MENTAL HEALTH MATTERS

Managing Back-To-School Anxiety

Whether your child is starting classes at a new school or is just headed back to the classroom, there can be a lot of anxiety...both for kids and for parents. Pine Rest experts offer tips for the back-to-school season.

Tips to Ease Your Child's Back-To-School Anxiety

Expert Advice for School-Related Concerns

Supporting Your College Student's Mental Health
Anger is a natural human experience, and sometimes there are valid reasons to get mad, like feeling hurt by something someone said or did, or experiencing frustration over a situation at work or home. But uncontrolled anger can be problematic for your personal relationships and for your health. Fortunately, there are tools you can learn to help you keep your anger in check.

7 Strategies for Controlling Anger

Learn More About Anger

Understanding Anger Brochure (PDF)
Relationships can get messy by nature because no one is perfect. We all do things intentionally and unintentionally that hurt those we care about. Sincere apologies acknowledge the pain you caused someone, show you accept responsibility and demonstrate a level of vulnerability.

3 Key Ingredients of a Sincere Apology
Every day, patients arrive at our Birch residential unit ranking 10 on a scale of one to 10 for anxiety, depression and cravings for their drug of choice. Days, or sometimes weeks, later they leave with a smile on their face telling us they are experiencing zero anxiety, depression and cravings. Much of this healing occurs through group therapy.

Benefits of Group Therapy

Meet Megan Tyler, Recovery Coach

In Pine Rest’s residential program for addiction recovery, we have a team of experts including physicians, physician assistants, nurses, therapists, counselors and care providers specializing in substance use disorders. The recovery coach’s special skill is to share their own experience with recovery and to work on skills introduced in group therapy and recovery groups.

To learn more about this important role, meet recovery coach Megan Tyler. "I started rock hunting a couple years into my recovery. Because of the serenity and peace in my life rock hunting created and continues to create, I am able to cope with any family concerns or issues as well as regain my identity and clarity which allows me to continue working in residential treatment and helping others develop their own coping skills to practice."

Read More About Megan's Story

Upcoming Support Groups & Community Classes

AUGUST 15: Family & Friends of Aging Adults Support Group

Cost: No Charge

This month’s presenter is Miranda Eden, from Emmanuel Hospice, who will talk about “A Holistic Approach to Symptom Management”. This group is designed specifically for those who are caregivers to older adults. Learn More.
AUGUST 29 (last date available for this month!):
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.

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!