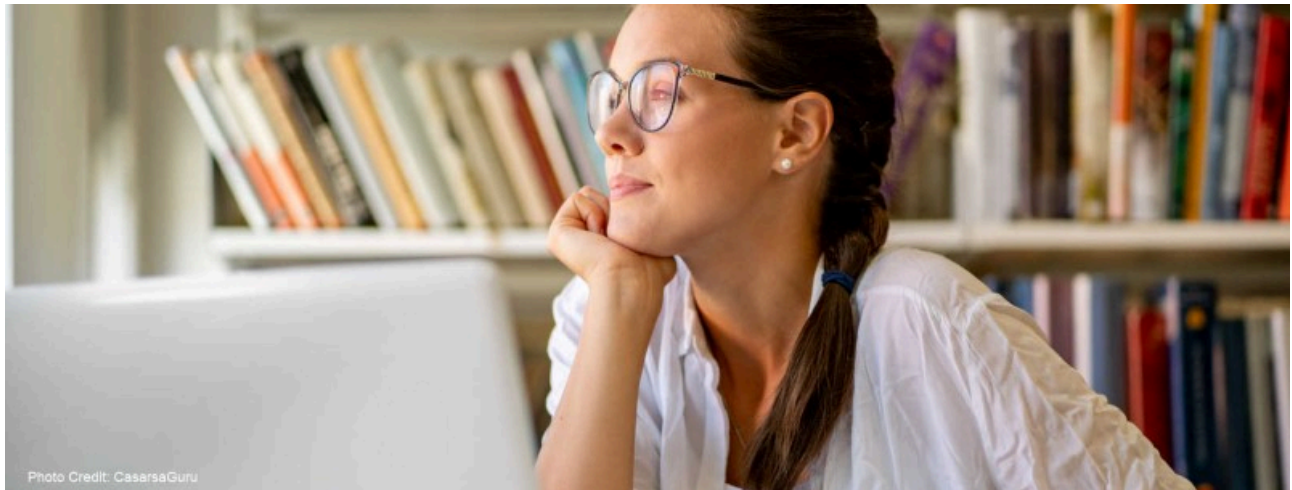


COMMUNITY PARTNERS NEWSLETTER

October 2024

ADHD in Women: How Not to Miss the Diagnosis

October is ADHD Awareness Month



In the past, girls and women often went undiagnosed for attention-deficit/hyperactivity disorder (ADHD) because a “one size fits all” presentation of ADHD was presumed that emphasized only two of the three ADHD subtypes. Now, clinicians are beginning to better understand the nuances of the third type — predominantly inattentive type — that is much more common in girls and women. Shannon Drabek, PsyD, dives deep into the symptoms of ADHD in women and the various factors that can make it a difficult diagnosis to get right.

[Learn More About ADHD in Women](#)

Immediate Openings for Psychiatric Evaluations!

We have immediate openings for new adult patients (18+) with our psychiatry residents at the Loeks Residency Center. Patients benefit from a longer time to discuss their concerns and from the combined experience of the

resident and the supervising psychiatrist. Pine Rest participates with all payers, including Medicare and Medicaid.

Call 866.852.4001 to schedule an appointment.

[Learn More About the Residency Center](#)

The Different Faces of Depression

October is National Depression Awareness Month



With over 300 million experiencing depression worldwide, it is one of the most common mental health conditions that exists. Depression affects people of all ages, ethnicity, race, gender and income levels. Yet depression can look very different depending on age and other factors. In this article, our experts break down the variety of ways this mental illness can present across age and gender.

[Depression Across Age & Gender Groups](#)

Understanding Depression

UNDERSTANDING Depression



 **PINE
REST** Christian
Mental Health
Services

Clinical depression is a serious medical illness and affects mood, concentration, activity level, interests, appetite, social behavior and physical health. Left untreated, depression can have serious consequences to health, relationships, career and ability to enjoy life. But as debilitating as depression can be, it is a highly treatable condition!

We invite you to share with your clients or organization our *Understanding Depression* brochure, to learn about the symptoms, the comprehensive treatment options at Pine Rest and the support we provide. 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.

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

[Order Printed Copies](#)

[Expert Articles on Depression & Mood Disorders](#)

Eating Disorders Affect People of All Body Sizes & Shapes

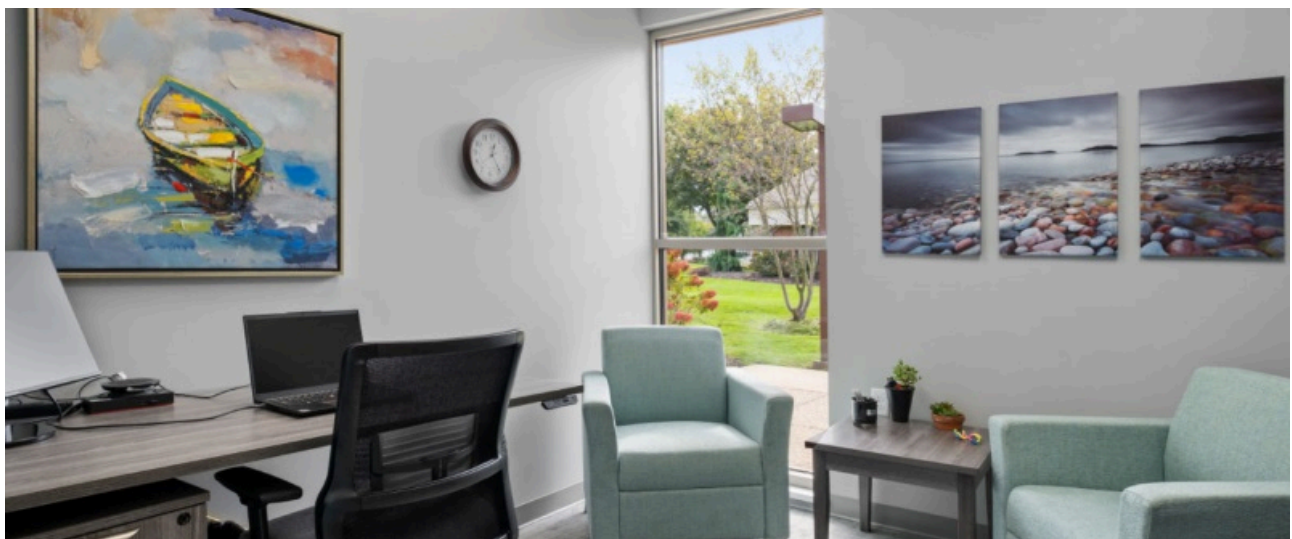


With nearly 1 in 10 individuals in the U.S. experiencing an eating disorder sometime in their lives, it's most likely you already have a patient living with an eating disorder. Rebecca Busman, MA, LLP, spoke on WZZM about the common misconception that only underweight girls have eating disorders, when the fact is only 6% of individuals with eating disorders are medically underweight. She discussed how we need to look for the symptoms and not the weight or shape of individuals to recognize an eating disorder and introduced Pine Rest's new partial hospitalization program for eating disorders for ages 12 through high school, which opened yesterday October 21.

[Watch: Rebecca's WZZM Interview](#)

[Eating Disorders Partial Hospitalization Brochure \(PDF\)](#)

Zeeland Clinic Has Moved!



Join us for our open house and ribbon cutting.

Friday, November 8 | 2 - 4 p.m.

Pine Rest Zeeland Clinic
440 S. State Street, Suite 300
Zeeland, MI 49464

Meet our clinicians, take a tour, enjoy light refreshments and celebrate this beautiful new healing space in Zeeland.

Upcoming Professional Education Events



Virtual Pearls for Partners Series

Scope of Eating Disorders in the Child & Adolescent Population

October 24 | 7 - 8 a.m.

No charge to attend | 1 CME/CE credit available

Rebecca Busman, MA, LLP, will review warning signs for eating disorders, treatment modalities, levels of care and information on Pine Rest's Child and Adolescent Eating Disorders Partial Hospitalization Program.

Last Day to RSVP!



LARA Required Training

Understanding Implicit Bias for Health and Human Services Professionals

November 18 | 12 - 1 p.m.

1 CE Credit (NASW and General approved, APA and CME pending approval)

To best serve others, we must have an awareness of and strategies to address the implicit biases we personally hold. Dr. Tana Bridge will explain the purpose and function of implicit biases in our daily living, recognition of the potential negative impact on those we serve, and advance opportunities to combat our biases.

Learn More & RSVP



Virtual & In-Person Nursing Grand Rounds
[The Role of a Sexual Assault Nurse Examiner](#)

December 5 | 3:30 - 4:30 p.m.

No charge to attend | 1 contact hour for nursing

Cailyn TenHoeve MSFN, RN will provide an in-depth look at what occurs in the daily life of a sexual assault nurse examiner (SANE). The presentation will include a description of the relations with the criminal justice system and how to be helpful to a survivor.

[Learn More & RSVP](#)

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**

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