

FALL 2023

PATHWAYS

Hope ■ Healing ■ Recovery



**BROOK
LANE**



WHAT'S INSIDE

Brook Lane Named a Top
20 Most Beautiful Hospital

Caregiver's Resource Fair:
November 10

Hope Healing Recovery
Podcast Launching Soon



Social Boundaries This Holiday Season

Page 4-5



Caring for the Caregivers Resource Fair: November 10

Page 8



Out of the Ashes I Rise: Mecks Mac's Story

Page 11

CHAPLAIN'S CORNER From Pastor Ron Shank

Be the Change - "The Starfish"



This inspirational story is an adaptation from the writings of Loren Elseley. It is not a mere story about starfish, though. It is a story of perseverance and being the change. It is a story about taking the initiative to bring the change. It is about how one-step towards changing the world can make all the difference.

Once upon a time, there was an old man who used to go to the ocean every morning to do his writing. He had a habit of walking along the beautiful beach before starting his work. One beautiful day following his usual ritual, he went to the ocean and started walking along the shore. As he moved down the beach, he came along a stretch on which thousands of starfish had washed up. He found the beach littered with starfish as far as the eye could see and stretching in both directions.

The man continued walking very carefully so as not to step on any of the beautiful creatures. Since the animals still seemed to be alive, he considered picking some of them up and putting them back in the water, where they could resume their lives. The man was sure that the starfish would die if left on the beach's dry sand but he thought that as he could not possibly help them all he would do nothing and carried on walking along.

Off in the distance, the old man noticed a little girl approaching. As the girl walked, she paused every so often. When she came closer, the man could see that she was occasionally bending down to pick up an object and throw it into the ocean. As the little girl got closer the man called out, "Good morning little princess! May I ask what you are doing?" The pretty little girl paused, looked up and replied, "I'm saving the starfish." She went on, "I'm throwing starfish into the ocean." Then the little girl continued her job of picking up and throwing starfish back into the ocean.

Upon hearing this, the man commented, "Why bother? Do you not realize that there are miles and miles of beach and there are starfish along every mile? There

must be tens of thousands of starfish on this beach. I'm afraid you won't really be able to make much of a difference. There are so many you can't save them all so what does it matter?" said the man. The little girl bent down, picked up yet another starfish and threw it as far as she could into the ocean. Then she turned towards the man, gave a sweet smile and said, "I made a difference to that one!"

All of us receive several opportunities to create positive change in others' lives, but often we delay by rationalizing "How much of a difference can I really make?" You might not be able to change the whole world, but at least you can change a small part of it – possibly one life forever. We must step up and be the change for someone.

The little girl also teaches another important life lesson- that we should never give up on hope, no matter how difficult the challenge before us or the situation. The little girl demonstrated hope in something unknowable. She believed in trying to make an effort to make a difference. Her life is more meaningful as she lives with hope and inspires others with her actions.

Jude 1:22 (KJV) states, "And on some have compassion, making a difference."

1 John 2:6c (NIV) states, "If your heart belongs to God, you will seek to make an impact."

Do you try to make a difference?



PATHWAYS is the triannual newsletter of Brook Lane: western Maryland's largest, non-profit mental health system. The main campus in Hagerstown is home to the second largest freestanding psychiatric hospital in Maryland, serving children, adolescents, and adults. Brook Lane provides partial hospitalization services for both adults and children and operates Title 1 special education schools in Washington County and Frederick County. Our outpatient locations offer psychiatry services and therapy for all ages. The THRIVE program provides psychiatric care for children with special needs, as well as physical, occupational and speech therapy services. Brook Lane's InSTEP program provides outpatient and intensive outpatient treatment options for individuals struggling with substance use.

OUR MISSION To help individuals improve their emotional and behavioral well-being through education and treatment.

OUR VISION A healthier community strengthened by comprehensive behavioral health services.

OUR GUIDING PRINCIPLES Drawn from the life and ministry of Jesus Christ: integrity, compassion, service, stewardship, excellence, and respect.

For more information, or to make a referral, contact our Intake/Admissions Office:

13121 Brook Lane ■ Hagerstown, MD 21742 ■ 301-733-0330 ■ www.brooklane.org

Brook Lane is affiliated with Mennonite Health Services **MHS**



Social Boundaries and Holiday Health: Caring for Yourself and Others

by: Thomas Bradshaw, LMSW

It has been said for many years that the holiday season comes earlier every year. Stores are flooded with festive merchandise before Halloween is even over. Songs and hymns such as the old familiar tune “It’s the most wonderful time of the year” play in stores, offices and on radio stations. Invitations are sent to seasonal parties and celebrations, sometimes bringing together those who have not convened since the previous holiday season. While many cultures observe a variety of meaningful customs and traditions throughout the season, it can be a difficult time for many people who might need some space and quiet moments to process thoughts and emotions that arise each year at this time.

For some, the holiday season is a time that floods us with memories of those we love but see no longer. In other cases, some may yearn for what the holidays used to be, only to find that their current situation is far from the picture that is painted by their memories and desires. When considering the present, you may also find that the holidays can be a difficult experience because you feel exposed to situations with family and friends that you would otherwise not associate with due to histories of unpleasant expectations or interactions.

Despite these challenges, many will still attempt to participate in holiday festivities, even at the risk of facing challenging circumstances that come with the season. With all of this in mind, we might ask ourselves two questions:

1. How can I show my love and care for others, while still ensuring that I am taking care of my own needs and desires?
2. How can I still show my love and care for others this time of year, while respecting their needs and desires?

A major component relevant for both of these questions is the acknowledgment and maintenance of healthy social boundaries. According to Merriam-Webster, a boundary is “something that indicates or fixes a limit or extent.” In the case of social boundaries, limitations are being placed upon what an individual feels comfortable or willing to endure or participate in.

Boundaries may be set for a variety of reasons. Sometimes, people may be unwilling to engage in certain activities or festivities due to an unpleasant family history. Other times, there may be a desire to observe a boundary due to various beliefs or values, particularly when religious considerations are a part of the equation. Regardless of the reason or intention to place and observe a social boundary, the most appropriate thing to do would be to demonstrate respect for others by observing their established boundaries.

Social boundaries can be an instrumental tool when working to maintain your mental health throughout the holiday season. However, the concern remains as to how you can observe both your own social boundaries



“Social boundaries can sometimes feel like an unwelcome guest at a party. However, the presence of a social boundary could make all the difference in the world to the person who is putting it in place.”

and the boundaries of others. While there are countless different factors that may come to mind and change the circumstances, here are a few factors that may be helpful when implementing your own social boundaries and the boundaries of others.

When implementing your own social boundaries:

- Identify and order your priorities
- Decide what you are and are not willing to engage in
- Plan to set your boundaries early

When observing the social boundaries of others:

- Recognize the other’s perspective
- Ask to understand, not to persuade
- Understand that no means no

Social boundaries can sometimes feel like an unwelcome guest at a party. However, the presence of a social boundary could make all the difference in the world to the person who is putting it in place. If someone feels guilt or remorse about upholding their own boundary, they might find comfort in looking to the boundary as a tool that enables them to have a more appropriate experience throughout the holiday season, and at other times, given their own individual circumstances.

Similarly, someone observing the boundaries of another may find that by choosing to recognize and respect that person’s boundaries, they are treating them in a



manner that they have asked to be treated and respecting their wishes. Setting and keeping healthy social boundaries can prove to be an invaluable tool that helps all enjoy the best possible experiences both during the holiday season and all year long.

Thomas Bradshaw, LMSW is an outpatient therapist with Brook Lane. He received a Bachelor of Arts in Religion from American Public University and a Master of Social Work from Walden University. Thomas enjoys working with clients facing a variety of circumstances, including those with anxiety, depression, and ADHD-related concerns. A major clinical interest for Thomas is the integration of a client’s spirituality in the therapeutic process.



BROOK LANE NEWS

National Recognition: Top 20 Most Beautiful Hospitals List

Due to the overwhelming support of our community, Brook Lane received thousands of votes to secure a spot as one of Soliant's 2023 Top 20 Most Beautiful Hospitals in the United States.

We are so grateful to be recognized for not only the natural beauty of our campus, but also the dedication of our nearly 500 employees who help each patient reach their full potential on the road to hope, healing, and recovery.

Welcome New Leadership



M. Yuki Uchino assumed the role of Interim Chief Information Officer on July 7, after the retirement of former Brook Lane CIO, Robert Fritz. Yuki is a seasoned healthcare IT professional with proven experience as a leader and innovator working in various healthcare environments.

Yuki graduated with a Bachelor of Science degree from the University of Maryland, College Park. He most recently was the Director of Analytics and Software Engineering at Meritus Health where he led a team of software developers, business intelligence analysts, and data scientists. Yuki will be overseeing Brook Lane's transition to a new electronic health records system - a major initiative that will take several months to complete.



Brian O'Keefe, Certified Medical Practice Executive, joined the Brook Lane team as the Director of Physician Practice in June. An experienced healthcare executive and retired U.S. Naval Veteran, he has demonstrated proven success in hands-on executive level leadership, business and revenue cycle management, program management and medical practice management.

Brian earned a Bachelor of Science degree in Healthcare Management from Southern Illinois University and a Master of Business Administration from the University of North Alabama. He previously was the

Chief Operations Officer at Metropolitan Nephrology Associates, PC, where he was responsible for all operational and financial functions relative to the successful operation of a multi-site specialty outpatient clinic. He lives in New Market, MD with his wife.



Brook Lane welcomed Jeremie Robinson as Director of Facilities Management on July 10. Jeremie has diverse facilities operations experience in both the public and private sector, including corrections, justice, critical environment and site management. His operations background honed his skills in enhanced building performance, increased productivity and driving cost efficiencies.

Early in his career, Jeremie worked as an HVAC technician and an electrician apprentice. For the past 17 years, he was the Facility Manager at CGL Facility Management LLC, where he managed all maintenance activities, implemented capital improvement plans, oversaw facilities and construction projects and ensured adherence of OSHA standards and compliance with state and local codes. He has a certification in HVAC/refrigeration. Jeremie and his wife, Fawn, have three children and live in Fayetteville, PA.



We are excited to announce that Charles (Chuck) Stanford has accepted a new role as Safety & Security Manager, which began in mid-September. Chuck was the Laurel Hall School Safety Coordinator on main campus for the past year. He brings with him experience from serving in the Navy and Army National Guard and as a Maryland State Trooper, Chief of Police in two municipalities and a high school Safety and Resource Officer. Chuck has also been a high school coach and substitute teacher. His knowledge, communication style, and interpersonal skills are well-suited for this important role.

Chuck grew up in this area and has spent his entire adult life serving his country, state and local community. He and his wife, Rebecca, live in Smithsburg, MD.

Milestone Anniversaries

The following staff celebrated anniversary milestones in the last quarter (July-September). We thank them for their years of service and dedication in helping our clients on their road to hope, healing and recovery:

5 YEARS

Darrin Hose
Sydney Naumann
Jacob Smith
Mary Groom

Tammy Needy
Katie Adams
Leslie Hanriquez
Melanie Racey-Brady

Cumberland Outpatient Celebrates Open House

Our Cumberland Outpatient office held a Ribbon Cutting/Open House on Monday, September 25. Many officials and members of the local community stopped by to help us celebrate the addition of these much-needed services in the Western panhandle of Maryland. This location provides evaluations, individual and family counseling, psychiatry care and continuity of care through coordination with partners. These services will primarily be for children and adolescents, although some adult appointments are available.

Thankful for Our Donors

Thanks to the following organizations for donating items to make the May graduation ceremony at our Laural Hall School in Frederick such a memorable event: Dunkin' Donuts, Wegmans, Target and Costco. We are also grateful for our friends at WLR Automotive Group and their ongoing generosity. Employees at WLR Automotive Group recently held a drive to benefit mental health and Brook Lane was chosen as the recipient of the funds they raised.



Brook Lane to Launch Hope, Healing, Recovery Podcast



Coming to the airways this fall, you'll be able to join host Jeff O'Neal, CEO in destigmatizing mental health through honest conversations and informative

discussions with community stakeholders and local leaders on various behavioral health topics. Together, we will inspire and advocate for mental well-being, fostering hope, healing, and recovery.

New Partnerships Help Community's Mental Health

Brook Lane recently partnered with several community organizations to make mental health services more quickly and easily accessible to those in need.



We are excited to be a part of the Community Health Hub - a joint venture of Horizon Goodwill, Meritus Health, AHEC West and Brook Lane. A primary care office is located at Horizon Goodwill Industries' Hagerstown facility at

200 N Prospect Street. Meritus Health provides a nurse practitioner on site Monday, Wednesday and Thursday; Brook Lane provides a mental health clinician on site on Tuesday and Friday; AHEC West assists people with insurance needs so that no one will be turned away; and Horizon Goodwill Industries is available for housing navigation and employment services.

Our most recent partnership is the Mental Health Walk-In Care facility located at Meritus Health (Orange Entrance) which opened on September 13 and provides immediate, non-medical therapy for patients who are experiencing a behavioral health emergency, stemming from conditions including anxiety, depression and/or drug and alcohol addiction. Providers are able to give immediate support and plan for next-steps for the patient, including referrals. While no appointments are necessary, the goal is to provide immediate care. Medicare, Medicaid, private insurance and self-pay are accepted. The Mental Health Walk-In Care facility is open Monday through Friday, from 9:00 a.m. to 6:00 p.m.

Caring for the Caregiver Resource Fair

Friday, November 10, 2023
10:00 am - 3:00 pm

EM Tobias Family Center Atrium
324 E Antietam Street
Hagerstown, MD 21740

SCHEDULE

10:00 am – 3:00 pm Exhibit Hall

10:30 am – 10:45 am Welcoming Remarks

10:45 am – 11:45 am **Keynote Speaker: The ABC's of Caregiving**
Featuring Dr. Michael Hann, Chief Medical Officer, Brook Lane

Dr. Hann will discuss some common medications taken by those needing a caregiver and the expected side effects; knowing when you may need extra help taking care of a loved one; the critical information your doctor needs to know during visits and the importance of remembering to take care of yourself while caregiving for others.

11:45 am – 1:00 pm Complimentary Boxed Lunch/Exhibit Hall

1:00 pm – 2:30 pm **Panel Discussion: The Future of Your Caregiving Journey**
Featuring Representatives from: Hospice of Washington County, Washington County Commission on Aging, and the Washington County Health Department - Adult Evaluation Review Service (AERS)

This panel will discuss various aspects that you may face in the future of your caregiving journey, including changes in medicare and medicaid benefits, the evaluation/assessment process for aged or disabled children and adults, and in-home and palliative care services.

2:30 pm – 3:00 pm Exhibit Hall

FREE to attend, but please register at: www.brooklane.org

Questions? Contact Julie Herman, Director of Marketing
at julie.herman@brooklane.org or 301-733-0331 x1272.



UPCOMING SEMINARS AND FREE COMMUNITY PROGRAMS

CONTINUING EDUCATION SEMINARS

THE EVERYDAY MIND - INTERPLAY OF STRESSORS AND PSYCHOLOGICAL IMPACT

Date: Thursday, October 26, 2023 Fee: \$85.00
Time: 8:30 am - 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Presenter: Dr. Amy Fortney Parks
Location: Beaver Creek Country Club

THE IMPACT OF SOCIAL MEDIA ON CHILD AND ADOLESCENT BEHAVIORAL HEALTH

Date: Wednesday, December 6, 2023 Fee: \$129.00
Time: 8:45 am - 4:15 am (6 hours)
(8:15 am check-in & continental breakfast)
Presenter: Susan Corley, LCSW-C
Location: Beaver Creek Country Club

NAVIGATING THE BALANCE OF SELF-CARE FOR CLINICIANS

Date: Friday, November 17, 2023 Fee: \$85.00
Time: 8:30 am - 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Presenter: Melissa Linn-Canas, MA, LCPC
Location: Beaver Creek Country Club

Visit www.brooklane.org for more details
or to register.

Contact Curt Miller at curt.miller@brooklane.org
or 301-733-0331 x1228 with any questions.

FREE COMMUNITY PROGRAMS

YOUTH MENTAL HEALTH FIRST AID

Tuesday, October 10, 2023
8:00 am - 5:00 pm (7:30 am check-in)
Presenter: Chris Herman, Certified Instructor
Location: Brook Lane Main Campus (Community Room)
Fee: Free

Youth Mental Health First Aid is an 8-hour program designed to teach adults how to help an adolescent (age 12-18) experiencing a mental health or addictions-related crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD) and eating disorders. Mental Health First Aid teaches how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

ADULT MENTAL HEALTH FIRST AID

Friday, November 3, 2023
8:00 am - 5:00 pm (7:30 am check-in)
Presenter: Curt Miller, Certified Instructor
Location: Brook Lane Main Campus (Community Room)
Fee: Free

The Adult Mental Health First Aid course is an 8-hour program appropriate for anyone 18 or older who wants to learn how to help a person who may be experiencing a mental health crisis. Topics covered include anxiety, depression, psychosis, and addictions. The adult course teaches a 5-step action plan for how to help an individual in both crisis and non-crisis situations. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis, select interventions and provide initial help, and connect people to professional, peer, social, and self-help care.

Although free, you must register for the Mental Health First Aid classes in advance at www.brooklane.org, under Upcoming Events. Questions? Contact Curt Miller at curt.miller@brooklane.org or 301-733-0331 x1228.



THREE NEW MEMBERS JOIN BOARD



PATIENT SUCCESS STORY: Out of the Ashes I Rise

Brook Lane recently welcomed three new members to our Board of Directors. Dr. Jacob Ashby, Executive Director of the University System of Maryland at Hagerstown (USMH) is an accomplished higher education executive, family man, and community-centered leader who has lived and worked in this area for many years. He brings a unique background, having managed and built business infrastructure and processes. He plans to leverage this experience to strengthen existing and forge new pathways for program development and employee training at Brook Lane.

“I am excited to serve on the board of a faith-based organization dedicated to supporting individuals in improving their emotional and behavioral well-being,” says Dr. Ashby. “This is a wonderful opportunity to create a partnership between USMH and Brook Lane to provide a pathway for students to obtain their educational and professional goals. I greatly appreciate this opportunity to serve.”

Dr. Joshua Miller is an agricultural advocate, champion of food production and a man of great faith who looks forward to giving back to his community. Mental health, in particular, is an important topic to Josh, as it touches his family in many ways and he believes it is critical to address for our younger generations.

“Last year my wife and I, with four kids in tow, found our way back home to Washington County after 15 years of following where God took us around the country. We feel like we can finally put our roots down and part of that is getting involved in our community,” says Josh. “I am honored to be able to serve an organization that has a heart for serving those in need and is not afraid to do it in the name of Jesus Christ. Our world is in desperate need of healing and Brook Lane is on the frontlines, helping those struggling with mental health issues.”

Dr. Brenda Thiam is a mission-focused leader with a long history of advocacy for vulnerable populations. She lives and works locally and is dedicated to seeing collaborative and positive community change reach fruition. Her extensive background as a special education leader and public servant give her unmatched perspective and insight that are an excellent fit at Brook Lane.

“As a special educator of students with autism and being a close friend of someone who required services provided by Brook Lane, I’m familiar with the work that is done to meet the needs of those who are in their most vulnerable state,” says Dr. Thiam. “When I learned that a board seat was available, it was perfect timing for me to be involved with such a prestigious organization. I look forward to working with other board members to continue the good work that’s needed in our community.”

Mecks Mac received a bipolar disorder diagnosis in the Spring of 2011. In the initial two years post-diagnosis, she faced multiple hospitalizations due to rejecting her diagnosis and disregarding prescribed medication. During this period, she had several inpatient stays at Brook Lane’s hospital. Because of her familiarity with other treatment centers, she confidently says that Brook Lane is her preferred choice when faced with the need for an inpatient mental healthcare environment. Mecks recalls the Brook Lane staff being pleasant and very patient. While at Brook Lane, the most difficult obstacle to overcome was her struggle to accept her diagnosis, which resulted in non-compliance with medication as well as adhering to treatment program requirements. The staff met Mecks with consistent compassion and understanding, even in the midst of outbursts and irritability. They did not hold her past difficult behaviors against her when she would return for another stay.

During one of her stays, she was given the option to receive Electro-convulsive Therapy (ECT). While a proven successful treatment option for many others, Mecks decided it was not right for her. She remains grateful that the nursing staff listened to her concerns and did not force her to try the treatment. The doctors also listened to her during their regular meetings, working with her to develop a treatment plan that best fit her needs. “I wasn’t always easy to be around when I was going through a hospital stay, but the Brook Lane treatment team always seemed to know how to de-escalate situations with kindness and patience,” said Mecks.

“The mealtimes made me feel human, like I wasn’t in a treatment facility,” she said. Other highlights for Mecks was the picturesque main campus that offers a serene environment and Brook Lane’s spiritual aspect, anchored by the chapel, which positively impacted her mental well-being. She valued the opportunity to attend church services during treatment.

Since accepting her diagnosis, and with Brook Lane’s support, Mecks earned a Bachelor’s degree in Legal Studies and a Master’s degree in Health and Wellness Coaching. She was even selected as the student commencement speaker for one of her graduation ceremonies. Mecks embarked on writing a memoir series that delves into her mental wellness journey. Her debut memoir, “Out of the Ashes I Rise: Surviving BCDC,” is available on Amazon. Her story continues on Instagram @out.of.the.ashes.i.rise.

Mecks would choose Brook Lane for treatment again if needed and would also entrust a child’s psychiatric care to the facility. Brook Lane’s compassionate approach distinguished it from her previous experiences. “Brook Lane was the first inpatient treatment facility that showed me a caring and comfortable treatment experience, and I am forever grateful to them!”



BROOK LANE BOARD OF DIRECTORS

Larry Bayer, *Chair*

Lauren Huguenin, *Vice Chair*

Dr. Jacob Ashby

Eric Barger

Joyce Burkholder

Melissa Hargreaves

Heather Hinkle

Dr. Joshua Miller

Rev. Twyla Rowe

Tod Salisbury

Lisa Smith

Christopher Stockslager

Dr. Brenda Thiam

Kelly Weaver

NON-PROFIT ORG
U.S. POSTAGE
PAID
HAGERSTOWN, MD
21740
PERMIT NO. 548



**BROOK
LANE**

Hope • Healing • Recovery

13121 Brook Lane
Hagerstown, MD 21742

301-733-0330

www.brooklane.org



RETURN SERVICE
REQUESTED

Contact Chris Boryan at:
chris.boryan@brooklane.org
to correct your address.

OUR LOCATIONS & SERVICES

MAIN CAMPUS

13121 Brook Lane, Hagerstown, MD 21742

Inpatient Hospital
Outpatient Services
PHP/Day Treatment (for children and adults)
ECT & TMS
Laurel Hall Special Education School

NORTH VILLAGE OUTPATIENT

18714 North Village, Hagerstown, MD 21742

Outpatient Therapy
THRIVE (for children)
InSTEP Substance Use Treatment

FREDERICK OUTPATIENT

4540-B Mack Avenue, Frederick, MD 21703

Outpatient Therapy

LAUREL HALL SCHOOL IN FREDERICK

4540-A Mack Avenue, Frederick, MD 21703

Laurel Hall Special Education School

CUMBERLAND OUTPATIENT

1050 W Industrial Blvd Ste. 18, Cumberland, MD 21502

Outpatient Therapy

301-733-0330

www.brooklane.org

