

# Mental Health Matters

## 5 Eating Disorder Myths & Facts



**MYTHS**  
**VS**  
**FACTS**

Eating disorders are often misunderstood, with myths and misconceptions surrounding who they impact, why they develop and what treatment involves. This can prevent people from recognizing the seriousness of eating disorders and from seeking help when they need it. Psychologist Rebecca Busman breaks down these misleading myths so that you or a loved one can recognize the symptoms and get the help needed. Early intervention can make a significant difference in recovery!

Our new pediatric Eating Disorder Program for ages 12 through high school has immediate openings. Not sure what level of care is needed? Call us for help!

Myths vs. Facts of Eating Disorders

Pediatric Eating Disorders Partial Program at Pine Rest

## Ask the Addiction Experts: What is “Rhino Tranq”?



Rhino tranq is a deadly new street drug that combines the opioid fentanyl and xylazine with the much stronger animal sedative/tranquilizer medetomidine. When an individual takes rhino tranq, they are at high risk of both their heart and breathing stopping and causing a sudden overdose death. Learn more about this now and how to prevent future tragedies related to the use of this substance.

[More About "Rhino Tranq"](#)

[More on Substance Use from Our Experts](#)

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## Immediate Openings for Psychiatric Evaluations!

We have immediate openings for new adult patients (18+) with our psychiatry residents at the Loeks Residency Center. Patients at the center benefit from an extended appointment time to discuss their concerns, the combined experience of the resident and the supervising psychiatrist, plus quicker follow-up visits. Pine Rest participates with all payers, including Medicare and Medicaid.

Call 866.852.4001 to Schedule an Appointment

## 10 Tips for Family Caregivers

November is National Family Caregivers Month



Being a family caregiver requires a balance of caring for yourself and the one that you are caring for. Although it can be rewarding, caring for a person with Alzheimer's disease or dementia is physically, emotionally and financially challenging. Caregivers may at times be faced with challenging behaviors from their loved one, such as repetition, resistance, suspicious delusions, confusion, wandering, agitation and verbal or physical aggression. Our experts discuss tips for coping, as well as strategies to change such behaviors.

[Tips for Caregivers Handling Challenging Behaviors](#)

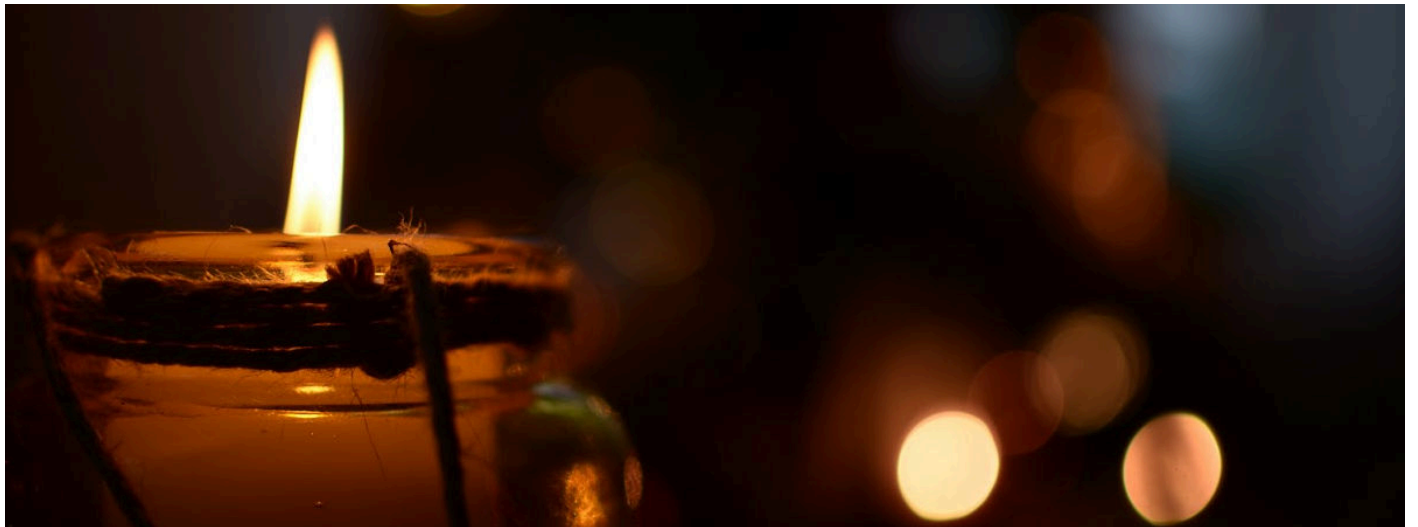
[Family & Friends of Aging Adults Support Group](#)

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## Coping with Grief During the Holidays



The holiday season is approaching, and for some individuals it may be a painful and lonely time, where others' joys or the remembered joys of past seasons serve only to deepen the shadows of grief. If you or someone you know is grieving a loss during this holiday season, please know that you are not alone.

Tips for Managing Grief During the Holidays

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## Upcoming Groups & Classes at Pine Rest



## [Nurtured Heart Approach® Class](#)

**Saturday, November 23 | 8:30 a.m. - 3:30 p.m.**

1 full-day workshop (virtual)

Call Caledonia Clinic **616.891.8770** to sign up

This class welcomes parents, legal guardians, grandparents, foster parents, other family members, educators and other professionals. The Nurtured Heart Approach® has become a powerful way of awakening the inherent greatness in all children, including those who are challenged behaviorally, socially and academically, while facilitating parenting and classroom success.

[Learn More & Sign Up Today](#)

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## [Rooted in Resilience Therapy Group – Pregnancy & Postpartum Support](#)

**Weekly, Wednesdays | 1:00 - 2:30 p.m. | Virtual Only**

Our virtual group is open to any woman currently pregnant through one year postpartum. Facilitated by a licensed therapist, participants can expect to learn communication strategies, notice and challenge anxious thoughts, examine attachment strategies and set proper boundaries with themselves and others. No professional referrals required.

[Learn More](#)

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[See All Community Groups & Support Classes](#)

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Mental Health Matters Newsletter  
for Family & Friends