

# COMMUNITY PARTNERS NEWSLETTER

October 2023

## New Online Resource: Youth & Social Media



Social media use by youth is nearly universal, with up to 95% of young people ages 13-17 using a social media platform, and more than a third saying they use social media “almost constantly.”

Pine Rest's Heide Rollings, MD and Amy Mancuso, LMSW joined researchers from SUNY Albany and The Ohio State University to look into how social media is affecting youth mental health. One of the findings was that teens and families don't know where to find authoritative, comprehensive information.

As part of a research project, the team has created an online resource site to help connect and support parents, teens and clinicians with quality information, tips and ideas to help address issues that arise. The team will continue to expand this resource and welcomes your input through an online form on the site.

The new resource also includes a "For Clinicians" section that can help you build up your social media support toolkit with valuable links to screening forms, research, and educational articles and videos by our mental health experts. Our recent Pearls for Partners session on how to keep kids safe of social media with Dr. Sarah Domoff, PhD is also included.

[Resources for Clinicians](#)

## WZZM Alive & Well: Dr. Greg Mallis on S.A.D.



Fall in Michigan means football, color tours, cider and doughnuts. But for many Michiganders, the shortening days signal the beginning of what is commonly called the “winter blues”. In this educational WZZM segment, Pine Rest's Dr. Greg Mallis talks about Seasonal Affective Disorder (S.A.D.), how it affects mood and tips to manage the symptoms this winter.

[Watch Dr. Mallis' Interview](#)

## New Series! Ask the Addiction Experts



Our addiction clinicians are excited to start a new series of articles called "Ask the Addiction Experts" that will appear in the Pine Rest Newsroom. The first in the series is "What Are Delirium Tremens and Are They Dangerous?" by Anna Ruokis, RN. Learn about delirium tremens (more commonly known as DTs), their symptoms, risk factors, treatment, as well as whether one can safely detox at home or not.

[What Are Delirium Tremens & Are They Dangerous?](#)

## Understanding Depression



Clinical depression is a serious medical illness that needs to be addressed and treated, just like any other serious medical illness. Depression and other mood disorders affect one's concentration, activity level, interests, appetite, social behavior and physical health.

The good news is that the vast majority of those who suffer from depression can be effectively treated and return to doing all of their regular, enjoyable activities. We invite you to share with your clients or organization our *Understanding Depression* brochure. 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.

#### [Info & Resources for Depression](#)

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

[Order Printed Copies](#)

## Service Alert! Immediate Openings at Portage & Hastings Clinics

**Portage Clinic:** Immediate openings for children ages 5 and older and their families. Libby Peters, LMSW and Hilary Snyder, LLP have extensive training in evidence-based individual and family therapies (PMTO<sup>®</sup> and BSFT<sup>®</sup>) shown to successfully address anxiety, depression and substance use as well as antisocial behavior, school failure and peer problems.

**Hastings Clinic:** Immediate openings for all ages. Alan Reifert, LLP specializes in the treatment of children on the autism spectrum and working with parents on childhood behavioral problems and parent/child issues. Brad Robinson, LMSW specializes in anxiety and depression in teens. Both also work with adults struggling with anxiety, depression, anger management issues and more.

[Info About our Portage Clinic](#)

[Info About our Hastings Clinic](#)

# Meet Heide Rollings, MD



Dr. Heide Rollings wears many hats at Pine Rest. She is a child & adolescent psychiatrist at inpatient services, director of the child & adolescent psychiatry residency, and medical director of the Pine Rest Pediatric Center of Behavioral Health scheduled to open in fall of 2025.

About the state of mental health services for youth in Michigan, Dr. Rollings said, "Wait times for many types of behavioral health services are too long. Families are often forced to travel long distances to find accessible care. Sometimes they are even told the services they need don't exist. The new pediatric center will greatly improve access to the care children and families most urgently need."

Dr. Rollings recently participated in community focus groups with youth on the autism spectrum and their parents, to learn how our future pediatric center can provide the best experience for them.

[Read Op-ed by Dr. Rollings](#)

[More Info on Pediatric Center of Behavioral Health](#)

## Upcoming Trainings



[Cultivating a Culturally Inclusive Workplace | EAP Conference](#)

**Thursday, November 9 | 8:30 - 11:00 a.m.**

No charge to attend | Virtual & In-Person options available

Learn how to foster an environment of diversity and respect in your workplace at this FREE conference. Sessions facilitated by Dr. Diana Ro and Pine Rest HR Manager Sara Ballou.

**Registration closes November 3.**

**Sign-up Today!**

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in the power  
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