

## Community Partners News

### Telehealth Clinic Hosts Free Virtual Mental Wellness Series



Credit: Getty Images | TrixiePhoto

The Pine Rest Telehealth Clinic is pleased to invite all healthcare workers and community members to a series of free virtual conversations focused on mental wellness and resilience, led by licensed clinicians. The series of ten sessions, each 30 minutes in length, will offer practical tools and expert insights on topics such as stress management and burnout, mindfulness and self-care, substance use, online safety for kids, and more.

Sessions will be held online over a two-week period beginning June 9 through June 18. Please encourage fellow coworkers to attend any or all sessions based on their interests.

## Rapid Access to Psychiatry at Pine Rest

It can be frustrating not to be able to get a psychiatric evaluation or services when your clients need them, but we've been investing in ways to make these services more available than ever. Please help us spread this good news!

**Same-day walk-in** psychiatry assessments, connections to additional services, and prescriptions as needed for adults at our Psychiatric Urgent Care Center. Open daily!

[More About Our Psychiatric Urgent Care Center](#)

**Same-week appointments** for psychiatric evaluations, medication management and therapy for adults at many of our 19 outpatient clinic locations and through telehealth. We have also reduced wait times for child and adolescent appointments. Have your clients call **616.258.7500** to make an appointment or send us a referral.

[How to Refer to Pine Rest](#)

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## Mental Health During Pregnancy and Postpartum



Perinatal Mood and Anxiety Disorders (PMAD) are the number one complication of pregnancy and childbirth. Historically known as postpartum depression, PMADs include depression, anxiety, post-traumatic stress and other mental health disorders that happen during pregnancy and up to one year postpartum.

Pine Rest provides comprehensive support for PMAD including:

- Our Mother & Baby Program, which was the first and still one of only a few in the nation providing a partial hospitalization programming that allows mothers with PMAD to bring their infants to treatment.
- A psychiatrist and 29 clinical therapists specially trained to treat patients with PMAD. They can provide services in person, via telehealth or a combination.

Whether you or your clients want to learn more about recognizing PMAD, treatment options and much more, our certified experts have the advice and resources you need. We invite you to share with your clients or organization our *Understanding PMADs* brochure. It is available online and the printed version can be ordered through our website. Please note the number of copies you'd like in the comments section.

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

[Order Copies + More About PMAD Treatment & Resources](#)

PMAD Coordinator Sarah DeYoung, LMSW, PMH-C spoke with WZZM about the common symptoms, risk factors and how best to support pregnant and birth parents during this challenging time in their lives.

[Watch Sarah DeYoung on WZZM](#)

Elizza LeJeune, LMSW spoke with eightWest about how to support women, partners and their families during pregnancy, once the baby is born and counsels not to forget those families who are grieving a pregnancy loss.

[Watch Elizza LeJeune on eightWest](#)

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## **Supporting Individuals with Borderline Personality Disorder and Yourself: A Guide for Family & Care Providers**



Borderline Personality Disorder is a complex mental health condition characterized by chronic and persistent emotional instability, impulsive behaviors, difficulty in maintaining relationships and suicidal or self-injurious behaviors. As such, family members and care providers of individuals with BPD often describe feeling tense, uncertain and fearful when interacting with them. That's why it's crucial for anyone close to persons with BPD to recognize these impacts and seek support.

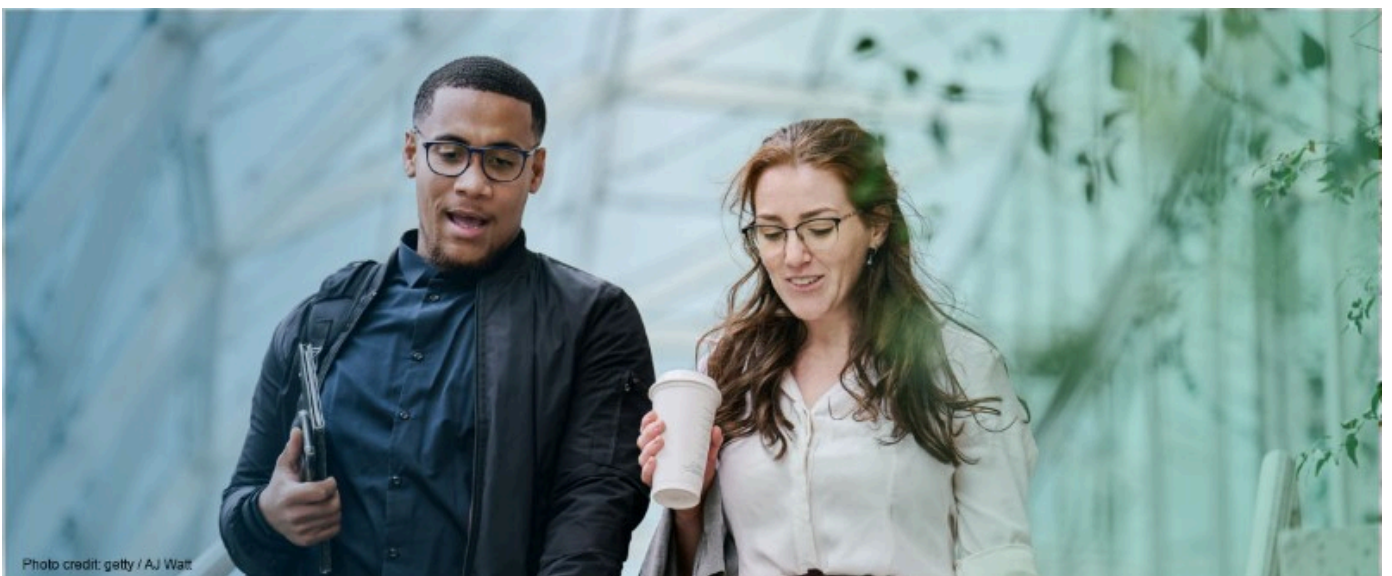
[Read About Effective Support Strategies from Psychologist John Buell](#)

[Support Group for Family & Friends](#)

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**Last Day to RSVP!**

## **Building Safer Workplaces: Integrating Security and Mental Health Services**



**Wednesday, May 21 | 2 - 3 p.m.**

SEC President, Jason Russell, has teamed up with Pine Rest's Executive Director of Employee Assistance Programs, Jean Holthaus, to share how integrating workplace security and mental health services can prevent crises, promote well-being, and foster a culture of safety in the workplace. Join this free webinar for insights on best practices, stories from workplaces who are doing it well, and actionable steps to begin integrating both initiatives within your organization.

[Learn More & RSVP Today!](#)

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**SAVE THE DATE!**

## **2025 Annual Psychiatric Nursing Conference**

**Unity in Nursing: Mental Health at the Heart of Holistic Care**



**Thursday, September 18 | 8:00 a.m. – 4:30 p.m.**  
**Pine Rest Postma Center**

Join us for this full day event, for nurses and other healthcare providers from any setting, to learn about and help focus on mental health as a component of holistic, high-quality care, that is patient centered.

You'll hear from several renowned experts in the field, including our two amazing keynote speakers: **Amy Brown, MSN, RN, NE-BC**, the first Chief Nursing Officer for the Michigan Health & Hospital Association, and **April N. Hackert, MS, Psychiatric Registered Dietitian Nutritionist**.

Nursing contact hours will be available. Mark your calendars and check our website for details!

Read the Full Announcement

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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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