



*Accredited by the
Joint Commission*



*Accredited by Commission
on Accreditation of Rehabilitation
Facilities*

FACT SHEET

ORGANIZATIONAL OVERVIEW

Pine Rest Christian Mental Health Services is a nonprofit organization founded in 1910 in Grand Rapids, Michigan. Pine Rest is one of the largest free-standing behavioral health providers in the U.S., offering a full continuum of services including inpatient and partial hospitalization, residential and outpatient services, addiction treatment and recovery, extensive child and adolescent programs, senior care services, as well as specialized assessment and treatment clinics. Pine Rest clinicians offer therapeutic services in behavioral health across the continuum of care within a Christian framework. Pine Rest has 19 outpatient locations in Michigan and Iowa. The organization's 220 acre campus is located at 300 68th Street in Grand Rapids.

The staff includes 77 psychiatrists and doctors, 44 psychiatric residents/fellows, 111 psychologists, 236 licensed masters-level social workers, 31 physician assistants and nurse practitioners, 255 nurses, 500 psychiatric technicians plus 16 chaplains.

Pine Rest is a member of the Spectrum Health Regional Network and Helen DeVos Children's Hospital Partners in Children's Health.

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.

EXECUTIVE LEADERSHIP

Pine Rest executive leadership is provided through an Executive Council, comprised of the following individuals:

- Mark Eastburg, PhD, President & Chief Executive Officer
- Bob Nykamp, MA, Vice President and Chief Operating Officer
- Paul Karsten, MA, Vice President of Finance & Chief Financial Officer
- Alan Armstrong, MD, Chief Medical Officer
- Suzanne Bolt, MBA, SHRM-SCP, Director of Human Resources
- Kelly Domagala, BSN, MSN, CENP, RN-BC, Chief Nurse Executive of Hospital Based Services
- Thomas Elzinga, BA, Vice President of General Services
- Harmony Gould, MBA, Corporate Director of Hospital Based Services
- Scott Halstead, PhD, Corporate Director of Professional Practice Group
- Al Jansen, BS, Corporate Director of Community & Residential Services
- Bill Johnson, MS, CHCIO, Director of Information Systems
- Fred Kegel, Director of Facilities
- Susan Langeland, MBA, Vice President of Continuum Development
- Donald MacKenzie, MA, Executive Director of Pine Rest Foundation
- James Rose, MS, MA, Director of Marketing & Communications
- Bob VandePol, MSW, Executive Director of Employee, Church and School Assistance Programs
- Scott Wagner, MSW, MBA, Vice President of Behavioral Health Solutions

SERVICES

Patients can receive behavioral health care through Pine Rest's many services. Depending on the severity of need, Pine Rest offers inpatient hospitalization, partial hospitalization (day programs), outpatient, telehealth and residential services for mental illness and addiction treatment. Additional services include community programs, management and consulting, educational programming and telepsychiatry.

INPATIENT AND PARTIAL HOSPITALIZATION

Inpatient and Partial Hospitalization services are provided on Pine Rest's 68th Street campus in the Mulder, Van Andel • Cook and Van Andel Centers. Service continuum serves: Child & Adolescent, Adult and Older Adult (no partial program). Pine Rest offers a specialty Mother and Baby Partial Program for individuals experiencing significant symptoms of postpartum depression and other perinatal mood disorders.

Pine Rest License: 198 beds

- 110 five separate inpatient units for adults with severe and persistent mental illnesses
- 36 beds for children and adolescents in the Van Andel Center
- 26 beds for older adults in the Van Andel • Cook Center
- 26 beds that are licensed to flex between children and young adults according to population need

COMMUNITY AND RESIDENTIAL SERVICES

Pine Rest's Residential Services provide the best possible care within a home atmosphere. Because of the homes' proximity to Pine Rest, residents receive a full continuum of services for their psychiatric issues that may be complicated by other life pressures in a structured, residential setting, located within the community. There are other programs providing outreach and outpatient services in the community.

- Pine Rest Christian Homes for persons with developmental disabilities (69 beds) – 15 of which are apartments. These programs offer a continuum of services – from secured behavioral facilities to supported independent living facilities.
- Adolescent Programs for Boys and Girls (48 beds – secure & non-secure).
- Community and Residential Addiction Services for Men and Women (66 beds) – Jellema House, Jellema Treatment Center, Facility Based Housing, Freedom House, Veterans to Independence.
- Residential Treatment Programs for Mentally Ill Adults (38 beds) – InterActions, Sequoia, CenterPointe Recovery.
- Other programs include Community Case Management, StreetReach, medication management clinic and Community Supports Coordination.

SERVICES TO MEDICAL HEALTH SYSTEMS

Behavioral Health Solutions (BHS) helps medical providers develop and deliver high quality behavioral health services—improving their clinical outcomes, expanding their services, and improving their bottom lines. Management, program evaluation, and consulting options exist to target the specific needs of each organization. Physicians and program leader recruitment and management can also be provided.

TELEPSYCHIATRY

In person psychiatry is in short supply and high demand. Pine Rest is committed to providing a real time, high quality video and audio interaction between the psychiatrist and the patient. Patients and their specialist are able to talk back and forth easily and cover the same information as they would in the same room. After a short time, a good telepsychiatric connection results in “forgetting” the persons involved are not in person. Pine Rest interviews, screens and requires the same credentialing standards be met as other Pine Rest psychiatrists. Pine Rest provides telepsychiatry services in various ways:

- Sharing Pine Rest site-based psychiatrists or psychiatrists located in other parts of the United States to meet the needs of patients in other organizations. Examples of applications include CMH's, inpatient hospitals, outpatient clinics, primary care offices, and emergency rooms.
- Providing psychiatric care from psychiatrists located in other parts of the U.S. to Pine Rest sites.
- Sharing Pine Rest site-based psychiatrist services to another Pine Rest site.

OUTPATIENT SERVICES

The most common condition that prompts people to access outpatient services is depression. Clinicians provide treatment for anger management, anxiety, attention deficit disorders, bipolar disorder, blended families, chronic pain, depression, divorce adjustment, eating disorders, grief and loss, marital issues, parenting issues, perinatal mood and anxiety disorders, schizophrenia, self-esteem, self-harm, spirituality, stepfamily adjustment, stress, substance use disorders and trauma services available via online video connection and in clinics and offices. Locations include:

MICHIGAN

Caledonia Clinic

9090 South Rodgers, Ste. D
Caledonia, MI 49316

Campus Clinic

300 68th Street SE
Grand Rapids, MI 49548

Christian Counseling Center

1870 Leonard NE
Grand Rapids, MI 49505

ECT & TMS Clinic

300 68th Street SE
Grand Rapids, MI 49548

Forest Hills Clinic

877 Forest Hill Avenue SE, Ste. C
Grand Rapids, MI 49546

Hastings Office

450 Meadow Run, Ste. 300
Hastings, MI 49058

Holland Clinic

926 South Washington, Ste. 210
Holland, MI 49423

Kalamazoo Clinic

1530 Nichols Road
Kalamazoo, MI 49006

Loeks Residency Center

300 68th Street SE
Grand Rapids, MI 49548

North Shore Clinic

17325 Van Wagoner Road
Spring Lake, MI 49456

Northeast Clinic

3225 N. Evergreen Dr. N.E., Ste. 301
Grand Rapids, MI 49525

Northwest Clinic

2118 Three Mile Road NW
Walker, MI 49544

Portage Clinic

1350 W. Centre Avenue, Ste. 110
Portage, MI 49024

Psychological Consultation Center

300 68th Street SE
Grand Rapids, MI 49548

Retreat Center Clinic

300 68th Street SE
Grand Rapids, MI 49548

Southwest Clinic

4211 Parkway Place, Ste. 100
Grandville, MI 49418

Traverse City Clinic

1050 Silver Drive
Traverse City, MI 49684

Zeeland Clinic

8333 Felch Street, Ste. 201
Zeeland, MI 49464

IOWA

Pella Clinic

2611 Washington Street
Pella, IA 50219-7924

TELEHEALTH [IOWA & MICHIGAN]

<http://pinerest.org/telehealth>

OUTPATIENT SPECIALTY SERVICES

- DBT Program in Grand Rapids and Traverse City
- Addiction Treatment and Recovery Services
 - Residential Detoxification (12 beds)
 - Teletherapy for Addiction Services
 - Short-term Residential
 - Intensive Outpatient Program
 - Medication Assisted Treatment (MAT)
 - Relapse Prevention
 - Individual Outpatient Services
 - Assessments
 - Family Program
 - Alumni Groups
 - Early Recovery Groups
 - Suboxone Clinic
 - Intervention Training
- Approved Autism Spectrum Disorder Evaluation Center of Excellence
- Applied Behavior Analysis for Autism Spectrum Disorders
- PAX (Critical Incident Response Team)
- EAP/CAP/SAP (Employee, Church and School Assistance Programs)
- Electroconvulsive Therapy (ECT)
- Transcranial Magnetic Stimulation (TMS)
- Senior Consultation Services
- Psychological Assessment & Testing
- Forensic (Court-Related) Psychiatric & Psychological Services
- Perinatal Mood and Anxiety Disorders (PMADs)
- Faith Community Outreach
- Speakers Bureau Program
- Developmental Disabilities
- Support Groups & Workshops
- Over 48,000 people served in 2017, through more than 298,000 visits

NATIONAL NETWORK OF DEPRESSION CENTERS (NNDC)

Pine Rest and Michigan State University-College of Human Medicine jointly are an associate member of the National Network of Depression Centers. The NNDC is a non-profit network of leading clinical and academic centers of excellence in the U.S. working to transform the field of depressive illnesses and related mood disorders. The NNDC's mission is to develop and foster connections among members to use the power of a network to advance scientific discovery and to provide stigma free, evidence-based care to patients with depressive and bipolar illnesses.

COMMUNITY COLLABORATIONS

Pine Rest has been actively involved with the integration of psychological and psychiatric services in the primary care setting, plus in area hospitals, churches and schools. These efforts include:

- Apostolic Christian Counseling and Family Services, Morton, IL
- Arbor Circle
- Barry County Community Mental Health
- Beacon Specialized Living Services
- Central Michigan Community Mental Health
- Clinton, Eaton and Ingham Counties Community Mental Health
- CRC and RCA Classis
- CROSS Mental Health Region
- D.A. Blodgett
- Davenport University
- Delton Kellogg Schools
- EverGreen Ministries

- Family Outreach
- Forest Hills Public Schools
- Grand Rapids Catholic Diocese
- Grand Traverse & Leelanau Children's System of Care
- Grand Traverse Human Service Collaborative
- Great Start Early Childhood Collaborative
- Helen DeVos Children's Hospital
- InterAct – Grand Rapids and Kalamazoo
- Kent County Crisis Intervention Team
- Knoxville Community Hospital
- Lynnville Sully Christian School
- Marion County Public Health
- Mary Free Bed Rehabilitation Services
- Mercy Health Muskegon, Mercy Health Physician Partners, Mercy Health Saint Mary's Hauenstein Neuroscience Center, Mercy Health Saint Mary's
- Metro Cancer Center
- Metro Health Hospital
- Michigan Center for Clinical Systems Improvement (Mi-CCSI)
- Muskegon River Youth Homes
- Network180 Community Mental Health
- Newton Christian School
- North Ottawa Community Hospital
- Northview Public Schools
- Northwest Michigan Health Services (FQHC)
- Oskaloosa Christian School
- Over 80 area churches and schools in Michigan and Iowa
- Pella Christian Schools
- Pella Regional Health Center
- Red Project
- Samaritas
- Spectrum Continuing Health Care
- Spectrum Health Butterworth, Blodgett, Lakeland & Zeeland Hospitals
- War Memorial Hospital, Sault Ste. Marie
- We Are For Children

GERALD AND JANE ANN POSTMA CENTER FOR WORSHIP AND EDUCATION

The Postma Center is a modern conference facility on the wooded campus of Pine Rest providing casual or formal settings for groups and businesses to gather. Professional educational trainings, social gatherings, intimate weddings and wedding receptions are held on site. Groups up to 400 are served in a variety of room sizes and layouts. Five multi-purpose conference rooms contain sophisticated audio and visual complimented by a Grand Foyer, Business Center, Art Gallery and two well-appointed outdoor courtyards.

PATIENT STATISTICS

In fiscal year 2017, there were 298,010 patient visits for outpatient care in Pine Rest's network of clinics (that includes Community Case Management). There were 6,580 inpatient admissions and 60,956 inpatient patient days across Pine Rest's continuum of care. Partial hospitalization admissions were 1,871 and partial hospitalization program days were 8,514. In addition, our residential programs served many people. Residential days of care were 70,521. In total, 48,010 people received services at Pine Rest.

EMPLOYEES

Pine Rest has 1,846+ employees (1,100+ full-time equivalents).

HISTORY

In 1910, a group of pastors and laity decided to create an organization that treated all aspects of a person's well-being: emotional, mental, physical, and spiritual. Initially formed by and for members of the Reformed Church in America and the Christian Reformed Church in America, Pine Rest today is a faith-based organization serving a multitude of individuals from many cultures and religions. Pine Rest offers quality services to people regardless of their race, color, creed or national origin.

EDUCATIONAL/PSYCHO-EDUCATIONAL OPPORTUNITIES

- **Psychiatry Residency Program:** First residency class began in July 2014. This four-year program presently has 41 residents.
- **Physician Assistant Psychiatry Training Program:** First class began in July 2016. This one-year program will have capacity for two PA trainees for training to specialize in psychiatry.
- **Child and Adolescent Psychiatry Fellowship:** The Pine Rest / Michigan State University – College of Human Medicine Child and Adolescent Psychiatry Fellowship is a two-year program accepting three residents per class. The first class started July 2017.
- **Addiction and Geriatric Fellowships:** The first class started July 2018.
- **Continuing Education:** Grand Rounds, Virtual Grand Rounds, Perinatal Mood and Anxiety Disorders, Pearls for Primary Care, speakers on behavioral health topics which offer continuing education credits for social workers, nurses, physicians and certified addiction counselors.
- **Classes and Support Groups:** Clinicians offer classes, groups, and workshops on a variety of behavioral health-related topics at our outpatient clinics – *call 866.852.4001 or visit our website at <http://pinerest.org/support-groups>.*
- **Speakers Bureau:** Pine Rest psychiatrists, psychologists, social workers and activity therapists provide education, enrichment, and professional training to a variety of audiences through the Speaker's Bureau. Speaking engagements on several behavioral health topics are available.
- **Clinical Pastoral Education:** Since its beginning in 1970, the CPE program has served over 1,200 seminarians, pastors, chaplains and parish nurses from a variety of denominations and faith groups. CPE is required by some seminaries and denominations for graduation or ordination. Four units of CPE (400 hours of supervised training) are required for Board Certification as a Chaplain. CPE interns have come from the U.S. as well as 18 other countries. Pine Rest offers full-time summer CPE internships, part-time fall/winter CPE internships, and a one-year CPE residency program. Pine Rest CPE is accredited through the Association for Clinical Pastoral Education.
- **Michigan State University College of Human Medicine:** A designated Division of Psychiatry and Behavioral Medicine for Michigan State University, a partner in the Psychiatry Residency and Child and Adolescent Fellowship Programs, and a joint associate member of the National Network of Depression Centers.
- **Postdoctoral Fellowship in Clinical Psychology:** This two-year program prepares trainees for practice at an advanced level in child and adolescent psychology and psychodynamic psychotherapy.
- **Psychology Internships:** The Pre-Doctoral Psychology Internship is designed to prepare interns to become independent practitioners.
- **Medical Learner Opportunity Programs for Nursing, Nurse Practitioner, Physician Assistant, Doctor of Pharmacy (PharmD) and Medical Students:** Pine Rest currently trains students from GVSU, University of Detroit–Mercy, Hope College, Calvin College, Montcalm Community College, Michigan State University, Ferris State University, Grand Rapids Community College, ATSU-Kirksville, LECOM, Marion, Butler, WMU and others.

RESEARCH

Research offers the opportunity for our staff and patients to become involved in novel and innovative approaches to psychiatric care. By partnering with the biotechnology community, industry, and academia-based research programs, Pine Rest Christian Mental Health Services is also established as an institution dedicated to advancing the diagnosis and treatment of psychiatric disorders. Pine Rest's current/active research includes the following projects:

- The Impact of Forgiveness and Spiritual Distress in an Inpatient Psychiatric Setting
- The Biological Triggers of Depression in Pregnancy

- Evaluating the Clinical Effectiveness of a Specialized Perinatal Day Treatment Program for Women
- HSV Cold Sore Infection and Psychiatric Symptoms
- Examining Spirituality and Mental Health Outcomes in Psychiatric Inpatients
- Identifying Therapist Characteristics and Practices Impacting Patient Retention in Psychotherapy
- Response Rates in Patients with Symptoms of Depression to Transcranial Magnetic Stimulation (TMS)
- Impact of Motivational Interviewing Training on Patient Retention in Psychotherapy
- Perceived Discrimination, Homelessness, Suicidality and Substance Abuse Among Minorities on Inpatient Child & Adolescent Unit
- Current Treatment Modalities for Disruptive Mood Dysregulation Disorder (DMDD)

PINE REST FOUNDATION

Pine Rest Foundation was established in the early 1960s to help Pine Rest Christian Mental Health Services advance the healing ministry of Jesus Christ through its provision of behavioral health care services. Since its inception, the Pine Rest Foundation has distributed over \$18 million in gifts through an endowment to Pine Rest for charitable care and treatment, research, program innovations, education and facility improvement. The general endowment is generated through annual gifts, proceeds from special events, bequests, and other outright or deferred gifts. These funds have helped pay for a critical incident response team in schools and businesses, school consultation programs at area high schools, middle schools and elementary schools, clergy consultation programs, teacher in-services on mental health topics, group therapy programs in schools and at Pine Rest's network of outpatient clinics, plus social workers in clinics at Grand Rapids urban locations. In addition, the Foundation's support is imperative each year in helping Pine Rest provide behavioral health care to persons who could not otherwise pay for these services. For further information on the Foundation and other fundraising initiatives, interested persons should contact the Pine Rest Foundation at 616.455.8680.

RUSTIC MARKET THRIFT STORE

The Rustic Market raises funds to benefit Pine Rest Christian Mental Health Services. Its merchandise ranges from clothing for all ages to appliances, household goods and books. Each year, net proceeds go to the Patient Assistance Fund, which helps offset the cost of treatment for people with few financial resources. In just the last six years, the Rustic Market has contributed over \$1 million dollars to the Patient Assistance Fund.

The Rustic Market is located at 389 68th Street near the campus entrance. It also has an endowment that provides funding for special projects and programs to enhance Pine Rest services. The store is staffed by volunteers. To volunteer or schedule pickup of large items, please call our manager, Carrie VanDenBrink at 616.455.2522.