

Community Partners News

New Inpatient Pilot for Children with Neurodevelopmental Disorders Opens Soon



Photo credit: Getty Images / Angelica Zander

We're launching a dedicated Pediatric Neurodevelopmental Disorders (NDD) psychiatric inpatient unit pilot on August 5, as part of our new Pediatric Center of Behavioral Health. This specialized 4-bed unit is designed for children and adolescents (ages 8–17) with autism spectrum disorder and/or intellectual disabilities who are experiencing severe behavioral challenges.

Staffed by a multidisciplinary team of experts, the program delivers intensive, individualized care focused on behavioral stabilization, skill-building, and caregiver training. With an average stay of 20–25 days, the unit fills a critical gap in services for this population. The pilot will transition to the new Pediatric Center building and expand in March 2026.

[Learn More About & Refer to the Pediatric NDD Unit](#)

Addressing Travel-Related Stress & Anxiety



Summer is flying by, and many families are busy planning outings and vacations. As healthcare professionals, we're no strangers to stress in the workplace—but we can sometimes add extra pressure at home by striving to give our families the “best summer ever!”

Licensed Psychologist Greg Mallis, PsyD, recently appeared on WOODTV to share helpful strategies for managing travel-related anxiety. He reminds us that when parents are stressed, kids pick up on it too. Dr. Mallis offers practical tips to reduce stress and help families stay focused on what really matters: having fun together and making meaningful memories.

[Watch Dr. Mallis' Interview on WOODTV](#)

[Get Anxiety Tips for Traveling with Children](#)

Be an Ally: Honoring BIPOC Mental Health Awareness Month



Photo credit: Getty Images / Diamond Dogs

Mental health challenges can affect anyone—but for Black, Indigenous, and People of Color (BIPOC), the journey toward wellness often comes with additional barriers. Racial trauma, cultural stigma, underrepresentation in mental health professions, and limited access to culturally competent care all contribute to disparities in mental health outcomes.

That's why every July, we recognize BIPOC Mental Health Awareness Month as a time to reflect, learn, and take meaningful action. It's an opportunity to amplify the voices of historically marginalized communities and to better understand the unique challenges they face.

If you're looking to deepen your awareness or become a more effective ally in healthcare, we invite you to explore our curated collection of articles focused on the mental health needs and challenges of the BIPOC community.

[Ways to be an Ally & Other BIPOC Mental Health Articles](#)

[Diversity Collective at Pine Rest](#)

Understanding Grief



Losing a loved one can be a shattering experience. While many of us in the healthcare system come face-to-face with tragedy and loss on an ongoing basis, when it happens to us on a personal level, we may find ourselves feeling lost, disoriented, ill-equipped and unsure about how to engage with life going on around us.

Pine Rest is here to help you through difficult grieving processes. Our highly trained clinicians provide professional services with empathy and understanding to help you regain your emotional, mental, physical and spiritual well-being.

We invite you to share with your clients or organization our *Understanding Grief* brochure, to learn about the ways grief can manifest in adults and children and when to seek help. It is available online, and printed copies can be ordered through our website, along with our other publications.

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

[Order Printed Copies](#)

Caring for Ourselves While Grieving



Grief can turn our world upside down. In the midst of loss, even the simplest daily routines—eating, sleeping, or just getting out of bed—can feel overwhelming. Therapist Grace Wojdak gently reminds us that tending to our basic needs is not just important, but essential during this time. When we care for our bodies, we create space to begin healing our hearts.

Grace Wojdak, MS, LPC shares practical ways to support one's physical wellbeing while navigating grief. She also offers both individual and group counseling to help you or your client move through the grief journey with compassion and support.

[Read More About Caring for Yourself When Grieving](#)

[Monthly Grief Group](#)

[Weekly Grief Classes](#)

Nominations Open for Annual MomsBloom Awards



Celebrate West Michigan's postpartum heroes at this year's MomsBloom, Inc. BloomAwards! Do you know a parent, health professional or program making a positive difference for new parents & families in our community? This is a great opportunity show your appreciation with a nomination for a 'Healing Hands,' 'Rooted in Community' or 'Villager' award. Nomination deadline is August 1.

[Submit Your Nomination](#)

Quarterly EAP Conference
**Beyond the Alarm: Smart Security for Real
World Threats**



Tuesday, August 12 | 8:30 - 11:00 a.m.

Free to attend.

We are excited to welcome back Jason Russell, President and Founder of Secure Environment Consultants, to share new content and his expertise on smart security for real world threats. In his presentations, Jason explores preparation and security solutions to keep your organization safe.

In-person & online attendance options available. **Registration closes August 8.**

[Register for Free Security Conference](#)

REGISTRATION OPEN!
2025 Annual Psychiatric Nursing Conference
[Unity in Nursing: Mental Health at the Heart of Holistic Care](#)



Thursday, September 18 | 8:00 a.m. – 4:30 p.m.
Pine Rest Postma Center

Join fellow nurses and other healthcare professionals, to learn about and help focus on mental health as a component of holistic, high-quality care, that is patient centered.

Complete schedule, all topics and speakers line-up now ready to view on our registration page.

Catered lunch and a gourmet coffee bar will be provided. Nursing contact hours will also be available. **Seats are limited and fill up fast!**

[Register for 2025 Unity in Nursing Conference](#)

Need to Refer a Patient? We're Here to Help

Referring a patient to Pine Rest is simple and streamlined. Whether you're a medical provider, mental health professional, or school counselor, our referral process ensures your patients receive timely, appropriate care. Visit our Referring Patients page for step-by-step instructions, referral forms, and contact information for our admissions and intake teams.

[How to Refer Patients to Pine Rest](#)

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**Mental Health Matters Newsletter
for Family & Friends**

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