOODTV+)

The Power of the 12 Steps: A Path to Lasting Recovery



Recovery is more than breaking free from substance use—it's about rebuilding life, relationships, and purpose. For many, the 12-Step approach offers a proven framework for transformation. These steps guide individuals through honesty, humility, accountability, and spiritual growth, creating a foundation for long-term healing.

But recovery doesn't happen in isolation. A supportive community and structured program are essential. They provide encouragement, accountability, and hope—helping individuals navigate challenges and celebrate progress. As professionals, you can play a vital role in connecting people to these life-changing resources.

In this insightful series, a Pine Rest Recovery Coach explores each step—from admitting powerlessness to finding freedom through amends and sustaining growth through maintenance steps. These articles are a valuable resource for understanding how the 12 Steps foster resilience and renewal.

Explore the series and share with those you serve in recovery:

- [Step One: A Way to Better Living](#)
- [Step Two: Finding a Higher Power](#)
- [Step Three: A Connection That Can Change Your Life](#)
- [Step Four: Courage, Honesty & Humility](#)
- [Step Five: Newfound Freedom](#)

- [Step Six: Becoming Entirely Ready](#)
- [Step Seven: The Power of Humility in Recovery](#)
- [Steps Eight & Nine: Making Amends](#)
- [Steps Ten, Eleven & Twelve: The Maintenance Steps](#)

For more resources on substance use disorder and addiction recovery, visit our website.

Pine Rest Addiction & Recovery Services

Is Psychiatric Urgent Care Right for Your Client?



Pine Rest's Psychiatric Urgent Care Center provides same-day psychiatric assessments for adults needing immediate support with mental health or substance use concerns. This service is ideal for individuals experiencing:

- Depression or anxiety
- Panic attacks
- Disturbing or suicidal thoughts
- Substance use disorders
- Acute grief reactions
- Difficulty managing daily activities

Visit our website or call for more information.

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

New Student Loan Forgiveness Program for Nursing Graduates

We're excited to announce we're launching a Nursing Student Loan Forgiveness Program for full-time RNs, offering up to \$40,000 in student loan repayment assistance.

"This new program provides meaningful financial relief to nurses and highlights our continued dedication to creating pathways for professional growth, clinical excellence and whole-person support," said Andrew Dow, Vice President of People.

[Learn More About Nursing Student Loan Forgiveness](#)

[Nursing Careers at Pine Rest](#)

Donate Blankets to Pine Rest Patients Through Project #EAS

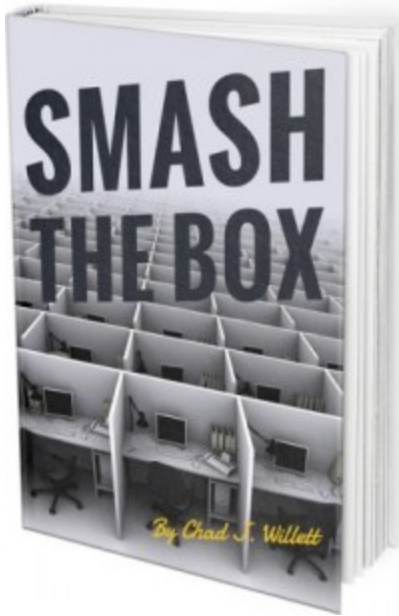


A warm blanket can mean so much to someone in crisis—it's a simple gift that says, you're cared for. Through Project #EAS, you can help bring comfort to Pine Rest patients and others in our community who are facing mental health challenges.

Now through December 31, 2025, donate a new, unused blanket (store-bought or homemade) at one of several drop-off locations around Grand Rapids, including Pine Rest. Every blanket becomes a tangible reminder of hope and compassion.

[Where to Donate](#)

Upcoming Educational Events at Pine Rest



[Smash the Box | EAP Quarterly Conference](#)

Tuesday, February 17 | 8:30 - 11:00 a.m.

Free to attend.

Workplace leaders, don't miss your chance to see TEDx presenter and renowned leadership speaker, Chad J. Willett, MA, SAG-AFTRA, live at Pine Rest! Be part of an unforgettable experience that will challenge you to "Smash the Box" and rethink what's possible. Discover how to break free from the Four Walls of the Mental Box – Fear, Perfection, Negativity, and Judgment – and ignite a culture of innovation.

Every participant receives a free e-book copy of Chad's bestselling book, *Smash the Box*.

[Learn More & Register for Smash the Box](#)

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. We offer multiple pathways to fit your workflow:

- **Epic Care Everywhere**
- **EpicCare Link**
- **Phone or Fax**
- **Care Convene & Great Lakes Health Connect**

Have questions? Our referral relations team is available to help you understand our services and how to refer your patients.

How to Refer Patients to Pine Rest

Call Ryan McPherson 616.222.4591 Ext: 3890

Call Karen Coy 332.322.0790

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

Merry Christmas from Pine Rest



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Grand Rapids, MI 49548

[Mental Health Matters Newsletter
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