

COMMUNITY PARTNERS NEWSLETTER

July 2024

July is BIPOC Mental Health Month!

Improving Maternal Health for Black Women



Half of black birthing parents experience a perinatal mood and anxiety disorder (PMAD), much higher than the 20 percent average. In addition, black birthing parents in the perinatal phase are three to four times more likely than their white or Hispanic counterparts to die from pregnancy-related complications.

Learn how clinicians can help to dramatically improve maternal mental and physical health for black women and optimize infant health and wellness.

Kids, Summer & Loneliness



Although we think of summer as a carefree time for kids, many are feeling lonely, unseen, unheard and have a lot of feelings they don't know what to do with. Heide Rollings, MD, a child psychiatrist at Pine Rest, offers tips and advice for parents.

[Conversation with Maranda](#)

[More Parenting Tips for Summer Loneliness](#)

Understanding Teens



Three-quarters of mental illnesses begin by age 24. Teens have the best chance of enjoying a satisfying and productive life when mental health conditions are diagnosed and treated early.

We invite you to share with your clients or organization our *Understanding Teens* brochure, to learn about teens and behavioral health, issues related to drug use among teens, options for treatment 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.

[Teen Mental Health Info & Resources](#)

[Download Understanding Teens Brochure \(PDF\)](#)

[Order Printed Copies](#)

Encourage Patients to Use Their Free EAP Benefits



Many of your clients may be forgoing therapy because they can't afford their copay. However, they may be eligible for free sessions through an employee assistance program (EAP) through their employer, a family member's employer, their child's school or even their house of worship. When recommending therapy, you asking if they have an EAP can be a help in connecting them to needed treatment.

Pine Rest EAP's director, Jean Holthaus, LISW, LMSW, recently shared on eightWest how EAPs help individuals who seek counseling as well as their household members, coworkers, employers and more in our community!

Jean's Interview: Improving Mental Health Through EAPs

About Pine Rest EAP

Psychiatric Nursing Conference 2024

Unity in Nursing: Embracing Mental Healthcare Perspectives



This nursing conference is dedicated to uniting nurses from all fields of practice to explore and advance mental health perspectives. Join fellow nurses as we discover, discern and discuss various approaches to psychiatric nursing. Learn from experts, like keynote speaker, 'Joke Ayoola, PhD, RN, FAAN addressing "The Power of Evidence Based Practice."

Join us on September 10 to learn, share, and grow in our commitment to mental health. Plus earn 7 CEUs!

[Learn More & Register](#)

More Professional Educations Events



EAP Conference Prevent... Assess... Prepare Tuesday, August 13 | 8:30 - 11:00 a.m. Free to attend | Virtual & In-Person Options Presenter: Jason Russell, Founder and President of Secure Environment Consultants

Topics include:

- Workplace Violence Prevention and Behavioral Threat Assessment
- Active Violence Preparedness

[Learn More & Sign Up](#)




Nursing Grand Rounds Schizophrenia and Other Psychotic Disorders Thursday, August 15 | 1:30 - 2:30 p.m. Free to attend | Virtual & In-Person Options Earn 1 Contact Hour for Nursing Presenter: Joe Karb, RN, MSN, CENP


Objectives include:

- Identify the mechanism of action in the use of antipsychotic pharmacotherapy.
- Identify the major difference between typical and atypical antipsychotic medication therapy.
- Improved comfort level with the dopaminergic pathways and the impact of pharmacotherapy use in schizophrenia and other psychotic disorders.

[Register Today](#)

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When it matters.

 **PINE REST** Christian Mental Health Services



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