



WHAT'S INSIDE

Dogs Bring Support For Our Patients	1
Annual Report 2021	2-3
Local Psychiatry Residency and Fellowship Programs	4-5
OUT & ABOUT	4-5
2022 Golf Classic	6
Did You Know	7
Healing Moments	7

DOGS BRING SUPPORT FOR OUR PATIENTS

With National Therapy Animal Day on April 30, we are thrilled to spotlight activity therapist Kayla Jeltema, CTRS, from Pine Rest's Cypress unit, and talk about our partnership with Paws With A Cause. The purpose of our work in activity therapy is to offer recreational activities that can support the therapeutic process and help meet the individual needs of our patients.

The Paws With A Cause program comes to Pine Rest's inpatient units two or three times a week for one or two hour visits. The dogs can provide our patients with relationship building and sensory integration, through petting/physical interaction, while often changing their emotional outlook. Paws With A Cause visits a different unit each week and goes to all eight inpatient units one or two times a month.

A popular program among our patients and staff, the Paws dogs bring smiles to everyone's faces and when the dogs visit our units, our patients become more interactive and many patients (some who haven't been coming out of their rooms) become more motivated to join their sessions. Our activity therapy team regularly hears patients saying "This was the best part of my day" or "Having a dog in the room made me feel a little less anxious."

"Once You Choose Hope, Anything is Possible"

—Christopher Reeve

ANNUAL REPORT 2021



Pine Rest Ranked Third Largest Nonprofit Behavioral Health Hospital in the U.S.

In a report released by *Modern Healthcare* on March 7, 2022, Pine Rest was ranked the third largest not-for-profit behavioral health hospital in the country based on net revenue reported in the 2020 CMS Hospital Cost Report data. Pine Rest's ranking rose from fourth to third since the 2020 edition of the leading industry report.

"Our Michigan community has suffered more mental health challenges than ever before due to COVID-19, and we are honored that over 47,000 people trusted us for their care last year," said Bob Nykamp, vice president and chief operating officer at Pine Rest. "While it's not our goal to be the largest, we have grown in order to serve our Michigan friends and neighbors with the kind of quality care we would want for our own families."

Pine Rest is especially focused on improving access to care right now because that's what our community needs. Our climb in the *Modern Healthcare* ranking is solely a reflection of our focus on living out our mission.



SUPPORTING STUDENTS

Pine Rest is partnering with over 50 schools to provide counseling and therapy.

PATIENT CARE STATS



Total Patients 47,167



Urgent Care Visits
5,510



Inpatient Admissions 8,749
Days of Care 69,446



Day Programs Admissions 1,499
Days of Care 8,764



Outpatient Encounters
337,140

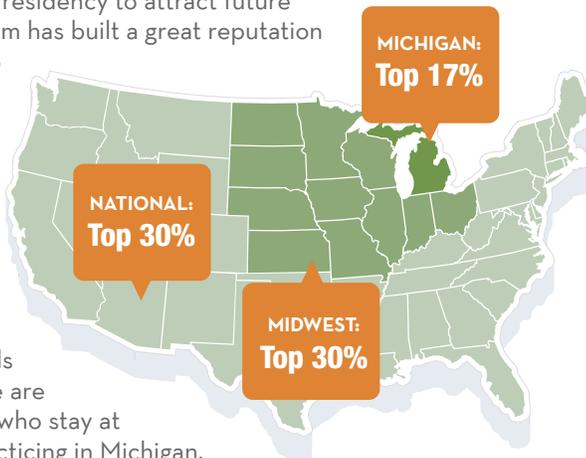


Residential Days of Care
35,286

Psychiatry Residency & Fellowship Program EXPANDING ACCESS, BUILDING REPUTATION

In 2014, Pine Rest launched the psychiatry residency to attract future psychiatrists to West Michigan. The program has built a great reputation in this short time, and now ranks in the top 19% in Michigan and the top 30% in the Midwest and U.S. for reputation according to Doximity.

As one of the largest psychiatry residency and fellowship programs in the state, the program is serving as a national pipeline for drawing psychiatry talent to West Michigan. Our current 51 residents and fellows are providing care to thousands of patients each year, plus thousands more are receiving care from the 40% of graduates who stay at Pine Rest and the nearly 60% who are practicing in Michigan.



SUPPORTING FAMILIES, CHURCHES & SCHOOLS Employee Assistance Programs

70,000 lives covered

Nearly 400 organizations served

60 churches served

6,000+ services provided in 2021

Expanding Access to Care in Our Communities

BUILDING A WORLD-CLASS BEHAVIORAL HEALTHCARE HUB

Pine Rest has become a world-class behavioral healthcare hub right in West Michigan. By acting on our mission to provide access to behavioral health care, we are continuing to envision and implement new treatment models, services and programs in the communities we serve, and we will continue until all residents can access the care they need when they need it. Some recent examples include:

RESIDENTIAL ADDICTION PROGRAMS Over the past year, residential detox services moved to a new location on campus, and the former location was renovated to focus on short-term care. The changes will allow 400 more patients per year to receive care through the programs. The renovations provide additional services and increased safety.

PSYCHOLOGICAL CONSULTATION CENTER Doubled its size with a move to a new office building in Byron Center. The new facility is the region's largest of its kind, expanding from 21 clinical offices and testing rooms to 40.

TRANSITION CLINIC Because of long wait times to access a new provider, patients discharged from higher levels of care at Pine Rest were not always receiving the ongoing care necessary for recovery during the critical weeks after discharge. The Transition Clinic steps into this gap by providing services and helping patients access supportive community services for up to 90 days.

LAKELAND CLINIC In partnership with Spectrum Health Lakeland, Pine Rest's newest clinic provides therapy and rapid access to psychiatry services in Southwest Michigan.

DIVERSITY COLLECTIVE Launched to help community members who are part of the Black, Indigenous and People of Color (BIPOC) community connect with a Pine Rest clinician of similar background. Studies show working with a clinician you feel comfortable with improves outcomes.



SUPPORTING FARM & FISHERY FAMILIES

Working with the MSU Extension, Michigan farmers and commercial fishers are connecting to therapists who have an understanding of the agricultural community and farming.



EXCEPTIONAL PROFESSIONALS AT THE HEART OF EXCEPTIONAL CARE

Nearly 1,000 dedicated care providers are bringing exceptional care, compassion and hope to our patients.

Psychiatrists & Physicians	104
Psychiatry Residents & Fellows	51
Physician Assistants	25
Nurse Practitioners	20
Psychiatric Nurses	240
Psychiatric Technicians	331
Psychologists	30
Counselors & Social Workers	373
Chaplains	13

CONTINUUM OF CARE

PSYCHIATRIC HOSPITAL & UNITS	PARTIAL HOSPITALIZATION	URGENT ACCESS & CALL CENTERS	OUTPATIENT SERVICES	COMMUNITY SERVICES	SPECIALTY RESIDENTIAL
<ul style="list-style-type: none"> Child & Adolescent Cypress: Flex Adolescent or Young Adult Older Adult Oak Hickory Elm Aspen 	<ul style="list-style-type: none"> Adult Mother Baby (Perinatal Mood Disorders) Child & Adolescent 	<ul style="list-style-type: none"> Psychiatric Urgent Care Contact Center 24/7 Outpatient Access Center 	<ul style="list-style-type: none"> 21 Clinics Employee, Church & School Assistance Programs Statewide Telepsychiatry Support 	<ul style="list-style-type: none"> Case Management StreetReach 	<ul style="list-style-type: none"> Mental Illness: <ul style="list-style-type: none"> InterActions Sequoia CenterPointe (Crisis Residential) Maple Lodge Freedom House Developmental Disability
SUBSTANCE USE DISORDER PROGRAMMING					
<ul style="list-style-type: none"> Redwood (Co-occurring Disorders) 	<ul style="list-style-type: none"> Adult 		<ul style="list-style-type: none"> Retreat Clinic Intensive Outpatient Medication Assisted Treatment 		<ul style="list-style-type: none"> Subacute Detox Residential Short-Term Residential

Local Psychiatry Residency and Fellowship Programs Attract Talent



Well before the COVID-19 pandemic, West Michigan was experiencing a shortage of psychiatrists to meet the need in our community. Many psychiatrists have preferred to stay on the coasts, in large metropolitan areas or specifically near areas where they trained. In fact, research shows that a majority of physicians stay within 100 miles of where they completed their residency and/or fellowship programs. Pine Rest being the largest mental health provider in the state and West Michigan having the large concentration of medical providers and research in the area, the region offers plenty of opportunities for trainees and graduates.

In 2014, Pine Rest partnered with Michigan State University College of Human Medicine to launch a psychiatry residency at Pine Rest with the first class of eight. The residency program was successful from the beginning, receiving hundreds of applications from across the country in its first year. By the time the first class was graduating in 2018, the program was able to expand the number of residents it could train each year and had started creating psychiatry fellowship programs to provide advanced training for in demand specialties including child & adolescent, geriatric, forensic and addiction.

“By expanding and creating the residency and fellowships, there is an opportunity to address

the shortage of psychiatrists and fill the holes for patients searching for mental healthcare,” said Bill Sanders, DO, Chief Medical Officer at Pine Rest. “The increase of new talent is making a huge impact, helping to reduce wait times and provide patients with the treatment they deserve and expect from Pine Rest.”

In only eight years, the psychiatry residency and fellowship program has graduated 39 residents and 10 fellows. With 51 current residents and fellows, the program is the largest training program in the state of Michigan, Dr. Sanders estimates that the medical residency and fellowship programs have resulted in thousands of patients receiving care each year.

The program has also built a great reputation in this short time, ranking in the top 19% in Michigan and the top 30% in the Midwest and the nation for reputation by Doximity. More importantly, 40 percent of graduates have stayed on at Pine Rest and nearly 60 percent have remained in Michigan.

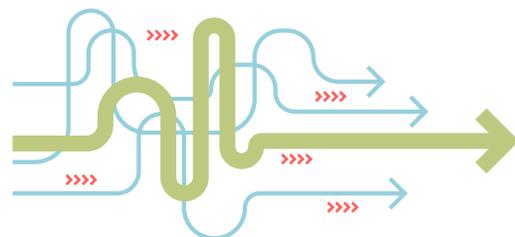
The current 42 residents and 9 fellows came to Pine Rest from 18 different states. They work in different settings at Pine Rest including urgent care, inpatient, partial hospitalization, outpatient, community and residential services as well as at community partners including Helen DeVos Children’s Hospital, Mary Free Bed, Wedgwood

Christian Services, Forest View Hospital, Cherry Health, Network 180, Spectrum Health hospitals, Trinity Health hospitals and Michigan Department of Corrections. In addition, they volunteer throughout the community including at local schools.

“Not only do our residents and fellows provide additional psychiatric support for the community and our teams, they also challenge the status quo within our departments and make our work within Pine Rest’s continuum of care better,” said Dr. Sanders.

As we all know, the pandemic has created an unprecedented need for mental health treatment at all levels, including psychiatry. The Pine Rest Psychiatry Residency & Fellowship program will continue to help address access to these services. In addition, Pine Rest has created new models that provide psychiatry services to more patients, more quickly. They will continue to envision and implement new programs in the community until all residents can access the care they need when they need it ... creating a hub for behavioral healthcare in our own backyard.

Out&About



The MHA announced the winner of its 2022 Advancing Safe Care Award June 30, honoring a dedicated team at Pine Rest Christian Mental Health Services in Grand Rapids.

The award was announced during the association’s Annual Membership Meeting.

The MHA Advancing Safe Care Award honors healthcare teams within MHA-member hospitals that demonstrate a fierce commitment to providing care to different patient populations, show evidence of an improved safety culture, lead the charge for quality improvement, and demonstrate transparency in their efforts to improve healthcare.

Pine Rest Announced New Pediatric Behavioral Health Center of Excellence

We are excited to share with you that the Michigan State legislature has included funding for a Pediatric Behavioral Health Center of Excellence in the 2022-23 state budget. You may have recently seen some initial news reports on the new State budget making note of the funding for our organization, although the budget bill is currently still on its way to Governor Whitmer for signature.

In July, Pine Rest announced our plans to construct this Pediatric Behavioral Health Center of Excellence on our Cutlerville campus. In creating the Center of Excellence, we will offer children and adolescents a full continuum of services within one location, expanding many of our existing pediatric programs and establishing new services tailored to the unique needs of children statewide.

The new center is a direct response to the dire community need for increased access to services for children and adolescents. The inability to find behavioral health care for children and teens reached crisis levels across the state during the COVID-19 pandemic and continues to be one of the largest healthcare-related challenges Michiganders face each day.



Monday, September 19, 2022
Wuskowhan Players Club

Golf for a Special Cause

Proceeds from Pine Rest Foundation's annual Golf Classic benefit the Patient Assistance Fund. Last year close to 2000 individuals received crucial mental health care through the Patient Assistance Fund. We were still short in serving almost 100 individuals and this is where we need your help. Please continue to help support those in helping those that struggle.

This is compassionate help from a community that cares.

Title Sponsor:



Merrill Lynch

Bank of America Corporation

**The Veldheer, Long, Mackay
 and Bernecker Group
 The Freeburg & Mraz Group**

SPONSORS

Luncheon David & Carol Van Andel Family Foundation

Team Priority Health
 Lacks Enterprises
 Pioneer Construction
 Lumbermen's
 Macatawa Bank
 Ascent Wealth Partners
 Serv-U-Success
 Crowe
 Weather Shield Roofing
 Miller Johnson
 Michigan Health & Hospital Association
 Heyboer Landscape Maintenance, Inc.
 Windemuller
 Epic

Birdie DTE Energy
 Michigan Professional Insurance Exchange
 SecurAlarm
 Rhoades McKee
 Dan Vos Construction
 Blue Cross Blue Shield
 Town & Country Group
 Foster, Swift, Collins & Smith P.C.

Hole Grand Valley Automation, Inc.
 Custer

Did You Know about



988

Today, “988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline.

By calling or texting 988, you’ll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Veterans can press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.

Too many people experience suicidal crisis or mental health-related distress without the support and care they need. There are urgent mental health realities driving the need for crisis service transformation across our country. In 2020 alone,

the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death.

There is hope. The 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. These centers are supported by local and state sources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you’ll connect to mental health professionals with the Lifeline network.

Healing Moments

CELEBRATION LUNCHEON

OCTOBER 12, 2022 • 11am

PLEASE JOIN US TO HEAR STORIES OF HEALING
AS WE SHARE THE MISSION OF PINE REST.
MISSION OF HOPE AND HEALING.

JW MARRIOTT
235 LOUIS ST NW, GRAND RAPIDS, MI

Sponsorships Available. Individual tickets at \$200. Please contact Samantha at the Foundation office: 616.455.8680
For individual tickets please visit: <https://PineRestCelebration2022.eventbrite.com>



Pine Rest Christian Mental Health Services
 Pine Rest Foundation
 300 68th Street SE PO Box 165
 Grand Rapids, MI 49501-0165
 pinerest.org/foundation

NON-PROFIT ORG.
 US POSTAGE
 PAID
 GRAND RAPIDS, MI
 PERMIT NO. 201



Ways to Give to Pine Rest Patient Assistance Fund

Donate Online

Use this QR code:



Special Gifts

These can be in the form of:
 Stocks, Bonds & Mutual Funds



Gifts

You can make an annual gift or a donation. Cash, Check or Credit Card. pinerest.org/donate or call 616.485.8680 ext 2221

Shop [amazon smile](https://smile.amazon.com)

When you shop with Amazon Smile, .5% of your purchases will be donated directly to Pine Rest Foundation!

To begin, go to smile.amazon.com. Log in with your existing Amazon account, then type in and select **Pine Rest Christian Mental Health Services** as your charity of choice. That's it!

Donations Accepted



Store Hours: Monday-Saturday 9 a.m. – 9 p.m.
 CLOSED SUNDAYS
 389 68th Street SE, Grand Rapids, MI 49548
 616.455.2522

Legacy Planned Giving

Let your dollars LIVE ON though Planned Giving to PROVIDE HOPE to others.

Make a Difference Forever

Consider joining the Pine Rest 1910 Society. To learn more, contact Dean Herried
 616.222.6345 X1380
dean.herried@pinerest.org



Mission

Pine Rest Christian Mental Health Services is called to express the healing ministry of Jesus Christ by providing behavioral health services with professional excellence, Christian integrity, and compassion.

For information on supporting the work of Pine Rest, through the Foundation, please call 616.455.8680 X 2221.

[PINEREST.ORG/FOUNDATION](https://pinerest.org/foundation)