

COMMUNITY PARTNERS NEWSLETTER

January 2024

Pine Rest Welcomes Dr. Nagy Youssef



We're excited to welcome
Nagy A. Youssef, MD, PhD
Vice President of Research

Internationally recognized researcher, Dr. Nagy Youssef, MD, PhD has joined Pine Rest as our first ever Vice President of Research. In this role, he will oversee and expand Pine Rest's current research initiatives and will extend research partnerships with statewide healthcare and educational organizations. Dr. Nagy will also join Michigan State University College of Human Medicine as Director of the Division of Psychiatry and Behavioral Medicine-Grand Rapids.

"I look forward to working together to provide cutting-edge medical innovation that serves the Grand Rapids community and the State of Michigan. We will work together to provide the best education for our learners and scientific breakthroughs for our patients," stated Dr. Youssef.

[Learn More About Dr. Youssef](#)

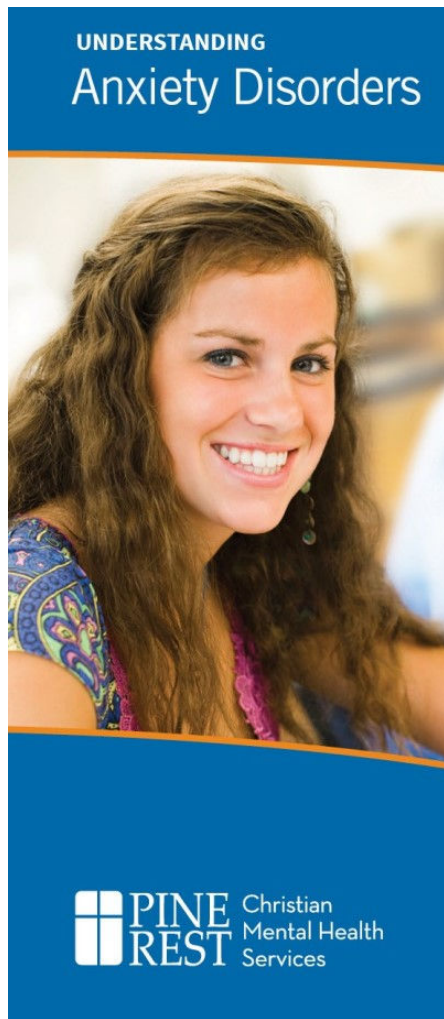
Healthier Relationships = Better Health



Research clearly shows the importance of relationships in leading healthy lives. People with healthy relationships are fifty percent less likely to die prematurely. They are also better able to cope with stress, are healthier, and feel better about life. Therapist Jean Holthaus offers seven tips you can share with your clients to help improve their relationships with friends, family and their romantic partner.

7 Tips for Improving Relationships

Understanding Anxiety Disorders



People with anxiety disorders suffer constant and overwhelming worry and fear. Unfortunately, only about one-third of adults and less than one-fifth of children and teens with an anxiety disorder receive treatment. The good news for your clients is that anxiety disorders are highly treatable.

We invite you to share with your clients or organization our *Understanding Anxiety Disorders* brochure, to learn about the different types of anxiety disorders and their treatment options. 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.

[Anxiety Disorders Info & Resources](#)

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

[Order Printed Copies](#)

Ask the Addiction Experts: Therapy Helps with Recovery



Photo credit: supersizer

Studies show that individuals in recovery from substance use disorders who receive follow-through care are more likely to maintain sobriety, and those attending group therapy—both peer support groups and professionally-led groups—have the greatest chance of success. It's important for your clients to realize that therapy is part of an overall wellness program, which can happen with or without going to rehab.

How Therapy Helps with Addiction Recovery

Basketball Game to Benefit Pine Rest Patients



February 1 will be "Empower All Survivors" night at the Sparta vs. Comstock Parks JV basketball game. Hosted by family survivors, the game will raise funds for the new EAS Patient Support Fund, created in memory of Eric A. Spitler, to assist Pine Rest patients experiencing a mental health crisis who cannot afford to pay for inpatient care.

[Learn More](#)

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

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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300 68th Street SE
Grand Rapids, MI 49548

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