MENTAL HEALTH MATTERS

June is Men's Mental Health Awareness Month

This month our clinicians tackle some concerns when it comes to men, their mental health and the role they play in their families. What do men need to be healthy dads? How do men do depression differently? Why are men at higher risk for suicide? How can men approach self-care? How can men be healthier partners?

Learn More About Men's Mental Health

Summer Survival Tips for Parents

Let's be honest. Being a parent is a full-time job no matter the season! But we'd all like to recapture some of the carefree feelings and relaxation of summertime. Our clinicians whole-heartedly encourage you to find downtime for you and your entire family to unwind, relax, have fun, be silly and connect with each other.
The short answer is ... it depends. Yes, withdrawal from some substances can be dangerous and even deadly. Withdrawal from others can be extremely uncomfortable, painful, and traumatic, but not deadly.

Support Mental Health by Shopping at Rustic Market

Pine Rest’s Rustic Market Thrift Store has expanded to provide more products, space to shop, ways to save and opportunity for your purchases and donations to provide financial assistance to families and individuals who need mental health treatment. In May, the store reopened with an additional 7200 square feet of shopping space, an expanded parking lot, two large dressing rooms and beautifully displayed products at great prices.

All proceeds from sales go to the Pine Rest Patient Assistance Fund, providing direct financial assistance to patients who could not otherwise afford treatment.

Located at 389 68th Street SE, Grand Rapids, the store is open 9 a.m. to 9 p.m., Monday through Saturday for shopping.
Residents & Fellows Fill Gaps in Rural Mental Health Care

For about the past year, Dr. Kellen Stilwell, a Pine Rest psychiatry fellow, has been opening his computer and connecting with children in a Cheboygan clinic through telepsychiatry. Since the pandemic began, Michigan's rural areas have faced compound challenges with a rise in mental health needs and a severe shortage of mental health professionals. The American Academy of Child and Adolescent Psychiatry reports few to no child and adolescent psychiatrists for most of Michigan's northern rural counties.

“I know it is just over a Zoom, but it's been such a rich opportunity,” Stilwell says. “Even though we’re not in the room, we still get to really connect, and I feel like I really bonded with these kids.”

Read Second Wave Michigan Article

Upcoming Support Groups & Community Classes

**WEEKLY: 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 weekly, virtual 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](#)
JUNE 20: Intro to Nurtured Heart Approach®

Cost: No Charge

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

JUNE 20: Family & Friends of Aging Adults Support Group

Cost: No Charge

This month's presenter is Kendra Schumaker, SarahCare, talking about “My Journey Through Home and Community Based Care”. 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!

Addiction expertise for this exact moment.

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