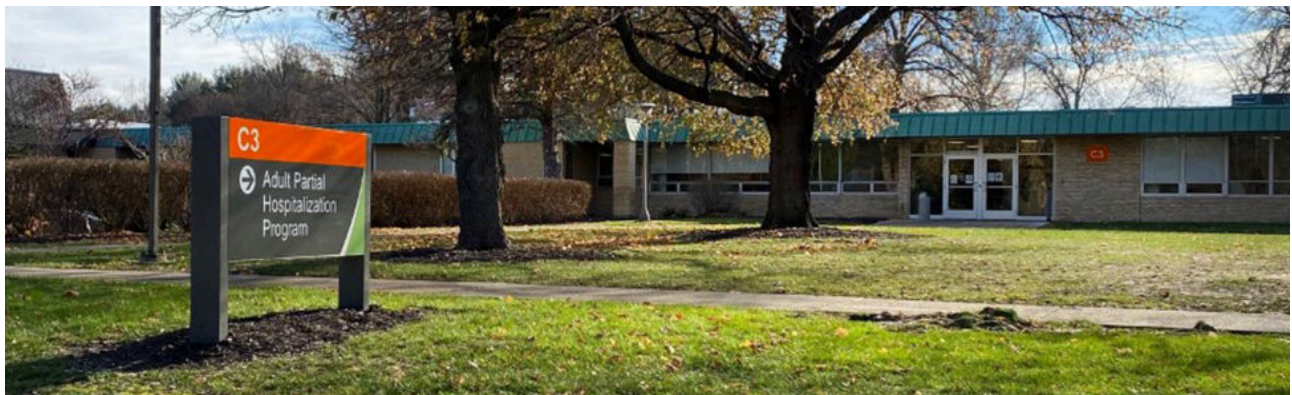


# COMMUNITY PARTNERS NEWSLETTER

June 2024

## Immediate Openings in our Day Programs!



Partial Hospitalization (or "Day") Programs are an essential part of the mental health care continuum, providing a step-up for individuals who need more intensive treatment than traditional outpatient services or a step-down from inpatient for individuals who are safe to return home in the evening.

We provide these short-term programs by age and specific needs:

- Adolescents (ages 13-17)
- Adults (18+)
- Substance Use (adults)
- Mother & Baby (adults; may bring infants under 8 months)

Wondering if a partial hospitalization program is the appropriate level of care for your client? Give us a call! Our Contact Center is staffed 24/7 with licensed clinicians.

Call 616.455.9200 or 800.678.5500 for admissions. TTY line available at 616.281.6446.

[Learn More About Our Day Programs](#)

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# Paternal Mental Health: Helping Men Be Better Fathers



The dads in our lives are so important and the status of their mental health affects the whole family. "That important role that dads play can sometimes create a lot of stress for dads," shared Pine Rest's Greg Mallis, PsyD. "Because in our society, we don't really teach men how to be dads."

Some of those stressors include the expectations of the paternal role, less paternal time off when baby arrives to bond with child and build the family unit, pressure to hold back emotion. Unfortunately, men are less likely to seek therapy or support groups for mental health issues. "We really want to create spaces where men feel comfortable getting into a therapeutic space," said Dr. Mallis.

WOODTV: Dr. Mallis on Paternal Mental Health

Paternal Postpartum Depression & Anxiety

Why Men Do Depression Differently

## Recognizing Post Traumatic Stress Disorder

June 27 is PTSD Awareness Day

**MYTH: PTSD only happens to combat veterans.**

**FACT: Anyone who witnesses or experiences trauma is at risk of developing PTSD.**



Anyone who witnesses or experiences a traumatic event or events that involve actual or threatened death, serious injury or sexual violation is at risk to develop PTSD. Experts say that PTSD impacts about 3.5 percent of adults in the U.S. each year. Certain occupations that are known to produce higher rates of PTSD include military, law enforcement, firefighters, first responders, and healthcare workers.

In order to be diagnosed with PTSD, a clinician will look for symptoms from each of four symptom clusters: intrusion, avoidance, negative alterations in cognition and mood, and alterations in arousal and reactivity.

Pine Rest provides multiple treatments recommended for PTSD including EMDR (Eye Movement Desensitization and Reprocessing), DBT (Dialectical Behavior Therapy) and CBT (Cognitive Behavioral Therapy) as well as other talk therapies.

[Learn More About PTSD](#)

[Dialectical Behavior Therapy for PTSD](#)

## **Summer Survival Tips for Parents**



Being a parent is a full-time job no matter the season, but we'd all like to recapture some of the carefree feelings and relaxation of summertime. Our clinicians whole-heartedly agree and encourage you to find downtime for you and your entire family to unwind, relax, have fun, be silly and connect with each other. Turns out, downtime is really important to child development, your physical and mental health, nurturing relationships and even your productivity at work.

#### Summer Parenting Tips

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## Get Your CE/CMEs This Summer at Pine Rest



Credit: katileho Seisa. Posed by models.

Pine Rest is committed to offering many professional educational opportunities for staff and community practitioners to promote clinical excellence and expert care for everyone in the communities we serve.

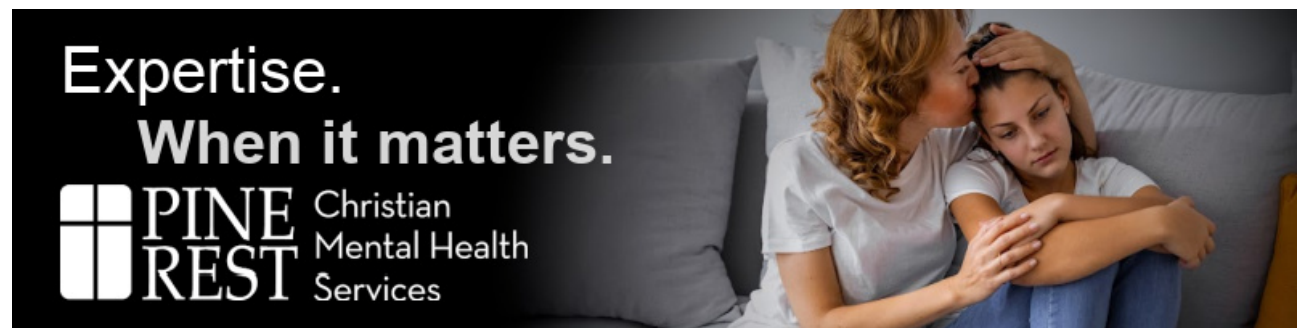
Visit our [website](#) for a list of the latest trainings, Grand Rounds and more, to earn your CE/CMEs and nursing contact hours, with virtual and in-person attendance options available.

Some of our upcoming events include:

- Ethics and Pain Management Training | A Focus on Slippery Slopes & Stress and Wellness
- Examination of Synaptic Density in Cocaine Use Disorder
- ... and more!

[View All Upcoming Professional Education Events](#)

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