

# Pine Rest Christian Mental Health Services

## 2014 Northern Michigan Charity Golf Classic

Crystal Mountain Resort | Mountain Ridge Course

### Comments from PAF Recipients

All proceeds from the Northern Michigan Charity Golf Classic go to Pine Rest's Patient Assistant Fund (PAF) to help families in northern Michigan. This can be a life changing, and in some cases, a lifesaving gift.

A word of thanks from our PAF recipients - in their own words...

To Whom It May Concern:



I would like to take a minute and let you know how much I appreciate your help in the Patient Assistance Program. Without it I could no longer get the help that is needed so badly at this time. You have been a Godsend. Without the help I might not have been here now.

Bless you,

- PAF Recipient

## **Pine Rest Christian Mental Health Services**

### **2014 Northern Michigan Charity Golf Classic**

Crystal Mountain Resort | Mountain Ridge Course

#### **Comments from PAF Recipients**

**I have been struggling with depression for over 30 years**, but was not officially diagnosed until about 10 years ago, when I moved to Traverse City.

I began by finding a Dr, taking prescribed medications, changing medications when the first ones were not working, going to a Dr recommended therapist...and this cycle continued for about 7 years. At this time, Pine Rest Clinic was recommended to me and I made an appointment to see Dr Probes for a Psychiatric Evaluation. Dr Probes, through this evaluation, was finally able to give me proper diagnoses, which included Clinical Depression, OCD and PTSD. **Along with medication, Dr Probes recommended that I begin working with Dr Kristin Kish who has, quite literally, been a life saving influence on me.** Along with the other diagnoses, I am also a "cutter" and, sometimes, that is a real battle for me...can I make it through this crisis without cutting??

During that first year of seeing Dr Probes and Dr Kish, my husband's excessive gambling caught up with him/us and we were about to lose everything, including our home. I thought that I was going to have to leave therapy, though this was when I needed it the most. Even with our health insurance covering part of it, I just couldn't afford the co-pay. **Living on my monthly check alone, was just not going to afford me the luxury of the therapy that I truly needed to continue to heal my life.**

This was when I was told about the Pine Rest Foundation and that I may be able to continue my treatment with their help. **I am so very grateful for the availability of this fund!** Because of it, I have been able to continue to work with Dr Kish, while making an affordable co-pay for my treatment.

Mental illness is, unfortunately, still one of the stigmas of our society. Most times it is treatable but it is either: not available because of lack of insurance coverage and/or not affordable to those of us who need it. The Pine Rest Foundation has allowed me to continue with the therapy I need for rebuilding my life. **Thank you so much to the staff at Pine Rest, the Donors to the Foundation and those who support our efforts to become well again.**

**God bless you.**

- PAF Recipient

# Pine Rest Christian Mental Health Services

## 2014 Northern Michigan Charity Golf Classic

Crystal Mountain Resort | Mountain Ridge Course

### Comments from PAF Recipients

I'm sure every one of you either knows an alcoholic or has struggled with alcohol yourself. Here's where my story begins. I am mother, and a wife of an alcoholic. Like most couples we started out good. I married a great man and still is. We have two wonderful young boys. But over time with the pressures of life and having a family my husband's alcoholism got worse. He is a very functional alcoholic, our only issue is the alcohol.

Not knowing what to do, we started marriage counseling at Pine Rest. **We have insurance but unfortunately it does not cover this.** We were fortunate to be able to get into Pine Rest's patient assistance fund program. Without that there would be no way for us to continue counseling. Although we go individually now it has helped a lot. I'm sure all of you can relate to the pressures of raising a family trying to make a marriage work, it is hard under normal circumstances and then throwing in alcoholism makes that much more challenging.

We have been working on this for a few months, it took years to get to this point and it will take awhile to get back on the right path. **I don't know how I would be able to cope with all of this without the help of counseling and the PAF program.**

I have great family and friends but it is always helpful to have a professional point of view. **Because of people like you I am able to have this help.**

There is no better feeling than helping others and because of people like you donating what you can it is helping our future as a family, not to mention the many other patients who go to Pine Rest. I'm sure there problems are much worse than mine. I am just a little example of who you are helping. Most people want to be a good husband, wife, parent—and with the help of Pine Rest—it helps me to stay on track with being all of those things that we all value so much.

**So thank you for your generosity.**

- PAF Recipient