Over 100 Years Ago . . .
A small group of women and men of vision saw a need for a compassionate place of healing for people suffering from mental illness. A place where they would be treated with dignity and respect; where they could find relief and healing.

That place is Pine Rest.

Pine Rest: Meeting Community Needs 1
Mental Health Care Needs in Rural Communities 3
Aging Gracefully 4
New Beechwood and Lotus Programs 5
2023 Golf Classic 6

Our Nation During that Decade
1911 First Indianapolis 500
1912 Sinking of the Titanic
1913 Ford Introduces Assembly Line
1914 Start Of World War 1
1915 U.S. Coast Guard Service established
1917 Beginning of the Russian Revolution
1918 One of the worst influenza epidemic in history started
1919 The 19th Amendment to the U.S. Constitution, guaranteeing women the right to vote, is passed by Congress

PINE REST: MEETING COMMUNITY NEEDS.

Yet another example in our organization’s century-old history of pioneering new and innovative ways to meet the most critical behavioral health needs in our community, Pine Rest’s Pediatric Behavioral Health Center (PBHC) will dramatically improve the care available to children and teens across the state when it opens in 2025.

The PBHC will offer a comprehensive continuum of care for children and teens, including new and expanded programs tailored specifically to meet the needs of those who are struggling in our Michigan community. The Pediatric Behavioral Health Center will increase access for inpatient and partial hospitalization, residential services, outpatient care, along with a pediatric and psychiatric urgent care center and many specialty services.

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”
- Glenn Close

continued on page 2
Continuum of care: What does this mean?

Many mental health organizations specialize in one particular model of care, such as only providing inpatient treatment or solely psychological testing services. Pine Rest does things differently. We offer care for patients at every level of clinical intervention they made need, whether that’s outpatient therapy, inpatient or partial hospitalization, residential placement, or one of many specialty services.

By providing a full continuum of behavioral health care, we can ensure that youth seeking treatment are able to receive care at whatever level they need in that moment; immediate assessment at the Pediatric Psychiatric Urgent Care Center, intensive treatment in one of inpatient units, or ongoing care in an outpatient clinic. As youth move between treatment settings, the same medical record is used and the treatment team is readily available to share information reducing paperwork and the retelling of the youth’s history.

The state of Michigan this month cleared a certificate of need request that will expand Pine Rest Christian Mental Health Services’ pediatric in-patient and outpatient care. The $80 million project will add the state’s first pediatric mental health urgent care to Pine Rest’s campus on 68th Street in Cutlerville and add 40 additional beds.

“If your child today was diagnosed with a rare form of cancer, how long would you wait for them to see that specialist? I’m assuming it would be days that you would want to get started on a treatment plan,” Nykamp said. “Today, children with psychiatric illnesses can wait up to five months to see a specialist. That’s just something our community can no longer stand for.”

Planning Team Update

Visioning Focus Groups with Design Team

In May, members of Pine Rest’s PBHC Project Team joined representatives from BWBR, our architects for the project, in hosting groups of children and parents from our community to learn important insights for the design of the pediatric center.

In the “design visioning sessions,” participants were shown images of various spaces (welcome areas, hallways, dining rooms, etc.) within existing hospitals/structures around the world and were asked to comment on what they liked and didn’t like. Information shared by the community members will help inform our architects’ choices as they design the PBHC.

Participants were also asked to comment on more general items, like what features are important in a waiting room, what makes it easy for them to find buildings/units/etc., and more. These insights will also be helpful as we plan the layout and features of our new space.

Pine Rest is truly focused on the future of great mental health care.
“I know it is just over a Zoom, but it’s been such a rich opportunity,” Stilwell says. “Even though we’re not in the room, we still get to really connect, and I feel like I really bonded with these kids.”

For about the past year, Dr. Kellen Stilwell, a psychiatry fellow based at Grand Rapids’ Pine Rest Christian Mental Health Services, has been opening his computer and connecting with children in the North Country Community Mental Health (CMH) Cheboygan clinic through telepsychiatry.

The need for more mental health professionals is no secret — especially for children and adolescents. Even before the pandemic, the Citizens Research Council of Michigan had reported that about 38 percent of Michiganders (and 80 percent of those with substance use disorders) were not receiving the mental health care they needed. Psychiatric fellows and residents are helping meet that need. Medical school graduates typically take on fellowships after completing their residencies in a specific medical field.

Since the pandemic, Michigan’s rural areas have faced compounded challenges with a rise in mental health needs and a severe shortage of mental health professionals. Health Resources and Service Administration’s data shows that of Michigan’s 83 counties, 75 have at least a partial designation as a primary care health professional shortage area (HPSA). The American Academy of Child and Adolescent Psychiatry reports few to no child and adolescent psychiatrists for most of Michigan’s northern rural counties.

North Country CMH child psychiatrist and medical director Dr. Marit Vogel is familiar with these challenges in rural communities. She and nurse practitioner Susan McCloskey are the only two mental health professionals serving children and adolescents in Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska, and Otsego counties, the six counties that North Country CMH serves.

For several years, Vogel has tried to get another child and adolescent psychiatrist for the area, but it never happened. Then Pine Rest officials reached out to her about expanding its Child and Adolescent Fellowship to include a rural rotation. “They needed somebody to provide more training in child and adolescent psychiatry, and they especially were interested in somebody who could provide a rural setting so that the fellows would get some experience working with people in a non-urban setting,” Vogel says. “What we have in the way of services that are available and so on is different than in an urban setting.”

In July 2022, North County CMH added four fellows: Stilwell, Dr. Chad Percifield, Dr. Hannah Williams, and Dr. Mathew Koster. All are second-year child and adolescent doctors of psychiatry from the Pine Rest Psychiatric Residency and Fellowship Program. Every Friday, under the guidance of Vogel, the doctors meet with children and adolescents in North Country CMH’s Bellaire, Cheboygan, Gaylord and Petoskey offices.

“Instead of one psychiatrist and one nurse practitioner seeing children, you’ve got four more people seeing children that morning,” Vogel says. “It’s like twice as much as what we could get done in the morning. Not twice as much, but more as it’s having six people to see children, providing psychiatric evaluations and treatment. So yes it has increased access and made it easier to get children in faster.”

“We know, nationwide, that when people train somewhere, they’re more likely to stay where they trained,” Monteith says. Vogel also hopes that the rural rotation for Pine Rest’s Child and Adolescent Fellowship will make its fellows more aware of these rural Michigan opportunities because the need for general and child and adolescent psychiatrists will continue to grow.
Growing older is an inevitability. Yet, each year, issues related to aging rank among the most pressing struggles Americans face. It’s an issue that is all too often overlooked.

As we age, many of us tend to take frequent stock of our physical health. “If I’m not battling a disease, impairment, or infirmity, I must be healthy, right?” Not exactly. As appropriately defined by the World Health Organization (WHO), health is “a state of complete physical, mental, and social well-being.” The WHO definition aptly points out that while our physical health is certainly important, it doesn’t provide the complete picture.

In fact, in many cases, mental and social factors play an even greater role in our overall wellness as we age. A lack of focus on these two key areas of health is often a significant contributor to the challenges individuals face as they grow older. We must recognize and treat mental and social health issues with the same sense of urgency as physical health issues if we are to help Americans, including older adults, thrive.

As we age, we are exposed to many aspects of life which strain our mental health. Changes in living conditions, the loss of loved ones, or changes in physical health are stages which can present a particular challenge to our emotional well-being. Today, it is estimated that 20% of people aged 55 years and older experience some type of mental health concern, the most common of which include anxiety, severe cognitive impairment, and depression. Men aged 85 and older have a suicide rate of 45.23 per 100,000, a figure which is concerningly high.

Yet, despite the prevalence of mental health issues among older adults, it is not a healthcare topic that is often discussed. Those of us battling loneliness, depression, grief, and other mental health concerns may feel we are alone in our struggle, unaware of the many others around us facing the same challenges. It’s important to know that help is available, and to be aware of the warning signs that you, a loved one, or neighbor may need support to restore mental well-being.

One key indicator of a potential mental health issue is the impact on our ability to participate in or enjoy major life activities, such as eating well, maintaining a household, working, or sustaining personal relationships. Older adults struggling with mental health concerns may withdraw from activities they typically enjoy, experience difficulty sleeping, report an increase in physical aches and pains, suffer persistent sadness, or encounter extended periods of feeling “slowed down.” If you or a loved one display one or more of these warning signs, it is important to seek help.

What can Pine Rest do to help you thrive? In addition to our clinical care, we offer a support group for family and friends of aging adults, held monthly at Thornapple Evangelical Covent Church on Cascade Road on Grand Rapids.

The topics include:

**Information**: on depression, dementia, managing stress and guilt, Alzheimer’s Disease, hearing loss and much more.

**Ideas**: fresh thoughts on how to manage mental health concerns, where to reach out for help, ways to navigate the healthcare system, and how to solve problems.

**Encouragement**: Other caregivers understand your situation better than anyone else.

**Support**: For caregivers

All sessions are confidential and new members can join at any time. Please take the time to check into these sessions as we can be a partner in your life journey or that of a loved one. [https://www.pinerest.org/event-type/support-groups/](https://www.pinerest.org/event-type/support-groups/)

For more information on the family and friends support group, call 616.281.6363 X2450.

For general questions concerning mental health issues, the appropriate levels of care, and Pine Rest’s services, call 800.678.5500.
PINE REST MEETS THE CRITICAL NEED WITH NEW BEECHWOOD AND LOTUS PROGRAM

Time after time, we at Pine Rest share the resounding feedback that we deeply value our longstanding history of support for our community. Since our early days as an organization over 110 years ago, the story of Pine Rest has been one of identifying and addressing the gaps in a community and health care system that all-too-often overlooks its most vulnerable members.

It’s this same incredible story that each of us carries on today. Our community continues to look to Pine Rest for solutions to its most urgent behavioral health needs and, strengthened by your dedication and commitment to our mission of service, we are able to rise to that task.

As yet another example of this, Pine Rest’s Hospital & Residential Services (HRS) is proud to announce the launch of two new clinical programs, Beechwood, and Lotus, aimed at enhancing our capacity to serve patients in need of specialized care. Both are a direct response to members of our healthcare community asking Pine Rest to meet an unmet need.

Beechwood, a crisis residential unit, offers a short-term alternative to inpatient psychiatric services for adults. It features 12 beds located in the Sequoia home on the 68th Street campus. Beechwood will primarily accept referrals from Network 180 and other local Community Mental Health Service Providers (CMHSPs). This is an important service in the array of crisis services we provide and an expansion of similar work we do already at the Kalamazoo-based Centerpointe Crisis Center.

Lotus is an intensive residential program designed to treat adolescents with complex care needs who are between the ages of 12 and 17.

The program is part of Pine Rest’s continuum of care, providing intensive community transition services for youth. The program is designed to develop and enhance psychiatric stability, emotional stabilization, self-sufficiency, skills to live in a more independent setting, and the requisition and establishment of needed community-based behavioral health services.

With a planned 90-day length of stay, Lotus features two 7-bed pods at the Van Andel Center (in the space we previously used for the Special Care Unit). The Michigan Department of Health and Human Services (MDHHS) requested our assistance in establishing this vital and urgently needed program. Due to the need for its services, Lotus is part of our care model this year.
CONTEST WINNERS

Men’s Longest Drive: Danny Bowen
Women’s Longest Drive: Susan Valcq
Closest to Hole: Rob Grootheis
Longest Putt Made: John Park
Scramble Winning Team: Voorhees Family/Serv-U-Success
Best Ball Winning Team: Weathershield Roofing
THANK YOU TO OUR 2023 SPONSORS

Pine Rest Foundation would like to thank the generous sponsors!

PRESENTING SPONSORS

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

AWARD SPONSOR

LUNCH SPONSOR

TEAM SPONSORS

Ascent Wealth Partners
Blue Cross Blue Shield of Michigan
Crowe
Custer
EV Construction
Forefront Healthcare
Heyboer Landscape
Macatawa Bank

Miller Johnson
Pioneer
Priority Health
Rhoades McKee
Serv-U-Success
Vos Glass
Weather Shield Roofing Systems

BIRDIE SPONSORS

Applied Innovation
Brown & Brown
Burgess Painting & Finishing
Dan Vos Construction
DTE Energy
Michigan Health and Hospital Association

Michigan Professional Insurance Exchange
Meijer
SecurAlarm
Town & Country Group
Vanguard Fire

HOLE SPONSORS

Corewell Health
Grand Valley Automation

River City Mechanical

Monday, May 20, 2024
Lost Dunes Golf Club
Bridgman, MI

Please join us to support the Pine Rest Foundation’s PAF fund (patient assistance fund) which contributes to the financial aspect of over 2,500 patients through the year.

For sponsorship information, contact Samantha Tiller at 616.455.8680 or email at: Samantha.Tiller@pinerest.org or 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.

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

Donations Accepted

Legacy Planned Giving
Let your dollars LIVE ON through 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 ext. 1380
dean.herried@pinerest.org

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

Let your dollars LIVE ON through 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 ext. 1380
dean.herried@pinerest.org