

## Community Partners News

### Ask the Expert: EMDR Therapy for Trauma



Unresolved trauma is a significant factor in the lives of many individuals with substance use disorders, often driving emotional dysregulation and maladaptive behaviors. For clinical teams seeking effective, evidence-based interventions, Eye Movement Desensitization and Reprocessing (EMDR) therapy offers a powerful tool for trauma-informed care.

Michaela Meier, EMDR Certified Clinician, shares insights into how EMDR works to help patients safely reprocess traumatic memories. She also discusses how Pine Rest integrates EMDR into its multidisciplinary approach to treating co-occurring trauma and addiction—providing a model for collaborative care that supports long-term recovery.

Watch Michaela on eightWest

## Seeking Participants: Study Exploring ECT Options for Depression and Suicidality

Pine Rest is currently enrolling participants for a clinical research study comparing Low Amplitude-Pulse (LAP) ECT to standard ECT. Prior studies suggest LAP-ECT may have less memory-related side effects while effectively treating depression. This study also investigates its impact on suicidal thoughts. We are seeking adult patients referred for ECT who are experiencing major depressive, bipolar or schizoaffective disorders with current suicidality.

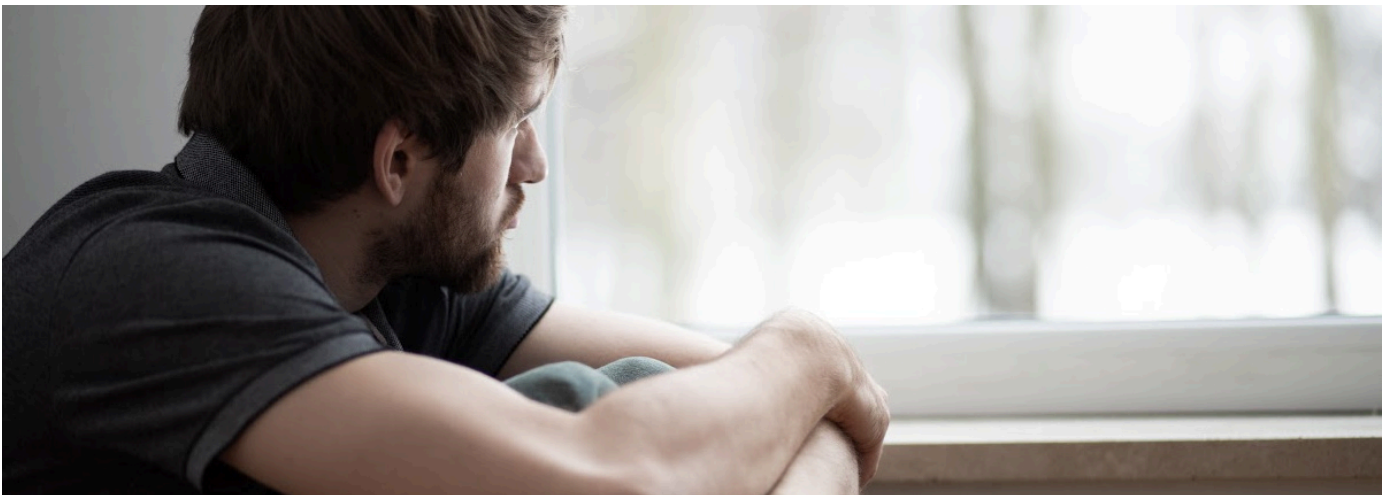
[Learn More About the Study](#)

[Read: How ECT Can Treat Major Depression](#)

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## Understanding Depression

October is Depression Awareness Month



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 the link below to learn about the symptoms, the comprehensive treatment options at Pine Rest and the support we provide.

Info & Resources for Depression

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## Depression Experiences Can Vary by Age & Gender



Depression affects nearly one in 10 adults each year – and nearly twice as many women as men. It is not unusual for individuals to have depression along with another physical ailment or illness. In fact, this occurs in 80% of all depressed people: 1 out of 4 cancer patients experience depression, for instance.

Anyone at any age can experience an episode of depression. However, the signs, diagnosis of and chance that treatment will be sought can differ by age, gender and socio-economic circumstances. Read our selection of expert articles on how depression impacts various groups.

[Depression in Children & Teens](#)

[Women & Postpartum Depression](#)

[Men & Depression](#)

## Expanded Access to Dialectical Skills Group



Pine Rest is now accepting referrals to its Dialectical Skills Group (DSG) for clients who are not currently seeing a Pine Rest therapist. This 25-week DBT-informed group is designed for lower acuity clients and offers structured skills training in emotional regulation, distress tolerance, mindfulness and interpersonal effectiveness.

Facilitated by experienced DBT clinicians, the DSG provides valuable support for clients while allowing community-based therapists to focus individual sessions on deeper therapeutic work. Referrals require a Pine Rest prescriber or case manager on the client's care team.

[More Info About DSG & How to Refer](#)

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## Immediate Availability for New Patient Psychiatric Evaluations



The Ruth and Jack Loeks Residency Center at Pine Rest's Campus Clinic currently has openings for new psychiatric evaluations for adults (18+). Evaluations are conducted by psychiatry residents under the close supervision of board-certified psychiatrists, offering extended appointment times and reduced wait periods—ideal for patients needing timely, comprehensive assessments.

Referring providers or care teams can direct patients to schedule online or call 866.852.4001. When selecting a provider using the online tool, choose "Resident" under "Provider Type" to access available appointment slots.

[Learn About Loeks Residency Clinic](#)

[Online Scheduling for First Appointments](#)

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## Pine Rest Virtual Grand Rounds



[Developing High Performing Clinical and Research Teams](#)

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

**Cost: \$35 (no charge for current Pine Rest staff)**

**Credits: 1 CE (medical professionals and social workers)**

**Presenter: Mira Brancu, PhD, Consulting Psychologist, Speaker, Author**

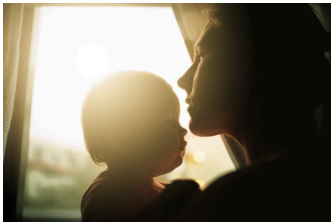
In this virtual Grand Rounds, Dr. Mira Brancu will share the most common challenges teams face when they are not performing at their best, including a lack of shared goals, explicit expectations, management of different work styles, team structures and processes, and role clarity.

Dr. Brancu will review the foundational mechanisms all “real” and highly effective teams must have in place to be highly effective and how you can assess whether there are any gaps you need to address on your team.

[Sign Up Today](#)

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## Upcoming Groups & Classes at Pine Rest



### [Rooted in Resilience Therapy Group – Pregnancy & Postpartum Support](#)

**Weekly, virtual sessions | No referral required**

Facilitator: Sarah DeYoung, LMSW, PMH-C

Our virtual group is open to any woman currently pregnant through one year postpartum. Facilitated by a licensed therapist who is certified in perinatal mental health, your clients can expect to learn communication strategies, notice and challenge anxious thoughts, examine attachment strategies and set proper boundaries with themselves and others.

By joining our weekly Pregnancy & Postpartum psychotherapy group, your clients will receive guidance and instructions from a licensed expert in PMAD treatments, can talk with others who understand what they are going through in a safe, non-judgmental space, as well as find the caring and encouraging support they need.

[Learn More](#)

[View All Classes & Support Groups at Pine Rest](#)

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

When a patient needs mental health care, time matters—and so does simplicity. At Pine Rest, we've made the referral process as smooth and accessible as possible for medical providers, therapists, school counselors, and other community professionals.

Whether you're referring for outpatient therapy, inpatient care, psychiatric urgent care, or specialized services like addiction treatment or neuromodulation, we offer multiple pathways to fit your workflow:

- **Epic Care Everywhere:** For Epic users, referrals are fast, secure, and integrated directly into your EHR system.
- **EpicCare Link:** A web-based portal for non-Epic providers to view patient progress and submit referrals.
- **Phone or Fax:** Prefer a direct conversation or paper forms? Our admissions team is ready to assist.
- **Care Convene & Great Lakes Health Connect:** Additional electronic options for seamless coordination.

We're committed to making sure your patients receive timely, appropriate care—and that you stay informed every step of the way.

How to Refer Patients to Pine Rest

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Grand Rapids, MI 49548

Mental Health Matters Newsletter  
for Family & Friends

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