

# COMMUNITY PARTNERS NEWSLETTER

September 2024

## Opening Fall 2024: Partial Hospitalization Program for Pediatric Eating Disorders



Serving ages 12 through high school, the Pediatric Eating Disorder Partial Hospitalization Program is an intensive treatment program offered to individuals struggling with disordered eating and body image concerns resulting in negative impact to health and functioning.

**If you have questions about the program, please contact:**

Jenna Strodbeck, LMSW, CAADC, CCS

Director of Partial Hospitalization

[Jenna.Strodbeck@pinerest.org](mailto:Jenna.Strodbeck@pinerest.org)

616.281.6363 ext. 6855

[Download Program Brochure \(PDF\)](#)

## NEW! Understanding Eating Disorders



In the U.S., 28.8 million Americans will have an eating disorder in their lifetime. Eating disorders affect people of all ages, weights and body shapes, but they are more common in adolescents and young adults. Eating disorders have the second highest mortality rate of any psychiatric illness behind opiate addiction. Getting a diagnosis and treatment early are critical to health and wellness.

We invite you to share with your clients or organization our *Understanding Eating Disorders* brochure, to learn about the warning signs, the impact of risk factors, 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 ED Brochure \(PDF\)](#)

[Order Printed Copies](#)

## Teen DBT Program Wait Times at All-Time Low

Our Teen Dialectical Behavior Therapy (DBT) program at the Pine Rest Northwest Clinic is pleased to have reduced wait times to 1-2 months, an all-time low. To be eligible, teens must be at least 14 years old, in high school and presenting with emotion dysregulation that results in hospitalization, self-harm, suicidal behaviors,

poor self-concept, difficulty with adaptive functioning (ie., interpersonal, work, school), and impulsivity (ie., reckless driving, spending, unprotected sex with multiple partners, etc.).

Eligible clients who are not already receiving outpatient treatment at Pine Rest are required to meet with either a Pine Rest psychiatric provider or therapist before enrolling in the program.

[More About Our DBT Programs](#)

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## Recovery is Possible!



September is National Recovery Month, a time to educate the public that recovery from substance use disorders is possible. Recovery coach Nathan Vargas talked with eightWest about what helps sustain recovery as well as warning signs, how to get help, and what role recovery coaches serve in treatment.

[Watch Nathan's Interview on WOODTV](#)

[Articles on Addiction & Recovery](#)

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# New Endowment Fund Supports Women in Ministry



The Dorothy Van Hamersveld Endowment Fund offers financial assistance to women who wish to participate in Pine Rest's Clinical Pastoral Education Program. It equips participants with the practical skills and emotional intelligence necessary for effective pastoral care in clinical settings.

In celebration, we are hosting a special, free event entitled, "Empowering Women for Ministry Leadership" on Tuesday, October 15, 2024, from 6 - 8 p.m.

[Learn More & Register to Attend](#)

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## 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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