

# COMMUNITY PARTNERS NEWSLETTER

February 2024

## Mental Health: Part of a Good Heart Health Plan



Your patients' thoughts, attitudes and emotions are just as important to their heart health as exercise, nutrition and working with their health care team to prevent or manage heart disease. Plus, managing heart health can have a direct, positive impact on depression symptoms and stress levels. Read more about this heart-mental health connection and learn positive steps your patients can take to address stress, anxiety, or feelings of sadness and emptiness as part of their heart health plan.

Ways to Combine Good Mental Health & Heart Health

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## Pine Rest Receives \$5M from DeVos Family for Pediatric Center



Since the onset of the COVID-19 pandemic in 2020, Michigan has experienced a behavioral health crisis, as demand for pediatric behavioral health care continues to greatly exceed available services. The DeVos Family's \$5 million gift to Pine Rest will support the construction of the Pine Rest Pediatric Center of Behavioral Health, opening in 2026, which will dramatically expand access to inpatient and partial hospitalization, outpatient care, and behavioral health testing services for children and teens throughout the state.

**DeVos Family Gift to Local Healthcare Organizations**

**Pediatric Center of Behavioral Health**

## **Applied Behavior Analysis for ASD**

## Applied Behavior Analysis for Autism Spectrum Disorders



Applied Behavior Analysis (ABA) can help persons with autism spectrum disorders (ASD) live happy and productive lives. ABA is widely accepted as a safe and effective treatment for ASD. In fact, Michigan law mandates insurance companies pay for treatment of ASD and specifies ABA be used as the treatment.

At the Pine Rest [Southwest Clinic](#), our team utilizes powerful tools and strategies based on ABA to reduce problem behaviors and teach life skills. We have been successful in expanding communication, social, independent living, recreation and academic skills in a measurable fashion. To learn more or have your client schedule an appointment call 1.866.852.4001.

[More About our ABA Program](#)

[Download ABA Brochure \(PDF\)](#)

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## How Substance Use Affects Sleep Quality



Whenever someone uses drugs and/or alcohol, it interferes with the sleep-wake cycle and can affect how long it takes to get to sleep, the duration of sleep, and quality of sleep. Even after someone stops using substances, it

can take a while to normalize the sleep cycle. Learn more about dopamine's role in the sleep-wake cycle and how to help get your patients' sleep back on track.

### How Substance Use Affects Sleep Quality

## New Masters Internship for Therapists



We're starting a new internship in August for up to 16 individuals each year who are pursuing a psychology, social work or professional counselor master's degree. Interns will receive mentoring and experience in inpatient, outpatient, psychological testing, residential and/or school settings. Therapists are in high demand in West Michigan, and through this program we hope to help more area professionals get the expertise and support they need to pursue their career goals.

[Learn More About the Program](#)

[Watch Interview on eightWest](#)

## Upcoming Trainings at Pine Rest



## Nursing Grand Rounds Introduction to Mindfulness-Based Stress Reduction

March 28, 2024 | 3:30 - 4:30 p.m.

**Presenter: Jeannette Pollatz, DNP, MSN, BSN,  
BS, RN, FNAP**

Cost: No Charge

Virtual & In-person options to attend

Presented with support from the Alpha Alpha Omega  
Chapter of Sigma Theta Tau International.

Objectives covered:

- Discuss the impact of stress on teams at all levels of healthcare.
- Describe the value of Mindfulness-Based Stress Reduction Programs (MBSRPs) for team members in rehab care settings.
- Demonstrate daily mindfulness practices.
- Utilize a practice log to record mindfulness accomplishments.
- Explain where to obtain mindfulness-based stress reduction materials.

1 Contact Hour for Nursing available.

[Learn More & Sign-up](#)

We believe in the power of nurses.



**PINE REST** Christian Mental Health Services

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