

CONNECTIONS

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Pine Rest Offers Broad Range of Substance Abuse Treatment Options

by Mary K. Donovan

As part of its ongoing mission to provide quality behavioral health care, Pine Rest offers a wide range of services for those seeking substance abuse treatment. This includes traditional one-on-one treatment, individual and family counseling for adolescents, intensive outpatient programming (IOP) for adults and adolescents, weekly men's and women's groups, and a dual diagnosis track (mental illness with substance abuse) as part of its inpatient and partial hospitalization programs.

"We focus on an individualized, patient-centered approach," says Jon Weeldreyer, MA, LLP, CAC-I, Outpatient Substance Abuse Services Coordinator. "Comprehensive assessment and personal history are key to determining appropriate programming for the individual."

"Many people can be successfully treated in a traditional, one-on-one setting," adds Tom Graham, MA, CSW, LLP, Clinical Director of Pine Rest's Professional Practice Group. "We have over 20 clinicians experienced in treating this population, plus 11 clinics licensed to provide substance abuse treatment."

Clients who require more intensive treatment can step up to an IOP group. Weeldreyer and Kathy Palka, CMA, MA, FLE, SPADA, MA, LLP, facilitate Pine Rest's Campus Clinic groups, Shannon Thompson, MSW, CSW, facilitates the Kalamazoo Clinic group, and Jude Vereyken, MSW, CSW, facilitates the Holland Clinic groups. "Being able to seamlessly step a client up or down is a huge advantage," says Jude Vereyken. "It is

extremely important to match the intensity of treatment with the individual's needs," agrees Kathy Palka.

Mark Hamilton, MA, LLP, CAC-II, Dual Disorders Therapist for Hospital Based Services, works with individuals experiencing both a mental illness and a substance use or other compulsive disorder. He runs treatment groups four days a week in Pine Rest's partial and inpatient hospitalization programs. "These individuals often cope with their illness by self-medicating symptoms with alcohol, illicit drugs, or engaging in compulsive behaviors such as overspending," says Hamilton. "Group work helps them understand the addiction process, develop new coping skills, and get feedback from others who are at different stages in the recovery process."

In addition to direct services, Pine Rest has collaborated with Pathfinder Resources to provide dual diagnosis residential services. Pine Rest Psychiatrist, Dr. Verle Belle provides psychiatric consultation and medication management. Psychiatric Nurse, Brian Rogers is a program leader, providing assessments and facilitating treatment groups with Pathfinder staff.

For more information on Pine Rest's substance abuse services across the continuum of care, please call 616/455-5270.

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“Secrets for Successful Marriage”

Now Covered by EAP & CAP

by Amy Stephansen

“Secrets for Successful Marriage” workshops, offered in conjunction with Healthy Marriages Grand Rapids and the Pine Rest Family Institute, are now a covered benefit through Pine Rest’s Employee Assistance Program (EAP) and Church Assistance Program (CAP).

For over 25 years, Pine Rest has offered programs to help local businesses with their mental health needs. The EAP is a contracted service through which businesses can help employees work through family and marital problems, work-related conflicts, substance use and dependency, communication difficulties, ADHD testing, and more. Services include 24-hour, 7-day-a-week

contact with a Pine Rest counselor, face-to-face appointments with a therapist, and leadership training sessions on various topics. The CAP is a similar program offered to local churches.

“Secrets for Successful Marriage” is a nine-hour premarital workshop geared toward couples without children as well as those who are blending families. Experienced counselors facilitate all workshops and discuss topics such as communication, conflict resolution, family backgrounds, and finances. Through the administration of FOCCUS surveys, couples can identify both strengths and weaknesses in their relationship.

“Pine Rest is committed to both healthy marriages and healthy families,” said Karen Klemm, Pine Rest’s EAP and CAP Administrator. “We are so pleased to offer this service to our clients. By making the premarital workshops a covered benefit, we are helping to ensure all couples receive thorough preparation and education.”

For more information about Pine Rest’s EAP and CAP programs, contact Karen Klemm at 616/281.6305. For more information about “Secrets for Successful Marriage” workshops, contact the Family Institute at 616/455.5279.

Dr. Wayne Creelman

Assumes Two Community Leadership Roles

by Mary K. Donovan

Wayne Creelman, MD, Chief Medical Officer and Executive Vice President, has assumed two important leadership roles in the community. In February, he was elected Chair of the Kent Medical Foundation’s Board of Trustees. The Foundation is the charitable arm of the Kent County Medical Society. Since 1961, it has provided over 750 loans and tuition grants to medical, nursing, and allied health students in Kent County and the bordering counties.



Dr. Wayne Creelman

“I am proud to have the opportunity to work with my distinguished colleagues in growing the medical and allied health professions,” said Dr. Creelman. “Many students would not be able to pursue their life’s work without the assistance of organizations like the Kent Medical Foundation.”

In April, Dr. Creelman was elected President of the Michigan Psychiatric Society. A district branch of the American Psychiatric Association founded in 1908, it is a professional organization representing nearly 900 physicians in Michigan who specialize in the diagnosis and treatment of mental and emotional illnesses and substance use disorders.

“I am looking forward to working with my colleagues to develop best practices in psychiatry, pursue mental health parity legislation in the State of Michigan, and represent patient advocacy issues on the state level.”

Dr. Creelman has served as Pine Rest’s Chief Medical Officer for six years. He holds a medical degree from the Georgetown University Medical School, a Master of Medical Management degree from Tulane University School of Public Health, and a Master of Business Administration from Medaille College.

Committed to Cutting Edge C&A Care

by Mary K. Donovan

Sue Kellar, RN, and Dave Langerak, MA, LLP, bring energy, experience, a commitment to patient care, plus a strong desire to maintain a cutting edge program to their new positions as Clinical Services Manager and Lead Case Manager for the Child and Adolescent Inpatient Unit.

The unit provides holistic care for those aged 4 to 17. This includes crisis stabilization, a complete assessment of needs, psycho-educational classes, individual, group and family therapy, one-on-one interaction with staff, and referrals to appropriate aftercare.



Sue Kellar

“We offer an individualized, multidisciplinary approach,” says Langerak. “Child psychiatrists, pediatricians, chaplains, and an array of mental health professionals work together for the benefit of the patient and family. This really shows in our compassionate care.”

“The whole family as well as the referral source and our staff are involved in treatment planning,” says Keller. “Each plan is individualized to the patient’s needs and appropriate to their age level.”

Patients and families can also receive spiritual support. Chaplains and staff are available for devotions or to pray with the child or family if it is requested and important to them.

Length of stay is typically six days. Kellar and Langerak are focused on streamlining treatment without compromising care, by identifying and incorporating the most progressive best practices, including partial hospitalization. “As good stewards of our resources, we utilize the most conservative approach for the best possible results with the shortened stay,” says Kellar.

“Because we are more focused in our work with the patient and family, especially in aftercare planning, I think the outcomes are comparable to a longer length of stay,” adds Langerak.

To contact Sue Kellar, please call 616/281.6363, ext. 2921.

To contact Dave Langerak, please call 616/281.6363, ext. 2634.

Teaching: Part of Pine Rest’s Past, Present, & Future

by Mary K. Donovan

Teaching has always been an important part of Pine Rest’s mission. In the past, it was home to a school for licensed practical nursing as well as a free-standing psychiatric residency. Many current staff are graduates of these programs. Today, Pine Rest continues to offer a variety of educational opportunities for medical and nursing relicensure, and medical training.

“Pine Rest is very proud of its educational heritage,” said Wayne Creelman, MD, Pine Rest’s Chief Medical Officer and Executive Vice President. “We provide training for 60-70 third-year medical students annually. We also provide nursing students from five area colleges with experience in psychiatric nursing. In addition, we have physician assistant students who rotate through our geriatric unit to learn their physical skills.”

Pine Rest also offers ongoing educational opportunities. The Professional Lecture Series helps physicians, nurses, behavioral health professionals, and others stay current on best practices through presentations on the latest research, information, and findings in behavioral health and related topics. Most lectures offer Category I Continuing Medical Education accreditation (through Grand Rapids Medical Education and Research Center) and Certified Addictions Counselor contact hours (through the Michigan Certification Board for Addictions Professionals).

Other opportunities include lectures, workshops, and training offered through Pine Rest’s Institute for Spiritual Care and the Pine Rest Family Institute, Clinical Pastoral Education training, plus classes and presentations by Pine Rest clinicians in the community.

“This is our way of helping people in our community understand behavioral health issues and their impact on one’s overall health, both physically and spiritually,” said Dr. Creelman. “It is a practice Pine Rest looks forward to continuing for years to come.”



Dave Langerak

Pine Rest

Expands Outpatient Services

by Mary K. Donovan

Pine Rest has expanded services at its St. Joseph office and has added two new office locations in Rockford and Greenville.

“These offices allow us to extend our mission and services to communities that may not have direct access to one of our clinics,” says Scott Wagner, MSW, MBA, Corporate Director of the Professional Practice Group.

Gunther Schwartz, MA, LLP, provides individual therapy, marriage counseling, parent-child/family treatment, parenting education, and critical incident stress debriefing three days a week at First Church of God in *St. Joseph*. He received his master’s degree in community counseling from Andrews University in Berrien Springs, Michigan.

Lisa Walsh, PhD, provides counseling one day per week for children, adolescents, and adults experiencing a wide range of behavioral health concerns at the Metro Health Rockford Plaza in *Rockford*. She specializes in the treatment of eating disorders, anxiety, and depression. Walsh received her PhD in clinical psychology from the University of Michigan.

John Pellett, MS, LLP, provides counseling across the age continuum, including individual, family, couples/marriage, and group therapy,

consultation, referrals, plus substance abuse evaluation and treatment one day per week at First Congregational Church in *Greenville*. Beginning September 20, Pellett will also provide counseling one day per week at the Metro Health Rockford Plaza in *Rockford*. He received his master’s degree in clinical psychology from Eastern Michigan University.

“Our goal is to eliminate barriers and reach out to those in need in their own communities,” adds Wagner. “These dedicated clinicians at these locations help us do just that and allow us to partner with churches and medical groups.”

Child & Adolescent Inpatient Unit Gets an Update

by Mary K. Donovan

Patient demand, safety, and new service development were the motivating factors in Pine Rest’s decision to renovate its Child and Adolescent Inpatient Unit. Construction began in June to consolidate the 36-bed services, currently housed in two separate areas, into one location. This will not interrupt patient care in any way.

The clinical model presently entails a main nursing station managing the needs of both locations. The renovated unit will have self-contained, central work stations for physicians, case managers, and nursing staff. Staff will be directly adjacent to where the patient rooms are located. The anticipated benefits include greater staff efficiencies, a safer environment and visibility of patients.

“The patient population has changed significantly since 1987 when our Child and Adolescent Unit was built,” says Ruth Davis, RN, BSN, Director of Operations for Hospital-Based Services. “We are now seeing patients who need more intensive psychiatric help due to their various behavioral diagnoses. These changes will take us to the next level as a state-of-the-art facility.”

An additional benefit is increased single occupancy rooms, which will create gender flexibility and decrease turn-aways due to bed unavailability for a specific gender. Anticipated completion of the renovations is October 2004.

Eckert Certified Professional in Healthcare Information & Management Systems

by Erica Leep

Bruce P. Eckert, MBA, Director of Information Systems, has earned the designation of Certified Professional in Healthcare Information and Management Systems (CPHIMS). It is offered through Healthcare Information and Management Systems Society (HIMSS), the premier association for leaders in the management of technology, information, and change in healthcare systems today. CPHIMS is a nationally-recognized credential that acknowledges an individual’s knowledge and competency in healthcare information and management systems.



Bruce Eckert

Eckert has served as the Director of Information Systems four years. He earned his MBA from Michigan State University. Prior to joining Pine Rest, Eckert served as an independent consultant for information technology and as Director of Information Systems at Holland Community Hospital.

Home Health Care Continues to Grow

by Amy Stephansen

Pine Rest's Psychiatric Home Health Care (PHHC) continues to grow every year. In March 2004, PHHC documented 745 visits, the highest number in any month.

"Home health care is a dynamic and skilled nursing service," says Marilyn Schutter, RNC, Director of PHHC. "We have to be the doctor's eyes and ears." When a nurse is called into the home, she does a full assessment of the patient's physical and psychological condition. After completing the assessment, Pine Rest couples with medical nurses, physical therapists, occupational therapists, speech therapists, and other specialists to ensure that all patient needs are fulfilled. On-call nurses are also available 24 hours a day for any questions or concerns a patient may have.

Currently Pine Rest has contracts with HomeCare of Holland Home and Amicare of Trinity Health Systems. A person can become eligible for home health care with a referral from anyone in the community: a pastor, family member, neighbor, or patients themselves. Home Health Care nurses provide treatment in assisted living situations, residential facilities, and within the patient's home. On average, patients are seen by a nurse twice a week. Most costs are covered by Medicare, and many insurance providers will approve the visits.

For more information about Pine Rest's Psychiatric Home Health Care, please call Marilyn Schutter at 616/281.6440.

CPRS Adding

Girl's Secured Residential Unit

by Mary K. Donovan

In addition to renovating the Child and Adolescent Inpatient Unit, Pine Rest will also be adding a Girl's Secured Adolescent Residential Unit to its Center for Psychiatric Residential Services (CPRS). This 12-bed, long-term care program will be located in the Van Andel Center Hospital and will mirror the existing Boy's Secured Adolescent Residential Unit. It will help accommodate a typical six-to-nine month length of stay for residents.

"The fact that Pine Rest can now offer a psychiatric-based residential treatment unit for teenage girls will bode well for residents as they step down from intensive psychiatric hospital care," says Philip Ellis, PhD, Clinical Director for CPRS. "This secured program will offer patients direct access – in one location – to child psychiatrists, psychologists, and other psychiatric services 24 hours-a-day, 7-days-a-week without having to go to various locations around the region to get those type of services."

Construction is scheduled to begin this Fall, with anticipated completion in January, 2005.

CPRS is for teenagers, aged 12 to 18, who have experienced significant mental health issues. It provides a safe, supportive environment, including secured and non-secured facilities, where residents can learn and develop a variety of behavioral changes, coping, relationship, and social skills.

For more information or to make a referral, please call the CPRS office at 616/281.6337.

Grand Rapids

Christian Parenting Conference

by Mary K. Donovan

Since its inception in 1996, Pine Rest has been a collaborative partner in the annual Grand Rapids Christian Parenting Conference. This year's event hosted over 350 parents and provided practical information, tips, and tools to help parents guide and prepare children for the future.



Pine Rest clinicians, along with therapists from Bethany Christian Services, Christian Counseling Center, Dayspring Counseling Center, Grand Rapids Christian Schools, Pathfinder Resources, and Wedgwood Christian Services, volunteered their time to offer 24 different workshops on topics such as ADHD,

self esteem, bullying, parenting strong-willed children, spirituality, helping children through divorce, and more. Included was a special keynote address by Ronald Nydam, MDiv, DMin, PhD, on "What Kids Today Think About God."

"Pine Rest is proud to be a part of the Grand Rapids Christian Parenting Conference," says Mark Eastburg, PhD, Steering Committee Chair and Executive Director of the Pine Rest Family Institute. "The presenters really look forward to participating each year and the parents seem to really appreciate it. Many commented they need more time to attend all the workshops that interested them."

Pine Rest looks forward to being a part of the 2005 conference and future conferences. Keep checking the *Upcoming Events* section of Pine Rest's web site, www.pinerest.org, for the latest information.

Pine Rest Partners with Parish Nurses

by Mary K. Donovan

Denial and delay of treatment continue to be barriers to care for many people. In response, some area churches are developing parish nursing programs to help their congregations address a variety of health concerns, including behavioral health issues.

“Since they interact more regularly with members, parish nurses are often the first to notice medical or behavioral distress,” says Randall Johnson, MA, LLP, Pine Rest Lakeshore Services Manager. “They are in a unique position to provide education and help people find the services or care they need.”

Earlier this year, he and clinician Jude Vereyken, MSW, CSW, CAC-I, met with a group of Lakeshore parish nurses to present Pine Rest’s continuum of services, share behavioral health information, and assessment tools.

“Churches can’t afford to have a clinician on staff,” says Johnson. “Improving the assessment skills of parish nurses is an efficient and cost effective way to address members’ behavioral health needs before they reach a crisis level.”

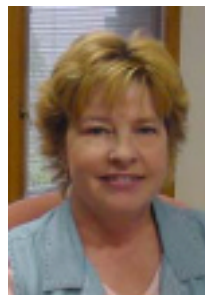
“Parish nurses are key people in the behavioral health chain. Pine Rest is pleased to be able to support local congregations and help them enhance their ability to help their members.”

Guikema Certified in Healthcare Compliance

by Amy Stephansen

Shirlene Guikema, LPN, CHC, Corporate Compliance Advisor, has received certification in healthcare compliance.

This new certification increases Guikema’s ability to assist Pine Rest in understanding and addressing regulatory obligations as well as enhancing the effectiveness of its current compliance program. It also increases her resources in networking with physicians, attorneys, and Medicare/Medicaid representatives.



Guikema has served Pine Rest as Corporate Compliance Advisor four years. She received her license as a practical nurse from Grand Rapids Community College Division of Practical Nursing. She also received certification in medical billing and coding from Davenport University. Prior to joining Pine Rest, Guikema served in a number of healthcare positions at Spectrum Health – Blodgett Campus and throughout the community as well as in the Chicago area.

Pine Rest Connections

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