Most of us have been dealing with higher levels of stress the past few years and have been feeling the mental health effects and noticing them in our kids, too. In addition to mental health, stress also affects our physical health, relationships, ability to perform at work and school, and our ability to enjoy life.

The good news is that no matter your age, we can all learn tools to manage our stress, reduce its effects and build resilience to stress. Below we’ve shared resources from our experts!

Articles From Our Experts

Stress Insights Magazine
Samantha Binns, LLMSW, CAADC-DP, provides individual therapy at the Retreat Clinic which specializes in treating substance use disorders, and she also leads a relapse prevention group. A member of Pine Rest's Diversity Collective, Samantha hopes she can draw from her Native American heritage to provide culturally sensitive treatment to other Native Americans.

"The most rewarding aspect of my job is being a "safe" person for someone in need; providing a safe place for those who come to us, possibly at their lowest and most vulnerable state, and making sure they never feel judged, shamed, embarrassed, or looked down upon."

This month Samantha talked with Fox17 about the connection between stress and substance use disorders.

Watch Samantha Discuss Stress & Addiction On Fox17

Learn More About Our Addiction Services

Pine Rest Diversity Collective

Social Media & Mental Health
Social media...good, bad, risky, helpful...we all have our opinions. The truth is that social media is a mixture of all of these things. Pine Rest psychologist, Dr. Greg Mallis discusses what's helpful, what's harmful, how to better manage our usage, and how to talk to and protect our kids.

Watch Dr. Mallis' Full Interview On WZZM

Articles From Our Experts

Diagnosing & Treating Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is a complex neurodevelopmental disorder that affects behavior, communication and social functioning. According to the latest figures from the CDC, an estimated 1 in 68 children in the U.S. have ASD.

Psychologists can play an important role in diagnosing ASD and helping people cope with and manage the challenges associated with the disorder.

MORE ABOUT MANAGING & TREATING ASD

Addiction Is A Family Disease
No matter the substance, the addiction of one family member affects the entire family...from how the family functions as a unit to effects on each individual in the family. Whether the family member with an addiction is still active, in treatment or in recovery, it’s important for the family to receive support, understand addiction, and learn ways to cope with the effects. Our addiction experts provide group and individual treatment as well as resources.

Healing The Family, Healing Addiction

Join Our Family Recovery Support Group

Upcoming Support Groups & Community Classes

APRIL 20: Family Recovery Group

Cost: No charge for family members who have a loved one participating in detox or intensive outpatient services 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. Participants will gain an understanding of addiction; as well as learning ways to cope, set appropriate boundaries, build self-esteem, and assertiveness skills. Learn More.
APRIL 18: Family & Friends of Aging Adults Support Group

Cost: No Charge

This month's presenter is Joy Spahn, from AARP, talking about “Prepare to Care: Creating a Plan”. This group is designed specifically for those who are caregivers to older adults. Learn More.

Complete List Of Available 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!

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