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## FACT SHEET

### ORGANIZATIONAL OVERVIEW

Pine Rest Christian Mental Health Services is a nonprofit organization founded in 1910 in Grand Rapids, Michigan. Pine Rest is one of the largest free-standing behavioral health providers in the U.S., offering a full continuum of services including inpatient and partial hospitalization, psychiatric urgent care, residential and outpatient services, addiction treatment and recovery, extensive child and adolescent programs, senior care services, as well as specialized assessment and treatment clinics. Pine Rest clinicians offer therapeutic services in behavioral health across the continuum of care within a Christian framework. Pine Rest has 20 outpatient locations plus teletherapy. The organization's 220 acre campus is located at 300 68<sup>th</sup> Street SE in Grand Rapids.

The 1,750+ staff members include 90 psychiatrists and doctors, 51 resident/fellow physicians, 54 psychologists, 243 counselors and social workers, 13 physician assistants, 26 nurse practitioners, 206 registered nurses, 426 psychiatric technicians plus 12 chaplains.

Pine Rest is a member of the Spectrum Health Regional Network and Helen DeVos Children's Hospital Partners in Children's Health.

### MISSION

Pine Rest Christian Mental Health Services is called to express the healing ministry of Jesus Christ by providing behavioral health services with professional excellence, Christian integrity and compassion.

### EXECUTIVE LEADERSHIP

Pine Rest executive leadership is provided through an Executive Council, comprised of the following individuals:

- Mark Eastburg, PhD, President & Chief Executive Officer
- Bob Nykamp, MA, Vice President & Chief Operating Officer
- Paul Karsten, MA, Vice President of Finance & Chief Financial Officer
- William Sanders, DO, MS, Vice President & Chief Medical Officer
- Susan Langeland, MBA, Vice President of Continuum Development & Chief Information Officer
- Suzanne Bolt, MBA, SHRM-SCP, Director of Human Resources
- Harmony Gould, MBA, Vice President of Hospital & Residential Services
- Scott Halstead, PhD, Vice President of Outpatient & Recovery Services
- Gretchen Johnson, DNP, RN-BC, Chief Nurse Executive
- Fred Kegel, Director of Facilities
- Ryan LaRue, LMSW, Vice President of Contracting
- Donald MacKenzie, MA, Executive Director of Pine Rest Foundation
- James Rose, MS, MA, Director of Marketing & Communications
- Bob VandePol, MSW, Executive Director of Employee, Church & School Assistance Programs
- Scott Wagner, MSW, MBA, Director of Strategic Operations

## **SERVICES**

Patients can receive behavioral health care through Pine Rest's many services. Depending on the severity of need, Pine Rest offers inpatient hospitalization, partial hospitalization (day programs), psychiatric urgent care, outpatient, telehealth and residential services for mental illness and addiction. Additional services include community programs, management and consulting, educational programming and telepsychiatry.

## **INPATIENT AND PARTIAL HOSPITALIZATION**

Inpatient and Partial Hospitalization services are provided on Pine Rest's 68<sup>th</sup> Street campus. Service continuum serves: Child & Adolescent, Adult and Older Adult (no partial program). Pine Rest offers a specialty Mother and Baby Partial Program for individuals experiencing significant symptoms of perinatal mood and anxiety disorders.

### *Pine Rest License: 198 beds*

- 110 five separate inpatient units for adults with severe and persistent mental illnesses
- 36 beds for children and adolescents
- 26 beds for older adults
- 26 beds licensed to flex between adolescents and young adults according to population need

## **PSYCHIATRIC URGENT CARE CENTER**

Immediate assessment and treatment for adults age 18+ experiencing acute psychiatric symptoms who cannot wait for routine outpatient intervention. Treatment available in-person and via telehealth. The center is located on the 68<sup>th</sup> Street campus.

## **RESIDENTIAL SERVICES**

Pine Rest Residential Services provides the best possible care within a home atmosphere. Because of the homes' proximity to Pine Rest, residents receive a full continuum of services for their psychiatric issues that may be complicated by other life pressures in a structured, residential setting, located within the community. There are other programs providing outreach and outpatient services in the community.

- Pine Rest Christian Homes for persons with developmental disabilities (69 beds) – 15 of which are apartments. These programs offer a continuum of services – from behavioral facilities to supported independent living facilities.
- Adolescent Program (8 male/female beds – unsecured).
- Residential Treatment Programs for Mentally Ill Adults (38 beds) – InterActions, Sequoia, CenterPointe Recovery.

## **SERVICES TO MEDICAL HEALTH SYSTEMS**

- Behavioral Health Solutions (BHS) helps medical providers develop and deliver high quality behavioral health services—improving their clinical outcomes, expanding their services, and improving their bottom lines. Management, program evaluation and consulting options exist to target the specific needs of each organization. Physicians and program leader recruitment and management and staff training can also be provided.
- Behavioral Health Consultation Liaison Plus (CL+) addresses the needs for behavioral health patients in emergency and medical/surgical departments by providing psychiatric assessment, consultation and care navigation via video and phone interactions. Services are comprehensive and can be custom-tailored to an organization's specific needs.

## **TELEPSYCHIATRY**

In person psychiatry is in short supply and high demand. Pine Rest is committed to providing a real time, high quality video and audio interaction between the psychiatrist and the patient. Patients and their specialist are able to talk back and forth easily and cover the same information as they would in the same room. After a short time, a good telepsychiatric connection results in "forgetting" the persons involved are not in person. Pine Rest interviews, screens and requires the same credentialing standards be met as other Pine Rest psychiatrists. Pine Rest provides telepsychiatry services in various ways:

- Sharing Pine Rest site-based psychiatrists or psychiatrists located in other parts of the United States to meet the needs of patients in other organizations. Examples of applications include CMHs, inpatient hospitals, outpatient clinics, primary care offices, and emergency rooms.
- Providing psychiatric care from psychiatrists located in other parts of the U.S. to Pine Rest sites.
- Sharing Pine Rest site-based psychiatrist services to another Pine Rest site.

## **OUTPATIENT & RECOVERY SERVICES**

The most common condition that prompts people to access outpatient services is depression. Clinicians provide treatment for anger management, anxiety, attention deficit disorders, bipolar disorder, blended families, chronic pain, depression, divorce adjustment, eating disorders, grief and loss, marital issues, parenting issues, perinatal mood and anxiety disorders, schizophrenia, self-esteem, self-harm, spirituality, stepfamily adjustment, stress, substance use disorders and trauma services available via online video connection and in clinics. Locations include:

### **MICHIGAN**

#### ***Caledonia Clinic***

6505 Cherry Meadow Drive SE  
Caledonia, MI 49316

#### ***Campus Clinic***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49548

#### ***Christian Counseling Center***

1870 Leonard NE  
Grand Rapids, MI 49505

#### ***Community Services***

320 Commerce Avenue SW  
Grand Rapids, MI 49503

#### ***Forest Hills Clinic***

877 Forest Hill Avenue SE, Ste. C  
Grand Rapids, MI 49546

#### ***Hastings Clinic***

450 Meadow Run, Ste. 300  
Hastings, MI 49058

#### ***Holland Clinic***

926 South Washington, Ste. 210  
Holland, MI 49423

#### ***Kalamazoo Clinic***

1530 Nichols Road  
Kalamazoo, MI 49006

#### ***Lakeland Clinic***

3950 Hollywood Road, Ste. 200  
St. Joseph, MI 49085

#### ***Loeks Residency Center***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49548

#### ***Neuromodulation Clinic – ECT/TMS***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49548

#### ***North Shore Clinic***

17325 Van Wagoner Road  
Spring Lake, MI 49456

#### ***Northeast Clinic***

3225 N. Evergreen Drive N.E., Ste. 301  
Grand Rapids, MI 49525

#### ***Northwest Clinic***

2118 Three Mile Road NW  
Walker, MI 49544

#### ***Portage Clinic***

1350 W. Centre Avenue, Ste. 110  
Portage, MI 49024

#### ***Psychological Consultation Center***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49548

#### ***Retreat Clinic***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49503

#### ***Southwest Clinic***

4211 Parkway Place, Ste. 100  
Grandville, MI 49418

#### ***Traverse City Clinic***

1050 Silver Drive  
Traverse City, MI 49684

#### ***Zeeland Clinic***

8333 Felch Street, Ste. 201  
Zeeland, MI 49464

### **TELETHEALTH**

<http://pinerest.org/telehealth>

## **OUTPATIENT & RECOVERY SPECIALTY SERVICES**

- DBT Program in Grand Rapids and Traverse City
- Addiction Treatment and Recovery Services
  - Residential Detoxification and Short-term Residential (12 beds)
  - Telehealth for Addiction Services
  - Intensive Outpatient Program
  - Medication Assisted Treatment (MAT)
  - Relapse Prevention
  - Individual Outpatient Services
  - Assessments
  - Family Program
  - Alumni Groups
  - Early Recovery Groups
  - Family & Support Services
  - StreetReach
- Approved Autism Spectrum Disorder Evaluation Center of Excellence
- PAX (Critical Incident Response Team)
- EAP/CAP/SAP (Employee, Church and School Assistance Programs)
- Electroconvulsive Therapy (ECT)
- Transcranial Magnetic Stimulation (TMS)
- Senior Consultation Services
- Psychological Assessment & Testing
- Forensic (Court-Related) Psychiatric & Psychological Services
- Perinatal Mood and Anxiety Disorders (PMADs)
- Faith Community Outreach
- Speakers Bureau Program
- Developmental Disabilities
- Community Supports Coordination
- Support Groups & Workshops

## **NATIONAL NETWORK OF DEPRESSION CENTERS (NNDC)**

Pine Rest and Michigan State University-College of Human Medicine jointly are an associate member of the National Network of Depression Centers. The NNDC is a non-profit network of leading clinical and academic centers of excellence in the U.S. working to transform the field of depressive illnesses and related mood disorders. The NNDC's mission is to develop and foster connections among members to use the power of a network to advance scientific discovery and to provide stigma free, evidence-based care to patients with depressive and bipolar illnesses.

## **COMMUNITY COLLABORATIONS**

Pine Rest has been actively involved with the integration of psychological and psychiatric services in the primary care setting, area hospitals, churches, schools and organizations. These efforts include:

- Apostolic Christian Counseling and Family Services, Morton, IL
- Arbor Circle
- Barry County Community Mental Health
- Beacon Specialized Living Services
- Central Michigan Community Mental Health
- Clinton, Eaton and Ingham Counties Community Mental Health
- CRC and RCA Classis
- D.A. Blodgett
- Davenport University
- Dégagé Ministries/Open Door Program
- Delton Kellogg Schools
- EverGreen Ministries
- Family Outreach

- Forest Hills Public Schools
- Grand Rapids Catholic Diocese
- Grand Traverse & Leelanau Children's System of Care
- Grand Traverse Human Service Collaborative
- Great Start Early Childhood Collaborative
- Helen DeVos Children's Hospital
- InterAct – Grand Rapids and Kalamazoo
- Kent County Crisis Intervention Team
- Mary Free Bed Rehabilitation Services
- Mercy Health Muskegon, Mercy Health Physician Partners, Mercy Health Saint Mary's Hauenstein Neuroscience Center, Mercy Health Saint Mary's
- Metro Health University of Michigan Health
- Michigan Center for Clinical Systems Improvement (Mi-CCSI)
- Muskegon River Youth Homes
- Network180 Community Mental Health
- North Ottawa Community Hospital
- Northview Public Schools
- Northwest Michigan Health Services (FQHC)
- Over 80 area churches and schools
- Red Project
- Roosevelt Park Ministries
- Samaritas
- Spectrum Continuing Health Care
- Spectrum Health Butterworth, Blodgett, Lakeland & Zeeland Hospitals
- The Cancer Center at Metro Health Village
- The Potter's House School
- War Memorial Hospital, Sault Ste. Marie
- We Are For Children

### **GERALD AND JANE ANN POSTMA CENTER FOR WORSHIP AND EDUCATION**

The Postma Center is a modern conference facility on the wooded campus of Pine Rest providing casual or formal settings for groups and businesses to gather. Professional educational trainings, corporate events, social gatherings and wedding receptions are held on site. Groups up to 400 are served in a variety of room sizes and layouts. Five multi-purpose conference rooms contain sophisticated audio and visual complimented by a grand foyer, business center, art gallery and two well-appointed outdoor courtyards.

### **PATIENT STATISTICS**

In fiscal year 2019, there were 285,689 patient visits for outpatient care in Pine Rest's network of clinics, 9,407 hospital admissions, and 66,355 inpatient patient days across Pine Rest's continuum of care. In addition, our residential programs served hundreds of people. Residential days of care were 62,570.

### **EMPLOYEES**

Pine Rest has 1,750 staff members (1,297 full-time equivalents).

### **HISTORY**

In 1910, a group of pastors and laity decided to create an organization that treated all aspects of a person's well-being: emotional, mental, physical, and spiritual. Initially formed by and for members of the Reformed Church in America and the Christian Reformed Church in America, Pine Rest today is a faith-based organization serving a multitude of individuals from many cultures and religions. Pine Rest offers quality services to people regardless of their race, color, creed or national origin.

## EDUCATIONAL/PSYCHO-EDUCATIONAL OPPORTUNITIES

- **Psychiatry Residency Program:** First residency class started in July 2014. This is a four-year program accepting approximately ten residents per year.
- **Psychiatry Residency Rural Program:** The first class started in July 2020. This is a four-year program accepting up to two residents per year. The training for this program is split between Grand Rapids and Traverse City.
- **Physician Assistant Psychiatry Training Program:** First class started in July 2016. This two-year program has capacity for six to eight PA trainees for training to specialize in psychiatry.
- **Child and Adolescent Psychiatry Fellowship:** The first class started in July 2017. This is a two-year program accepting up to eight fellows.
- **Addiction Psychiatry Fellowship:** The first class started in July 2019. This is a one-year program accepting up to two fellows per year.
- **Geriatric Psychiatry Fellowship:** The first class started in July 2018. This is a one-year program accepting up to two fellows per year.
- **Forensic Psychiatry Fellowship:** The first class will start in July 2021. This is a one-year program accepting up to two fellows per year.
- **Continuing Education:** Van Eerden Lecture Series, Grand Rounds, Virtual Grand Rounds, Perinatal Mood and Anxiety Disorders Conference, Pearls for Primary Care Lecture Series, speakers on behavioral health topics which offer continuing education credits for social workers, nurses, physicians, certified addiction counselors and psychologists.
- **Classes and Support Groups:** Clinicians offer classes, groups, and workshops on a variety of behavioral health-related topics at our outpatient clinics – *call 866.852.4001 or visit our website at <http://pinerest.org/classes>.*
- **Speakers Bureau:** Pine Rest psychiatrists, psychologists, social workers and activity therapists provide education, enrichment, and professional training to a variety of audiences through the Speakers Bureau. Speaking engagements on multiple behavioral health topics are available by completing a request form *on our website at <http://pinerest.org/speaker>.*
- **Clinical Pastoral Education:** Since its beginning in 1970, the CPE program has served over 1,200 seminarians, pastors, chaplains and parish nurses from a variety of denominations and faith groups. CPE is required by some seminaries and denominations for graduation or ordination. Four units of CPE (400 hours = one unit of supervised training) are required for Board Certification as a Chaplain. CPE interns have come from the U.S. as well as 18 other countries. Pine Rest offers full-time summer CPE internships, part-time fall/winter CPE internships, a distance learning CPE program, a one-year CPE residency program and a Certified Educator CPE program. Pine Rest CPE is accredited through the Association for Clinical Pastoral Education.
- **Michigan State University College of Human Medicine:** A designated Division of Psychiatry and Behavioral Medicine for Michigan State University, a partner in the Psychiatry Residency and Fellowship Program and a joint associate member of the National Network of Depression Centers.
- **Psychology Internships:** Continuously accredited by the American Psychological Association since 1982. This is a one-year program accepting four doctoral interns per year.
- **Medical Learner Opportunity Programs for Nursing, Nurse Practitioner, Physician Assistant, Doctor of Pharmacy (PharmD) and Medical Students:** Pine Rest currently trains students from GVSU, University of Detroit–Mercy, Hope College, Calvin College, Montcalm Community College, Michigan State University, Ferris State University, Grand Rapids Community College, ATSU-Kirksville, LECOM, Marion, Butler, WMU, Spring Arbor University, Indiana Wesleyan University, Bridgeport University, MWU Chicago COM, Central Michigan University, Rush University and others.

## **RESEARCH**

Research offers the opportunity for our staff and patients to become involved in novel and innovative approaches to psychiatric care. By partnering with the biotechnology community, industry, and academia-based research programs, Pine Rest is also established as an institution dedicated to advancing the diagnosis and treatment of psychiatric disorders. Pine Rest's current/active research includes the following projects:

- The Biological Triggers of Depression in Pregnancy (NIH funded)
- Longitudinal Study of Inflammatory Pathways in Depression (NIH funded)
- Long-term Antipsychotics Pediatric Safety (NIH funded)
- The Genomics of Electroconvulsive Therapy (NIH funded)
- A Randomized Controlled Trial of Electroconvulsive Therapy for the Management of Severe Agitation in Alzheimer's Dementia (NIH funded)
- HSV Cold Sore Infection and Psychiatric Symptoms
- The Impact of Forgiveness and Spiritual Distress in an Inpatient Psychiatric Setting
- Examining Spirituality and Mental Health Outcomes in Psychiatric Inpatients
- Clarifying How Views of the Afterlife, Hope, and Meaning Influence Suicidal Ideation in Psychiatric Inpatients
- Impact of Motivational Interviewing Training on Patient Retention in Psychotherapy
- Current Treatment Modalities for Disruptive Mood Dysregulation Disorder (DMDD)
- Effects of Successful Treatment on Perinatal Mood and Anxiety Disorders on Copper and Zinc Levels
- The Healthy Living Group Impact on Psychiatric Hospitalization Rates and Symptoms
- Season Trends in Completed Suicide and Depression Symptomology Due to Air Quality and Aeroallergens
- A Single-Arm, Open-Label Biomarker Development Clinical Trial of Ketamine for Non-Psychotic MDD and Bipolar
- Personality and Transcranial Magnetic Stimulation
- Sunlight/Solar Insolation and Bipolar Disorders
- Transcranial Magnetic Stimulation and Concomitant Use of Benzodiazepines or Psychostimulants
- Response rates in patients with Anxiety to Transcranial Magnetic Stimulation
- COVID-19 as an Exacerbating Psychosocial Stressor in Urgent Care Psychiatric Patients
- Mental Health Surveillance at an Adult Psychiatric Urgent Care Center during the COVID-19 Pandemic
- Implementation of Psychiatric Urgent Care Clinic at Pine Rest
- Preparing for the Behavioral Health Impact of COVID-19 in Michigan

## **PINE REST FOUNDATION**

Pine Rest Foundation was established in the early 1960s to help Pine Rest Christian Mental Health Services advance the healing ministry of Jesus Christ through its provision of behavioral health care services. Since its inception, the Pine Rest Foundation has distributed over \$18 million in gifts through an endowment to Pine Rest for charitable care and treatment, research, program innovations, education and facility improvement. The general endowment is generated through annual gifts, proceeds from special events, bequests, and other outright or deferred gifts. These funds have helped pay for a critical incident response team in schools and businesses, school consultation programs at area high schools, middle schools and elementary schools, clergy consultation programs, teacher in-services on mental health topics, group therapy programs in schools and at Pine Rest's network of outpatient clinics, plus social workers in clinics at Grand Rapids urban locations. In addition, the Foundation's support is imperative each year in helping Pine Rest provide behavioral health care to persons who could not otherwise pay for these services through the Patient Assistance Fund. For further information on the Foundation and other fundraising initiatives, interested persons should contact the Pine Rest Foundation at 616.455.8680.

## **RUSTIC MARKET THRIFT STORE**

The Rustic Market raises funds to benefit Pine Rest Christian Mental Health Services. Its merchandise ranges from clothing for all ages to appliances, household goods and books. Each year, net proceeds go to the Patient Assistance Fund, which helps offset the cost of treatment for people with few financial resources. In just the last six years, the Rustic Market has contributed over \$1 million dollars to the Patient Assistance Fund.

The Rustic Market is located at 389 68<sup>th</sup> Street near the campus entrance. It also has an endowment that provides funding for special projects and programs to enhance Pine Rest services. The store is staffed by volunteers. To volunteer or schedule pickup of large items, please call our manager, Carrie VanDenBrink at 616.455.2522.