Pine Rest to Start Psychiatry Residency Program

If you have attempted to seek outpatient psychiatric services in West Michigan, you are probably aware that there is a long wait to see a psychiatrist. Those who call Pine Rest’s Access Center will often wait weeks or months for their first appointment. And waiting times are even longer to see a child psychiatrist. This reflects a national shortage of psychiatrists, which is even more acute in West Michigan.

For this reason Pine Rest is initiating a psychiatry residency program. Residency programs recruit medical school graduates and offer them four years of intensive training to prepare them to be psychiatrists. Beginning July 2014, Pine Rest will be recruiting eight residents per year. When the program is full there will be 32 residents in training at Pine Rest. Clinical rotations for residents include psychiatric inpatient and outpatient care, general medicine experience, consultation liaison to local hospitals, and exposure to neurology.

Research shows that up to 60% of new residency graduates take jobs within 100 miles of their residency program site. In the future, this program will significantly increase access to psychiatric services in the West Michigan region Pine Rest serves.

Funding for residency programs in the United States comes primarily from payers. Still there is an enormous amount of unfunded work required to establish a program such as this. For the past several years a grant from the Pine Rest Foundation has made it possible for this development work to occur.

“The Psychiatry Residency Program at Pine Rest will have a huge positive impact on behavioral health care in Michigan for decades to come,” says Mark Eastburg, President and CEO of Pine Rest. “We are grateful to the Pine Rest Foundation for supporting this work. It will truly be life changing for our community and future generations of citizens both in Michigan and beyond who will need psychiatric services.”
"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”
Matthew 25:40 (New International Version)

Joe* is a middle aged man who suffers from mental health issues, diabetes and hypertension. Joe is also homeless. When he was young, it was not his dream to be homeless; he never imagined he would suffer from a mental health issue or diabetes. Joe is just like you and I, with one big exception: his life didn’t go according to plan.

Every night in Grand Rapids, 400-500 people like Joe are without a place to sleep. Of those, nearly 25% are suffering from mental illness. StreetReach, a program funded by Network 180, is a community-based initiative and is all about assisting the homeless and those at risk of becoming homeless. Recently, the contract for the program was awarded to Pine Rest. Individuals in the program can obtain:

- Housing
- Medical and mental health care
- Addiction treatment
- Variety of other services

StreetReach is truly a community coalition. The Pine Rest team consists of seven staff who work closely with other community organizations like Salvation Army, God’s Kitchen, Dégagé, Heartside Ministries, Veterans Administration and Mel Trotter. Using group therapy, individual counseling, and community-based motivation groups, the team works to engage the homeless population in conversations that lead to a provision of services including:

- Therapy
- Open peer support motivation groups
- Co-occurring coping skills
- Health education groups
- Addiction recovery and relapse prevention

StreetReach team member, Andrew Asdell, works to find and engage people like Joe, helping them obtain services by building a written history – including medical, mental health, employment and other information – that can be submitted to Social Security and other organizations to apply for benefits. Andrew is able to process these applications in as little as two months versus the often 4-5 years it averages a homeless person to do successfully on their own. While talking to the individual Andrew can also begin to assess other needs like addiction treatment or counseling.

StreetReach is truly a program about people helping people. When asked what services matters most to his clients, Andrew doesn’t miss a beat before replying: “Listening. These people are just happy to be heard and have a place to go where someone will listen to their story.”

According to fellow StreetReach team member, Didi VanCleef-Kelley, the services offered by the StreetReach program are comprehensive and effective but the staff often goes above and beyond. “We never just say no. We don’t turn people away.”

Thanks to StreetReach, Joe is managing his health, has an apartment, a job and has become a volunteer, helping to identify and convince others to join the program.

The StreetReach offices are located at 347 South Division Ave., SE in Grand Rapids, Michigan. For more information contact Danelle Harris (616) 258-7543.

* Name has been changed.
Philanthropy – Food for the Soul

I am a BIG advocate of philanthropy. I have seen and felt the goodness that both inspires philanthropy and comes from philanthropy. I have been the giver and the receiver of philanthropic acts. I believe we all have.

Classic definitions of philanthropy include:
• The love of humanity
• Enhancing the lives of human beings through charitable activities
• Doing good for others

I believe a fourth definition should be added:
• Filling a need in yourself

When we or someone we love experiences trauma or a life change, something happens in our hearts. Our experience deepens our feelings and passions. It allows our hearts to guide decisions about enhancing the lives of others and doing good. When we do good for others, it feels good to us.

I am sometimes asked the difference between charity and philanthropy. Charity relieves some of the stress and pains of social problems; philanthropy attempts to solve those problems. It is the difference between giving a hungry person a fish, and teaching them how to fish for themselves. Charity is an act of giving. Philanthropy is an act of giving and receiving.

I believe philanthropy allows us to unleash our passions for a cause. Philanthropy provides us an opportunity to act on our passions. It pushes us to think outside ourselves. It helps to answer the questions—what am I most passionate about and how can I enhance the life of someone else? Philanthropy is food for the soul.

Heart + Passion + Commitment + Act = Enhancing the Lives of Human Beings

If you have experienced the services of Pine Rest or have a passion for our work, please consider acting on your passion. Philanthropy is powerful and feels good!
Pine Rest is pleased to invite you to the 2013 Pine Rest Foundation Golf Classic being held this year on June 10 at Point O’ Woods Golf and Country Club in Benton Harbor, Michigan.

Point O’ Woods is a private club known for hosting the Western Amateur Championship 40 times in the last 50 years, playing host to such golf greats as Phil Mickelson and Tiger Woods.

Designed by Robert Trent Jones, Sr. who referred to The Point as “perhaps my best American course,” Point O’ Woods offers an exceptional golfing experience and was ranked in Golf Week’s 2009 Top 100 Classic Courses. The course, lined with 6600 species of catalogued trees, has a park-like setting free of the tricks and penalties sometimes found even when hitting a ‘good’ shot. It is not however, without its challenges. The greens run true, but the rough can be penalizing.

Proceeds from the Golf Classic will provide:

- Access to treatment for those with financial need
- Support for collaborative research
- Training for staff
- Funding for research

For more information go to: http://bitly.com/PRFevents or contact: Kristina Bloss at (616) 281-6390 Kristina.Bloss@pinerest.org.

Sponsorships are available.

Pine Rest fyi is published three times a year. For more information, questions or comments please contact pinerestfoundation@pinerest.org. 1.800.248.3485

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