



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 & Teletherapy Services

Comprehensive Psychological Assessments

Our Psychological Consultation Center located in Byron Center specializes in assessing the relationships among emotional functioning, behavioral functioning and brain functioning using evidence-based assessment methods and a comprehensive clinical history. We work with other members of the individual's healthcare team 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 and learning disorders
- Autism spectrum disorders (meets all ACA insurance requirements)
- Brain injury
- Depression and other mood disorders
- Guardianship
- Premature birth-related problems
- Prenatal drug/alcohol exposure
- Pre-surgical evaluations
- Risk assessments (school)

Therapy & Psychiatry

Through a network of clinics located across Northern, Southwest and West Michigan, we offer therapy and psychiatry services for a range of concerns including: depression, anxiety, family conflict, grief/loss, self-harm, autism spectrum disorders, eating disorders and foster care/adoption issues. Teletherapy is also available. Our clinicians use evidence-based approaches to treatment including:

- Cognitive-Behavioral Therapy (CBT)
- Applied Behavior Analysis (ABA)¹
- Dialectical Behavior Therapy (DBT)²
- Family Therapy/Parenting
- Play Therapy

Referring for Outpatient Services

Referrals can be made via fax, by phone or through Great Lakes Health Connect and through EpicCare Link. For a copy of the referral form, call or visit pinerest.org/partners.

Outpatient Referrals

Fax: 877.242.6963

Phone: 866.852.4001

¹Applied Behavior Analysis (ABA) is available at our Southwest Clinic in Grandville. Our Team will assess the child's needs and design an individualized ABA treatment program by utilizing powerful tools and strategies to reduce problem behaviors and to teach life skills.

²Dialectical Behavior Therapy (DBT) is available at our Northwest and Traverse City Clinics for adolescents 14 years of age through high school. Our Team provides an intensive outpatient treatment program designed to help adolescents with histories of chronic suicide attempts, suicidal ideation, urges to self-harm and patterns of self-harming behaviors. All Pine Rest DBT Teams have been trained by Marsha Linehan's Behavioral Tech organization and follow the therapy protocols researched to be a best therapy practice. Before enrolling, eligible adolescents must already be an active Pine Rest outpatient client or meet with either a Pine Rest psychiatric provider or therapist.

Accessing Patient Information³

Outpatient Services

Call the outpatient clinic where the patient receives services. Clinics are listed at pinerest.org/locations.

Hospital Services

Call Health Information Management at 616.281.6349.

Hospital Services

Wondering whether inpatient treatment is appropriate? 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 Building E on the Pine Rest campus.

Inpatient

Our units focus 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.

- Child & Adolescent Unit: Under age 18
- Cypress Unit: Ages 13-17

Partial Hospitalization (Day) Programs

Our partial hospitalization programs are short-term, intensive treatment programs for adolescents experiencing significant mental and/or emotional problems.

The **Adolescent Partial Hospitalization Program** is designed for ages 12 to 17 who meet admission criteria and cannot be adequately treated through traditional outpatient services. It is open Monday - Friday from 8 a.m. to 2:30 p.m.

Residential Services

Our Adolescent Residential Program provides a structured environment with therapeutic programming designed to help with past trauma, psychiatric issues and develop positive coping skills for adolescents ages 12 to 18. Participants have psychiatric diagnoses and struggle with significant behavioral issues.

Residential Referrals
616.281.0061 Option 3

The **Pediatric Eating Disorders Partial Hospitalization Program** is designed for youth ages 12 through high school who struggle with disordered eating and body image concerns resulting in negative impact to health and functioning. It is open Monday - Friday from 7:30 a.m. to 4:30 p.m.

Referring for Hospitalization

If you have a child or adolescent 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

Open 24/7
Hospitalization Referrals
(Contact Center)
616.455.9200 or 800.678.5500

³In 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.