PINE REST Christian Mental Health Services

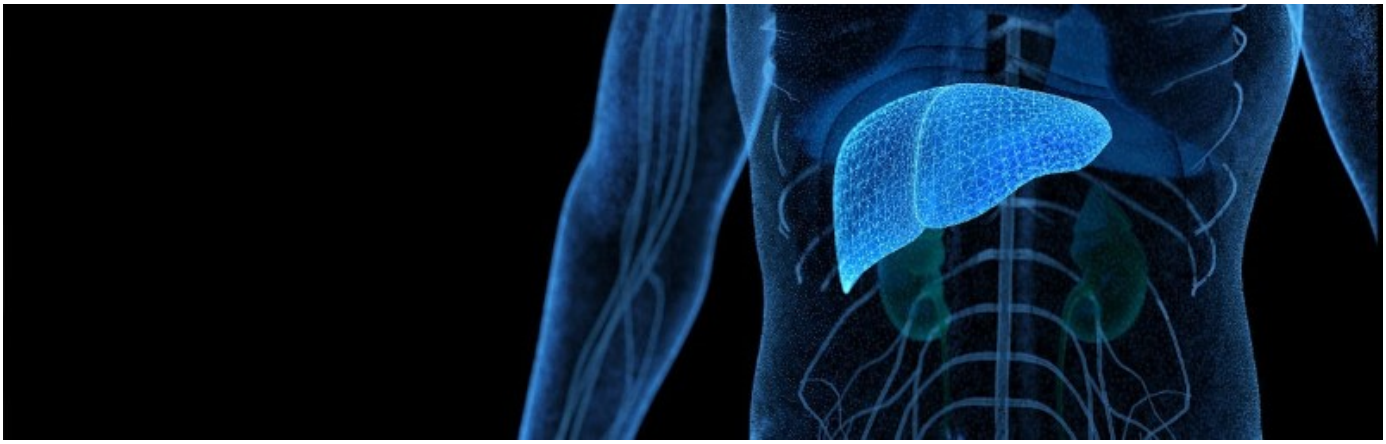
Community Partners News

Immediate Openings at the Pine Rest Zeeland Clinic

We're excited to announce that two of our licensed professional counselors at the Zeeland Clinic can provide immediate therapy openings for your clients in the area. Appointments can be scheduled online or by calling 616.258.7500.

- **Rachel Bertrand, LPC**, creates a safe, nonjudgmental environment for her clients age 12+ to feel truly seen, heard and respected. She specializes in anxiety and depression, parent & child issues, divorce adjustment, couples counseling and more. Available for in-person and virtual appointments.
- **Amy Kate Petersen, LPC**, works to create a warm, collaborative space where her clients age 15+ will feel comfortable and fully supported. She specializes in anxiety, PTSD, parenting issues, codependency and more. Available for in-person and virtual appointments.

Ask the Addiction Expert: What Happens to the Liver When Someone Stops Drinking?



One of our top 10 most-read articles this fall

Clients with alcohol-use concerns often wonder whether the physical damage caused by drinking can be reversed. The answer, in many cases, is encouraging. This popular article from our addiction experts reviews how alcohol affects the liver and why early intervention can make a meaningful difference.

Alcohol-related liver disease generally progresses through three stages:

- **Fatty liver:** Can develop after even a short period of heavy alcohol use.
- **Alcoholic hepatitis:** Continued alcohol use can lead to liver inflammation and abnormal lab results.
- **Cirrhosis:** Often resulting from years of heavy drinking, cirrhosis causes irreversible scarring that can progress to liver failure.

A key takeaway for clients is that the liver has a remarkable ability to heal. When alcohol use is stopped during the earlier stages, including fatty liver and early alcoholic hepatitis, liver damage can often be reversed.

This article by Anna Ruokis, RN in the Pine Rest substance use disorders unit can be a helpful resource for clients considering recovery or questioning whether it's "too late" to make a change.

Read What Happens to the Liver When Someone Stops Drinking

WOODTV: Maranda Tours the Pediatric Eating Disorders Partial Program

“Most of the time, (eating disorders) are really connected with other issues that we are struggling with.”

The care team for the Pediatric Center of Behavioral Health's partial hospitalization program is dedicated to helping adolescents who struggle with eating disorders and other serious mental health challenges. Join Maranda for a look inside the treatment space, meet psychiatrist Stephen Murata, MD, Brittani Hyde, LMSW, MBA and Jennifer Slovernick, LMSW, and learn how our unique approach helps kids and families thrive.

Watch the Full Interview with Maranda on WOODTV

Overcoming Depressive Disorders

October is National Depression Awareness Month

Depression is one of the most common mental health conditions that exists and it affects people of all ages, ethnicity, race, gender and income levels. Clinical presentation may vary significantly based on a person’s life experience, genetics, age, sex, brain chemistry imbalance, hormonal changes, substance use and other

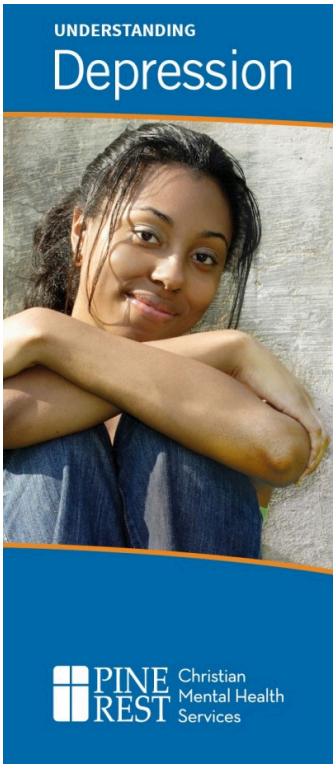
illnesses.

The good news is that depression is highly treatable. Psychotherapy can help patients learn ways to better cope with stress and manage their symptoms of depression. Pine Rest's licensed therapists use structured approaches like Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), Psychodynamic Therapy or Supportive Psychotherapy to help your client identify underlying negative beliefs, unhelpful behaviors and relationship stressors.

We partner with community providers to help patients access timely, appropriate mental health care. Whether a patient needs outpatient therapy, psychiatric services or a higher level of care, our team can assist with referrals, assessments and admissions. We collaborate with referring providers throughout treatment by sharing recommendations, coordinating care transitions and supporting medication management, while helping patients navigate insurance and other available resources.

Read Help with Depressive Disorders

Get More Info & Resources for Overcoming Depression

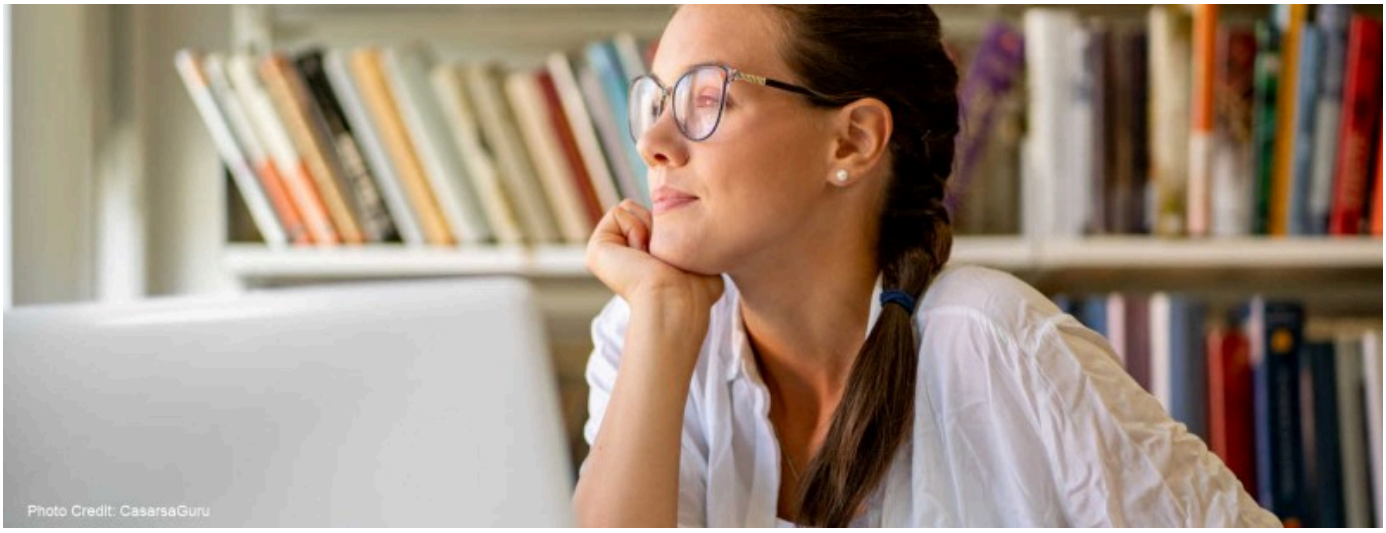


View and order our *Understanding Depression* brochure for additional insights on recognizing signs of depression and understanding available treatment and resources. Digital versions of this brochure are available for immediate download and free printed copies can be ordered for waiting rooms, client education and community events.

View & Download Understanding Depression Brochure (PDF)

Order Free Copies

Recognizing ADHD in Women and Girls



October is National ADHD Awareness Month

Attention-deficit/hyperactivity disorder (ADHD) has long been associated with hyperactive young boys, but growing awareness is helping clinicians recognize that ADHD often presents very differently in girls and women. As a result, many women spend years navigating challenges with focus, organization, emotional regulation, and self-esteem before receiving an accurate diagnosis.

This National ADHD Awareness Month, we're highlighting the unique ways ADHD can appear in women and girls and the factors that can contribute to missed or delayed diagnoses. Understanding these differences can help medical providers, therapists, school professionals, counselors and other community partners identify symptoms earlier, reduce misdiagnosis and connect individuals with appropriate support and treatment.

To learn how increased awareness can improve outcomes across the lifespan, read the linked article by Pine Rest's Shannon Drabek, PsyD, ABPP.

ADHD in Women: How to Not Miss the Diagnosis

Open House for School Partners: Pediatric Partial Hospitalization Programs

Wednesday, November 11 | 4:30 - 6:00 p.m.

Pine Rest Pediatric Center of Behavioral Health
300 68th Street SE, Building H, Entrance H1, 2nd Floor
Grand Rapids, Michigan

Free to attend | RSVP today

School social workers, counselors, behavioral health specialists, administrators and other school staff are invited to tour Pine Rest's Pediatric Center of Behavioral Health and learn more about our two adolescent

partial hospitalization programs (or day programs) designed for adolescents who are struggling with a mental health challenge or eating disorder.

Enjoy light refreshments while getting a behind-the-scenes tour of our thoughtfully designed treatment space. Meet our multidisciplinary team, learn how students gain coping skills and manage their emotions after going through treatment, and discover how we support youth through compassionate, evidence-based care that helps them feel safe, supported and empowered in their recovery.

Space is limited. RSVP today.

RSVP for the Pediatric PHP Open House for Schools

Educational Events at Pine Rest

Will Psychiatry Become an Endangered Species?

Virtual Grand Rounds Series

Wednesday, November 11 | 12 - 1 p.m.

Cost: Free to attend

1 CME available

Presenter: Robert C. Smith, MD, MACP, University Distinguished Professor of Medicine and Psychiatry Emeritus at Michigan State University.

Dr. Smith's group defined the first evidence-based patient-centered interview, now published as *Smith's Patient-Centered Interviewing: An Evidence-Based Method* (McGraw Hill, 4th edition, 2018). They also identified the first evidence-based primary care mental health model, now published as *Essentials of Psychiatry in Primary Care: Behavioral Health in the Medical Setting* (McGraw Hill, 2019).

To overcome medicine's resistance to improving training in mental health care, Dr. Smith decided to take the problem to the public and wrote *Has Medicine Lost Its Mind?* (Prometheus Books, 2025). It describes the poor state of mental health care in the US, why medicine ignores it, what needs to be done, and how the public can accomplish this politically.

Registration deadline is November 9.

Register for Virtual Grand Rounds Today

Need to Refer a Patient? We're Here to Help.

When your patient needs mental health care, our referral relations team is available to help you understand our services, how to refer your patients and more. Plus, we provide multiple pathways to fit your workflow including phone, fax, EpicCare Everywhere, EpicCare Link, Care Convene and Great Lakes Health Connect.

How to Refer Patients to Pine Rest

Email Ryan & Karen at referralrelations-c@pinerest.org

Call Ryan McPherson 616.222.4591 Ext: 3890

Call Karen Coy 332.322.0790

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300 68th Street SE
Grand Rapids, MI 49548

Mental Health Matters Newsletter for Family & Friends

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