In this issue:

- Different Faces Of Depression
- Managing Kids' Halloween Fears
- Bullying Prevention
- Pine Rest Receives “Blue Distinction” Award
- Spotlight Series: Swapnil Rath, MD
- New Leep Art Gallery Exhibition
- Support Groups & Community Classes

The Different Faces Of Depression
October is National Depression Awareness Month
Depression affects people of all ages, ethnicity, race, gender and income levels. Yet depression can look very different depending on age and other factors.

Knowing how to recognize depression symptoms is an important first step toward finding help when you or someone you care about is struggling.

Help & Resources For Depression

Managing Halloween Fears: Tips For Parents

Halloween is one of the most exciting (and, for kids, possibly scariest) nights of the year. Celebrations, movies, and decorations often include grim, deathly, and frightening elements—the dark, spiders, bats, snakes, shadowy images, blood, ghosts, monsters and skeletons. While some children may find it all fun, others may have an anxious and physical reaction to the perceived danger.

Dr. Ron DeVries offers tips to help you manage your child’s Halloween fears and make the holiday a fun and memorable one kids will look forward to year after year.

Watch Dr. DeVries' Interview

More Tips For Parents
Bullying Prevention: What To Know

Research shows that kids who are bullied are more likely to use alcohol, drugs and other substances, skip school, have poor grades and suffer from lower self esteem as well as health problems.

This article offers tips that can help adults take action when a child is struggling. Whether your child is the bully, being bullied, or simply a witness, parents and kids who work together with school administration staff and other parents can take great strides toward bullying prevention.

BCBS Awards "Blue Distinction" To Pine Rest Substance Use Treatment Facilities
We are pleased to have been awarded Blue Cross Blue Shield’s “Blue Distinction” designation for quality care, treatment expertise and better overall patient results in our Substance Use Treatment and Recovery facilities. Pine Rest clinics included in the Blue Distinction award include:

- 68th Street Campus – Urgent Care, Inpatient, Partial, Detox, Residential, Medication Assisted Treatment, IOP and Therapy
- Kalamazoo Clinic – Therapy, IOP and Medication Assisted Treatment
- Holland Clinic – Therapy
- North Shore Clinic – Therapy
- Northwest Clinic – Therapy

More About The Award

Meet Geriatric Psychiatrist Swapnil Rath, MD

A psychiatrist working with older adults, an educator, and a married father of two daughters, Dr. Swapnil Rath joined Pine Rest in 2016. Originally from Mumbai, India, he moved to the U.S. in 2011 for his psychiatry residency at University of Kansas followed by his geriatric psychiatry fellowship training at University of Michigan.

“I enjoy working with older patients from all over West Michigan and beyond. They face unique challenges due
to stigma and ageism, and we have an opportunity to make a positive difference in their lives. Older adults and their families genuinely appreciate the caring nature of our staff," said Dr. Rath.

When asked about the most rewarding part of his job, Dr. Rath said that it is "when a patient makes a dramatic improvement and recovers from a severe mental health crisis. I also love collaborating with the students in our psychiatry residency and geriatric fellowship programs."

Watch Dr. Rath's Interviews On WOODTV 8

---

**New Leep Art Gallery Exhibit Open Now**

A new exhibit titled “Invitation to Breathe” by local artist Nancy MacLachlan opened at the Leep Art Gallery last month and will continue till December 27, 2022, at the Postma Center (Building C, Entrance C2) on the Pine Rest campus at 300 68th St SE in Grand Rapids.

The Leep Art Gallery is open Monday through Friday 9 a.m. – 3 p.m. (closed on public holidays) and is free and open to the public.

More About The New Exhibit

---

**Upcoming Support Groups & Community Classes**

**OCTOBER 18: Family & Friends of Aging Adults Support**
Group

Cost: No Charge

This month's presenter is Dr. Swapnil Rath, Geriatric Psychiatrist, who will speak about “What You Need to Know about Dementia: Diagnosis, Treatment and Caregiving Tips”. This group is designed specifically for those who are caregivers to older adults. Learn More.

OCTOBER 19: SELAH Domestic Abuse Awareness Group

Cost: No Charge

SELAH helps address the needs of women experiencing the effects of domestic abuse. The group welcomes survivors, family members or women who simply want to learn more about this issue. Learn More.

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!