



Kenowa Hills Public Schools  
Education inspired.

# Kenowa Hills Mental Health Newsletter

*June 2021: Kenowa Hills and Pine Rest  
Doing Great Things Together*



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## Kenowa Hills partners with Pine Rest



### The Partnership

#### **Pine Rest Student and Employee Assistance Program (SAP/EAP)**

The Pine Rest SAP is a confidential, comprehensive service designed to meet the well-being needs of the KHPS community. Every student, staff member, and family member in the same household have access to benefits that support their well-being.

#### **To access services:**

**Call 24 hrs./day, 7 days/week:  
800.442.0809 or 616.455.6210**

**IDENTIFY YOURSELF AS A MEMBER OF  
KENOWAHILLS/PINE REST SAP**

### The Benefits

- Confidential counseling (3 free visits & support connecting to your insurance for additional visits)
- Free elder care consultation to support you in caring for an elderly loved one.
- Free 30-minute financial consultation (e.g. budgeting, taxes, etc.) 616.949.9030 ext. 37
- Free 30 minute legal consultation  
Email: [tlsaxe@rhoadesmckee.com](mailto:tlsaxe@rhoadesmckee.com)
- Free Online Library with access to thousands of wellness, financial, tax, and legal articles & more



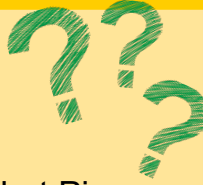
# KENOWA HILLS PINE REST SAP

## Counseling Services

### COUNSELING

- Per year, up to 3 sessions per episode of care free for each household member
- No limit to the number of times you can call the hotline for support or to see if you can access services
- Any issue can be addressed. Common issues include:
  - Marital, family or relationship issues
  - Legal and financial difficulties
  - Alcohol/substance use
  - Work-related problems
  - Emotional issues: anxiety, depression
  - Grief and loss counseling

### COUNSELING Q & A



Q: WHAT IS THE COST?

A: The first 3 sessions are free. After that Pine Rest helps you transition to insurance.

Q: WHAT IF A DIFFERENT PROBLEM COMES UP LATER IN THE YEAR AND I ALREADY USED 3 SESSIONS?

A: You can call with a new concern, and they will determine if the situation qualifies as a new episode of care, which could qualify you for 3 more visits. For example, you could use 3 counseling sessions for your child after a divorce and then if your child experiences the death of a grandparent 6 months later, you may be eligible to receive 3 more counseling sessions because it is a new episode of care.

## What if I have questions or concerns that just can't wait?

If you, your child or household member are in crisis, you can call the dedicated number to get help 24 hours/day, 7 days/week. A counselor will contact you within one hour of your call.

**SAP HOTLINE: 1.800.442.0809**

Identify yourself as a member of the **KENOWA HILLS SAP**

**All calls are confidential and the school is not notified.**



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# KENOWA HILLS PINE REST SAP



## Additional Services

### PERSONAL ADVANTAGE ONLINE LIBRARY

#### What is it?

- An online library with free access
- Articles, videos, forms, calculators, and assessments
- Topics include: health, wellness, financial, tax, and legal



#### How do I access it?

Follow this link: <https://pinerest.personaladvantage.com>

Sign in using the Company Password: **KenowaHills**

**For more personal assessments & trainings, follow instructions to set up an individual account & password.**

#### Eldercare Consultation Details

**Education** on options for senior housing, care and resources.

**Careful assessment** of the current situation, prioritization of needs and supportive problem solving.

**Links to support groups** or other senior care organizations.

#### Legal Consultation Details

**Possible topics include:** family or domestic relationship, landlord-tenant dispute, real estate matters, business issue

**One free 30 minute consultation** with an attorney from Rhoades McKee law firm

**20% discount** off of standard rates on additional services