



# Mental Health Matters

## Tips On Forming Healthier Sleep Habits

March is National Sleep Awareness Month



How is your sleep these days? Statistics say most Americans are chronically sleep deprived! Studies show that consistent sleep deprivation increases our risk of heart attack, high blood pressure, diabetes, obesity, depression and stroke.

Poor sleep habits are often to blame for sleep deprivation. Learning and practicing good

“sleep hygiene” ourselves and teaching it to our children is essential for our health and the health of our families.

## How To Improve Your Sleep

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### **Struggling With Your Child's Behavior? Try The Nurtured Heart Approach®**



Our children are experiencing some of the most stressful times to be a child, and often act out in negative ways as a way of communicating their need for support and understanding. The Nurtured Heart Approach (NHA)® course is coming to Pine Rest this spring to help you bring out the best in your child.

The NHA® is a six-session course, led by Certified NHA® Trainer Allison Brower, LMSW, that implements a methodology to “empower” parents and caregivers and foster a more positive relationship between adults and children.

**[Learn More About Our Virtual NHA® Course](#)**

**[Watch Allison's Interview With Maranda](#)**

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## Ask The Expert: Substance Use Disorder



Addiction is on the rise and a lot of people are hurting. Although these are treatable illnesses of the brain, only 10% of people struggling with a substance use disorder receive treatment.

Recently, addiction psychiatrist Dr. Cameron Risma sat down with Rachel Ruiz to discuss substance use disorders and how people can take steps towards healing.

### Dr. Risma Talks About Help For Substance Use Disorders

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## How To Successfully Change Our Behaviors



Whether you want to lose weight, go to bed earlier, quit drinking, improve your language, or work out regularly ... change is hard! Instead of waiting for something to motivate you to change or giving up on change, it is important to look at what makes change so difficult.

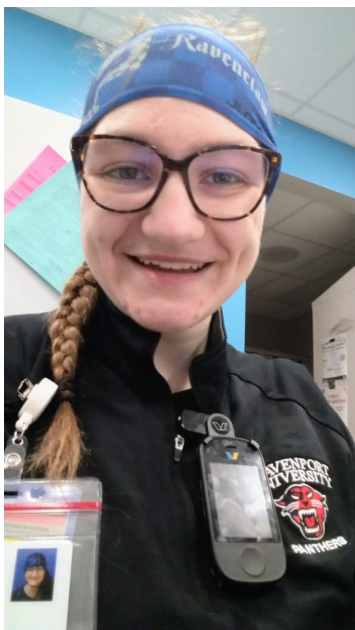


And remember, if you are attempting to change a behavior, reaching out for assistance may be a necessary first step!

## Steps To Successfully Change A Behavior

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### **Nursing Student Realizing Her Dreams Thanks To Pine Rest Scholarship**



Davenport nursing student Mia Warner-Bates' career goal is to be a psychiatric nurse so she can help people like herself who suffer from anxiety and depression. She feels her personal experiences and struggles will help her be a better nurse because she'll be able to better understand what her patients are going through. Mia is receiving tuition assistance through the Pine Rest Nursing Academy and is working part-time at Pine Rest as a nurse technician.

"Receiving this assistance means the world to my family and me. It allows me to go to college tuition-free and allows me to work less while I'm in nursing school," said Warner-Bates. "Plus, I'm a freshman in college and have a guaranteed job when I graduate," she said. "How awesome is that?"

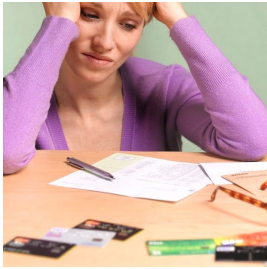
[Reach Mia's Story On Davenport's Website](#)

[Learn About The Pine Rest Nursing Academy](#)

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## **Upcoming Support Groups & Community Classes**

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### **MARCH 14: Addictive Behaviors Recovery Group**

Cost: \$69 per session. Most insurances accepted.

The Addictive Behaviors Group meets twice per week virtually and offers education as well as the opportunity to explore personal concerns. [Learn More.](#)

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### **MARCH 21: Family & Friends of Aging Adults Support Group**

Cost: No Charge

This month's presenter is Jean Barnas, Alzheimer's Association, talking about "Latest Advances in Dementia Care". This group is designed specifically for those who are caregivers to older adults. [Learn More.](#)

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

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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!](#)