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Mental Health Advice From Dr. Greg Mallis

September is a great month for new beginnings! Get your fall off to the right start with
mental health advice all month long from psychologist Dr. Greg Mallis on eightWest's DAILY 2 program.

Topics he’ll be touching on include:

- Tips for Improving Your Communication Skills
- Increasing our Emotional Awareness
- The Importance of Self Care

Watch All Aired 'Daily Two' Segments

The Rapid Now Stops On Pine Rest Campus

The Rapid's bus Route 10 has added a new stop right on Pine Rest’s Cutlerville Campus at 300 68th St SE. The stop is located directly across from the Retreat Clinic (Building B). This change comes as part of The Rapid’s goal to “help cultivate a more equitable community by providing access to more essential services.”

Campus Map

Route 10 Info on RideTheRapid.org

Resources For Preventing Suicide
Please join us to promote suicide prevention awareness this month during National Suicide Prevention Month. In order to prevent suicide, we need to understand suicide. In the linked article, Pine Rest clinician Elizza LeJeune reviews risk factors, warning signs, and why to create a safety plan. She also provides links to hotlines and other resources. The linked video is an interview with Pine Rest's Jean Holthaus about how to start that difficult yet important conversation with a loved one about suicide.

**Article: Risk Factors, Warning Signs, Safety Plans & Hotlines**

**Video: Start Talking About It**

**More Resources For Suicide Prevention**

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**How To Provide Healthy Support To Family Members In Recovery**
One of the major barriers that keep people with addiction or substance use disorder from seeking treatment is stigma. It's only when we understand addiction as a disease, we are more likely to provide empathy and support versus condemnation and ridicule.

**How To Provide Healthy Support**

**Helping People Get Treatment**

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**Spotlight on Victoria Sluga, Manager of Homeless and Housing Services**

When Victoria Sluga, LMSW, CAADC, CCS is not bird-watching and spending time with her partner, her pug and two kitties, she is the Manager of Pine Rest’s Homeless and Housing Services.

Working at Pine Rest since 2006, Victoria has filled a variety of positions but her role as the leader of the StreetReach team seems to be a perfect match. “Most of my social work experience has focused on partnering with individuals with chronic persistent mental health conditions, often substance use disorders, who are at-risk of homelessness or literally homeless.”

Located in downtown Grand Rapids, StreetReach promotes recovery among individuals who are homeless to assist them in securing appropriate treatment,
benefits, and permanent housing.

When asked, Victoria said that the most rewarding part of her job is “the team I work with and for ... I learn from them and am blessed to witness their work.”

To learn more about StreetReach, please visit here.

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**Pine Rest Welcomes New Board Members**

We are thrilled to welcome these four dynamic and talented community stakeholders to our Pine Rest governance team and look forward to their valuable contributions, both as Pine Rest board members and members of the West Michigan community.

- Jack DeBoer currently teaches music at Grand Valley State University as an Adjunct Professor.
- Stella Michael currently serves as the Director of CRM Platforms and Applications at Beaumont Health Spectrum Health (BSSH).
- Omar Cuevas is Vice President of Investor and Corporate Relations for the Grand Rapids Chamber of Commerce.
- Mina Breuker, RN, MSN, MM, dedicated her acute care nursing career to Holland Community Hospital System for 20 years.

**Learn More About Our New Board Members**

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**Upcoming Support Groups & Community Classes**

**SEPTEMBER 20:** Family & Friends of Aging Adults Support
Group

Cost: No Charge

This month’s presenter is Ben Leavell, from Waterford Place, who will talk about "Why a Memory Care Community is Beneficial". This group is designed specifically for those who are caregivers to older adults. Learn More.

SEPTEMBER 20: Free Intro To Nurtured Heart Approach®

Cost: No Charge

Join Certified Nurtured Heart Approach® Trainer, Allison Brower, LMSW, for a one-hour introduction to learn how The Nurtured Heart Approach® can enrich your life and relationships. Learn More.

Family Recovery Group

Cost: No charge for orientation. No charge for family members who have a loved one participating in detox or intensive outpatient services at the Pine Rest Retreat Clinic. For everyone else, it is $15/session.

This weekly group is designed to be a support to individuals that have a loved one struggling with a substance use disorder.

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!
OPEN INTERVIEWS
Every Tuesday, 10 am - 3 pm
300 68th Street, Grand Rapids

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Keeping you informed about mental health through stories, interviews, helpful materials and more.

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