

MENTAL HEALTH MATTERS

Are you Sober Curious?



Are you interested in changing your relationship with alcohol to feel better, have more energy, or save money? The new "sober curious" movement is about exploring and changing your relationship with alcohol while still being social and having fun. Learn more about what drives this movement, the benefits and tips on adopting this lifestyle.

[Read Full Article](#)

Meet Jon LaFleur MSN, RN, CCS



Jon got his first clinical job at Pine Rest nearly twenty years ago, and since then his work here has been to care for and serve some of the most vulnerable members of society. In fact, Jon points out that, "There is no stereotypical addict. Blue collar, white collar, unemployed: addiction doesn't discriminate."

In recent years, Jon has been involved with addiction and recovery programming at Pine Rest. "These world class offerings not only treat each client as an individual with unique backgrounds and needs, but also tailor treatments in a way that most closely aligns with optimal outcomes and promote long-term successes," he says.

When asked about the most rewarding aspect of his role, it is simply, "The people I get to work with, whether they are patients or co-workers."

Tips for Talking About Suicide Concerns



Giving a person with suicidal thoughts the opportunity to express their feelings can provide them with relief from loneliness and pent-up negative feelings, and it may even prevent a suicide attempt. Check out this article for tips on starting and having this important conversation.

[How to Talk About Suicide + Additional Resources](#)

Community Walks to Support Suicide Prevention



Join Pine Rest and hundreds of other community members for one or both of the 2023 Out of the Darkness walks this fall - September 16 in Traverse City or September 17 in Grand Rapids - to support efforts of the American Foundation for Suicide Prevention (AFSP).

Those interested can register to join our 'Pine Rest Cares' team, form an independent team, attend solo, simply donate or volunteer.

[Register to Walk Today!](#)

Helping Kids Manage School-Related Anxiety



A new school year can bring up feelings of fear and anxiety in some kids. Even children who enjoy school can experience back to school anxieties that center on friendships, classwork and living up to expectations. Learn how you can start using some practical tips today to help ease that anxiety!

[Maranda Interview on ABC4: Watch Now!](#)

[Learn More About Anxiety in Children](#)

Family & Friends of Aging Adults: Support Group



Our free-to-attend monthly support group for Family & Friends of Aging Adults is designed specifically for those who are caregivers to older adults and provides an opportunity to gather information, gain answers and grow. New members are welcome to join at any time and questions are encouraged!

This month, on **September 19, Dr. Louis Nykamp, Pine Rest psychiatrist, will be talking about “Recognizing Dementia: Diagnosis and Treatment Strategies”**. Dr. Nykamp’s areas of special interest are older adult care, geriatric care and psychiatric symptoms in the setting of illnesses such as Dementia or Parkinson’s disease.

[More About This Support Group](#)

[Dementia Insights for the Family](#)

Voting is Now Open!

We're pleased to have placed as a finalist in the 'Mental Health' and 'Addiction' Services categories for the 2023 West Michigan Woman Readers' Choice Awards!



Now it's your turn to choose your favorites! Show your support by placing your vote anytime through September 29, and have fun seeing which of your picks wins!

[Vote Today!](#)

Upcoming Support Groups & Community Classes



WEEKLY: Recovery Alumni Support Group

Cost: No Charge

The goal is to build stronger connections between individuals in recovery who have participated in, or who are participating in, services at Pine Rest. [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!](#)

We believe in the power of nurses.



PINE REST Christian Mental Health Services

VIEW OPEN POSITIONS

SIGN UP A FRIEND FOR MHM

PROFESSIONAL EDUCATION NEWSLETTER



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