

COMMUNITY PARTNERS NEWSLETTER

June 2023

Immediate Openings in Detox and Residential!

Pine Rest Addiction Services has immediate openings in its detox and short-term residential programs! One call to **866.852.4001**, and we can help your client find the right level of care for themselves or their loved one.

All of our locations providing addiction treatment are nationally designated Blue Cross Blue Shield Blue Distinction Center for Substance Use Treatment and Recovery sites, CARF accredited, and Legitscript certified.

Addiction Services at Pine Rest

Dr. Anderson on Men's Mental Health



June is Men's Mental Health Awareness Month and Dr. Weston Anderson recently appeared on eightWest to address some concerns when it comes to men and what they think about their mental health. What's affecting men's mental health? How are their symptoms for mental health disorders different than what we may expect? How can we position getting help in a way that makes more men feel like it's easier to do so?

Watch Dr. Anderson's Interview on eightWest

July is BIPOC Mental Health Awareness Month



Anyone can experience mental health concerns and illnesses; but minority groups have a higher likelihood of experiencing risk factors that contribute to mental health disorders. Some of these risk factors and special considerations are cultural stigmas, underrepresentation of providers, systemic racism, racial trauma, and immigrant issues.

Learn what your practice or organization can do to show support and address the stigma of seeking help for mental health during Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month.

Ways to Support BIPOC Mental Health

Pine Rest's Diversity Collective

The Adolescent Partial Hospitalization Program: Q&A



Our Adolescent Partial Hospitalization Program is a short-term, intensive treatment program designed specifically for adolescents (12-17) with significant mental and/or emotional problems. Teens accepted in the programs don't require inpatient care but need more support than seeing an outpatient therapist once a week.

About the Adolescent Partial Hospitalization Program

Addiction Misconceptions: Is Withdrawal Dangerous?



The short answer is ... it depends. Yes, withdrawal from some substances, like alcohol and benzodiazepines, can be dangerous and even deadly if done alone at home without medical support. Withdrawal from other substances, like opiates or marijuana, can be extremely uncomfortable, painful, and traumatic, but not deadly. However, patients need to be aware of the importance of medical detox at a facility such as Pine Rest's detox unit to ensure their safety throughout the withdrawal process.

[More About Withdrawal & Addiction Treatment](#)

Dr. Mark Eastburg Honored by Crain's



Congratulations to Pine Rest President and CEO Dr. Mark Eastburg for being named one of Crain's 2023 Notable Leaders in Behavioral Health!

This recognition honors leaders in the field “who provide high-quality, whole-person care, work with integrated care teams to provide services to people with issues related to mental health, substance use and developmental disabilities.”

As CEO of Pine Rest since 2006, Dr. Eastburg has dedicated his career to helping expand behavioral healthcare and psychiatric access in Michigan.



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300 68th Street SE
Grand Rapids, MI 49548

