Dr. Ryan Doyle Discusses Substance Use Disorders

Cases of drug addiction, overdoses, and relapses are on the rise. According to the CDC, there are more than 100,000 Americans that die every year from overdoses. Dr. Ryan Doyle, a psychiatrist at Pine Rest Addiction Services, has seen the growing numbers firsthand, with more and more people coming through the door.

Watch Dr. Doyle's complete interview on Fox17 to learn about how addiction and mental illness overlap, signs to watch for in your client, why it is important to continue treatment after quitting a substance, and how Pine Rest provides treatment at every level of addiction and recovery.
Addiction Services Has Immediate Openings

Pine Rest Addiction Services has immediate openings at all treatment levels, even our detox and 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.

Addiction Services At Pine Rest

Tips On Forming Healthier Sleep Habits

March is National Sleep Awareness Month

Statistics say most Americans are chronically sleep deprived and many studies show that consistent sleep deprivation increases our risk of heart attack, high blood pressure, diabetes, obesity, depression and stroke.
Poor sleep habits are often to blame for sleep deprivation. Encouraging your clients to learn and practice good “sleep hygiene” is essential for their health.

### Kids Acting Out? Try The Nurtured Heart Approach®

Children often act out in negative ways as a way of communicating their need for support and understanding. Coming this spring, the Nurtured Heart Approach (NHA)® course, led by Certified NHA® Trainer Allison Brower, LMSW, is a methodology that teaches adults how to bring out the best in children with challenging behaviors and how to nurture a more positive relationship between adults and children.

This 6-session class welcomes parents, legal guardians, grandparents, foster parents, other family members, educators and other professionals.

Learn More About Our NHA® Course

Watch Allison’s Interview With Maranda

### Pine Rest, Corewell Launch New Behavioral Health Collaborative
Pine Rest and Corewell Health in West Michigan have partnered to form the Collaborative for Behavioral Health, a commitment from the two healthcare leaders to intentionally and regularly identify behavioral health issues affecting the community, and to solve them through collaborative projects.

Mark Eastburg, PhD, president and CEO of Pine Rest, notes that both organizations will remain independent under the agreement and will continue to work with other providers.

More About The Collaborative For Behavioral Health

Nursing Student Realizing Her Dreams Thanks To Pine Rest Scholarship
Davenport nursing student Mia Warner-Bates’ career goal is to be a psychiatric nurse so she can help people like herself who suffer from anxiety and depression. She feels her personal experiences and struggles will help her be a better nurse because she’ll be able to better understand what her patients are going through. Mia is receiving tuition assistance through the Pine Rest Nursing Academy and is working part-time at Pine Rest as a nurse technician.

“Receiving this assistance means the world to my family and me. It allows me to go to college tuition-free and allows me to work less while I’m in nursing school,” said Warner-Bates. “Plus, I’m a freshman in college and have a guaranteed job when I graduate,” she said. “How awesome is that?”

Reach Mia's Story On Davenport's Website

Learn About The Pine Rest Nursing Academy

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**Free Resource: Understanding Bipolar Disorder**

World Bipolar Day is celebrated each year on March 30th. 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.
For More Information or to Refer a Patient
Psychiatric Urgent Care, Inpatient & Partial Hospitalization Programs
Call 616.455.9200 or 800.678.5500

Outpatient, Telehealth & Addiction Services
Call 866.852.4001