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**Back-To-School Advice For Families On WOODTV8**
Back-to-school season is here, and throughout the month of August, psychologist Dr. Greg Mallis will be offering advice for parents and kids to help ease the transition, on eightWest’s DAILY 2 program. Topics include:

- Helping transition kids to a more structured routine after summer freedoms
- The importance of healthy sleep habits for kids
- Tips for sending older kids off to college
- General mental health tips for kids of all ages

Watch All Aired 'Daily Two' Segments

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**Beyond Concussions: Traumatic Brain Injury**
Whether it’s football, baseball, wrestling, or just bike riding, sports and exercise are a great way for kids to explore their passions, develop new skills and stay healthy and fit.

At the same time, parents, coaches, instructors – and the kids themselves! – must always take proper safety precautions to protect the head and help prevent a Traumatic Brain Injury (TBI).

So make sure your kid is wearing the right protective gear, such as helmets, mouthguards, etc. Equally important is learning how to spot the signs and symptoms of a concussion.

Learn More About Traumatic Brain Injury

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**Pine Rest Academy Helps Qualified Nursing Students With Financial Support**

The Pine Rest Academy aims to address the national nursing shortage by creating a pipeline of talent through financial support of up to $10,000 per semester, $40,000 total, for each student who qualifies.

Currently, this financial support is available for students who are enrolled in nursing programs at Grand Valley State University, Calvin University, Cornerstone University and Montcalm Community College, with potential for expansion to other colleges and universities.

Learn More
Pine Rest announced plans last week to build a pediatric behavioral health center in Grand Rapids which will greatly expand and add new services. Scheduled to open in 2024, it will be the first in West Michigan!

“We want our kids to live purposeful and joy filled lives,” said Dr. Mark Eastburg, president and CEO. “The Pediatric Behavioral Health Center of Excellence will help our community and state become a place where none of our kids will have to wait weeks or months for world class mental health care.”

Spotlight on Kellen Stilwell, MD, Child & Adolescent Psychiatrist

"Creating space for people to be their best selves"

Dr. Stilwell received his medical degree from MSU College of Human Medicine and graduated from Pine Rest's Child & Adolescent Psychiatry Fellowship program this past June. Originally from Cadillac, he's lived in Grand Rapids since 2009 and loves yoga, hiking and being outdoors as much as possible.

Dr. Stilwell treats children, adolescents and young adults in our

Learn More
hospital and outpatient network. As a medical doctor, he's equipped to work with medications to treat mental health disorders, and says he really enjoys having therapeutic interactions with his patients.

"The most rewarding part of my job is creating space for people to be their best selves," said Dr. Stilwell, "and it's an honor to bear witness to people on their mental health journeys."

On a recent episode of WGVU Family Health Matters, Dr. Stilwell joined Shelley Irwin and a panel of local experts to discuss child and adolescent mental health.

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**Upcoming Support Groups & Community Classes**

**Family & Friends of Aging Adults Support Group**

Cost: No Charge

Our monthly support group for Families & Friends of Aging Adults is designed specifically for those who are caregivers to older adults, and provides an opportunity to gather information, gain answers and grow. [Learn More.](#)

**SELAH Domestic Abuse Awareness Group**

Cost: No Charge

Support that Empowers Lives And Homes. This 10-week women's educational group will teach and equip group members to find clarity and direction in their life and relationships. [Learn More.](#)

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**Complete List of Available Support Groups & Classes**

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you
find this information helpful and informative, we hope you'll invite your friends and family to **sign up today!**