As part of Eating Disorders Awareness Week, Pine Rest psychologist Rebecca Busman joined Rachel Ruiz on eightWest in an effort to help people understand why eating disorders have been on the rise, types of eating disorders, what role social media plays, warning signs and treatment. Learning and understanding helps to reduce stigma and encourage more people to seek treatment for these serious disorders.

Watch Rebecca’s Interview on WOODTV

More About Recovering From Eating Disorders

Sleep Awareness for Better Health
Getting better sleep consistently is as important for your health as good nutrition and exercise. While good sleep habits seem like common sense for adults and our youth, putting them into practice takes commitment and planning. Our behavioral health experts discuss tips for encouraging quality sleep, the effects of substance use on the sleep-wake cycle, and why sleep is critically important to our kids and teens.

**Tips for Getting Better Sleep Consistently**

**How Substance Use Affects Sleep Quality**

**Improve Your Child's Sleep Hygiene**

**Beyond Concussions: Traumatic Brain Injury**
“Stop being so sensitive”, “just think positive” and “quit being overly emotional” are phrases individuals struggling with depression, anxiety or regulating their emotions hear repeatedly. If only it was so easy to stop.

Skills to manage emotions develop over time and need to be exercised in order to stay strong and effective. Learning how to employ the “ABCs” of emotional regulation can help these individuals, as well as the rest of us for when we’re in the middle of an intense situation.

More About Concussions, TBI & Safety Precautions

The ABCs of Managing Our Emotions

Spring sports are getting underway, bringing an increased risk of concussions and traumatic brain injuries (TBIs) for young players. While playing sports is a great way for our kids to express their passion, develop new skills and stay healthy, parents, coaches, activity instructors – and the kids themselves! – should always take proper safety precautions to protect their heads and help prevent a TBIs. Being able to recognize the symptoms of concussion also helps keep kids safer on and off the sports field!
In 2022, Janine Robinson lost everything after being laid off from her job and found herself living on the streets in Grand Rapids. Robinson didn’t have much aside from the clothes on her back and a tent to sleep in.

The program that helped change her life is Pine Rest's StreetReach Program. Outreach Clinical Team Leader Bryan Holt spoke with FOX17 about how the program helps get people off the streets, into housing, and connects them to resources to make sure they stay off the streets and on a pathway to stability.

More on Janine's Story & Bryan's Interview on FOX17

Pine Rest Receives $5M from DeVos Family for Pediatric Center

The DeVos Family’s $5 million gift to Pine Rest will help build the Pine Rest Pediatric Center of Behavioral Health. The state-of-the-art, freestanding center will be 100% dedicated to helping Michigan kids achieve the best possible behavioral health outcomes. Planned for completion in 2026, the center will help provide much needed psychiatric urgent care, inpatient, specialty outpatient and telehealth services to nearly 20,000 additional children and teens every year.
Upcoming Support Groups & Community Classes

SPRING SESSION STARTING SOON!
Love and Logic® Course

This virtual course, offered through our Traverse City Clinic, is based on the renowned parent training program “Parenting the Love and Logic Way”. The program comprises of six sessions for mastering skills essential to effective parenting.

Spots filling up fast; register today. Learn More.

NEW DATES! Free Intro to Nurtured Heart Approach®

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

March & April dates available; register today. 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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