MENTAL HEALTH MATTERS

Immediate Openings for Residential Addiction Treatment

We've expanded our residential addiction programs, so we have a place available whenever someone is ready to get treatment! Call 866.852.4001, and our staff will help determine the right level of care for you, a loved one or friend.

Our locations providing addiction treatment are nationally designated Blue Cross Blue Shield Blue Distinction Center for Substance Use Treatment and Recovery sites, Legitscript certified, and CARF or Joint Commission accredited.

More About Pine Rest Addiction Services

SAD in the Summer?

Living in the Midwest, many discuss having some form of Seasonal Affective Disorder (SAD). The short days of winter and sometimes gloomy weather’s impact on moods is a common conversation. However, SAD can affect people in the summer, too!
Summer means the kids are out of school and likely spending more time at home with you. While summer can be a lot of fun for kids, it's also a lot of work when you're a parent. If you're going to make it to August successfully, you'll need breaks where you get time alone with your spouse or significant other.

6 Tips for Enjoying a Carefree Summer

**Tip #1: Try to say ‘yes’ more often than usual.**

Relaxing the rules and routines just a bit during the summer months can help reduce stress for the entire family. So go ahead – say ‘yes’ to that second popsicle every once in a while; to staying up late AGAIN; to squirt gun and water balloon fights after work!

5 More Tips for Summer

**Connecting With Your Partner This Summer**

Summer means the kids are out of school and likely spending more time at home with you. While summer can be a lot of fun for kids, it's also a lot of work when you're a parent. If you're going to make it to August successfully, you'll need breaks where you get time alone with your spouse or significant other.

4 Tips & a 1-Minute Video!

**July is BIPOC Mental Health Awareness Month**
Elizza LeJeune, LMSW is an outpatient therapist at Pine Rest, the founder of the Pine Rest Diversity Collective that provides identity affirming and culturally responsive care for those who are part of the Black, Indigenous, and People of Color (BIPOC) community, and the co-chair of Pine Rest’s DEI Taskforce. Through the Pine Rest EAP, she presents on topics such as implicit bias, how to handle multicultural disagreements and mental health.

“I’m looking forward to having an impact that will transform our community. My hope is for Pine Rest providers and our medical system to be seen as leaders and change agents representing and advocating for equitable mental health care for the decades to come.” Elizza also credits her maternal grandmother, who was a nurse, with instilling in her the drive to always treat everyone with dignity and respect.

Anyone can experience mental health concerns and illnesses; but minority groups have a higher likelihood of experiencing risk factors that contribute to mental health disorders. Some of these risk factors and special considerations are cultural stigmas, underrepresentation of providers, systemic racism, racial trauma, and immigrant issues.

Learn what you can do to prioritize your family's mental health, find a therapist, talk to your kids or show support and address the stigma of seeking help for mental health during Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month.

How to be an Ally

Finding a BIPOC Therapist

Managing Racial Trauma

Talking to Kids About Discrimination

Meet Elizza LeJeune, LMSW
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.

**JULY & AUGUST DATES AVAILABLE: FREE Intro to Nurtured Heart Approach®**

Cost: No charge

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

**JULY 18: Family & Friends of Aging Adults Support Group**

Cost: No Charge

This month’s presenter is Hugh Randall, The Foundry Church, talking about “Building the Pillars of Your Best Life”. 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!