

Community Partners News

Free Conference

Adolescents and the Complex World of Substances



Credit: xavierarnau, Getty Images

Thursday, March 27

2 - 4 p.m.

Pine Rest Postma Center, Building C, Entrance C2
300 68th Street SE, Grand Rapids, MI

In-person and virtual attendance options available.

Do you support teens in your profession and have questions about navigating how to approach them with information about substance use prevention, treatment and education? Do you know common language and slang surrounding drug use in teenagers today?

During this 2-hour educational session, addiction psychiatrist Dr. Talal Khan, registered nurse Lisa Zwerk and social worker Mariah DeYoung will guide professionals in answering these questions and offer expert advice about supporting adolescents through the complex nature of substance use prevention in today's world. Includes two focused educational highlights featuring vaping and kratom.

Credits Available: 2 CE Credits (Social Work); 2 Nursing Contact Hours; SHRM Credits for Human Resources professionals; MCBAP Credits pending approval.

[Register Now](#)

Eating Disorders Awareness Week (EDAW)

February 24 - March 2



EDAW is an annual campaign to educate the public about the realities of eating disorders and to provide hope and visibility to individuals and loved ones impacted by eating disorders. Advocates and clinicians around the country are highlighting the importance of sharing knowledge and resources, encouraging early detection and

treatment, and supporting ongoing research. Look on social media for content tagged **#EDAW**. Pine Rest will be posting information on social media and talking with local media partners.

We invite you to share our *Understanding Eating Disorders* brochure with your clients and organization to learn about the warning signs, the impact of risk factors, treatment options at Pine Rest and the support we provide. It 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.

[Jenna Strodbeck, LMSW, on WZZM](#)

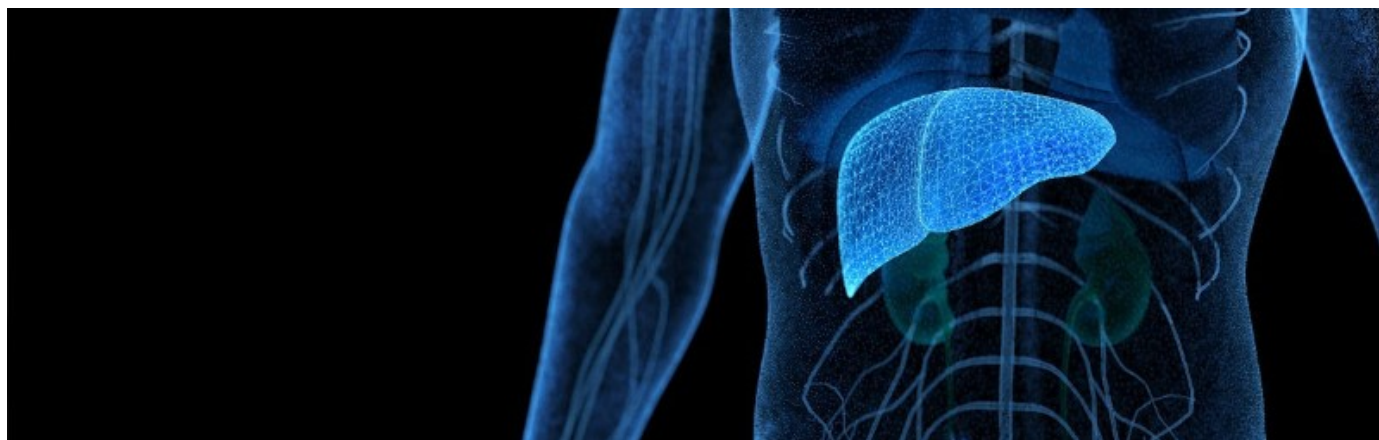
[Psychologist Rebecca Busman on WOOD](#)

[How Pine Rest Can Help with Eating Disorders](#)

[Download Understanding Eating Disorders \(PDF\)](#)

[Order Printed Copies](#)

Ask the Addiction Expert: What Happens to the Liver When Someone Stops Drinking?



The liver is a remarkably resilient organ and can start healing itself within just a few weeks of abstaining from alcohol. As it repairs itself, fat accumulation and inflammation are reduced. Our expert delves into the stages of liver failure and provide insights on how to support a healthy liver lifestyle.

[Read the Full Article](#)

When Sleep and Memory Problems Co-occur



"In my neuropsychology practice, I estimate that fully half of the patients I see who have memory problems also have some sort of sleep difficulty." In this article, psychologist Mark E. DeVries, PhD, goes on to discuss how this is not just true of older adults who may be showing signs of age-related memory decline, but often for younger adults as well, including those who suspect they may have ADHD.

"When considering the combination of sleep and memory problems, we have a chicken and egg issue. Which came first?"

[Read the Full Article](#)

Is the News Stressing You Out?



Photo Credit: Xavier Lorenzo

"It can feel overwhelming, disheartening and downright scary out there!" shares Mark Steenwyk, PsyD. "Although my first instinct might be to follow the ostrich and quickly bury my head in the sand, in the long run that approach won't do me any good or help to make the world a better place for others either. My hope in writing this piece is to help you and I get some insight into why negative news seems so pervasive, how it impacts us and what we can do about it."

[Read: Tips on Surviving the Negative News Cycle](#)

For More Information or to Refer a Patient

Psychiatric Urgent Care, Inpatient & Partial Hospitalization Programs

Call [616.455.9200](tel:616.455.9200) or [800.678.5500](tel:800.678.5500)

Outpatient, Telehealth & Addiction Services

Call [616.258.7500](tel:616.258.7500)

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