

COMMUNITY PARTNERS NEWSLETTER

March 2024

Ask the Expert: Eating Disorders



Eating disorders are complex medical and psychological disorders, but the stigma surrounding them can many times discourage people from seeking help. It's important to understand the various types of eating disorders and be aware of their warning signs, especially in our youth, along with the impact of social media and the vital role of treatments. Rebecca Busman, MA, Limited Licensed Psychologist, recently appeared on eightWest's *Ask the Expert* segment to discuss this serious disorder.

[Watch Rebecca's Interview on eightWest](#)

[More About Recovery From Eating Disorders](#)

Substance Use Disorders Rising Among Women



Substance use disorders have been on the increase for women. They face some unique risk factors, causes, symptoms and concerns when it comes to substance use, and need tailored addiction treatment. Kendall Green, LMSW, CAADC spoke to WZZM13 about better understanding these differences and how to support women struggling with this disorder.

[Learn More & Watch Kendall's Interview](#)

[Addiction Treatment Programs at Pine Rest](#)

Understanding Substance Use Disorders

UNDERSTANDING

Substance Use Disorders





There are more deaths, illness and disabilities attributed to the use of alcohol and other drugs than any other preventable health condition. Because addiction is a disease and not a moral weakness or shortcoming,

treatment is possible and effective. Research shows that treatment can help patients stop using, avoid relapse and successfully recover their lives.

We invite you to share with your clients or organization our *Understanding Substance Use Disorders* brochure, to learn about the different types of substance addictions and their treatment options. 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.

SUDs Info & Resources

[Download Understanding SUDs Brochure \(PDF\)](#)

[Order Printed Copies](#)

Beyond Concussions: Traumatic Brain Injury

National Brain Injury Awareness Month

Credit: Alistair Berg



Spring sports are currently underway at nearly every school and college, bringing an increased risk of concussions and traumatic brain injuries (TBIs) among young players. Healthcare providers are likely to encounter growing numbers of patients and family members who are concerned about the effects of head injuries and what assessment and treatment options are available, so it's important to be able to recognize the acute and chronic symptoms of concussions and TBIs.

Fraud Alert: Online Listings Pose as Pine Rest



We have received multiple reports of third-party organizations posing as Pine Rest at the top of Google searches. When contacted, these organizations fraudulently claim that Pine Rest is full, that they are a broker hired by us to help place patients, and then direct callers to travel to an out-of-state facility at their own expense. In many cases, the facility does not exist or provides a substandard level of care that is not covered by their insurance.

This threat preys upon the vulnerability of community members costing them valuable time and money, removing the stability of support networks nearby, and depriving them of the world-class care they sought to find here in West Michigan.

We are cooperating with law enforcement, including the [Michigan Attorney General's office](#), in their investigation into this matter.

If you are referring a patient or client for any of our services, please direct them to our website or one of our phone numbers:

Website:

- [pinerest.org](#)

Inpatient, Urgent Care & Partial Hospitalization (answered 24/7):

- 616.455.5000
- toll-free at 800.678.5500

Outpatient & Addiction Services:

- 866.852.4001

Support Groups & Classes at Pine Rest



Pine Rest offers many virtual and in-person support groups, therapy groups and classes for adults and teens, throughout the year, for a wide range of needs including addiction, anxiety, depression, coping with chronic pain, domestic abuse, parenting, trauma and caring for aging adults.

Visit our [Website](#) for a list of the latest classes and groups.

List of Groups & Classes at Pine Rest

Order Posters of Groups & Classes for your Office(s)

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of nurses.



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