



WELCOME
2021

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Is Your Brain Tired? You May Be Mentally Fatigued

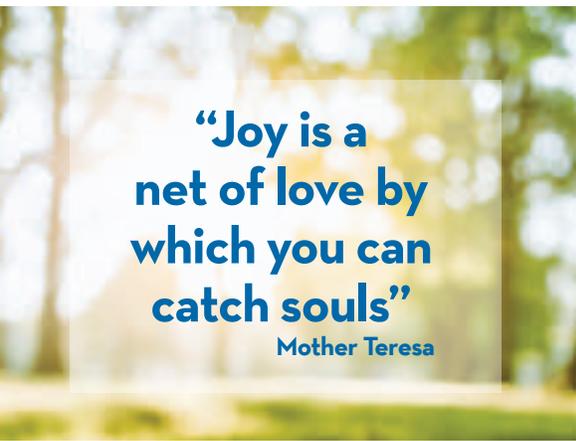
It seems like everyone that I talk to is tired and not because they are suddenly more active or more productive than usual. Most of them can not tell you why they are tired, they just are. The new normal brought on by the virus and the changes due to that is causing many of us to feel mentally fatigued.

Mental fatigue is something that occurs when your brain goes into overdrive. You can't stop thinking, worrying, anticipating, planning, etc. and this constant parade of changing thought can lead to exhaustion. This is common and most have experienced this at one point or another. But lately this fatigue seems to be the rule rather than the exception for many.

What happens when your brain is tired for too long? The telltale signs are inability to focus, physical exhaustion, difficulty sleeping, constant feeling of stress and anxiety and lack of patience or burst of anger.

What can you do to get the rest and reset? Turn off and tune out the noise around you and don't worry about concentrating on any one thing. Your brain needs a break. The following things can help by getting outside, turn off the tv and internet, exercise and read.

If you find those do not help, you might consider therapy as sometimes the ability to share your thoughts and concerns with a therapist will help you to be able to refocus and relax.



**“Joy is a
net of love by
which you can
catch souls”**

Mother Teresa

PINE REST LAKELAND CLINIC



Two years ago, Spectrum Health Lakeland took a survey of the community needs in which they found that there was a severe need for quick access to psychiatric medication management. They also found that physicians needed a place to send patients for psychiatric care when they needed something more than the medical provider felt comfortable prescribing, without risk of losing their treatment relationship in the long term.

Through assistance from the Spectrum Health Community Foundation, and a partnership with Spectrum Lakeland, Pine Rest Lakeland was born. Opening in November 2020, Pine Rest Lakeland is a consultation clinic in which patients are referred through their medical provider for behavioral health medication prescribing and follow-up. This referral typically occurs after the medical provider has attempted medication treatment and has found that the patient needs specialty care, much like a patient would be referred to any other specialist.

Upon referral from their medical provider, Pine Rest Lakeland will work with each patient to schedule their initial appointment within seven days. The initial appointment will focus on the person's history, what has worked and what hasn't, and each person will meet with a Medical Assistant, a Clinician, and a Psychiatrist or Psychiatric Nurse Practitioner. Over the next weeks, the patient will participate in a group version of medication management. In most psychiatric clinics, it can take months from the time of referral to the initial appointment. By ensuring the initial appointment will occur within seven days, Pine Rest Lakeland is also providing an alternative option for those who may utilize the Emergency Department for a Behavioral Health concern. Currently, social workers have limited options for continued care and oversight due to the long wait and may refer to inpatient treatment, simply due to the wait for psychiatric services in an outpatient setting.

Pine Rest Lakeland Facts

- Staffing includes a Medical Assistant, Clinic Manager/ Clinician, Nurse Practitioner, Psychiatrist
- The clinic accepts payment from most commercial insurances and Medicare
- Treatment is currently provided via teletherapy. Post pandemic, treatment is planned to occur 50% in person and 50% via video treatment.
- Referrals can be made by any medical provider
- Patients will be seen up to five times in a specialty clinic environment, before transitioning back to their medical provider
- Pine Rest Lakeland is located within the Lakeland Health Campus in St. Joseph Michigan

Within five visits, the Pine Rest Lakeland Clinic will collaborate with the patient's existing medical provider to take over providing care to the person. While Pine Rest Lakeland does not provide traditional therapy services, throughout each person's time with the team at Pine Rest Lakeland, the Pine Rest multidisciplinary team will work with each patient to determine whether ongoing outpatient therapy would be beneficial. In these situations, patients will be referred to either another local therapist or will be seen by Pine Rest clinicians via teletherapy.

PINE REST CALEDONIA CLINIC



COMMUNITY GROWTH AND PINE REST IS THERE TO MEET THE NEEDS

Over thirty years ago, Pine Rest made its first presence in Caledonia. As the population of the area has boomed in the last two decades, Pine Rest's Caledonia Clinic found that the demand for services exceeded the space available. In November 2020, the new Caledonia Clinic opened, providing ample space and room to grow as the need presents.

The new building, located at 6505 Cherry Meadow Dr, quadruples the clinic's capacity, providing offices for 24 clinicians. In the old setting, new clients were routinely waiting a month or more to see a clinician. By expanding the numbers of providers available, we hope to reduce that wait dramatically. In addition, these clinicians bring

with them added expertise, including specialties in Perinatal Mood Disorder, Addiction, and Grief and Loss. Also added is a full DBT (Dialectical Behavior Therapy) team consisting of four clinicians trained in this treatment model. This addition will provide a southern location for DBT and remove barriers to patients waiting to receive this specialized service.

For years there has been interest in group treatment, however, the lack of physical space has prevented therapeutic groups from occurring in Caledonia. The new location has room to provide not only group therapy, but to also offer community education events, such as providing space for local school social workers to attend informational sessions.

Additionally, in a world where access to psychiatric providers is limited, this expansion also brings additional coverage from psychiatrists and physician assistants. Previously, these medical services were only available one day per week in Caledonia. In the new clinic, a full-time psychiatrist and two physician assistants will be available five days a week.



As the last year has shown us, the use of teletherapy is vitally important. The new Caledonia Clinic has teletherapy technology throughout, allowing providers to move seamlessly from in-person visits, to telehealth visits, and back; so that regardless of how a person prefers to receive treatment, we are prepared to meet them where they are.



UPCOMING EVENTS

Healing Moments

CELEBRATION DINNER

PLEASE NOTE THE EVENT DATE HAS CHANGED
SAVE THE DATE • MAY 17, 2021

For a Special Evening benefiting the
Pine Rest Foundation Endowment Fund

Tickets and Sponsorships Available | Call Samantha at 616.455.8680

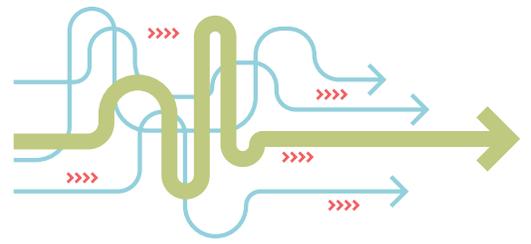
pinerest.org/foundation/overview/2021-dinner/

Pine Rest Foundation Annual Golf Classic

Save the Date: June 21, 2021 • Tullymore Golf resort

**Sponsorships are
still available**

Contact:
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Email: Samantha.vitale@pinerest.org



Daisy Award Recognition

On Wednesday, October 21, Child & Adolescent Unit nurse Briana Cannon walked through the doors separating her patient care unit from its reception area to find a number of her colleagues and Pine Rest nursing leaders waiting for her. Surprised, Briana listened as Pine Rest's Chief Nursing Executive, Dr. Gretchen Johnson, explained that Briana had been nominated and chosen to receive the DAISY Award for Excellence in Nursing.



Dr. Johnson noted the DAISY Award is an internationally-recognized symbol of excellence presented to nurses in healthcare organizations spanning all 50 states and 28 countries.

Briana was nominated by an individual formerly in her care for demonstrating the exact type of nursing that the DAISY Award was intended to celebrate.

Pine Rest Article Published

Pine Rest had a recent article "Preparing for the Behavioral Health Impact of COVID-19 in Michigan" published in the Current Psychiatry Reports.

Importance of Self Care and Education of Self

A few months ago, West Michigan Woman held a Facebook Live with Charmeka Newton, Ph.D., a licensed therapist at Pine Rest, who spoke about the heightened tensions related to current events and how many are experiencing disagreements within their interpersonal relationships. Dr. Newton offered some insight and strategies for how to have these significant conversations and notes the importance of selfcare, educating oneself, establishing ground rules, and what to do when things go wrong.



Special Care for Moms Tips

The COVID-19 pandemic and the restrictions that come with it have caused a very stressful time for everyone, but especially new moms. Pine Rest sat down with WZZM13 to talk about how we can help the new moms in our life during these uncertain times. While new moms are trying to navigate the changes and stress that comes with motherhood, they are also dealing with the pandemic and isolation from friends and family. Pine Rest provided advice for new moms and loved ones of new moms on how to help. She gave creative ways including dropping off a meal for the new mom, doing her grocery shopping, or scheduling weekly zooms to catch up. All of these actions could boost the spirits of the mom a lot! Above all else, make sure the new mom in your life knows that you're thinking of her and you're there if she needs anything at all.

For more information on how to help loved ones during these difficult times, check out Pine Rest's website. [pinerest.org](https://www.pinerest.org)

WHAT DO PINE REST CHAPLAINS DO?

by Karl VanHarn

One afternoon a chaplain went from patient to patient checking with each one, "How are you?" One patient paused, looked up in shock, and said, "You're a chaplain? **I've been depressed and thought God left me.** I prayed to God this morning for a sign, and you showed up. Maybe God is with me after all." The chaplain listened to the person's story and struggle, affirmed his faith, and prayed. The patient sat upright, his face brightening with a smile, and said, "Thank you, chaplain."

Throughout its history, Pine Rest has cared for people as whole persons—body, mind, and spirit. In the early years, local pastors volunteered to provide pastoral care. Eventually Pine Rest hired a full-time chaplain who had a more complete understanding of patients' spiritual care needs. Today 3 full-time chaplains, 2 part-time chaplains, and 3 full-time chaplain residents (a 1-year program of clinical pastoral education) serve on ten inpatient units, three partial hospitalization programs, nine residential programs, and the Detox unit. Pine Rest's founders believed that people with mental illnesses are children of God, bear God's image, and are of great worth and loved by God. While all Pine Rest staff provide compassionate, professional care, patients understand chaplains as professionals who represent God's presence, listen, and care for them spiritually.

During Spiritual Care Week this fall, Lisa Zwerk, Clinical Services Manager of the Detox Unit, wrote, "I will never forget the words of one of our patients after speaking with our chaplain: 'I need to find my soul again. **Addiction has stolen my soul and the chaplain really helped me realize that I am worth saving.**' Without chaplains our patients would have no expert to help them find the worth of their 'soul' again."

Through all the changes in how Pine Rest provides mental health care for over 100 years, chaplains have adapted and continued to focus on caring for people spiritually. Patients look to them for empathic understanding, spiritual support, and ways to relate their faith in their healing.



The chaplains' ministry includes 3 main areas: leading worship services, leading patient treatment groups, and providing individual pastoral care. In worship, patients bring their broken spirits to God and receive God's love, assurance, wisdom, and blessing. In groups, patients learn to draw from their personal spiritual resources for their health and healing. Patients meet with chaplains for one-to-one visits out of a variety of needs. These may range from prayer, recovery from trauma, complex grief, struggles with God, or spiritual questions.

Chaplains visit patients of all different faiths and those with no faith. They respect patients' religious commitments and faith communities and care for them emotionally and spiritually. Chaplain Ryan Simpson notes, "Most patients at Pine Rest

experience spiritual distress—a loss of connection, meaning, or purpose—as well as emotional distress. **Chaplains listen, care, and address both spiritual and emotional needs.**”

Mostly, chaplains listen to patients. They listen to their thoughts, feelings, and faith. They listen to painful stories, sometimes going back for years. They listen with compassion. At times they weep with patients. Chaplains know that being an empathic witness of a patient’s suffering allows patients time and space for healing to occur. Chaplain Mike VanHamersveld relates, “I met with a patient from an emotionally abusive marriage. She came to Pine Rest for help with her persistent depression. I listened to her story, empathized with her pain, affirmed her strong character, and blessed her courageous and faith-filled steps into the next chapter of her life. There is transformative power in the Chaplain’s **simple act of listening and affirming the wisdom and courage of a person.**”



When people ask me what we do as Pine Rest Chaplains, I could tell them that we teach, or that we counsel, or that we visit individuals in our care – we do all of those things. But, I almost always tell them, “We listen.” I believe it is in that one simple act – just listening to a patient share a story – that we help our patients experience and believe that God is listening, too.

**The Lord is my shepherd, I shall not want.
He makes me lie down in green
pastures; he leads me beside still
waters; he restores my soul.**

Psalm 23:1-3a



contributor
Rev. Karl VanHarn
Director of Pastoral Services and
Clinical Pastoral Education (CPE)

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Consider joining the Pine Rest 1910 Society. To learn more, contact Dean Herried (616) 222-6345 ext. 1380 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)