



# Child & Adolescent Services

## For Community Partners

Pine Rest provides a continuum of services for children and teens with mental and behavioral health disorders. This guide reviews our outpatient, day programs, inpatient and residential services and how to refer to these different levels of service.

### Outpatient Services

#### Counseling, Therapy & Psychiatry

Through a network of clinics located in Northern, Southwest and West Michigan, we offer counseling, psychotherapy and psychiatry for a wide range of concerns in addition to our specialties including: depression, anxiety, family conflict, grief, trauma and abuse.

#### Testing & Assessments

Our Psychological Consultation Center located on our Grand Rapids campus specializes in assessing the relationship between behavior and brain function using state-of-the-art tests and a comprehensive clinical history. We work closely with the primary care physician and others to ensure that evaluation results are used to obtain the best possible intervention or treatment. Testing and assessment is provided for the following:

- Anxiety disorders
- ADHD & other learning disabilities
- Autism spectrum disorders (meets all ACA insurance requirements)
- Brain injury
- Depression
- Premature birth-related problems
- Prenatal drug/alcohol exposure
- Pre-surgical evaluations
- Risk assessments (school)

#### Specialty Services

Some of our locations offer specialty services including:

- Applied behavior analysis
- Play therapy
- Forensics psychiatric and psychological evaluations

#### Referring for Outpatient Services

Referrals are best made via fax, but can also be made by phone. For a copy of the referral form, call or visit [pinerest.org/partners](http://pinerest.org/partners). Referrals can also be made through Great Lakes Health Connect.

**Call for Appointment**  
866.852.4001

**Outpatient Referrals**  
Fax: 877.242.6963  
Phone: 866.852.4001

#### Accessing Patient Information\*

##### Outpatient Services

Call the outpatient clinic where the patient receives services. Clinics are listed at [pinerest.org/locations](http://pinerest.org/locations)

##### Hospital Services

Call Health Information Management at 616.281.6349.

\*In compliance with both The Michigan Mental Health Code and HIPAA, we can only share information with you if the patient has a signed release of information. If you are unable to get the information that you are requesting, releases are available at [pinerest.org/partners](http://pinerest.org/partners)

## Hospital Services

Wondering whether inpatient treatment is appropriate for a particular child? Give us a call. Our clinicians are experienced in identifying warning signs and assessing a child's situation. After discussing each child's unique needs and a face-to-face meeting at our Contact Center, the parent(s) or guardian(s) and the assessment team will determine if hospitalization is necessary. These services are located in the Van Andel Center on the Pine Rest campus.

### Inpatient

Our Child and Adolescent Unit focuses on crisis stabilization in an environment that provides safety and therapeutic interventions for individuals less than 18 years of age. Our collaborative multidisciplinary team provides group-based programming, oversight by board-certified psychiatrists and partnership with families and outside providers to develop a treatment plan that best suits each child's needs. Aftercare plans are designed to continue the healing process. The average length of inpatient stay is six to eight days.

Family involvement is important to the healing process, and we make every effort to schedule convenient family counseling sessions during a child's hospital stay.

### Partial Hospitalization (Day) Programs

Our partial hospitalization programs are short-term, intensive treatment programs for children and teenagers experiencing significant mental and/or emotional problems. Our goal is to assist children and their families in managing these problems.

Our day treatment programs are specifically designed for children (ages five to 11) and adolescents (ages 12 to 17) who meet the criteria for admission and cannot be adequately treated through traditional outpatient services. The programs meet Monday to Friday, 8 a.m. – 4 p.m.

## Residential Services

The Center for Psychiatric Residential Services (CPRS) provides longer-term, psychiatric residential services for adolescents ages 12 to 18. Program participants have psychiatric diagnoses and struggle with significant behavioral issues. We provide a structured environment with therapeutic programming designed to help with past trauma, psychiatric issues and develop positive coping skills.

CPRS staff is trained to work with each resident to provide treatment, teach skills and promote safety according to their needs. There is a school classroom, activity therapy, group therapy and individual therapy available. Because each resident has individual needs, treatment is unique to each person. Common treatment models are: trauma informed care, cognitive behavioral therapy, solution-focused therapy and strength-based models. A strong emphasis is given to teaching coping skills and anger management techniques. Many of our therapists, supervisors and nurses are certified trauma specialists.

## Referring for Hospitalization

If you have a child or teen in crisis, a call to our Contact Center is an important step. Your call helps us gather information for a safe admission and determine if Pine Rest has an appropriate bed available. Clinicians are available 24-hours-a-day, 7-days-a week.

Primary care physicians, therapists and psychiatrists receive hospital courtesy calls, provided a release of information has been signed. Staff from Pine Rest's Contact Center will notify you that your patient has been admitted and let you know who to call for information.

The following details are needed when a referral is made:

- Patient name
- Birth date
- Address & phone number
- Insurance policy holder data
- Outpatient provider
- Medication(s)

For a scheduled evaluation, the patient and/or guardian must bring:

- Driver's license or other picture I.D.
- Insurance card(s)
- Social security number
- Court papers
- Custody papers
- Medication list

### Hospitalization Referrals (Contact Center)

616.455.9200 or 800.678.5500

## Typical Services Provided

- Individual, family and group therapy
- Psychiatric consultation & monitoring
- Medication management
- Psychological consultation and assessment
- Trauma assessment
- Social, job and independent living skills training
- Activity therapy & physical fitness
- Spiritual care
- Academic services through Kentwood Public Schools
- Access to 24-hour, on-campus psychiatric services

### Residential Referrals 616.281.0061 Option 5



[pinerest.org/partners](http://pinerest.org/partners)