

Community Partners News

Mental Health During Pregnancy & Postpartum

May is Perinatal Mood & Anxiety Disorder Awareness Month



The perinatal period (pregnancy and the first year after childbirth) is one of the times when women are most vulnerable to developing a mental health condition. Perinatal Mood and Anxiety Disorders (PMADs) include conditions like depression, anxiety, OCD and post-traumatic stress. PMADs affect nearly 1 in 5 mothers and are the most common complication of pregnancy.

Mental health challenges during this season can also impact partners, adoptive parents, siblings, parents experiencing a pregnancy loss, and others due to unique stressors during the perinatal and postpartum period.

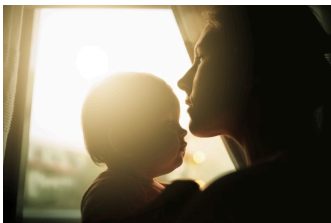
Our PMAD experts provide a range of services including psychiatric urgent care, individual and group therapy, medication management, teletherapy and the Mother & Baby Partial Hospitalization Program. They have also created a series of articles to support parents wherever they are on their journey. In addition, we have four PMAD publications you may request for your practice: Understanding PMAD, Mother & Baby Day Program, Outpatient Treatment, and PMAD Therapy Group.

Pine Rest PMAD Services

Request FREE PMAD Materials

Mental Health Tips for Pregnancy & Postpartum

Virtual Therapy Group for Pregnancy & Postpartum



'Rooted in Resilience' is a weekly virtual therapy group designed for women who are pregnant through one year postpartum and experiencing symptoms of perinatal mood and anxiety disorders. Led by Sarah DeYoung, LMSW, PMH-C (Perinatal Mental Health Certified), this group offers a safe, supportive, and non-judgmental space to connect with others who truly understand.

Participants can expect to build practical coping skills, challenge anxious thoughts, strengthen communication, explore attachment patterns and set healthy boundaries with themselves and others. The group is open to new participants at any time. No professional referral is required.

Rooted in Resilience Pregnancy & Postpartum Group

Immediate Therapy Appointments at our Zeeland Clinic



We're pleased to welcome two licensed professional counselors to the Zeeland Clinic who can provide immediate therapy openings for your clients in the area. Appointments can be scheduled online or by calling 616.258.7500.

- [Jessica Keller, LPC](#), creates a warm, accepting and comfortable space for clients age 5-60 who are struggling with anxiety, depression, grief, parent-child issues and more.
- [Kimberley Meyer, LPC](#), has a unique gift for connecting with young people ages 5-18. She specializes in anxiety, anger management, adoption/foster care issues, depression and more.

[Schedule Therapy Online](#)

Bringing Awareness to Borderline Personality Disorder

May is National Borderline Personality Disorder Awareness Month



Borderline Personality Disorder (BPD) is among the most misunderstood and stigmatized of all mental health conditions. A pervasive disorder of the emotion regulation system, BPD often co-occurs with other mental conditions such as anxiety, depression, substance use disorders and disordered eating.

Historically, BPD has been diagnosed in adults only. However, research now indicates that that it's possible to begin developing some symptoms before the age of 18. The progression and outlook for adolescents with BPD is still being researched. But we do know that appropriate treatment can significantly improve the management of symptoms.

[Learn About BPD Symptoms & Treatments](#)

When to Refer to Pediatric Psychiatric Urgent Care Vs. the Emergency Department



When a child or adolescent is experiencing acute emotional or behavioral distress, determining the most appropriate level of care can be challenging. Pine Rest's Pediatric Psychiatric Urgent Care Center provides timely, same-day mental health evaluation and support for patients ages 6–17.

This service is appropriate for individuals presenting with concerns such as suicidal ideation, significant anxiety or depression, sudden changes in mood or behavior, aggression, self-harm behaviors, or other psychiatric symptoms that warrant urgent assessment but are not immediately life-threatening.

To support clinical decision-making, Pine Rest offers a symptom-based guide to help providers and families differentiate when referral to the emergency department is indicated versus when pediatric psychiatric urgent care may be the most appropriate option.

New Location! Pediatric Psychiatric Urgent Care is now located within the Pediatric Center of Behavioral Health (Building H), 300 68th Street SE, Grand Rapids. Visitors should follow magenta campus signage upon arrival.

Additional information—including the symptom guide, services, hours of operation, and referral details—is available on our website.

[Pediatric Psychiatric Urgent Care Information](#)

[Request FREE Printed Pediatric Urgent Care Flyer](#)

Understanding Bipolar Disorder



Bipolar disorder is a mental health condition marked by significant shifts in mood, energy, and activity levels ranging from periods of elevated mood or increased energy (mania or hypomania) to periods of depression that can impact daily functioning. While these changes can be challenging, bipolar disorder is treatable, and with the right support and care, individuals can lead healthy, productive lives.

We invite you to share our *Understanding Bipolar Disorder* brochure with your clients or organization. It is available online and the printed version can be ordered through our website, along with our other publications.

[Order FREE Understanding Bipolar Disorder Brochure](#)

Registration Open!

2026 Annual Psychiatric Nursing Conference



Unity in Nursing: Building Skills, Strengthening Practice

Thursday, September 17 | 8:00 a.m. – 4:00 p.m.

Pine Rest Postma Center

Credits Offered: Up to 6 Nursing Contact Hours

Keynote Speaker: Renee Thompson, DNP, RN, FAONL, FAAN, CSP®

Registration is now open for Pine Rest's 3rd Annual Psychiatric Nursing Conference! We have exciting and renowned speakers lined up to discuss the most current and relevant topics in mental health nursing. Seats fill up fast!

[View Conference Schedule & Register Today](#)

Upcoming Educational Events at Pine Rest



Virtual Grand Rounds

Advances in Pediatric OCD

Wednesday, June 3 | 12 - 1 p.m.

\$35 to attend (no charge for current Pine Rest staff or MSU faculty)

1 CME available

Presenter: Moira Rynn, MD

This presentation provides an overview of the newest advancements in the treatment of pediatric patients with an OCD diagnosis.

Moira A. Rynn, MD, chair of the Department of Psychiatry & Behavioral Sciences at Duke University School of Medicine, is an expert in treating mood and anxiety disorders across the lifespan, with a primary focus on children, adolescents, and young adults. More recently, Dr. Rynn has focused on improving treatments for children and young adults with treatment-refractory anxiety disorders. Her most recent work has focused on the underlying dysfunction of neurocircuits and the impact of treatment for pediatric obsessive-compulsive disorder, as well as examining novel augmentation treatment strategies for these disorders.

[Learn More & Register for Virtual Grand Rounds](#)

Subscribe to the Professional
Education Newsletter



300 68th Street SE
Grand Rapids, MI 49548

Mental Health Matters Newsletter
for Family & Friends

©2026, Pine Rest Christian Mental Health Services

Accredited by The Joint Commission.
Accredited by CARF International.
