

Community Partners News

Pine Rest Pediatric Center of Behavioral Health



Community Open House

March 21, 10 a.m. - 2 p.m.

Join us for a summer camp-themed community open house, created especially for families. Attendees will explore our new treehouse inspired space, meet our team, and help us celebrate this exciting new resource with a fun-filled day of connection and adventure.

Activities include a scavenger hunt, arts and crafts, therapy animals and more! Our open house promises to be entertaining for families while giving adults a look at the environment kids will experience.

[Learn More Our Open House Event](#)

A Preview: Services in the Pediatric Center of Behavioral Health



Under the welcoming canopy of our treehouse-inspired center will be a full spectrum of behavioral health services designed to meet kids where they are. Our offerings are rooted in evidence-based practices and nurtured by compassionate professionals who understand the unique needs of young minds.

Psychiatric Urgent Care for ages 6-17. Our current pilot will open in the building on March 23, with expanded hours: Monday-Friday, Noon-6 p.m.

Inpatient Services. The Pediatric Center has 66 beds over four units--three psychiatric by age (two for 13-18, one for 12 and under) and our neurodevelopmental disorders unit (ages 8-17). The units are connected by an innovative treatment mall with a gym, art rooms, a tech classroom and therapy rooms. Admissions will start in the Pediatric Center the week of March 23.

Partial Hospitalization Programs. Our current programs for mental health disorders (ages 13-high school completion) and eating disorders (ages 12-high school completion) will move into the Pediatric Center on March 30. The programs will have expanded access, and the Eating Disorders Program will have a specialty kitchen for eating disorder exposure therapy.

Outpatient Services in the Treetops Pediatric Clinic including individual, group & family therapy, psychiatric assessment & medication management, psychological & neuropsychological assessment, applied behavior analysis for autism spectrum disorder, therapies for young children, education for parents & caregivers, and specialty treatments for both substance use, eating, and neurodevelopmental disorders. The new Treetops Pediatric Clinic will open on March 30.

Stay tuned for more information in upcoming issues of our Community Partner Newsletter. If you have questions about the Pediatric Center, please contact our Referral Relations Team.

Call Ryan McPherson 616.222.4591 Ext: 3890

Call Karen Coy 332.322.0790

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

Social Media's Impact on Youth Mental Health



A growing body of research indicates that excessive “screen time” correlates with obesity, sleep problems, decreased school performance, poor body image and risky behaviors. Teens using social media extensively also show more narcissistic and aggressive tendencies, antisocial behaviors and mania.

Parents and clinicians reading these statistics might easily conclude that eradicating all technology from their children’s lives is best. However, inoculation through harm-reduction and skills-building appears to be more effective in promoting long-term resilience.

Heide Rollings, MD, Medical Director of Pine Rest’s Pediatric Center of Behavioral Health recently appeared on WOODTV8 to discuss how social media affects developing brains and how healthcare professionals, parents, and caregivers can support youth in navigating online environments safely and mindfully.

To support your work with children and adolescents, our clinical team has compiled evidence-based tools, guidance, and best practices for helping teens engage with social media in safe, developmentally appropriate ways.

Watch: [Dr. Rollings' Interview on WOODTV8](#)

[Read More: Social Media & Eating Disorders](#)

[For Clinicians: Youth & Social Media Resources](#)

Pediatric Psychiatric Urgent Care Pilot



Currently open Monday–Thursday, noon–6 p.m. on the Pine Rest 68th Street Campus in Building A, this service provides same-day behavioral health assessments for ages 6-17 experiencing severe psychiatric symptoms, suicidal thoughts or behavioral crises. The pediatric focused team provides rapid evaluation, collaborative safety planning and guidance on next step treatment options, including connection to higher levels of care when appropriate.

[View Quick Guide and Other Details](#)

RN Sign-On Bonuses Up to \$25,000



Photo credit: Getty | John Fedele

Pine Rest is hiring RNs for our expanding inpatient and residential teams—and offering sign on bonuses up to \$25,000, including opportunities to work with patients across the lifespan, from older adults to children and

teens in our new Pediatric Center of Behavioral Health.

Nurses who join Pine Rest become part of a close knit, mission driven community grounded in compassion, collaboration and professional growth. Our culture emphasizes supportive leadership, ongoing education and work that makes a meaningful impact on access to behavioral healthcare.

[Learn More or Explore Open Nursing Roles](#)

[Sign-On Bonuses for Pine Rest RNs](#)

Learn About the Pine Rest Nursing Academy at 'Forks and Futures'



Tuesday, March 31

7:30 a.m. Breakfast Session

6:00 p.m. Dinner Session

Virtual option available for those unable to attend in person.

Location:

Pine Rest Postma Center, 300 68th St SE

Building C, Entrance C2

Do you know anyone who is currently a nursing student or interested in pursuing a nursing career?

If so, please share this invitation with them to attend our "Forks and Futures" event!

Current and prospective nursing students, along with up to two guests (parents, mentors or friends), are invited to join us for a meal while learning more about how the Pine Rest Academy for Nursing Students can

help with a promising career in mental health nursing. Meet our award-winning nurses, enjoy a meal with us,
and tour our state-of-the-art facility!

Learn About & Sign Up for 'Forks and Futures'

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300 68th Street SE
Grand Rapids, MI 49548

Mental Health Matters Newsletter
for Family & Friends

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