

## Community Partners News

### Open House Invitation for Pediatric Center of Behavioral Health on March 21



#### Community Open House

March 21, 10 a.m. - 2 p.m.

This Saturday, come join us for a summer camp-themed Community Grand Opening of our Pediatric Center of Behavioral Health (PCBH), created especially for families! Attendees of all ages get to explore our new treehouse inspired space, meet our team, and help us celebrate this exciting new resource with a fun-filled day of connection and adventure. Activities include a scavenger hunt, arts and crafts, therapy animals and more! Our open house promises to be entertaining for families while giving adults a look at the environment kids will experience.

[Learn More About the Community Open House](#)

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# Meet Sully: Pediatric Center Welcomes Facility Dog



What has four furry paws, waves hello with a happy tail and is great at comforting kids and families? Meet Sully, highly trained facility dog and full-time member of Pine Rest’s care team at the Pediatric Center of Behavioral Health!

“(Sully) is able to comfort kids in a different way than people can,” said Pine Rest recreational therapist Kayla Jeltema, CTRS, in a recent interview with Maranda.

A one-year-old yellow Labrador, Sully will provide comfort, emotional regulation support and therapeutic engagement for children and teens. He was donated to the Pediatric Center by Priority Health as part of their Priority Pups® signature program, a partnership with non-profit Canines for Change. His placement at the Pediatric Center marks the first time the program has expanded beyond schools and into a clinical hospital setting.

[Read How Sully Provides Comfort](#)

[Watch Sully Meet Maranda on WOODTV8](#)

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## New Supportive Space for Families at Pine Rest: Ronald McDonald House Family Room



We’re excited to share that when the Pine Rest Pediatric Center of Behavioral Health opens, it will include the region’s first Ronald McDonald House Family Room®—a dedicated space where families can rest, regroup

and stay close to their child at no cost.

This 1,000 square foot space offers families meaningful support during what can be long and emotionally demanding days in care settings. Amenities include:

- Comfortable lounge seating and a private quiet room
- A full kitchen with complimentary snacks, beverages, coffee and premade meals
- A children's play area with books, games and puzzles
- Workstations and reservable tech such as iPads, chargers and noise canceling headphones
- A private restroom and caregiver comfort items
- Calming tools for kids, including sensory kits and weighted blankets

The Family Room will be open to parents, caregivers and family members supporting a child receiving services at the Pediatric Center. Pediatric patients may also use the space when appropriate and accompanied by a caregiver.

This partnership with RMHC West Michigan ensures families have a place to pause, breathe and care for themselves—without stepping away from their child.

[Take a Peek Inside the Family Room on WZZM13](#)

[Family Room & Other Pediatric Center Amenities](#)

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## Caring For Yourself When There's Traumatic News



In today's nonstop news cycle, distressing world events, crises, and severe weather updates can follow us from one screen to the next. This constant exposure doesn't just create stress—it can spark symptoms similar to anxiety and post-traumatic stress, often referred to as vicarious trauma.

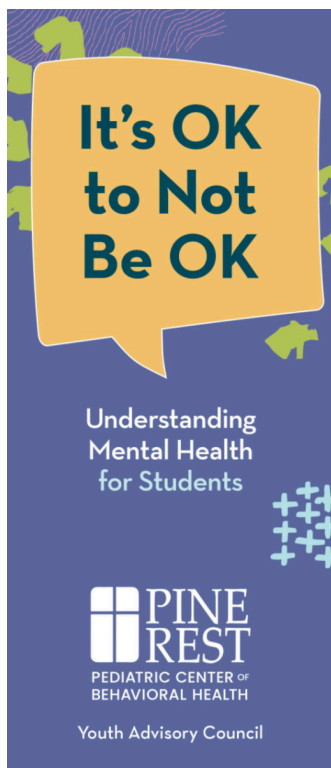
As helping professionals, we aren't shielded from the emotional impact of repeated graphic or troubling information. In fact, our empathy and commitment to caring for others can make us even more sensitive to it.

Pine Rest psychologist Kimberley Kunze, PsyD, offers practical, grounding strategies to help you stay informed without becoming overwhelmed. Her tips are designed to support your well-being, help you manage the emotional impact of ongoing crises, and stay connected while protecting your mental health.

[Read 6 Tips on How to Mindfully Care for Yourself](#)

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## Literature Ordering System Now Available — With New Materials!



We're happy to share that you can once again order printed materials online, making it easy to request and provide Pine Rest brochures, rack cards and educational materials with your clients and patients.

### **It's OK to Not Be OK**

One new addition is our youth-focused, mental health trifold, "It's OK to Not Be OK," created in collaboration with the Pine Rest Youth Advisory Council. This engaging, easy-to-read piece helps students understand what mental health is, recognize when something feels off, and know where to turn for help. It's a great resource for schools, clinics and community organizations.

### **Pediatric Center Rack Cards**

We've also added a new series of eight rack cards designed to introduce families to services available at the Pine Rest Pediatric Center of Behavioral Health. These cards highlight specialty programs and treatment options our team provides for children and adolescents facing behavioral, emotional or developmental challenges. Their compact format makes them perfect for waiting rooms and offices.

[Request Printed Materials Form](#)

[Download "It's OK to Not Be OK" Brochure \(PDF\)](#)

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Mental Health Matters Newsletter  
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