



*Accredited by the Joint Commission on Accreditation of Healthcare Organizations*



*Accredited by the Commission on Accreditation of Rehabilitation Facilities*

## **FACT SHEET**

### **ORGANIZATIONAL OVERVIEW**

Pine Rest Christian Mental Health Services is a nonprofit organization founded in 1910 in Grand Rapids, Michigan. The organization's 220 acre main campus is located at 300 68<sup>th</sup> Street in Grand Rapids. This comprehensive behavioral health center, coupled with the Pine Rest network of 17 outpatient clinics and satellite offices in Michigan and Iowa, provide individualized and group therapy for people of all ages and all levels of need. Pine Rest clinicians offer therapeutic services in behavioral health across the continuum of care, and within a Christian framework.

The staff includes over 50 psychiatrists and doctors, 108 psychologists, more than 191 licensed masters-level social workers, 22 physician assistants and nurse practitioners, plus 12 chaplains.

Pine Rest is a partner in a joint operating agreement with Saint Mary's Health Care (Grand Rapids) and Metro Health (Grand Rapids). Pine Rest is also a member of the Spectrum Health Regional Network.

Pine Rest's main campus and its associated residential locations, outpatient clinics and offices are tobacco-free.

### **MISSION**

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.

### **EXECUTIVE LEADERSHIP**

Pine Rest executive leadership is provided through an Executive Council, comprised of the following individuals:

- Mark Eastburg, PhD, President & Chief Executive Officer
- Bob Nykamp, MA, Vice President and Chief Operating Officer
- Paul Karsten, MA, Vice President of Finance & Chief Financial Officer
- Doug Vance, MA, Vice President of General Services
- Alan Armstrong, MD, Chief Medical Officer
- Jeffrey Jackson, MD, Medical Staff President
- Susan Langeland, MBA, Corporate Director of Hospital Based Services
- Kelly Domagala, BSN, MSN, CENP, RN-BC, Chief Nurse Executive of Hospital Based Services
- Scott Halstead, PhD, Corporate Director of Professional Practice Group
- Al Jansen, BS, Corporate Director of Community & Residential Services
- Jane Konyndyk, LMSW, Director of Operations, Community & Residential Services
- Scott Wagner, MSW, MBA, Corporate Director of Behavioral Health Solutions
- Carol VanderWal, MPH, Director of Business Development & Grant Management
- Bill Johnson, MS, CHCIO, Director of Information Systems
- Carleen Crawford, MA, Vice President of Marketing & Communications
- Randall Johnson, MA, Executive Director of Pine Rest Foundation
- Andrew George, MS, Director of Human Resources

## **SERVICES**

Patients can receive behavioral health care through Pine Rest's many services. Depending on the severity of the needs, Pine Rest offers Inpatient Hospitalization, Partial Hospitalization, Outpatient Counseling through our Clinic Network, Community & Residential Services, Addiction Treatment and Recovery Services, Co-Occurring Mental Health/Addiction Services, Consultation Liaison – Psychiatry and Psychology, and Behavioral Health Solutions.

## **INPATIENT HOSPITALIZATION AND PARTIAL HOSPITALIZATION**

Inpatient and Partial Hospitalization services, in conjunction with Saint Mary's Health Care, are provided on Pine Rest's 68<sup>th</sup> Street main campus in the Mulder Center and Van Anel Center. Service provision includes: Child & Adolescent, Adult and Older Adult (no partial program).

In addition, a Psychiatric Medical Unit at Saint Mary's Health Care in Grand Rapids blends Pine Rest clinical staff into the medical integration team to provide critical behavioral health care for adults and older adults also experiencing a significant physical medical condition.

## **JOINT OPERATING AGREEMENT**

In 1998, Pine Rest Christian Mental Health Services, Metro Health, and Saint Mary's Health Care entered into a Joint Operating Agreement (JOA) to provide day treatment and inpatient hospitalization. This allows patients—regardless of private or public coverage—access to Pine Rest's services. The JOA is licensed for 170 beds; 162 of which are active:

### Pine Rest License: 56 beds

- 36 beds for children and adolescents in the Van Anel Center
- 20 beds for older adults in the campus Mulder Therapy Center

### Saint Mary's License: 114 beds

- 94 on Pine Rest's campus in four separate inpatient units – these programs provide services for adults with acute psychiatric problems and for adults with severe and persistent mental illnesses
- 20 at Saint Mary's—the Psychiatric Medical Unit (PMU) for adults with psychiatric problems complicated by significant medical issues

## **BEHAVIORAL HEALTH SOLUTIONS**

Pine Rest Behavioral Health Solutions (BHS) helps medical providers develop and deliver high quality services in behavioral health—improving their clinical outcomes, expanding their services, and improving their bottom lines.

## **RESIDENTIAL SERVICES**

Pine Rest's Residential Services provide the best possible care within a home atmosphere. Because of the homes' proximity to Pine Rest, residents receive a full continuum of services for their psychiatric issues that may be complicated by other life pressures in a structured, residential setting, located within the community. Services include:

- Pine Rest Christian Homes for persons with developmental disabilities (69 beds) – 10 of which are supported independent living apartments. These programs offer a continuum of services – from secured behavioral facilities to supported independent living facilities.
- Adolescent Programs for Boys and Girls (60 beds – secure & non-secure)
- Community and Residential Addiction Services for Men and Women (122 beds) – Jellema House, Jellema Treatment Center, CenterPointe Recovery, Sanctuary, Freedom House, Hispanic Residential Program, Recovery Residence, and DeMey Clinic.
- Other Community and Residential Programs (22 beds) – InterActions, Sequoia, Community Case Management, Prisoner Reentry, and Health Navigation Services – Kent Health Plan.

## **OUTPATIENT CLINICS AND SATELLITE OFFICES**

The most common problem that prompts people to access outpatient services is depression. Clinicians provide treatment for addictions, anger management, anxiety, attention deficit disorders, bipolar disorder, blended families, chronic pain, depression, divorce adjustment, eating disorders, grief and loss, marital issues, parenting issues, schizophrenia, self-esteem, self-harm, spirituality, step family adjustment, stress and trauma. Locations include:

### **MICHIGAN**

#### ***Caledonia Clinic***

9090 South Rodgers, Suite D  
Caledonia, MI 49316

#### ***Campus Clinic***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49548

#### ***ECT Clinic***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49548

#### ***Grand Haven Clinic***

1445 Sheldon Road, Suite 303  
Grand Haven, MI 49417

#### ***Hastings Office***

400 W. State Street  
Hastings, MI 49058

#### ***Holland Clinic***

926 South Washington, Suite 210  
Holland, MI 49423

#### ***Kalamazoo Clinic***

1530 Nichols Road  
Kalamazoo, MI 49006

#### ***Lake Odessa Office***

4294 Laurel Drive  
Lake Odessa, MI 48849

#### ***Muskegon Clinic***

Mercy Health Partners  
1150 E. Sherman Blvd., Suite 2800  
Muskegon, MI 49444

#### ***Northeast Clinic***

3225 N. Evergreen Dr. N.E., Ste. 101  
Grand Rapids, MI 49525

#### ***Northwest Clinic***

2118 Three Mile Road NW  
Walker, MI 49544

#### ***Psychological Consultation Center***

#### ***ADD Institute***

300 68<sup>th</sup> Street SE  
Grand Rapids, MI 49548

#### ***Southwest Clinic***

4211 Parkway Place, Suite 100  
Grandville, MI 49418

#### ***Traverse City Clinic***

1050 Silver Drive  
Traverse City, MI 49684

#### ***Zeeland Clinic***

8333 Felch Street, Suite 201  
Zeeland, MI 49464

### **IOWA**

#### ***Des Moines Clinic***

6200 Aurora Avenue, Suite 302W  
Urbandale, IA 50322

#### ***Pella Clinic***

2611 Washington Street  
Pella, IA 50219-7924

## **OUTPATIENT SPECIALTY SERVICES**

- DBT Program in Grand Rapids, Zeeland, and Traverse City
- Outpatient Addiction Treatment and Recovery Services
  - Relapse Prevention Group
  - Intensive Outpatient Program
  - Intervention Training
  - Suboxone Clinic
- Critical Incident Response Team
- EAP/CAP (Employee Assistance Program and Church Assistance Program)
- Behavioral Medicine Services
- Electroconvulsive Therapy (ECT) Clinic
- Hospital Consultation Liaison
- Senior Consultation Services
- Psychological Assessment & Testing
- Faith Community Outreach
- Court-related Services and Assessments
- Sleep Disorders
- Sub-Acute Detoxification Unit (12 beds)
- Speakers Bureau Program
- Developmental Disabilities
- Support Groups & Workshops
- Over 33,000 people are served each year, through more than 240,000 visits.

## **COMMUNITY COLLABORATIONS**

Pine Rest has been actively involved with the integration of psychological and psychiatric services in the primary care setting, plus in area hospitals, churches and schools. These efforts include:

- Advantage Health (Standale/Walker)
- Barry County Community Mental Health
- D.A. Blodgett
- Davenport University
- Family Outreach
- Grand Rapids Catholic Diocese
- Grand Traverse & Leelanau Children's System of Care
- Grand Traverse & Leelanau Suicide Prevention
- Grand Traverse Human Service Collaborative
- Great Start Early Childhood Collaborative
- Helen DeVos Children's Hospital
- HelpLink
- Leelanau County Community Collaboration
- Lutheran Social Services
- Mary Free Bed Rehabilitation Services
- Mercy Health Partners
- Metro Cancer Center
- North Ottawa Community Hospital
- Over 50 area churches
- Over 20 area schools
- Saint Mary's Hauenstein Neuroscience Center
- Saint Mary's Health Care
- Spectrum Continuing Health Care
- Spectrum Health's Belknap Commons
- Spectrum Health Butterworth & Blodgett Hospitals
- West Michigan Heart
- Zeeland Community Hospital

## PATIENT STATISTICS

In the fiscal year 2011, there were 265,011 patient visits for outpatient care in Pine Rest's network of clinics (that includes Home Health and Community Case Management). There were 5,403 inpatient admissions and 51,666 inpatient patient days across Pine Rest's continuum of care. Partial hospitalization admissions were 1,277 and partial hospitalization program days were 4,492. The average length of stay was 9.5 days for inpatient and 3.5 for partial hospitalization. In addition, our residential programs served many people. Residential days of care were 81,351. Residential average daily census was 222.9.

## EMPLOYEES

Pine Rest has over 1,500 employees (900 full-time equivalents), including psychiatrists, psychologists, social workers, nurses, chaplains, activity therapists, mental health workers, plus support staff.

## HISTORY

In 1910, a group of pastors and laity decided to create an organization that treated all aspects of a person's well-being: emotional, mental, physical, and spiritual. Initially formed by and for members of the Reformed Church in America and the Christian Reformed Church in America, Pine Rest today is a faith-based organization serving a multitude of individuals from many cultures and religions. Pine Rest offers quality services to people regardless of their race, color, creed, or national origin.

## EDUCATIONAL/PSYCHO-EDUCATIONAL OPPORTUNITIES

- **Continuing Education:** Grand Rounds, Virtual Grand Rounds, Geriatric Education Center, Perinatal Mood Disorders, speakers on behavioral health topics which offer continuing education credits for social workers, nurses, physicians and certified addiction counselors.
- **Classes and Support Groups:** Clinicians offer classes, groups, and workshops on a variety of behavioral health-related topics at our outpatient clinics. (*See our website at [www.pinerest.org](http://www.pinerest.org) for information on current classes.*)
- **Speaker's Bureau:** Pine Rest psychiatrists, psychologists, social workers, and activity therapists provide education, enrichment, and professional training each month to a variety of audiences through the Speaker's Bureau. Speaking engagements on several behavioral health topics are available.
- **Clinical Pastoral Education:** Since its beginning in 1970, the CPE program has served over 900 seminarians, pastors, chaplains and parish nurses. Countries represented with students in the program have included: Canada, Columbia, Chile, Cuba, Egypt, India, Indonesia, Japan, Korea, Liberia, Myanmar (Burma), Netherlands, Nigeria, Philippines, Poland, Vietnam, West Africa, Zambia, and the United States. Accredited through the Association for Clinical Pastoral Education.
- **Michigan State University College of Human Medicine:** A designated Division of Psychiatry for the Michigan State University College of Human Medicine in Grand Rapids.
- **Psychology Internships:** The Pre-Doctoral Psychology Internship is designed to prepare interns to become independent practitioners.
- **Nursing Students Program:** Pine Rest currently trains nursing students from GVSU, University of Detroit-Mercy, Hope College, Calvin College, Montcalm Community College, Michigan State University, Ferris State University, and Grand Rapids Community College.

## RESEARCH

Research offers the opportunity for our staff and patients to become involved in novel and innovative approaches to psychiatric care. By partnering with the biotechnology community, industry, and academia-based research programs, Pine Rest Christian Mental Health Services is also established as an institution dedicated to advancing the diagnosis and treatment of psychiatric disorders. Pine Rest is currently involved in the following clinical trials:

- Short Term Efficacy and Cognitive Side Effects of Acute Electroconvulsive Therapy for Agitation And Aggression in Dementia (A Prospective Study)
- Safety and Tolerability of Aripiprazole for the Treatment of Adolescents with Schizophrenia and Children and Adolescents with Bipolar Manic or Mixed Episode (Phase 3, Open Label Study)
- Pharmacogenomics in the Selection of Antidepressants (Pilot Study)
- Long Term Safety and Efficacy of a Novel Antidepressant (Phase 3, Open Label Study)

**PINE REST FOUNDATION**

Pine Rest Foundation was established in the early 1960s to help Pine Rest Christian Mental Health Services advance the healing ministry of Jesus Christ through its provision of behavioral health care services. Since its inception 50 years ago, the Pine Rest Foundation has distributed over \$11 million in gifts through an endowment to Pine Rest for charitable care and treatment, research, program innovations, education and facility improvement. The general endowment is generated through annual membership gifts, proceeds from special events, bequests, and other outright or deferred gifts. These funds have helped pay for a critical incident response team in schools and businesses, school consultation programs at area high schools, middle schools and elementary schools, clergy consultation programs, teacher in-services on mental health topics, group therapy programs in schools and at Pine Rest's network of outpatient clinics, plus social workers in clinics at Grand Rapids urban locations. In addition, the Foundation's support is imperative each year in helping Pine Rest provide behavioral health care to persons who could not otherwise pay for these services. For further information on the Foundation and other fundraising initiatives, interested persons should contact the Pine Rest Development department at (616) 455-8680.

**RUSTIC MARKET**

Rustic Market Thrift Store raises funds to benefit Pine Rest Christian Mental Health Services. Its merchandise ranges from clothing for all ages to appliances, household goods, and books. Each year, net proceeds from the Rustic Market go to the Patient Assistance Fund, which helps offset the cost of treatment for people with few financial resources. In addition, the Rustic Market endowment provides funding for special projects and programs to enhance Pine Rest services. Primarily staffed by volunteers, the Rustic Market is located at 389 68<sup>th</sup> Street, Grand Rapids. For more information, please call manager Carrie VanDenBrink at (616) 455-2522.