

## Community Partners News

### Seeking Participants for New Perimenopause and Depression Research Study

This new study hopes to discover whether hormonal changes in mid-life women act on the immune system to trigger depression. If we find that they do, we may be able to develop risk markers that can be measured in blood samples to tell who is at risk for depression during perimenopause.

We are seeking women who are undergoing perimenopause and experiencing different degrees of depressive symptoms, or no depression at all.

[Learn More & Download the Study Flyer](#)

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### Criteria for Choosing a Substance Use Disorder Program



As a healthcare provider, clients may seek your guidance in choosing a treatment program. While no program can guarantee a cure or ensure that one will never face struggles or relapses again, a good SUD treatment program should offer the essential guidance, knowledge, skills and support needed to transition from active addiction to a life of recovery.

By considering the four key suggestions in this article, your client and their family can feel confident that they are on the right path towards freedom from addiction.

Read: [4 Things to Consider When Choosing an SUD Program](#)

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## Beyond Concussions: Traumatic Brain Injury

March is Brain Injury Awareness Month



Spring sports have kicked off at schools and colleges, bringing more chances for concussions and traumatic brain injuries (TBIs) among young athletes. Healthcare providers will likely see more patients and families concerned about the effects of head injuries and looking for assessment and treatment options. It's important to know how to recognize both acute and chronic symptoms of concussions and TBIs to help these young athletes get the care they need.

Read: [Symptoms, Diagnosis & Testing for TBIs](#)

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## Understanding Bipolar Disorder

## UNDERSTANDING Bipolar Disorder



**PINE  
REST** Christian  
Mental Health  
Services

Our *Understanding Bipolar Disorder* brochure discusses the manic and depressive symptoms to watch out for in this brain disorder, which causes dramatic shifts in moods, energy level and thinking that can last days, weeks or months. An accurate diagnosis is extremely important, and Pine Rest can provide a full continuum of care for your clients dealing with this disorder.

We invite you to share with your clients or organization our *Understanding Bipolar Disorder* brochure. 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.

[More Info & Resources for Bipolar Disorder](#)

[Download our Understanding Bipolar Disorder Brochure \(PDF\)](#)

[Order Printed Copies](#)

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**Free Conference - Register by March 21!**

**Teens & Substance Use**

Credit: xavierarnau, Getty Images



**Thursday, March 27 | 2 - 4 p.m.**

**In-person and virtual attendance options available.**

Credits Available:

- 2 CE Credits (Social Work)
- 2 Nursing Contact Hours
- SHRM Credits for Human Resources professionals
- MCBAP Credits pending approval

**Registration deadline is tomorrow, March 21!**

Don't Miss Out! Register Today

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## **The Chef's Table Benefit for Pine Rest Pediatric Center**



**Tuesday, April 22 | 6:00 - 8:30 p.m.**

Pine Rest Postma Center, Building C, Entrance C2  
300 68th Street SE, Grand Rapids, MI

Proceeds support the Pediatric Center of Behavioral Health.

Renowned Chef Andy, Executive Chef at Four Chefs, will lead the evening. As you savor each course and enjoy live cooking demonstrations, you'll learn about the progress and vision behind the Pediatric Center of Behavioral Health. Rebecca Busman, MA, Limited Licensed Psychologist will talk about eating disorders in adolescents and how nutrition impacts mental health.

[Learn More About This Event](#)

[Reserve Your Seat or Table Today!](#)

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## For More Information or to Refer a Patient

Psychiatric Urgent Care, Inpatient & Partial Hospitalization Programs

Call [616.455.9200](tel:616.455.9200) or [800.678.5500](tel:800.678.5500)

Outpatient, Telehealth & Addiction Services

Call [616.258.7500](tel:616.258.7500)

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300 68th Street SE  
Grand Rapids, MI 49548

Mental Health Matters Newsletter  
for Family & Friends

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