

Pine Rest



P I N E R E S T F O U N D A T I O N

From the President and CEO

In May, Pine Rest, along with many other mental health organizations, will observe Mental Health Month. *Good mental health is not something we at Pine Rest celebrate and promote for one month out of a year. It is something we are committed to promoting and facilitating all year long.* Pine Rest was founded in 1910 to fill a gap for a community of people who believed mental health care needed a Christian component. In this issue of the *Pine Rest News*, you will see a number of ways Pine Rest is responding with Christian love to the growing mental health needs of our community.

The founders of Pine Rest identified a gap in our community health care system and worked hard to meet the need of providing mental health care from a Christian perspective. Now Pine Rest staff and board members assist in the

development of new and creative programs that continue the passion and vision of our founders. Our supporters help sustain Pine Rest financially, enabling us to carry out the mission of Pine Rest Christian Mental Health Services and the Pine Rest Foundation. Today, Pine Rest is well known for its expertise and experience in services such as acute inpatient care, outpatient therapy, home health care, and residential services for adolescents and for adults with developmental disabilities. This continuum of quality services meets many needs of *hurting children, individuals, and families in our community.* The urgency of these needs are reflected in a variety of ways, from very challenging situations and crises within families, to crises in communities, schools, and in businesses. Our ability to meet these needs with our services has been greatly

enhanced by newer programs such as the Pine Rest Family Institute, Young Life, and our Institute for Spiritual Care. *All of these services fill critical gaps in our community and are made possible by your support and that of the Pine Rest Foundation.*

I am *thankful* for your prayers and financial support as we jointly carry out the healing ministry of Jesus Christ by restoring lives and renewing spirits of those individuals, children, and families we serve in West Michigan and Iowa. I wish you God's blessing this year and every year.

By Dan Holwerda
President and CEO

Substance Abuse Services Expand to Meet the Need

The U.S. Department of Health and Human Services estimates that in 2001 approximately 17 million Americans age 12 or older abused or were dependent on either alcohol or illicit drugs. This is a 17% increase from the year 2000. Additionally, the report indicates that in the year 2000, almost 7 million persons age 12-20 were binge drinkers.

Figures like these are alarming and frightening. The figures explain the need for Pine Rest to become more involved in providing substance abuse services.

For the last 8 years, Pine Rest Christian Mental

Health Services has offered substance abuse counseling services to individuals and families in West Michigan. This past year alone, Pine Rest's outpatient network provided substance abuse counseling to 450 patients. While some organizations may offer substance abuse counseling services, not all are licensed by the State of Michigan to provide these services. Pine Rest now has 9 outpatient locations licensed in substance abuse treatment, and available to serve the needs of West Michigan.

The Pine Rest clinicians who provide these services have experience in both substance abuse and mental health. All 9 sites provide

individual outpatient substance abuse treatment. The Main Campus and Kalamazoo Clinic locations also offer group-based Intensive Outpatient Programming (IOP).

"We believe that with the certification of additional staff and clinics and our expertise in mental health, we can better fulfill our mission and meet the needs of those struggling with both substance abuse and mental health issues," says outpatient Clinical Director Tom Graham, MA, LLP, CSW. **For more information about substance abuse services at Pine Rest, please call Pine Rest at 616/831-2602.**

Give a Security While Keeping It

(Rewritten with permission from Robert F. Sharpe & Company)

Got your interest? It is possible to give a gift of securities while owning the same number of shares after the gift, and impact the lives of others through a gift to Pine Rest. Although many shares have declined significantly this year, most are still valued at more than most individuals have paid for them.

So how does this work? You donate a portion of the shares, which entitles you to a tax deduction for their full value. You use the cash you otherwise would have contributed to repurchase the same number of shares at the current market price. Now you own the same number of shares as before and your gift is put to use through Pine Rest's ministry. If the new shares increase, you will have less gain to report. If they decline, you may be able to deduct a loss for tax purposes.

This is a creative way to support the ministry of Pine Rest to those in need. **If you have questions or would like more information on giving a security or gift to Pine Rest, please contact Scott Halquist at 616/281-6375, or e-mail scott.halquist@pinerest.org.**

Pine Rest Joins the Christian Community in

Mourning the Loss of Lewis Smedes

Pine Rest joins the Christian community worldwide in mourning the death of accomplished author and speaker Lewis Smedes on December 19, 2002. Dr. Smedes was the featured speaker at the biennial *Pine Rest Foundation Van Den Berg Leadership Award Dinner* in 2001, sharing his message of hope, forgiveness, and reconciliation with our audience of over 400 friends of Pine Rest. Dr. Smedes' leadership in the integration of Christian faith and the importance of healing embodied many of the Christian principles Pine Rest values. His friends and colleagues in Christian ministry at Pine Rest will miss him.

Pine Rest Foundation 20th Annual Golf Outing

Monday, June 16, 2003
at Blythefield Country Club

For More information Call

Tournament Director: Scott Halquist, 616/281-6375
e-mail: scott.halquist@pinerest.org

Tournament Coordinator: Marcia Timmerman, 616/281-6390
e-mail: marcia.timmerman@pinerest.org

Did You Know . . . ?

- Children and adults with developmental disabilities are at significantly higher risk to develop mental health disorders. Research in the Surgeon General's 2000 Report suggests incident rates for mental illness of at least 30 to 35% in people with developmental disabilities.
 - According to the US Department of Health and Human Services, nationally, only 25% of substance abuse treatment facilities offer both substance abuse services *AND* mental health services. Most substance abuse treatment facilities just offer substance abuse treatment.
- Source: 2001 National Household Survey on Drug Abuse. Substance Abuse and Mental Health Services Administration website, www.samhsa.gov/oas/nhsda/2klnhsda/vol1/highlights.htm*
- In 2003, Pine Rest will celebrate 50 years of service to persons with developmental disabilities.

Leadership Council Event

On October 29, 2002, the Pine Rest Foundation held a Leadership Council Event at Cascade Country Club in Grand Rapids. A group of former Pine Rest Christian Mental Health Services and Pine Rest Foundation Board members joined with current Board members and enjoyed a time of fellowship over lunch as they heard updates on some of the initiatives Pine Rest is taking in the community. The purpose of the event was to express appreciation to former Board members for their service and support and to keep them informed about the ministry of Pine Rest. Attendees were given a complimentary copy of the new book co-authored by Pine Rest psychologist, Susan J. Zonnebelt-Smeenge, RN, EdD, "The Empty Chair - Handling Grief on Holidays and Special Occasions." The event was extremely well received and the Pine Rest Foundation is making plans to offer more regular Leadership Council Events. **If you are a former Board member and would like more information about how you can be involved in our Leadership Council, please contact Marcia Timmerman at 616/281-6390, or e-mail marcia.timmerman@pinerest.org.**

Young Life at Pine Rest: An Update for our Supporters

Young Life has been part of the Pine Rest ministry since the late-1990s. A vibrant, life-changing ministry, *Young Life* offers adolescents the opportunity to grow in their relationship with Christ. "Many of the kids who come into our program year after year have had little or no experience with God. This type of relational ministry introduces them to a foundation of faith that can follow them and uphold them throughout their lives," says Pine Rest *Young Life* Team Leader, Jereme Vanden Heuvel. The children Pine Rest serves come from all types of families throughout our community and state. Many have experienced abuse, neglect, broken placements, and a lifetime of disappointment and broken promises. They are emotionally bruised, scarred, and often angry. *Young Life*

staff and volunteers work hard to offer hope and support to the kids who wish to be part of this program.

Participation is voluntary, but all of the kids in the Pine Rest Center for Psychiatric Residential Services (CPRS) are eligible to participate. Bi-weekly club attendance and "one-on-one" time are key components of the program's success. "Many of these kids have no conception of a spiritual life when they come in, so we've taken the traditional high school-based model of *Young Life* and adapted it to meet their unique needs," says Pine Rest Corporate Director of Hospital-Based Services, Phil Ellis, PhD. "The work that is being done is *excellent*. Sharing Jesus Christ in a personal way with kids who have such pain and trauma in their history is so important. It's part

of our mission, part of our faith, but it needs the belief and support of others to happen."

Young Life at Pine Rest is dependent upon the Pine Rest Foundation and donors for operational support. "Without the support of our donors and the Pine Rest Foundation, this program could not survive," says Ellis. Thanks to Pine Rest Foundation support, not only did *Young Life* serve more than 150 youth in the last few years, but now participation in regional *Young Life* Camps is a real possibility for some of these special kids. "Camp is a great experience for these kids and a powerful motivator for them," says Vanden Heuvel.

Thank you for helping make such a difference in the lives of kids-at-risk!

GGRCMP Celebrates Five Years

On October 16, 2002, the Pine Rest Family Institute celebrated the five-year anniversary of the Greater Grand Rapids Community Marriage Policy (GGRCMP). A special luncheon was held at the Amway Grand Plaza Hotel and attended by local Christian and community leaders alike. William Doherty, PhD, was the keynote speaker. Mark Eastburg, PhD, Pine Rest Family Institute Executive

Director and Vice Chair of GGRCMP, shared with attendees the accomplishments of GGRCMP, including preparing hundreds of couples for marriage and initiating a marriage mentoring program. They also announced GGRCMP was changing its name to Healthy Marriages Grand Rapids (HMGR) to reflect the vision of this great program. Congratulations GGRCMP/HMGR and Pine Rest!

Pine Rest Foundation Golf Marathon



September 27, 2002 was the date of another successful Pine Rest Golf Marathon. Twenty-three Pine Rest golfers participated in this great event which raised over \$22,000 for the Patient Assistance Fund at Pine Rest. Thank you to Pine Rest staff, the 51 local businesses and corporations who donated prizes and sponsored the event, and the 320 people who pledged support for our golfers!

Please Plan On Joining Us

Wednesday, September 24, 2003

Jay Van Den Berg
Leadership Award Dinner

Ambassador Ballroom
Amway Grand Plaza Hotel

**WATCH THE MAIL
FOR YOUR INVITATION**

Keynote Address by
Dr. Tim Brown



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Casey Wondergem



Pine Rest News

A newsletter for friends and supporters of
Pine Rest Christian Mental Health Services and the Pine Rest Foundation



Pine Rest Christian Mental Health Services
300 68th Street SE
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Rustic Market

Last year, the Pine Rest Rustic Market provided \$50,000 in support from daily sales to individuals, children, and families seeking mental health services from Pine Rest, and \$65,000 in support from investments to innovative and creative programs. The Rustic Market is a quality resale thrift shop, offering clothing and household items at reasonable prices. The Rustic Market's success is measured not only by its achievement of these goals, but by the service and commitment of its team of three staff and 25 volunteers. Last year, volunteers provided 5,663 hours of service to the Rustic Market.

Donations of gently used clothing, household items, and furniture are welcomed. **To join this great volunteer team in helping individuals, children, and families get the Christian mental health care they need, call or e-mail Tonya Nagelkirk at 616/281-6308 or tonya.nagelkirk@pinerest.org.**

Pine Rest Development Staff



Kurt Wassink
Executive Director
Pine Rest Foundation



Marcia Timmerman
Executive Assistant



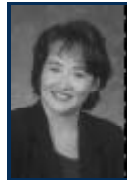
Harvey Rozema
Senior
Development Officer



Faith Elliott
Administrative Assistant



Lee Wassink
Senior
Development Officer



Mary Smit
Director of
Development Programs



Scott Halquist
Director of
Development Programs

The Pine Rest News is a product of the Pine Rest Foundation and is designed to inform our supporters of key developments within the services and programs of Pine Rest Christian Mental Health Services and The Pine Rest Foundation.

Send changes of address, comments or suggestions, and requests for free subscriptions to:

Faith Elliott
Pine Rest Foundation
300 - 68th Street SE
PO Box 165
Grand Rapids, MI 49501-0165

Call us at 616/455-8680.

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www.pinerest.org