

Frequently Asked Questions

How do I get my child admitted?

Please call the Pine Rest Contact Center at 800.678.5500. An assessment will be completed to determine the appropriate level of care. A provider referral is not needed, although it can be helpful to coordinate services.

Do you take insurance?

Pine Rest participates with almost all major insurance plans. Co-pays and deductibles vary. Contact your insurance provider for what your plan will cover. Patients with Medicaid or no insurance must contact their local Community Mental Health for assessment and referral. Our intake clinicians can assist you in the process.

Is lodging available for patients and their families?

Families from long distances may arrange lodging at one of the area hotels or Ronald McDonald House. Intake clinicians can provide local lodging information.

Are meals available for patients?

If your child is in our...

- Child Program (ages 8 to 12), do not send any food along. Snacks and lunch will be provided.
- Adolescent Program (ages 13 to 17), you may pack a lunch for your child or lunch will be provided. The Adolescent Program is peanut-free.

What is the average length of stay?

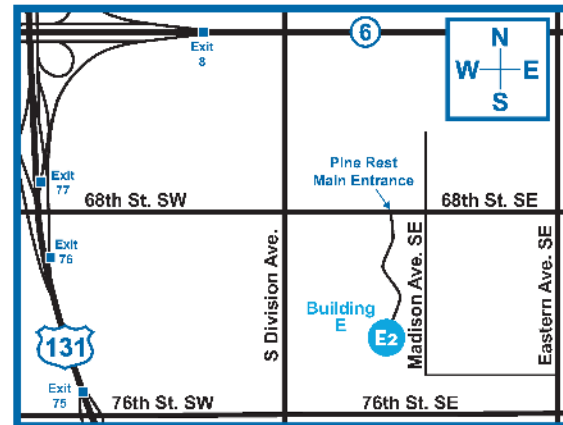
Length of treatment will be based on the patient's individual needs and will be re-evaluated through their stay. Average length of stay is 5-7 days.

Contact Information

For questions, referrals or admission to the programs, please call the Pine Rest Contact Center at 800.678.5500.

Our Location

Building E, Entrance E2
300 68th Street SE
Grand Rapids, MI 49548



pinerest.org/partial

Child & Adolescent Partial Hospitalization (Day) Programs





Child & Adolescent Partial Hospitalization (Day) Programs

The Child and Adolescent Partial Hospitalization Programs are short-term, intensive treatment programs offered to children and adolescents experiencing significant mental and/or emotional problems. Our goal is to assist individuals and their families in managing these problems.

These day treatment programs are specifically designed for children (ages 8 to 12) and adolescents (ages 13 to 17) who meet the criteria for admission and cannot be adequately treated through traditional outpatient services.

Admission criteria includes significant disturbances in conduct, impairment in ability to function within the family and/or in school. The individual must be able to tolerate an eight-hour day that includes participation in groups and a classroom setting.

Services

The partial programs operate 8 a.m. to 4 p.m. for children and 8 a.m. to 3:30 p.m. for adolescents. The first day of treatment starts earlier. Family sessions are typically scheduled either in the morning before the groups start or in the afternoon after groups end for the day. The intake clinician will advise what time you should arrive on your child's first day.

Our programs are focused on crisis stabilization through group therapy and psychoeducation groups, which are led by members of a multidisciplinary treatment team. In addition, patients will meet with members of the treatment team throughout their stay to work on coordination with schools, creating a plan for aftercare as well as medication management as needed.



Group Topics Include

- Communication Skills
- Community Involvement
- Coping Skills
- Creative Expression
- Emotions Management (anger, depression, anxiety)
- Family Dynamics
- Friendship/Peer Relationships
- LGBTQ+
- School Stress
- Self-Care/Healthy Habits
- Self-Esteem/Self-Compassion
- Substance Use