Can Suicide Risk Be Detected In The Blood?

A new clinical study aims to identify blood-based biomarkers for suicide risk, laying the foundation for a test that could help physicians identify people who are likely to self-harm and allow for earlier, life-saving intervention.

The project is the first study of its kind, and is a collaboration between Pine Rest Christian Mental Health Services’ Eric Achtyes, M.D., M.S., Van Andel Institute’s Lena Brundin, M.D., Ph.D., and Columbia University Department of Psychiatry’s John Mann, M.D. It is supported by a five-year, $3.6 million grant from the National Institute of Mental Health of the National Institutes of Health.

“Suicide is a leading cause of death in the U.S. and, unfortunately, rates continue to increase,” Brundin said. Inflammation is the body’s reaction to harmful stimuli, such as infection, injury or chronic disease. It is marked by a cascade of white blood cells, which produce chemicals that help resolve the problem and jumpstart the healing process. However, inflammation is a short-term fix; when it continues past the point it is needed, it can have devastating consequences.

For example, growing evidence—suggest that sustained inflammation may cause a toxic imbalance that alters brain chemistry and elevates suicide risk. In addition to searching for markers, the team will work to identify the inflammatory mechanisms that give rise to depressive and suicidal symptoms with the goal of developing ways to stop them.

During the 5-year study, 160 people will be followed for one year and provide blood specimens along with clinical information. “Clinicians are looking for tools to help them identify individuals who are at highest risk for suicide among those who are depressed,” Achtyes said. “We are hopeful this study will help us develop these tools to better understand who is at imminent risk.”

“Suicidal behavior often occurs during an acute crisis or stress affecting a person with a psychiatric illness,” Mann said. “Similarly, inflammation can be triggered by life stress or an acute psychiatric illness and can alter brain function, which may result in depression, fatigue and irritability. In some cases, this can lead to a suicide attempt. We plan to track stress and inflammation in psychiatric patients and link fluctuations in their levels to suicidal thoughts and actions in order to find ways to help prevent suicidal behavior.”
Aging with Grace

Based on the 2017 census, approximately 47 million seniors live in the US with that number projected to double due to the rapid expansion of baby boomers and longer life spans.

As generational spans grow, baby boomer’s parents are getting older and the worries surrounding healthcare also grow. The leading cause of injuries for seniors are falls and also chronic health care issues affecting almost 75% of seniors. Of those seniors, 80% desire to live in their own homes which is added risk for health care concerns. Safety and welfare of those are critical for successful outcomes.

Pine Rest helps our senior population and family members with a broad range of senior care. The course of care for each senior is unique and encompasses individualized planning. Planning ranges from legal considerations to future medical needs and assessments. Education is a critical component for helping families make the best decisions now and going forward. This can be a difficult time and a confusing journey for all involved; Pine Rest partners with seniors and families providing them with a caring professional consultation and helping them navigate through their critical journey.

For Outpatient Services: 1.866.852.4001 For Inpatient Services: 1.616.455.9200

Outpatient Services

Pine Rest provides outpatient assessment, diagnosis and treatment for the often complicated cognitive behavioral health concerns faced by seniors. The clinical staff is Medicare-approved and has experience working with seniors and their families.

- Outpatient individual, group and family therapy
- Psychiatric, diagnostic and medication consultation
- Neuropsychological evaluations for memory problems
- Consultation to assist in the use of community support agencies and services to seniors

Mark your calendars for the 2nd annual Merry Market Craft and Vendor Fair!

Saturday, December 7th, we will be filling the Postma Center with 50 wonderful crafters as well as having our bake sale and candy wonderland. All proceeds from the booth rentals, bake sale and prize tickets go to benefit our Pine Rest Patient Assistance Fund.

We need your help to make this year even better than last! Preheat your ovens and share your best goodies for our bake sale or come volunteer at the Postma Center for a few hours on Saturday. We are also seeking prizes for our new Wheel of Instant Gratification - every spin wins!

If you know of a business that would be willing to donate or if you would like to give please send an email to Marie Bongiovanni at infomerrymarket@gmail.com

you’re invited

Rustic Market’s Christmas Wonderland
Shop thousands of holiday decorations, clothing, and gift items beginning Friday, November 1 at 9 a.m. All proceeds benefit Pine Rest’s Patient Assistance Fund.

200. 8th St SE, Grand Rapids, MI
Phone: 616.430.2522
Store Hours: Monday – Saturday, 8 a.m – 9 p.m
A Special Course for a Special Cause

10 YEAR ANNIVERSARY

The Pine Rest Foundation hosted the annual Golf Classic at Arcadia Golf Course on September 23, 2019. The first golf event was held at Arcadia Golf Course 10 years ago and was chosen again for this special anniversary. We are pleased to announce because of our generous sponsors and golfers that we exceeded our goals for the event. The proceeds are for the Patient Assistance Fund to benefit those we serve who are unable to cover the cost for necessary behavioral health services.

Lasers Resources-Best Ball 1st place
Left to right: Dave Lundberg, Aaron Oostveen, Steve Metz, Tom Senecal

Windemuller Electric Inc.- Scramble 1st place
Left to right: Matt VanNoord, Scott Kramer (longest putt), Steve Alles, Derek Root

ASR Foursome Left to right: Skye Seo (Women’s Longest Drive), Jason Stacy, Gabe VanderJagt, Todd Stacy

Lumbermen’s - Best Ball Runner up
Left to right: John David, Roger Vanderheide, Steve Petersen, Dale Bryant

The Voorhees Family – Scramble Runner up
Left to right: Harold Voorhees Jr., Brandon Voorhees, Brent Voorhees (Men’s longest drive), Jeremy Voorhees

Michigan Health & Hospital Association
Left to right: Susan Langeland, Jim Lee, Laura Appel, Scott Herzberg (Closest to the Pin)

Congratulations to our winners!
Men’s Longest Drive: Brent Voorhees
Women’s Longest Drive: Skye Seo
Longest Putter: Scott Kramer
Closest to the pin: Scott Herzberg

In a world brimming with challenges, Pine Rest has surfaced time and time again as an important touchstone to serve people in critical need of behavioral health care. My husband David and I applaud everyone involved in the 10th Annual ‘Special Course for a Special Cause’ that in one short decade has raised more than $900,000.

This dynamic event has literally transformed the lives of individuals and families all over West Michigan, and we are humbled and honored to be part of an incredible legacy that leads with a servant’s heart.

CAROL VAN ANDEL

“David and Carol Van Andel with their guests John and Therese Rowerdink”
THANK YOU
TO OUR GENEROUS SPONSORS

For information on sponsoring next year's Golf Classic, please contact Samantha Vitale at 616.455.8680 or samantha.vitale@pinerest.org.

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SAVE THE DATE       June 8, 2020 for the 11th Annual Golf Classic to be held at Tullymore