

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?

Yes, they will be given breakfast and lunch as well as snacks daily.

What is the average length of stay?

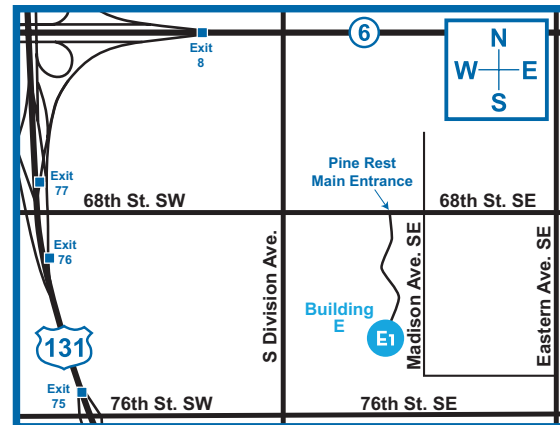
Length of treatment will be based on the patient's individual needs and will be re-evaluated through their stay.

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 E1
300 68th Street SE
Grand Rapids, MI 49548



Christian
Mental Health
Services

pinerest.org/partial

Eating Disorders Partial Hospitalization Program



Christian
Mental Health
Services



Eating Disorders Partial Hospitalization Program

The Pediatric Eating Disorder Partial Hospitalization Program is an intensive treatment program offered to individuals ages 12 through high school struggling with disordered eating and body image concerns resulting in negative impact to health and functioning. Our goal is to assist them and their families in managing these symptoms.

This day treatment program is specifically designed for individuals who meet the admission criteria and cannot be adequately treated through traditional outpatient services or are stepping down from an eating disorder residential facility.

Admission criteria include significant weight disturbances because of unhealthy eating patterns and 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 program operates 7:30 a.m. to 4:30 p.m. The intake clinician will advise what time you should arrive on your child's first day. Active participation of families is desired in treatment. Joining your child for breakfast a couple times a week and engaging in weekly family meetings is a vital part of the service.

Our program is 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 personalized meal planning, exposure work, coordination with schools, medication management as needed, and aftercare planning.



Group Topics Include

- Communication Skills
- Coping Skills
- Understanding Emotions
- Family Dynamics
- Friendship/Peer Relationships
- School Stress
- Self-Care/Healthy Habits
- Self-Esteem/Self-Compassion
- Body Image
- Healthy Movement
- Disordered Eating
- Social Media/Diet Culture