Today’s technology makes it possible for us to do so many things remotely … shop for groceries, get dinner delivered, refill a prescription, even make a visit to urgent care. Like most other services in the past, a counseling appointment with a mental health professional has always been strictly face-to-face in an office.

Not anymore! Now licensed therapists are available through online video similar to Skype or FaceTime. And although it seems new, it’s actually been used for decades and been proven to be as effective as traditional in-person therapy.

When should you choose teletherapy rather than in-person therapy?
For your treatment therapy to be the most effective, a couple prerequisites are key. First, find a counselor you feel genuinely understands and empathizes with you. Second is to attend all of your appointments on a consistent basis for the full course of treatment.

10 reasons to consider teletherapy:
- Your schedule is hectic and it is difficult to make appointments.
- You don’t have convenient transportation to the office.
- You can’t get time off work to go to your appointment on a regular basis.
- You have a chronic illness and just can’t manage one more appointment.
- You don’t want to be seen in the parking lot or waiting room!
- You’re more comfortable at home.
- You travel a lot.
- Unpredictable weather.
- The clinic is far, far away.
- Arranging for child care is difficult.
10 Reasons ... continued

**Why choose teletherapy at Pine Rest?**
- Our therapists are exceptional!
- We have nearly 100 trained clinicians.
- Our services meet or exceed all established standards.

Teletherapy may not be right for everyone, but it can remove barriers for people and enable them to obtain the treatment they need to live a healthy and productive life.

---

**Transcranial Magnetic Stimulation**

*A safe, effective treatment for depression for individuals who have not responded well to antidepressant medication.*

**What is TMS therapy?**
TMS stands for transcranial magnetic stimulation. It is used to treat depression by stimulating the brain non-invasively using electromagnetic fields, similar to those produced by an MRI machine. During a TMS therapy, a magnetic field is administered in very short pulses to the part of the brain that research has demonstrated to be associated with depression. The typical course of treatment is three to five days each week for four to six weeks.

**Does TMS Therapy work differently than medications?**
TMS doesn’t circulate in the blood so it doesn’t have the side effects that some medications cause, such as weight gain, dry mouth and sedation.

**Is TMS therapy like other alternative therapies which use magnets to treat some illnesses?**
No. TMS therapy involves a unique method of using pulsed magnetic fields for therapeutic benefit. The intensity of the magnetic field is similar to the magnetic resonance imaging fields used in MRI.

**How long does the antidepressant effect last?**
In a clinical trial, 2 out of 3 patients who had either responded to the treatment or completely remitted their depression symptoms reported 12 months later that they remained at the level they were at the end of the trial. Additional, after the trial, only 1 in 3 patients needed to return for ‘maintenance’ TMS sessions.

Pine Rest has provided TMS therapy at the Cutlerville Campus since 2014 and will begin offering treatment in the Traverse City Clinic starting in spring 2020.

---

**How does TMS therapy work?**
TMS uses short pulses of magnetic fields to stimulate the area of the brain that is thought to function abnormally in patients with depression. The magnetic field produces an electric current in the brain that stimulates the brain cells (neurons). This results in changes that are thought to be beneficial in the treatment of depression.

**Is TMS covered by my insurance?**
Many insurance companies have established medical coverage policies for TMS therapy if the patient meets the medical necessary requirements and all other necessary guidelines are met. Medicare now covers TMS.

---

**The Pine Rest Foundation Patient Assistance Fund assists with the co-pay for those that have financial needs. Your donations make it possible to change the outcome of patients and their ability to get the help they need.**
TMS Treatments were my last resort as I had 30 years of depression

I have had depression since age 12. At so many times in my life I felt hopeless and the feelings I had were torture, pure torture, and I realize why people decide on suicide. My family stood by my side. However, they could not help change my anxiety and I wondered, do people actually realize how scary it is to feel like you are losing your mind? Doctors would ask me “do you feel hopeful?” or “do you feel positive?” and no was my answer to both. I continued to feel the torture of depression creeping around me, threatening me every day.

Somehow I ended up starting TMS treatment at Pine Rest and this process was my last resort. The initial part of the journey was scary however my nurse put me at ease. I felt safe with her and she reassured me that she would be with me for the journey. I was treated like a person and not a number, I was appreciated. She showed me a brain scan and spoke with me about how my depression was indeed a very real illness. Every treatment made me feel like I was making progress. The staff continued to be my cheerleading crew throughout all the treatments. The tiniest improvement was a victory for me and they celebrated with me.

I have been in hospitals, seen many doctors and therapists and received multiple different treatments since age 12. It has not been pleasant and I felt like a lesser human being on many occasions. I realize that I was simply another number. I have been discounted and shoved aside at times. It took me until I was 42 years old to experience the kindness of the Pine Rest. The staff took me very seriously and gave me hope.

Recently I finished my last TMS treatment and now I am functioning and experiencing joy. I have the desire to do things again. At times I am still limited and become overwhelmed quickly but I praise God and Pine Rest that I am functioning. Pine Rest has a team sent right from heaven. I have been truly blessed by your staff and will be forever grateful.

I mean that when I say “forever”.

Sincerely,

K

Our Individual Donor List for Fiscal Year 2019 which ended June 2019 will be included in a Summer edition.

We appreciate the continued support from all of our donors as it was able to assist close to 2,000 patients that could not afford treatment.

Hope Heals Hearts..........Hope Starts Here.
Making a Lasting Impact
Donors from 7-1-18 through 6-30-19

Our Organization Donor Partners that Gave HOPE to Our Patients

Ajacs
Allianz
Amazon Smile Foundation
Amway
Applebee’s
Bank of America Charitable Gift Fund
Bloop Yogurt
Blueway Financial Partners of Raymond James
Buist Electric, Inc.
Buiten & Associates, LLC
Camping World RV
Celebration! Cinema South
Community Foundation Holland/Zeeland Area
Compass Group, North America
Corners Limited
Crowe LLP
Cutlerville Eyecare
Cutlerville Gaines Chamber of Commerce
Dave’s Dozing Inc
David & Carol Van Andel Family Foundation
David & Debra Nienhuis Family Foundation
DBSA Grand Rapids
DeHaan Tile & Floor Covering, Inc.
Dematic Employee Association
Division Metal Recyclers, LLC
Doug & Maria DeVos Foundation
Edward Jones
Elzinga & Volkers Construction Professionals
EMC National Life
Frei Foundation
GE Aviation
GE Foundation
GE United Way Campaign
General Die & Engineering Inc.
Grand Allure Home Group LLC
Grand Rapids Community Foundation
Grand Rapids Drive
Grand Traverse Construction
Grand Traverse Community Foundation
Great Lakes Glow Golf
Halcyon Foundation
Hansen/Balk Steel Treating Company
Harvey A Duthler Marital Trust
Hattie Hannah Keeney Trust
Herman Miller Cares
Heyboer Landscape Maintenance, Inc.
Holland Home
Holland Litho Printing Services
Howard Miller Company
Howard Miller Foundation
Huizinga Lawn Sprinkling, Inc.
Hulst Jepsen Physical Therapy
Jandernoa Foundation
Johnny’s Pizza King
Kawasaki Precision Machinery Inc.
Lumbermen’s, Inc.
Macatawa Bank, Corporate Center
Marie Crowley Foundation
Marion & Marlene Betten Foundation
Meijer
Meijer, Inc. - Gaines Township
Merrill Lynch
Michigan Health & Hospital Association
Michigan Masonic Charitable Foundation
Michigan Professional Insurance Exchange
MSU - College of Human Medicine
Miller Johnson
MLive Media Group
Rhoades McKee
Richard & Helen DeVos Foundation
Russ’ Restaurant
Russo’s Pizzeria Bar & Grille
Safety Trucking LLC
Samuel L. Westerman Foundation
Sand Dollar Resale LLC
Shelby State Bank
Spectrum Health
Tender Lawn Care
Tennant Company
The Benevity Community Impact Fund
The Edna Mae Haworth Trust
The Korff Foundation
The Springvloed Agency
The T. Rowe Price Program
Two Dutch Hens
Unidine Corporation
Van Andel Arena
Van Laar’s Service Inc
Vanguard Fire and Security Systems
Vriesman & Korhorn Civil Engineering
Warsen Insurance Agency
Wells Fargo Clearing Services, LLC
Western Districts Members Credit Union
Windemuller Inc.
Wolverine Building Group
YourCause, Mead Johnson Nutrition
Zaagman Memorial Chapel Inc.

Thank You to the Following Churches that Supported Our Mission

14th St Christian Reformed Church
Alto Christian Reformed Church
Baileyville Reformed Church
Baldwin Street Christian Reformed Church
Bauer Christian Reformed Church
Brookside Christian Reformed Church
Byron Center Protestant Reformed Church
Calvary Christian Reformed Church
Calvin Christian Reformed Church
Cedar Christian Reformed Church
Central United Methodist Church
Corinth Reformed Church
Covenant Christian Reformed Church
Crossroads Bible Church
Cutlerville East Christian Reformed Church
Emmanuel Episcopal Church
Escalon Christian Reformed Church
Faith Christian Reformed Church
Faith United Church of God Fellowship Reformed Church
Ferry Memorial Reformed Church
First Christian Reformed Church
Georgetown Christian Reformed Church
Heritage Christian Reformed Church
Hillscrest Christian Reformed Church
Hillside Community Church
Holland Heights Christian Reformed Church
Hope Presbyterian Church
Immanuel Reformed Church
Kelloggsville Church
LaGrave Avenue Christian Reformed Church
Leighton Christian Reformed Church
Luctor Christian Reformed Church
Memorial Lutheran Church
Messiah Christian Reformed Church
Neland Avenue Christian Reformed Church
New Life Christian Reformed Church
Providencia Christian Reformed Church
Quincy Christian Reformed Church
Rosewood Reformed Church
Second Byron Christian Reformed Church
Second Christian Reformed Church
Second Christian Reformed Church
Second Reformed Church
Seymour Christian Reformed Church
Second Reformed Church
Seymour Christian Reformed Church
SS. Peter & Paul Church
The First Presbyterian Church
Wallin Congregational Church
Woodlawn Christian Reformed Church
Zutphen Christian Reformed Church
Save the Date: June 8, 2020
Tullymore Golf resort

Pine Rest Giving Tree
Every year Pine Rest and the Cutlerville/Gaines Chamber of Commerce work together to donate gift certificates to the patients and residents of Pine Rest on Christmas Day. We would like to thank the following donors:

Barb Nauta
Cutlerville Eyecare
Ethel Lautenbach
Joshua A. Hineline
Marilyn J. Rietberg
Matrix Printing & Mailing
Meijer, Inc. - Gaines Township
Norman Kohns
Robert H. Uken
Robert L. Thomas
Sarah Williams
Sharon K. Rogers
Stonehenge Consulting PLC
Thomas S. Halstead
Vriesman & Korhorn Civil Engineering

Pine Rest Foundation Annual Golf Classic

Sponsors that have pledged their support:
Title Sponsor: Merrill Lynch
Refreshment Sponsor: Pioneer Construction
Team Sponsors: Lacks Enterprises Inc.
Heyboer Landscaping Maintenance Inc.
Lumbermen’s Inc.
Macatawa Bank
Michigan Health & Hospital Association
Miller Johnson

Sponsorships are still available
Contact: Samantha Vitale
Pine Rest Foundation
616.455.8680 ext 2321
Email: Samantha.vitale@pinerest.org

“A gift opens the way and ushers the giver into the presence of the great.”
Proverbs 18:16
Out & About

Psychiatrist Carolyn King, MD from the Child & Adolescent Inpatient Unit presented at the day-long Beautiful U event organized by Maranda. Dr. King inspired 140 middle school girls from five different school districts throughout Kent County with laughter yoga, whisper power and mindfulness exercises to help them boost self-esteem, notice and ground their emotions and de-escalate emotionally charged conversations.

(L to R) Maranda and Carolyn King.

The Grand Rapids Business Journal (GRBJ) recently named Pine Rest president and CEO Mark Eastburg, PhD, and Pine Rest as the winner in the health care category at its Newsmakers of the Year 2019 awards program. GRBJ editorial staff reviews the past year’s stories and decides on the most newsworthy people and events that impacted West Michigan. The GRBJ staff choose Pine Rest based on the opening of the Psychiatric Urgent Care Center in April 2019.

Bob VandePol, MSW, Executive Director of Employee, School & Church Assistance Programs, recently spoke on The Characteristics of Resilient People & Groups at the National Resilience Institute’s 6th Annual Resilience Summit at Joint Base Andrews near Washington, DC. The summit focused on military resilience and was sponsored by the Wounded Warrior Project as well as he had the opportunity to meet Lieutenant General Jeffrey S. Buchanan, Commander, United States Army North and Senior Commander Fort Sam Houston, Texas.

Over the past few months, Megan Zambiasi, MA, LPC, Psychiatric Urgent Care Center Director, was interviewed about the Psychiatric Urgent Care Center by many local and regional news outlets including Teri DeBoer for eightWest (WOOD & WOTV), Catherine Behrendt for My West Michigan (WZZM), Rachel Glaser for State of Mind (WWMT), and Cynthia Canty for Michigan Radio’s Stateside.

(L to R) Megan Zambiasi and Terri DeBoer.

Lindsay Wieland Capel, LMSW, Referral Relations Coordinator, and Rev. Dr. Lisa Taylor, Supervisory Education, CPE, represented Pine Rest at the Bearing Hope: Faith and Mental Health Conference. Rev. Dr. Taylor was on the planning committee and gave the noon blessing.

Pine Rest Friends and Families of Aging Adults
Expert speakers followed by discussions

When: 3rd Tuesday of every month, 7 p.m.
Where: Thornapple Evangelical Covenant Church
595 Cascade Rd. Grand Rapids, MI

For more information, please call: Pine Rest Outpatient Services at 616.281.6363 ext. 2450

Upcoming Topics for 2020

April 21st  Rethinking Dementia-Bringing West Michigan Together
May 19th    Area Agency on Aging Services & Programs
June 16th   Hoarding: What you need to know
Opening on April 15, 2019 it has served nearly 3,000 patients in the first six months of operations. The center serving adults in acute psychiatric distress has improved access to care in West Michigan.

Psychiatric Urgent Care Center

HOPE resides Here

Designed to provide same-day assessment and treatment for adults who cannot wait for routine outpatient intervention. In the first six months of operation, the Psychiatric Urgent Care Center saw patients from 52 of Michigan’s 83 counties, 13 other states and Canada. The largest number of patients came from Kent County at 1,389 and then 457 from Ottawa and Allegan Counties.

“On average, most people are able to be assessed and leave the center with an aftercare plan within two hours. Providing treatments when people need it most and in an efficient manner can help them avoid higher levels of care that would be more disruptive to their lives” said Megan Zambiasi, Director of the center. “We have found that 80 percent of the people we assess have avoided higher, more expensive levels of care.”

Aftercare treatment plans or the next level care include outpatient, inpatient, partial hospitalization day program, residential detoxification or an appointment with the patient’s physician or therapist.

“Clearly, the center has improved access to psychiatric care and fills a gap in the local behavioral healthcare system,” said Mark Eastburg, PhD, President and CEO.

Patient Assistance Fund

In 2019, we were able to support 1,998 patients with assistance funds to cover their mental health care costs of roughly $763,000. However we could NOT cover the requests of 77 patients at an approximate cost of $48,000.

Please consider a donation today to help cover those patients, that we were unable to cover their healthcare costs, pinerest.org/donate

For information on supporting the work of Pine Rest, through the Foundation, please call 1.800.248.3485.

Mission Statement:

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.