FACT SHEET

ORGANIZATIONAL OVERVIEW
Pine Rest Christian Mental Health Services is a nonprofit organization founded in 1910 in Grand Rapids, Michigan. We are the single largest freestanding behavioral health provider in Michigan and the third largest in the country. Pine Rest has been the proven leader and preeminent behavioral health partner in West Michigan for decades. Pine Rest offers a full continuum of services including inpatient and partial hospitalization, psychiatric urgent care, residential, outpatient, telehealth, addiction treatment and recovery, extensive child and adolescent programs, senior care services, as well as specialized assessment and treatment clinics. In addition to the main campus in Grand Rapids, Pine Rest has 21 outpatient locations throughout West and Northern Michigan. The organization’s 220-acre campus is located at 300 68th Street SE in Grand Rapids.

The 2,038+ staff members include 106 psychiatrists and doctors, 56 resident/fellow physicians, 51 psychologists, 379 counselors and social workers, 46 mid-level providers, 20 nurse practitioners, 236 registered nurses, 506 direct care staff, plus 12 chaplains.

Pine Rest is a member of the Corewell 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 & Chief Operating Officer
- Paul Karsten, MA, Vice President of Finance & Chief Financial Officer
- William Sanders, DO, MS, Vice President & Chief Medical Officer
- Susan Langeland, MBA, Vice President of Continuum Development & Chief Information Officer
- Harmony Gould, MBA, Vice President of Hospital & Residential Services
- Scott Halstead, PhD, Vice President of Outpatient & Recovery Services
- Andrew Dow, MHA, SHRM-SCP, Director of Human Resources
- Gretchen Johnson, DNP, RN-BC, Chief Nurse Executive
- Fred Kegel, Director of Facilities
- Ryan LaRue, LMSW, Vice President of Contracting
- Donald MacKenzie, MA, Executive Director of Pine Rest Foundation
- James Rose, MS, MA, Director of Marketing & Communications
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), psychiatric urgent care, outpatient, telehealth and residential services for mental illness and addiction. 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. 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 perinatal mood and anxiety 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
- 26 beds for older adults
- 26 beds licensed to flex between adolescents and young adults according to population need

PSYCHIATRIC URGENT CARE CENTER
Immediate assessment and treatment for adults age 18+ experiencing acute psychiatric symptoms who cannot wait for routine outpatient intervention. Treatment available in-person and via telehealth.

RESIDENTIAL SERVICES
Pine Rest Residential Services provides 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 (57 beds) – 15 of which are apartments. These programs offer a continuum of services – from behavioral facilities to supported independent living facilities.
- Adolescent Program (8 male/female beds – unsecured). Lotus Program (14 male/female beds-secured).
- Residential Treatment Programs for Adults (53 beds) – InterActions, Sequoia, Freedom House, CenterPointe Recovery and Beechwood.
- Residential Addiction Programs (26 beds) – Detoxification and Short-term Programs.

SERVICES TO MEDICAL HEALTH SYSTEMS
- Behavioral Health Consultation Liaison Plus (CL+) addresses the needs for behavioral health patients in emergency and medical/surgical departments by providing psychiatric assessment, consultation and care navigation via video and phone interactions. Services are comprehensive and can be custom-tailored to an organization’s specific needs.

TELEPSYCHIATRY
In person psychiatry is in short supply and high demand. Pine Rest is committed to providing real-time, high-quality video and audio interaction between the psychiatrist and the patient. 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 CMHs, 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 & RECOVERY 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 telehealth and in-person at clinics. Locations include:

*Caledonia Clinic*
6505 Cherry Meadow Drive SE
Caledonia, MI 49316

*Campus Clinic*
300 68th Street SE
Grand Rapids, MI 49548

*Christian Counseling Center*
1870 Leonard NE
Grand Rapids, MI 49505

*Community Services*
320 Commerce Avenue SW
Grand Rapids, MI 49503

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

*Hastings Clinic*
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

*Neuromodulation Clinic – ECT/TMS*
300 68th Street SE
Grand Rapids, MI 49548

*North Shore Clinic*
17325 Van Wagoner Road
Spring Lake, MI 49456

*Northeast Clinic*
3225 N. Evergreen Drive N.E., Ste. 301
Grand Rapids, MI 49525

*Northwest Clinic*
2118 Three Mile Road NW
Walker, MI 49544

*Portage Clinic*
7895 Currier Drive, Ste. 100
Portage, MI 49002

*Psychological Consultation Center*
6500 Byron Center Ave. SW, Ste. 300
Byron Center, MI 49315

*Retreat Clinic*
300 68th Street SE
Grand Rapids, MI 49503

*Southwest Clinic*
4211 Parkway Place, Ste. 100
Grandville, MI 49418

*Transition Clinic*
300 68th Street SE
Grand Rapids, MI 49548

*Traverse City Clinic*
1050 Silver Drive
Traverse City, MI 49684

*Zeeland Clinic*
8333 Felch Street Ste. 201
Zeeland, MI 49464

TELEHEALTH
http://pinerest.org/telehealth
OUTPATIENT & RECOVERY SPECIALTY SERVICES

- DBT Program in Grand Rapids and Traverse City
- Addiction Treatment and Recovery Services
  - Residential Detoxification and Short-term Residential (26 beds)
  - Partial Program
  - Telehealth for Addiction Services
  - Intensive Outpatient Program
  - Medication Assisted Treatment (MAT)
  - Relapse Prevention
  - Individual Outpatient Services
  - Assessments
  - Alumni Groups
  - Early Recovery Groups
  - Family & Support Services
  - StreetReach
- Applied Behavior Analysis for Autism Spectrum Disorders
- Approved Autism Spectrum Disorder Evaluation Center of Excellence
- Critical Incident Response Team
- Diversity Collective
- 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
- Community Supports Coordination
- Support Groups & Workshops

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.

PRIMARY CARE SUPPORT PROGRAM

Pine Rest partners with primary care physician teams across the state to offer support in behavioral health. We use a model that allows us to collaborate with primary care teams and provide prioritized access to treatment and care. Pine Rest has multiple psychiatrists within our outpatient clinic network and hospital that provide consultation to primary care providers on a weekly basis through systematic case review. We utilize the same electronic medical records system that the three largest West Michigan healthcare systems use. This service provides improved care and ease of access to our primary care partners. Pine Rest's Psychiatric Urgent Care Center provides walk-in services seven days per week and gives primary care another readily available access point to refer their patients. Our Contact Center serves as a support for primary care teams navigating our continuum of services.
SCHOOL LIAISON PARTNERSHIPS
Pine Rest partners with many area schools providing consultation, in-service teacher trainings and clinicians on site for those who do not have counselors or need to supplement their ability to reach more students. We work with the following schools:

- Belding Area Schools
- Byron Center Christian Schools
- Delton Kellogg Schools
- Dutton Christian
- Fennville Public Schools
- Forest Hills Public Schools
- Glenn Public Schools
- Hastings Area Schools
- Hopkins Public Schools
- Innoacademy
- Legacy Christian School
- Moline Christian School
- North Muskegon
- Outlook Academy
- Plainwell Community Schools
- Potter’s House
- Reeths-Puffer
- St. John Vianney
- Thornapple Kellogg Schools

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, corporate events, social gatherings 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 2023, there were 396,187 patient visits for outpatient care in Pine Rest’s network of clinics, 9,368 hospital admissions including day programs, 59,031 inpatient patient days and 6,323 urgent care visits across Pine Rest’s continuum of care. In addition, our residential programs served hundreds of people. Residential days of care were 35,565.

EMPLOYEES
Pine Rest has 2,038 staff members (1,451 full-time equivalents).

EDUCATION AND TRAINING
- **Child and Adolescent Psychiatry Fellowship**: The first class started in July 2017. This is a two-year program accepting up to four fellows per year.
- **Addiction Psychiatry Fellowship**: The first class started in July 2019. This is a one-year program accepting up to two fellows per year.
- **Geriatric Psychiatry Fellowship**: The first class started in July 2018. This is a one-year program accepting up to two fellows per year.
- **Forensic Psychiatry Fellowship**: The first class started in July 2021. This is a one-year program accepting up to three fellows per year.
• **Psychiatry Residency Program:** First residency class started in July 2014. This is a four-year program accepting approximately ten residents per year.

• **Psychiatry Residency Rural Program:** The first class started in July 2020. This is a four-year program accepting up to two residents per year. The training for this program is split between Grand Rapids and Traverse City.

• **Physician Assistant Psychiatry Training Program:** First class started in July 2016. This two-year program has capacity for six to eight PA trainees for training to specialize in psychiatry.

• **Continuing Education:** Grand Rounds, Virtual Grand Rounds, Pearls for Partners Lecture Series, Journal Clubs, Case Conferences, speakers on behavioral health topics which offer continuing education credits for social workers, nurses, physicians, certified addiction counselors and psychologists.

• **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/classes](http://pinerest.org/classes).

• **Speakers Bureau:** Pine Rest psychiatrists, psychologists, social workers and activity therapists provide education, enrichment, and professional training to a variety of audiences through the Speakers Bureau. Speaking engagements on multiple behavioral health topics are available by completing a request form on our website at [http://pinerest.org/speaker](http://pinerest.org/speaker).

• **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 = one unit 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, a distance learning CPE program, a one-year CPE residency program and a Certified Educator CPE 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 Fellowship Programs.

• **Doctoral Psychology Internship:** Continuously accredited by the American Psychological Association since 1982. This is a one-year program accepting five doctoral interns per year.

• **Neuropsychology Fellowship:** Two-year program training postdoctoral fellows toward board certification in clinical neuropsychology. One fellow admitted per year.

• **Medical Learner Opportunity Programs for Nursing, Nurse Practitioner, Physician Assistant, and Medical Students:** Pine Rest currently trains students from GVSU, Davenport, University of Detroit–Mercy, Hope College, Calvin University, Cornerstone University, Montcalm Community College, Michigan State University, Ferris State University, Grand Rapids Community College, ATSU-Kirksville, LECOM, Central Michigan University, Marion COM, WMed and others.

**RESEARCH, INNOVATION AND DISCOVERY**

At Pine Rest we are growing innovative and cutting-edge research in psychiatry, psychology, neuroscience, genomics and biotechnology under the leadership of Nagy Youssef MD, PhD, a world renowned leader, and the Vice President of Research at Pine Rest and Director of Psychiatry & Behavioral Medicine Division of MSU Campus in Grand Rapids (main medical campus of MSU), along with an amazing department of research staff and collaborating investigators from Pine Rest, external academics and industry partners nationally and internationally.

If you are interested in research as a clinician or a researcher, there will be ample opportunities for research involvement including collaboration on specific research projects, learning more about research, mentorship and involvement in new and ongoing trials or even implementing your own future studies. If you are a patient looking to be involved in a research project, there are opportunities for screening by our research team for potential participation in approved research protocols and for communications about ongoing and upcoming research protocols.
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 $14.5 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 through the Patient Assistance Fund. 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 $2 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.