



Mental Health Matters

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Tips For Dealing With Holiday Financial Stress



Thinking about money or your finances during the holidays, with gift buying, entertaining and travel, can be stressful. In fact, approximately two-thirds of Americans report feeling stressed about money, according to APA's 2022 Stress in America survey.

How To Manage Holiday Financial Stress

Caring For Yourself & Your Family Member

November is Family Caregivers Month



As a family caregiver it is important to:

- Balance caring for yourself and your loved one.
- Take time to think about your own physical and psychological health.
- Identify when you are beginning to feel overburdened.
- Seek help and support when you need it.
- Embrace the positive aspects of caregiving.

[More Ideas On Caring For The Caregiver](#)

Expert Advice On Addiction Intervention



When a loved one's alcohol or substance use is affecting their relationships, job, finances and/or health, friends and family may want to stage an intervention with the goal of getting their loved one into treatment. To have more chance of success, the intervention should be a carefully planned and structured process guided by a trained expert using a message of understanding and compassion.

Mariah DeYoung is a fully Licensed Master Social Worker and Certified Advanced Alcohol and Drug Counselor with over 10 years of experience. She appeared on eightWest's 'Ask The Expert' segment to explain how and when to stage an intervention.

Watch Now: Addiction Intervention

Meet Project Coordinator Cole Marvin



A project coordinator for [Pine Rest's Zero Suicide Initiative](#), Cole Marvin is working to improve patient safety and transform patient care and screenings.

Cole started as a Psychiatric Technician at Pine Rest in 2019 while he was earning his undergraduate degree from Indiana Wesleyan University. He is interested in pursuing the application of research centering around substance use and associated risk factors.

"The most rewarding part of my job is observing the positive trends in our use of evidence-based practices for suicide prevention and how these efforts turn into

lasting change for patients and staff alike. The most challenging part is realizing that although zero suicides among our clinical populations are completely possible, this significant goal will take time, effort, collaboration, and perseverance to be achieved.”

Transition Clinic Expands



An important part of Pine Rest's Zero Suicide Initiative, the Transition Clinic provides medication management, therapy, and case management for up to 90 days after adults have been discharged from a higher level of treatment such as psychiatric inpatient, a partial hospitalization program or urgent care. This window of time is important in an individual's recovery because it gives them more opportunity to ask questions, work on new skills, implement needed medication adjustments and receive help accessing supportive services.

In order to serve more patients who would benefit from the service, the clinic has moved to a newly renovated space on our 68th Street campus.

[Learn More About Our Transition Clinic Services](#)

Upcoming Support Groups & Community Classes

NOVEMBER 29: Family Recovery Group



Cost: No charge for family members with a loved one being seen at the Pine Rest Retreat Clinic. Otherwise, it is open to the public for a fee of \$15/session.

This group is designed to be a support to individuals that have a loved one struggling with a substance use disorder. [Learn More.](#)



JANUARY 17: Family & Friends of Aging Adults Support Group

Cost: No Charge

The first presenter in our 2023 line-up is Noelle Partee from Pine Rest, talking about “Tips and Tricks for Caregiving and Prevention Through the Eyes of an Occupational Therapist”. [Learn More.](#)

Complete List of Available Support Groups & Classes