



PROVIDING HOPE TO THOSE THAT NEED SHORT TERM INPATIENT CARE FOR THE PAST 11 YEARS.

The Kalamazoo Centerpointe Recovery Center is a 10 bed specialized residential treatment program utilizing an active recovery-based treatment model with a focus on understanding the illness, medication management and community adjustment skills. This program is designed to provide a short-term alternative to inpatient psychiatric services for individuals experiencing an acute psychiatric crisis. Although the length of stay will vary depending on the severity of illness, it is anticipated that length of stay will vary between 3 – 14 days. The patients are treated in a home like setting which has been found to be more beneficial.

The clinical treatment model is designed to engage each person in a very active, educationally based treatment model based on Illness Management and Recovery. This “best practice” model emphasizes both group and individual treatment segments that follow 9 curriculum areas. These areas are:

- 1) Recovery strategies
- 2) Practical facts about mental illness
- 3) The stress-vulnerability model and treatment strategies
- 4) Building social support
- 5) Reducing relapses
- 6) Using medication effectively
- 7) Coping with stress and common problems
- 8) Coping with symptoms
- 9) Getting your needs met in the mental health system

continued

WHAT'S INSIDE

Kalamazoo Centerpointe Recovery Center	1-2
Dementia and What You Need To Know About It	3
OUT & ABOUT	4-5
2021 Golf Classic Recap	6-7

“Respect your calmness because it is the loudest voice of your strength.”

—Anonymous

PROVIDING HOPE TO THOSE THAT NEED SHORT TERM INPATIENT CARE FOR THE PAST 11 YEARS.

continued

The Illness Management and Recovery treatment model has been shown to be effective in helping individuals learn to manage their illness in a way that allows them to be successful in moving into less restrictive and costly settings and in decreasing the need for hospitalization.



Treatment services are clinically supervised by a psychiatrist. The psychiatrist provides psychiatric evaluation, assessments, and medication reviews at the center. The covered crisis residential services are under the immediate direction of a mental health professional. Treatment activities are carried out by paraprofessional staff.



The primary goal of this model is to empower consumers with severe mental illness to manage their illness, find their own goals for recovery, and make informed decisions about their treatment by teaching them the necessary knowledge and skills. When they leave the Pine Rest facility, they are provided with an ongoing treatment plan.

The TEAM that works here are multi-functional from answering the phones, preparing program plans to even washing the dishes as the setting is not just clinical. In asking the WHY do they work here? The answer is quite clear, "To help those that are underserved in their mental health wellness". We, at Pine Rest are blessed to have those that care so much for people that have fallen thru the cracks in their life journeys. The TEAM knows that they are making a difference in one life at a time.

**OVER 300
PEOPLE
SERVED
IN KALAMAZOO
IN 2020**

DEMENTIA AND WHAT YOU NEED TO KNOW ABOUT IT



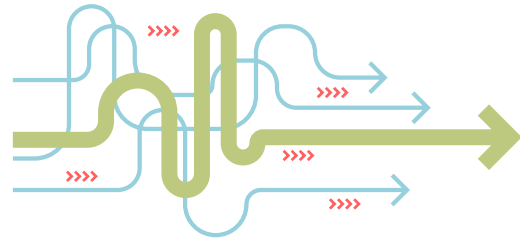
Everyone knows that we become forgetful as we grow older, right? Wrong. Memory problems are not a normal part of aging, but it isn't always easy to know the difference between normal changes that affect us as we grow older and more serious symptoms that might be the sign of real memory problems that we normally associate with dementia. What is Dementia? Dementia is the descriptive term for any medical condition that causes memory problems and problems with at least one other brain function, such as speech, concentration, visual perception or more complex thinking involving problem solving, planning and organization. Two of the most widespread forms of dementia are Alzheimer's disease, which accounts for 60 to 80 percent of those with dementia, and vascular dementia, which accounts for 20 percent. Today, more than 5 million Americans suffer from Alzheimer's disease, while millions more are affected by changes in blood circulation in the brain, known as vascular dementia.

In dementia, memory loss is common, especially of recent events and detailed situations. People with a recent diagnosis of dementia will talk about the frustration of not remembering something that happened recently. Family members may notice that their loved one remembers events from long ago more easily than recent events. In addition to memory loss, another aspect of dementia may be language difficulty. Persons with dementia may have a hard time expressing themselves or struggle with finding the right word to say. They may have a hard time understanding what is being said to them or have difficulty tracking details in conversation. These problems show up in written language, too. In dementia, complex activities such as planning, organizing and problem-solving can become more challenging. Sometimes doing even simple, routine things in the right order becomes more difficult, like putting on one layer of clothing over another in the wrong way or preparing a meal. Sometimes, family members may notice times of confusion.



Want to know more?

View the booklet online at: pinerest.org/dementia
Want the booklet sent to you? call us at 616.455.4546 X2221 and ask us to send you the booklet.



Pine Rest Zero Suicide Initiative seeks to reduce and eliminate suicide deaths

The Zero Suicide Initiative was started by Henry Ford Hospital and has been shown to reduce suicide deaths by as much as 80%.

Dr. Evonne Edwards speaks with WZZM 13 ON YOUR SIDE

September was National Suicide Prevention Awareness month. Unfortunately, the suicide rate has been increasing over the past two decades. Experts have been looking into how we can better prevent suicide and the answer is there's a great deal we can do as a community.

We spoke with Dr. Evonne Edwards from Pine Rest Christian Mental Health Services about the Zero Suicide Initiative, which seeks to reduce or eliminate suicide deaths. The initiative was started by Henry Ford Hospital and has been shown to reduce suicide deaths by as much as 80%. It has now been adopted by most healthcare organizations in West Michigan and around the country.

Pine Rest has adopted a number of practices as part of the initiative:

- Treating suicidality as a diagnosis, instead of a symptom
- Using different assessment tools to better identify at-risk patients
- Training staff on different types of therapies that directly treat suicidality and are more effective in reducing suicidal thoughts and behavior
- Robust, collaborative safety planning that includes ensuring lethal means or methods are not easily accessible to individuals at high-risk times and ensuring they have specific steps they can take to keep themselves safe and get help when in crisis
- Following up with patients in the week after leaving hospital to ensure that important transition from the hospital to follow-up care goes smoothly (most of those who attempt suicide don't receive mental health treatment in the next year)
- Transition Clinic - extra support for patients after discharge and helping ensure patients are able to be seen quickly after hospitalization

Belding High School brings education to a new level

THE REBOUND WEST MICHIGAN Fox 17: Dec 02, 2021

We're going to have more empathetic kids': Mental health is a required class at Belding High School. The district began implementing a multi-tier mental health program about 3 years ago, even employing a full-time therapist from Pine Rest

Every time the country experiences a mass school shooting, the discussion of mental health resources bubbles to the service, with everyone asking how this type of event can be prevented from happening again in the future.

Mental Health Education at High School Level *continued*

"We know that we have a mental health crisis, but it's not enough to just say that and say, 'Well, you know, it's not going to get better,'" explained Michael Ostrander, principal at Belding HS. Educational success is built on a strong mental foundation.

"If their mental health needs or social-emotional needs aren't met, academically, they're not going to perform as well," he told FOX 17. But it's not just education that thrives when students are mentally well; Ostrander believes it also prevents potential violent outbursts.

"The number one way we keep our building safe is through relationships, knowing the things that are going on, knowing when a kid is acting a little bit differently," he said.

There are three main pieces of the program the district has so far implemented—the first of which was opening a listening room and hiring a recently-retired music teacher to act as a student support coordinator. The listening room is open to every student in the high school, no matter what it is they want to talk about.

"They can talk about anything, whether it's a staff member, or whether it's another student, or a group of students," explained George Rousseau, who runs the room. "The ultimate goal is, everything is triggered by something, and once you find where that trigger is coming from, and you can help them with that, then they help themselves."

Second, the high school began a mental health class, required for all students graduating from the district. "There aren't, to our knowledge, there's no other school in Michigan that has a mental health class," Ostrander said. "It's everything from substance abuse, to prevention of self-harm and suicide... those are the things we worry about. Stopping the stigma is one of the first lessons that they go through."

Finally, the district hired a full-time therapist from Pine Rest to offer in-school services to students in the high school and middle school who aren't able to access them outside of school for whatever reason.

"It might take a while to get everybody there, but we're going to see a change over time, that we're going to have more empathetic kids," Ostrander said. "We're going to have kids who are getting more support and access to support that they need."

Belding's mental health program is supplemented by two anonymous donors who gave \$60,000 to be used over three years.



PINE REST FOUNDATION **Golf CLASSIC** 2010 2021

AMAZING TO ACHIEVE A NET OF OVER \$120,000 TO PROVIDE HOPE

It was a beautiful September day for the Annual Pine Rest golf outing at Tullymore Golf Resort. We were blessed to have over 130 golfers to support the Patient Assistance Fund. We sincerely appreciate the sponsors and golfers that made this event SHINE for our patients.



Serv-U-Success Team



Firekeepers Team



Merrill Lynch Team



Carol Van Andel Team



David Van Andel Team

The following golfers won the contests that were held:

Men's Longest Drive: Mike Mraz

Women's Longest Drive: Shauna Erard

Closest to the Hole: Paul Hendricks

Team Best Ball: Lumbermen's

Longest Putt Made: Paul Parks

Team Scrabble: Northern Trust



Lumbermen's Team



Northern Trust Team

THANKS TO OUR ALSO AMAZING SPONSORS AS THEY HELPED PROVIDE THE HOPE

TITLE SPONSOR



The Veldheer, Long, Mackay and Bernecker Group

The Freeburg & Mraz Group

RECOGNITION SPONSOR



RECEPTION SPONSOR



LUNCH SPONSOR



TEAM SPONSORS

Ascent Wealth Partners
Crowe
EV Construction
Heyboer Landscape Maintenance, Inc.
Lumbermen's
Macatawa Bank

Miller Johnson
Northern Trust
Priority Health
RDV
Serv-U-Success
Spectrum Health

WeatherShield Roofing
Windemuller Electric
PR Board Members:
Rob Stafford, Jack DeBoer,
Bryan Ridgeway & Ray Lanning

BIRDIE AND HOLE SPONSORS

Custer Office
Dan Vos Construction
EPIC

Foster Swift Collins & Smith PC
Grand Valley Automation
Michigan Health and Hospital

Meijer
SecurAlarm
Town & Country

Why Pine Rest? Share your story!

Want to share your experience with Pine Rest programs and our clinicians? We invite you to tell your personal "Success Story" to help encourage and inspire others on their wellness journey. To send your story, please email phillip.meade@pinerest.org.



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)