

## What are the Consequences of Chronic Pain?

### What is the prevalence of chronic pain in the United States?

Different studies worldwide report chronic pain prevalence of between 15-40%. Common consensus is 20% of U.S. adults, that is, 1 in 5 Americans live with daily chronic pain. And about 8-10% live with high impact chronic pain. This also happens with those that are dealing with chronic health conditions where their lifestyles have changed due to the illness.

### What is the connection of chronic pain and sleep deprivation?

This is a complicated relationship, almost like a vicious cycle. It is obvious that the person struggling with pain would find it difficult to sleep, but these sleep problems continue even after the pain is controlled. People with poor sleep also perceive more pain than the average person and quite often pain does not improve until the sleep structure is normalized. A body dealing with chronic pain is constantly at battle and the stress response neurochemicals are always firing, leading to anxiety and overstimulation of the nervous system which causes difficulty in falling asleep and poor-quality sleep and eventually depression.

### How do sleep deprivation and chronic pain link to depression?

Sleep has demonstrated close links to depression, anxiety, bipolar disorder, and other conditions. Sleep disturbance is one of the diagnostic symptoms for depression. The bi-directional relationship of sleep and depression is well established, one worsens the other.

Chronic physical pain can cause psychological pain. Imagine having a pebble in your shoe that you are not allowed to remove.

*continued*

#### WHAT'S INSIDE

What are the Consequences of Chronic Pain? 1-2

Retreat Detox Program Expansion 3

Upcoming Events 4

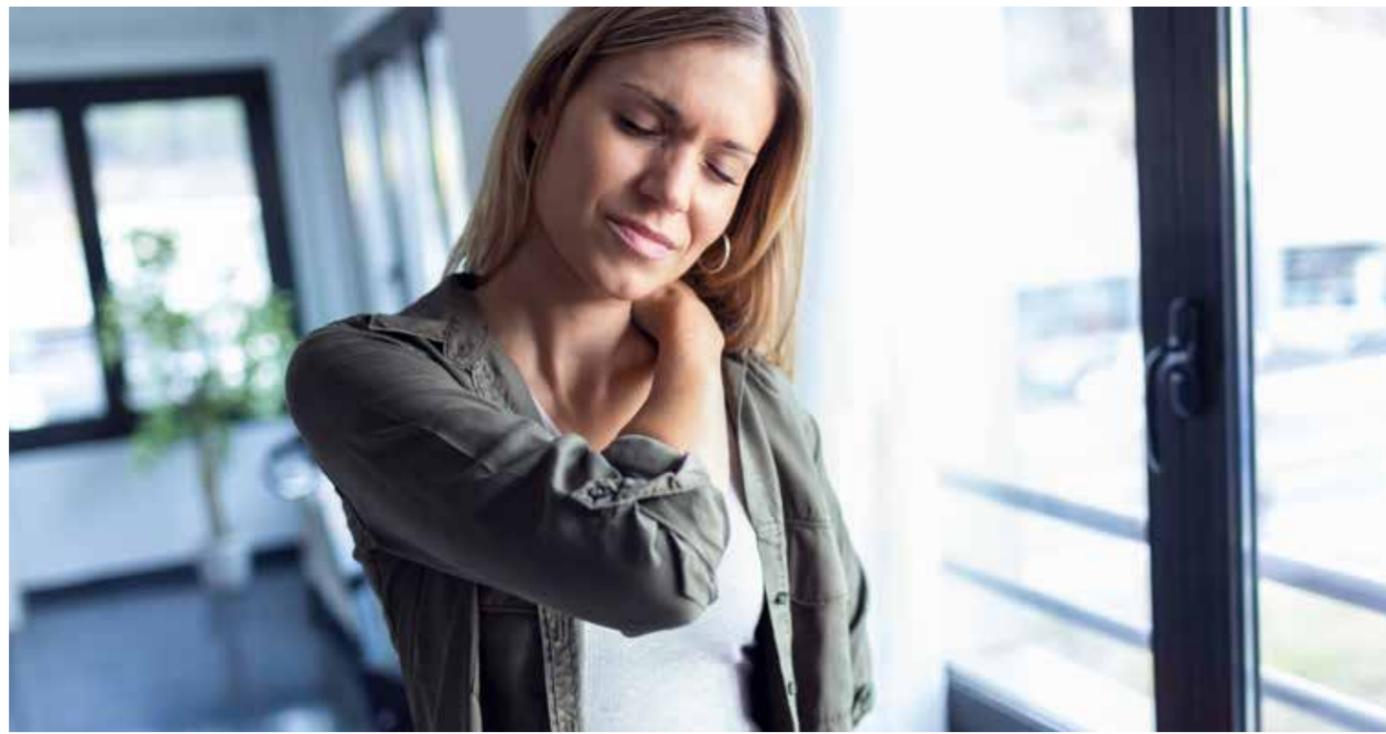
OUT & ABOUT 5

Overcoming the Stigma of Mental Illness 6-7



**“A champion is defined not by their wins but by how they can recover when they fall.”**

—Serena Williams



The agony of having to deal with it and constantly having to work around it can become emotionally exhausting. The combination of sustained anxiety, discomfort, frustration, and a sense of helplessness eventually leads to depressive symptoms. Living with limitations, lower level of functioning, reduced activities and lack of restful sleep causes an overall poor quality, depressing experience of life.

**Has chronic pain been studied as an indicator for suicide risk?**

Yes, several studies have shown that people with chronic pain are at an elevated risk of suicidal thoughts and behaviors. People struggling with pain report higher scores on depression and hopelessness scales. This relationship is strongest with psychological trauma or emotional pain. Psychological pain increases with chronicity of physical pain and in the context of depression and hopelessness, suicide may be seen as an attempt to escape from what is experienced as unbearable

suffering. The focus of chronic pain treatment should not be to be “pain free” or have “zero pain” but to take the steps needed to have quality of life and function with a “manageable level of pain.”

Many studies point to the devastating personal, organizational, and societal impacts of chronic pain.

**Among the major adverse consequences of chronic pain include the following:**

- sleep deprivation;
- anxiety and depression;
- restricted work activities;
- tardiness and absenteeism;
- loss of concentration and presenteeism;
- decreased quality of life;
- substance misuse disorders;
- decreased productivity;
- increased risk of suicide; and
- increased use and costs of medical care.

Most medical conditions have a psychological component to them and addressing these simultaneously can improve

outcomes; Chronic pain is no different.

Medical professionals are gradually understanding the value of partnering with psychiatrists and psychologists earlier in the treatment of pain to get better results. Addressing these needs with therapy in a timely manner can help people get back to peak functioning and performance much faster. In situations where a treatment team is not addressing the mental health needs it falls on the patient, and even the family and friends to make a request for it.

Normalizing this kind of support and care can go a long way towards improving quality of life. It is vital that we do our part to challenge the stigma and spread the word that asking for help and therapy is a not sign of weakness.

Dr. Talal Khan is Medical Director of Outpatient Services at Pine Rest Christian Mental Health Services (Grand Rapids, MI).

# Retreat Detox Program Expansion



In March, a ribbon cutting ceremony in celebration of the opening of a new location for the Retreat Detox Program was held at the Cutlerville location. The event followed the completion of construction to renovate available space on campus.

The Retreat Detox Program enjoys a number of benefits from the move, including uniting programming and clinical space with the living space utilized by program participants. Previously, program participants had been transported from their living quarters in Birch Lodge to the Retreat building to participate in group programming and to meet with clinicians. Now, this will all occur within a single space in the Retreat building.

This move also provided the opportunity for an expansion of substance use services offered at Pine Rest. Since March, the

Birch Lodge space has been undergoing renovation to provide additional space for an extended length program which will be reopened in June under the name “Retreat Residential”. Individuals in Retreat Residential will participate in programming alongside those in Retreat Detox, but are considered more medically stable and do not require the same level of medical oversight as provided in Retreat Detox. Individuals may “step down” from Retreat Detox to Retreat Residential, then eventually move toward outpatient and community resources for continued treatment. The renovation will also include enhanced amenities such as a fitness room. Combined, the renovations will increase program capacity within the shared Retreat Detox and Residential programs from 12 participants to 26 participants.

Pine Rest’s expansion of recovery services with the Retreat programs comes amidst extremely high demand for substance use treatment in the local area, the state, and the nation. For several years, Pine Rest has served an increasing number of individuals seeking substance use care. This rising crisis, as has been widely reported, has only been exacerbated by the COVID-19 pandemic as individuals seek to cope, often unhealthily, with the uncertainty, anxiety, depression, and isolation the virus has caused.

To support this much-needed expansion in services, Pine Rest is seeking to hire around 30 new employees for the Retreat programs. This group will consist of Therapists, RNs, LPNs, and Psychiatric Technicians.



# UPCOMING EVENTS

## Healing Moments

### CELEBRATION DINNER

#### SPONSORS

Blueway Financial  
 Dan Vos Construction  
 Elzinga & Volkers Construction  
 Epic  
 Tom & Barb Jackoboice  
 Macatawa Bank  
 New Equipment Leasing Inc  
 RDV  
 Spectrum Hospital

PLEASE NOTE THE EVENT DATE HAS CHANGED

**SAVE THE DATE • OCTOBER 4, 2021**

For a Special Evening benefiting the  
 Pine Rest Foundation Patient Assistance Fund

Tickets and Sponsorships Available | Call Samantha at 616.455.8680

[pinerest.org/foundation/overview/2021-dinner/](http://pinerest.org/foundation/overview/2021-dinner/)

## Pine Rest Foundation Annual Golf Classic

PLEASE NOTE THE EVENT DATE HAS CHANGED

**Save the Date: October 11, 2021 • Tullymore Golf Resort**

#### SPONSORS

Dan Vos  
 Epic  
 Elzinga & Volkers Construction  
 Grand Valley Automation  
 Lumbermen's  
 Macatawa Bank  
 Meijer  
 RDV  
 David and Carol VanAndel Family Foundation

Sponsorships are still available: Call Samantha at 616.455.8680, or email: [Samantha.vitale@pinerest.org](mailto:Samantha.vitale@pinerest.org)

# Out&About

## Online Gambling in Michigan Could Lead to Addiction: WWMT Interviews Scott Smith, March 2021

Michigan online gambling and sports betting opened in January, and experts worry that a surge in addictions may follow. WWMT interviewed Scott Smith with the Pine Rest Traverse City Clinic to get his take on the matter.



"It's just causing one more means to access a problem behavior if you're struggling with that," says Smith, who is a fully licensed professional counselor (LPC) as well as a Certified Advanced Alcohol and Drug Counselor (CAADC). He points out that computer and phone access gives people the ability to bring casino action into the comfort of their own homes, making gambling much more convenient and putting addictive gambling behavior at risk of skyrocketing.

"It's harder to stop, it's harder to put safeties in place ... You hit a couple of buttons, and you're \$10,000 in debt." According to the Michigan Department of Health and Human Services (MDHHS), the Michigan Gambling Hotline 800.270.7117 has already seen its highest 2-month call volume so far this year, with over 1,000 calls logged for January and over 1,300 in February.

## Dr. Greg Mallis Has Advice for Curbing Anxiety as Pandemic Restrictions Lift: WZZM

As COVID restrictions ease and society gradually begins to return back to pre-pandemic rhythms and routines, anxiety might be ramping up for some. Dr. Greg Mallis of the Pine Rest Southwest Clinic was recently invited to share his thoughts on the matter on WZZM's 'The Exchange'.



"Some of us are experiencing different kinds of trauma from what we've experienced over the last year ... We're unsure of whether it's as safe as we want it to be."

Staying within our own comfort zones is important as we transition back to society. Dr. Mallis says it's possible that our brain chemistry has even changed as a result of all the anxiety we've experienced in the past year. However, he points out that, over time, it is possible for us to shift back to how we were pre-pandemic.

"Some of us are wired to be more anxious and some of us less. If you have a natural tendency to be anxious, you're going to gravitate in that direction."

While anxiety is neither good nor bad, it is something that can be helpful to be aware of as we work toward re-entering the world, post pandemic.

# Overcoming the Stigma of Mental Illness



**False beliefs about mental illness can cause significant problems. Learn what you can do about stigma.**

Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage. Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common.

Stigma can lead to discrimination. Discrimination may be obvious and direct, such as someone making a negative remark about your mental illness or your treatment. Or it may be unintentional or subtle, such as someone avoiding you because the person assumes you could be unstable, violent or dangerous due to your mental illness. You may even judge yourself.

Some of the harmful effects of stigma can include:

- Reluctance to seek help or treatment
- Lack of understanding by family, friends, co-workers or others
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment
- Health insurance that doesn't adequately cover your mental illness treatment
- The belief that you'll never succeed at certain challenges or you can't improve your situation

## Steps to cope with stigma

Here are some ways you can deal with stigma:

- **Get treatment.** You may be reluctant to admit you need treatment. Don't let the fear of being labeled with a mental illness prevent you from seeking help. Treatment can provide relief by

identifying what's wrong and reducing symptoms that interfere with your work and personal life.

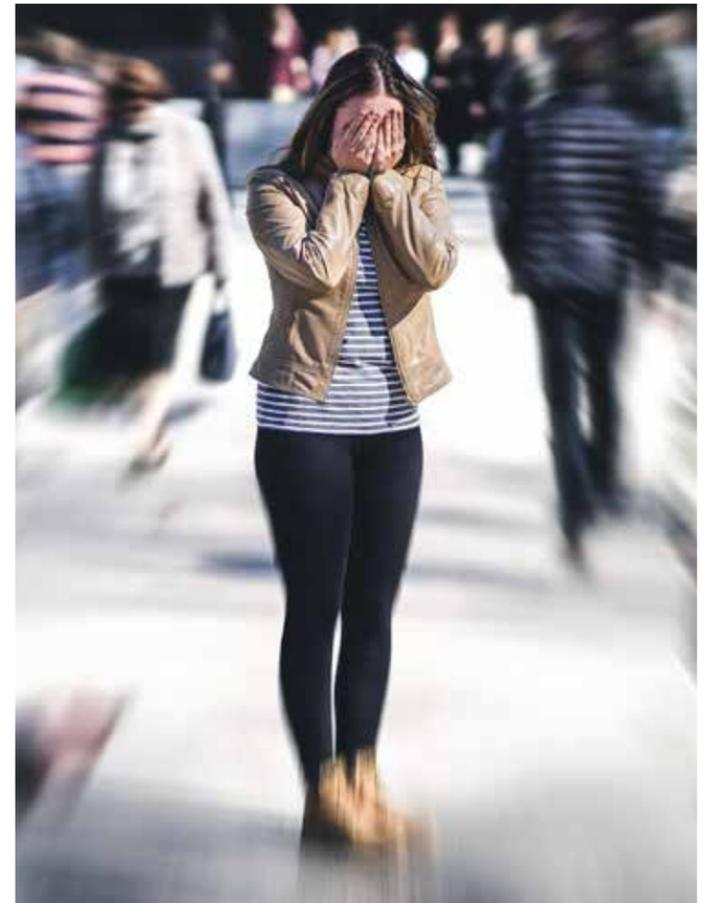
- **Don't let stigma create self-doubt and shame.** Stigma doesn't just come from others. You may mistakenly believe that your condition is a sign of personal weakness or that you should be able to control it without help. Seeking counseling, educating yourself about your condition and connecting with others who have mental illness can help you gain self-esteem and overcome destructive self-judgment.



- **Don't isolate yourself.** If you have a mental illness, you may be reluctant to tell anyone about it. Your family, friends, clergy or members of your community can offer you support if they know about your mental illness. Reach out to people you trust for the compassion, support and understanding you need.
- **Don't equate yourself with your illness.** You are not an illness. So instead of saying "I'm bipolar," say "I have bipolar disorder." Instead of calling yourself "a schizophrenic," say "I have schizophrenia."

- **Join a support group.** Some local and national groups, such as Pine Rest, offer local programs and internet resources that help reduce stigma by educating people who have mental illness, their families and the general public.
- **Get help at school.** If you or your child has a mental illness that affects learning, find out what plans and programs might help. Discrimination against students because of a mental illness is against the law, and educators at primary, secondary and college levels are required to accommodate students as best they can. Talk to teachers, professors or administrators about the best approach and resources. If a teacher doesn't know about a student's disability, it can lead to discrimination, barriers to learning and poor grades.
- **Speak out against stigma.**

Others' judgments almost always stem from a lack of understanding rather than information based on facts. Learning to accept your condition and recognize what you need to do to treat it, seeking support, and helping educate others can make a big difference.



# DID YOU KNOW

By July of last year, 40% of adults reported struggling with mental health or substance abuse

**31%** with anxiety/depression symptoms

**26%** with trauma or stress related disorders

**13%** started or increased substance abuse

**11%** seriously considered suicide

**HELP is right around the corner: Pine Rest is the 4th largest behavioral health hospital in the nation.**



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](https://pinerest.org/donate) or call 616.485.8680 ext 2221

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

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](https://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!

### 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 ext. 1380 [dean.herried@pinerest.org](mailto: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 1.800.248.3485.

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