

Mental Health Matters

Speech & Occupational Therapy Now Available



“We’re looking at building skills through play, because that’s how kids learn,” therapist Jean Holthaus shared with Maranda on a recent “Where You Live” segment.

Pine Rest is thrilled to offer Speech Therapy and Occupational Therapy for kids and teens through our recent merger with BRAINS. These services complement our existing mental health care, providing a more holistic approach to supporting a child’s developmental and therapeutic needs.

Speech therapy helps children:

- Express their needs and feelings
- Understand instructions and social cues
- Engage in back-and-forth conversations
- Build social connection and participation

Occupational therapy helps children:

- Regulate their bodies and emotions
- Manage sensory input (sounds, textures, movement)
- Strengthen attention and executive functioning
- Build confidence in daily routines

Watch Jean's Interview with Maranda on eightWest

[Learn About Speech Therapy](#)

[Learn About Occupational Therapy](#)

Kickstart Your Year: Tips for Making and Keeping New Year's Resolutions



Photo credit: Shutterstock

The new year is a perfect time for fresh beginnings. Many of us set resolutions with the hope of creating positive change—but let's be honest, sticking to them can feel like an uphill battle. That little voice of doubt? It's real, and it can derail even the best intentions.

So, how do you turn resolutions into lasting habits? It's all about smart strategies that boost your willpower and keep you motivated. From setting realistic goals to celebrating small wins, you can make this the year your resolutions actually stick.

Finding Resilience and Renewal in the Maintenance Steps of Recovery



Over the past year, Recovery Coach Nathan Vargas has guided us through the 12-step approach to recovery. We've finally made it to the final stretch; the place where peace and serenity become part of your daily life. Steps Ten, Eleven, and Twelve are often called the "maintenance steps" because they help us keep all the things we've learned in the first nine steps alive and active.

- o Step Ten: Keep Growing Through Self-Reflection
- o Step Eleven: Strengthen Your Spiritual Connection
- o Step Twelve: Share the Gift of Recovery

These steps aren't just about maintaining; they're about thriving.

[Explore the Maintenance Steps](#)

New Program Helps RNs Tackle Student Loans

Pine Rest offers up to \$40,000 in student loan forgiveness for full-time RNs! This program is part of our commitment to supporting the well-being and long-term success of our nursing team.

Free info session, tour and meal on January 29!

We're looking for compassionate, skilled nurses to join us in delivering exceptional mental health care. On January 29, we're inviting interested nurses to meet our amazing nursing team and explore how a career in mental health nursing could be the perfect fit for their goals. Breakfast and dinner options.

Learn More & RSVP for January 29

Read About the Student Loan Forgiveness Program

Call Us: 616.559.5858

Email Us: talentacquisition@pinerest.org

Upcoming Community Events

Stronger Together: Mental Health Education & Resource Night



Wednesday, February 4 | 5:30 – 8:30 p.m.

(Doors open at 5 p.m. for vendor resource tables and networking)

Rockford High School Auditorium | 4100 Kroes Street NE, Rockford, MI 49341

An evening dedicated to strengthening our community through mental health education, awareness, and connection. All Kent ISD staff, Rockford students, parents, and families, community members, and mental health professionals are invited.

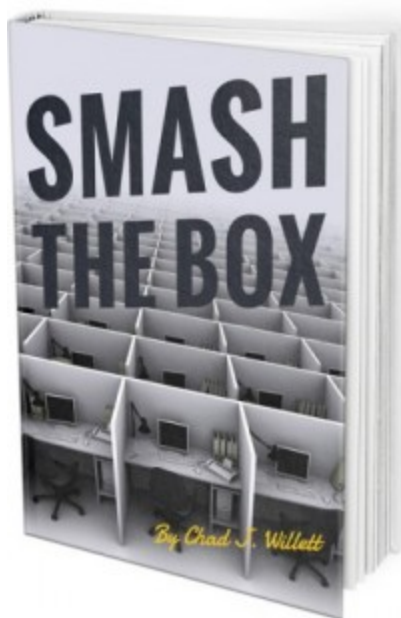
Free to attend | In-person only | Light refreshments & snacks

Presentations:

- o **Guiding Youth Through the Complex World of Substances** by therapist Mariah DeYoung, Pine Rest Christian Mental Health Services
- o **From Panic to Power: Understanding Anxiety Through the Lens of Intensive Short-term Dynamic Psychotherapy** by therapist Chloe Metzger, Therapy Today Counseling & Consulting

This event is made possible thanks to Rockford Public Schools, Pine Rest Christian Mental Health Services, Pasadena Villa Great Lakes, and Therapy Today Counseling & Consulting.

Smash the Box



Tuesday, February 17 | 8:30 - 11:00 a.m.

Free to attend | Online & in-person options available

Presenter: Chad J. Willett, MA, SAG-AFTRA

Don't miss your chance to see TEDx presenter & renowned leadership speaker Chad J. Willett, MA, SAG-AFTRA live at Pine Rest! Be part of an unforgettable Pine Rest EAP Conference that will challenge you to "Smash the Box" and rethink what's possible. Discover how to break free from the Four Walls of the Mental Box – Fear, Perfection, Negativity, and Judgment – and ignite a culture of innovation.

Every participant receives a free e-book copy of Chad's bestselling book, *Smash the Box*.

[Sign Up for 'Smash the Box'](#)

Speaking Up and Saving Lives: Exposing the Ugly Truth about Adolescent Eating Disorders



Tuesday, February 24 | 10 - 11 a.m.

Virtual only | Free to attend

Presenters:

Megan Heath, MEd, RDN | Brittani Hyde, LMSW, MBA | Lisa Brown, LBSW, CADCM

Eating disorders have one of the highest mortality rates of any psychiatric illness, with one death occurring every 22 minutes. Despite this shocking statistic, only 20% of adolescents struggling with an eating disorder seek treatment.

This presentation unveils the hidden epidemic of eating disorders in our youth and offers practical tips that can lead to an early diagnosis. Whether you're a social worker, care provider or counselor, you'll gain useful tools to start life-changing conversations with kids and their parents to get them the resources they need.

[Sign Up for 'Speaking Up & Saving Lives'](#)

Upcoming Groups & Classes at Pine Rest



[Nurtured Heart Approach® Class](#)

Virtual classes start January 19, so sign up today!

The Nurtured Heart Approach® (NHA) is a relationship-focused methodology developed by Howard Glasser and founded strategically in The 3 Stands™ for helping children (and adults) build Inner Wealth™ and use their intensity in successful ways. It 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 About the Nurtured Heart Approach®](#)



[Coping With Grief](#)

Virtual group. Next deadline to sign-up is February 3, 2026.

If you are an adult struggling with grief over the loss of a loved one, this 3-week class series is designed for you. You may be wondering what is normal, what helps, what hurts, what more to expect, and how to best move forward.

[Learn More About Coping with Grief](#)



[Family & Friends of Loved Ones with BPD](#)

Deadline to register for March sessions is February 23, 2026.

Borderline personality disorder (BPD) is a serious mental illness that centers on the inability to manage emotions effectively. The Family and Friends Class, offered virtually, is a 4-session educational series designed to increase understanding of the illness and equip family and friends with tools for coping effectively.

[Learn About This Family & Friends Group](#)

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

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Partners Newsletter**



300 68th Street SE
Grand Rapids, MI 49548

**Mental Health Matters Newsletter
for Family & Friends**

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