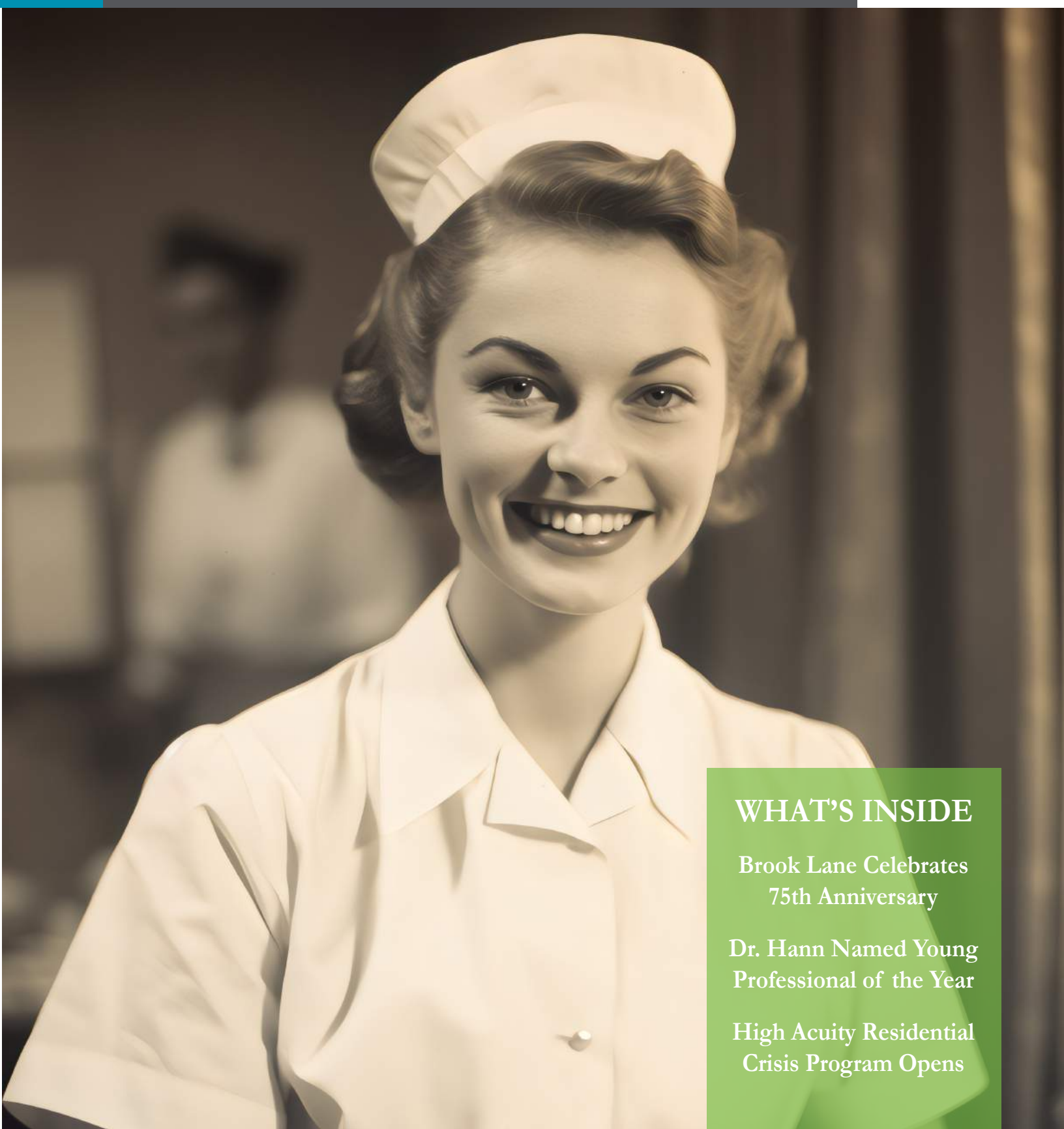


SPRING 2024

# PATHWAYS

*Hope ■ Healing ■ Recovery*



## WHAT'S INSIDE

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75th Anniversary

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**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 also provides a residential program for children and adolescents, partial hospitalization services for both adults and children and operates a Title 1 and Title 3 special education school in Washington County and a Title 1 school in Frederick County. Our outpatient locations offer psychiatry services and therapy for all ages. 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](http://www.brooklane.org)

Brook Lane is affiliated with  **MHS**  
Association



# A Renewal of Hope



Often spring is referred to as the season of renewal, of rebirth. Please read the following and allow the message to rebirth hope in you.

Have you ever heard the song “Does Jesus Care”? The lyrics of verse one and the chorus are as follows:  
Does Jesus care when my heart is pained  
too deeply for mirth or song,  
As the burdens press, and the cares distress  
and the way grows weary and long?  
Oh yes, He cares, I know He cares,  
His heart is touched with my grief;  
When the days are weary, the long nights dreary,  
I know my Savior cares.

Frank Graeff, a Methodist pastor serving churches in and around Philadelphia, Pennsylvania (often known as the “Sunshine Minister,” because of his optimistic attitude) went through some enormous times of trial and temptation and many times of intense, personal grief. Once while reading God’s Word, he came to this verse in 1 Peter 5:7 “Casting all your care upon him; for he cares for you.” The verse leapt off the page and filled him with a new attitude of joy and praise that resulted in him writing this wonderful hymn.

Maybe you have been at that place in your life that Pastor Graeff was or maybe that is where you find yourself today. A spiritual fatigue has set in or a deep abiding weariness after a prolonged trial. Our strength has its limits and before long, fatigue knocks our feet out from beneath us. The longer the weariness lingers, the more we face the danger of that weary condition snuffing out our hope, our spark, our motivation, our optimism and our encouragement.

Remember though, God does not promise to give us a magic pill that we can take so we can handle our weary moments. He promises us Himself. Remember the following promises of His presence:

Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Ephesians 2:14 “For He Himself is our peace....”

The bottom line is that He promises Himself to us—His presence—and that is enough to meet our every need. He WILL give us rest. All He asks is that we come to Him, that we spend time thinking about Him, meditating on Him, talking to Him, listening in silence, and occupying ourselves with Him.

Are you weary? Heavily burdened? Discouraged? Ready to throw in the towel? Come to God. Come immediately, come repeatedly, and come boldly. You will find rest, hope and encouragement in His presence!

*Pastor Ron Shank is the Director of Pastoral Care at Brook Lane. He provides spiritual counseling for patients, clients, students and staff. He is the author of numerous articles on faith and mental health and provides community outreach by preaching to local congregations to educate on issues of mental health. Pastor Ron leads Sunday morning services for Brook Lane’s patients. He earned a Bachelor of Science degree in pastoral counseling from Liberty Baptist College.*



# Beyond Therapy: Building Resilience and Success with a Morning Mindfulness Routine

by: Duane Boyd, LMSW

Conversations about therapy inevitably come up with my many clients, family members and friends. Discussions invariably lead to comments such as, “My therapist saved my life.” Or, “Therapy is just not for me.” To some extent, both of these statements lack validity. Therapy is not for those who need it—it is for those who want it.

Even if someone attends therapy weekly for an hour, they still have 167 hours of life to live outside of the safe space of their therapist’s office. Doing the work to regulate emotions, apply adaptive coping strategies, stay compliant with medication, and utilize the other relevant skills learned in sessions will often dictate whether enjoyment and optimum success from mental health therapy is achieved. Essentially, ‘you get what you put in,’ like everything else in life.

The information in this article is intended to supplement what is learned in therapy. It is meant to collaborate with, and not contradict, the tools learned from individual treatment plans.

A helpful strategy that has been effective for clients is to create a morning routine. It is not reinventing the wheel and techniques were adapted from author Hal Elrod’s popular book, ‘The Miracle Morning,’ to create a quick 10-minute routine that instills mindfulness, self-care, and performance enhancement into daily routines.

The acronym for Hal’s fundamental activities is SAVERS, which stands for Silence, Affirmations, Visualization, Exercise, Reading, and Scribing. It is apparent after a quick read through his book, a browse through his Facebook page, or a listen to his podcast, that his followers have created thousands of different ways to do this routine.

Here are some suggestions adapted for an easy strategy in the effort to eliminate barriers:

- Use sticky paper or letters and attach messages on the mirror used most in the morning. These should have sayings written on them like: ‘Mind My Thoughts’ and ‘Stronger Than Yesterday.’ These are two very strong affirmations denoting Cognitive Behavioral Therapy and personal growth models utilized in therapy.
- Next, it is beneficial to take a few moments to stretch, do a yoga pose, do some push ups, or walk the dog; just a small amount of exercise to get oxygen flowing to the brain.
- Then, it is a great idea to read something inspirational. There are devotionals, religious texts, apps, and several other sources to access uplifting content.



“Doing the work to regulate emotions, apply adaptive coping strategies, stay compliant with medication and utilize the other relevant skills learned in sessions will often dictate whether enjoyment and optimum success from mental health therapy is achieved.”

- Afterward, take a moment or two concentrating on your breathing, with eyes closed, focusing on affirmations or enjoying free thought.
- Finally, writing down the day’s activities is another way to start on a positive note. If there is a topic of interest for journaling that day, jot it down, too. Prioritize the list; there may be tasks that need to be done that day and others that can wait. That’s okay. It is enough. Visualize what it will feel like when that task is scratched off the list. Visualize being capable of anything. Think or say, ‘I am becoming my ideal self.’

Implement these ideas based on what feels most comfortable to you. Talk to a trusted therapist or loved one and ask for input. Remember, therapy is just one piece of the puzzle; it’s what you do in daily life that truly shapes your mental health in the long run. So, embrace this routine, adapt it to suit your needs, and watch as it enhances your overall well-being. Here’s to a brighter, more mindful future.

**Duane Boyd, LMSW**, is a therapist at Brook Lane’s outpatient clinic in Cumberland, MD, specializing in depression, anxiety, trauma, and addiction. With degrees from Allegany College of Maryland, Frostburg State University, and Salisbury, he utilizes Cognitive Behavioral Therapy, Internal Family Systems, and Mindfulness Training. Outside of work, he enjoys chess, painting, and real estate renovations, and cherishes time with his wife and 11-year-old daughter.



# BROOK LANE NEWS

## Dr. Hann Awarded Young Professional of the Year



Dr. Michael Hann, MD, MBA, CPE, FACHE, FAPA, Brook Lane's Chief Medical Officer, was named the 2024 Young Professional of the Year at the Washington County Chamber of Commerce's 25th Annual Business Awards on February

28. The award recognizes excellence in business and leadership within the county. Dr. Hann has streamlined clinical and business workflows, optimized data analysis, and enhanced patient safety. He also played a pivotal role in advocacy that led to Brook Lane receiving a \$1.8 million grant to expand our psychiatric inpatient bed capacity and significantly reduce denials for pediatric behavioral health patients, addressing a critical community mental health need.

## Welcome New Staff



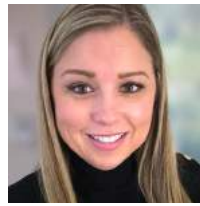
Lisandra Lysaith is a certified Psychiatric Mental Health Nurse Practitioner providing services in Brook Lane's inpatient unit, outpatient office, and Adult Partial Hospitalization Program on the main campus.

Ms. Lysaith earned her Bachelor of Science in Nursing from the University of the West Indies and a Master of Science in Nursing from Walden University. She joined the medical staff in August 2023.



Shavawn Fowlkes assumed the role of Care Manager at Brook Lane in September 2023. Shavawn earned a Bachelor of Arts in Social Work from Salisbury University and obtained her licensure as a social worker in 2014.

Overseeing the Care Management Department, Shavawn dedicates herself to working closely with patients and their families, identifying their needs to proactively address potential crises and minimize unnecessary readmissions.



Brook Lane welcomed Nikky Nobles as Nurse Manager in October 2023. She holds a Bachelor of Science in Nursing with honors, being recognized as a member of Sigma Beta Delta and Sigma Theta Tau. Nikky

manages the daily operations of the hospital, prioritizing the creation of a supportive and therapeutic environment for both staff and patients. As a certified CPI instructor, Nikky educates staff on deescalation skills and person-centered care.



Brook Lane is excited to announce that Yolanda Smith accepted the role of Patient Advocate at Brook Lane in October 2023. In her role, she strives to enhance the patient experience through making rounds in the

inpatient units, resolving concerns and grievances and implementing initiatives to improve overall satisfaction. Yolanda earned a Bachelor of Social Science from the University of Maryland Global Campus and a Master of Public Health from American Public University.



Meateran Funwi is a certified Psychiatric Mental Health Nurse Practitioner in the inpatient unit on the main campus as well as in the outpatient office at the North Village satellite location. He earned a Bachelor of Science in Nursing from Chamberlain University,

a Master of Science in Nursing from Walden University, and a Doctor of Science in Nursing from Walden University. He joined the medical staff in November of 2023.



Allyson Lawson is a certified Psychiatric Mental Health Nurse Practitioner in the inpatient unit on the main campus as well as in the outpatient office at the North Village satellite location. Ms. Lawson earned

her Bachelor of Science in Nursing and a Master of Science in Nursing from the University of Colorado. She joined the medical staff in February of 2024.

## Milestone Anniversaries

The following staff celebrated anniversary milestones in the last two quarters (October 2023-March 2024). We thank them for their years of service and dedication in helping our clients on their road to hope, healing and recovery:

### 5 YEARS

Brian Chase  
Bethany Culler  
Ethan Deroba  
Olubunmi Fakilede  
Samual Garling  
Jenna Garner  
Krista Gordon  
Michael Price  
Gavin Shannon  
Kayleigh Smith  
Zoe Vogt

### 10 YEARS

Ryan Dixon  
Karen Forsyth  
Sontia Hewlett

### 15 YEARS

Ben Clopper  
Dawn Lewis  
Ron Shank

### 35 YEARS

Dave Evason

## Thankful for Our Donors

We are grateful to our faithful donors and staff for making this past holiday season a little brighter for our inpatients and Laurel Hall students.



*Brook Lane staff donated Christmas presents for a number of Laurel Hall students in need.*



*The Apple Valley Artists once again collected funds to ensure our inpatient kids had gifts to open on Christmas morning.*



*Special thanks to Michaelene Van-Dine for the generous donation of ceramic ornaments and paint kits for students at our Laurel Hall School in Hagerstown.*

## Ribbon Cutting Held for High Acuity Residential Crisis Program

Nearly 50 community members, local officials and staff helped celebrate the Ribbon Cutting for our new High Acuity Residential Crisis Program on Thursday, March 7. This Residential program will house patients between the ages of 8 and 17 who are experiencing a behavioral or mental health crisis. Adjacent to the psychiatric hospital, this unit will provide all of the resources of a mental health hospital without the child being in an inpatient psychiatric setting. The new unit will help alleviate pressure on area emergency department admissions and on the inpatient units in Brook Lane's hospital. Brook Lane will be working with the Maryland Department of Health Behavioral Health Administration, which will provide funding for the management of this pilot program. It has the potential to be replicated and expanded across the state of Maryland.



## Brook Lane and Meritus Explore Partnership Opportunity

Brook Lane and Meritus Health are currently looking at ways an expanded partnership might allow for enhanced access to services within the tristate region and across the state of Maryland. This partnership would provide patients with more coordinated care between primary care, specialist and mental health providers. The two organizations have successfully partnered on other initiatives. In September 2023, the health providers worked together to open a mental health urgent care on the Meritus Health Campus. Further, to improve the integration and coordination of patient care, especially for those with mental health needs at Meritus Medical Center, there is an ongoing initiative to align our electronic health records systems for interoperability, resulting in seamless and connected healthcare services.

# BROOK LANE NEWS (CONT)

The next steps forward in exploring a partnership include a period of formal due diligence, the development of a definitive agreement, and regulatory review. Meritus Health President & CEO Maulik Joshi, DrPH and Brook Lane CEO Jeffery D. O'Neal, MBA, LCPC, FACHE have been considering how they can utilize the strengths of their respective organizations to better fill the current and future mental health needs across the region and the state.

Meritus and Brook Lane share community-centric values and a vision for making our neighbors healthier. By considering a formal partnership with Meritus, we would be ensuring that access to mental health care continues, and we are combining the talents and dedication of our great teams.

Joshi and O'Neal agreed they would be transparent with the community about progress towards this partnership, sharing updates with the public and highlighting time frames as they become available. At present, they expect

the partnership could take form over the summer when the due diligence process is complete, and if approved by both boards.

## Brook Lane Podcast: Hope, Healing, Recovery

Have you tuned in to hear our new Podcast: Hope, Healing, Recovery yet? Host Jeff O'Neal, CEO, has interviewed some amazing guests from Potomac Community Services, Horizon Goodwill and Rotary. The latest, a special 75th anniversary episode, spotlights three long-time employees who collectively have given 140 years of service to Brook Lane! You can access the Podcast at [brooklane.org](http://brooklane.org) and click on Blog/Resources.



Brook Lane Foundation presents



Raising awareness and funds for Brook Lane's mental health services in Washington County and surrounding areas!

### EVENT SCHEDULE

6:00 pm | Welcome Reception/Cocktail Hour

7:00 - 8:30 pm | Dinner & Program

8:30-10:00 pm | Dessert & Coffee, Music, Silent Auction Winners Announced

Purchase  
Tickets at  
[brooklane.org](http://brooklane.org)

Questions? Contact Chris Boryan  
at [chris.boryan@brooklane.org](mailto:chris.boryan@brooklane.org)  
or 301-733-0331 x1721

# YOU'RE INVITED

APRIL 27, 2024 | 6 - 10 PM

at Cortland Mansion, Hagerstown, MD



# UPCOMING SEMINARS AND FREE COMMUNITY PROGRAMS

## CONTINUING EDUCATION SEMINARS

### 34TH ANNUAL CHILD WELFARE WORKSHOP

Date: Wednesday, April 3, 2024 Fee: \$75.00  
Time: 8:15 am - 3:30 pm (5.5 CEUs)  
(7:15 - 8:15 am check-in, continental breakfast, visiting exhibits and networking)  
Keynote presentation followed by 9 breakout sessions.  
Includes continental breakfast and lunch.  
Location: The Maryland Theatre

### CLINICAL SUPERVISION BEST PRACTICES

Date: Friday, May 10, 2024 Fee: \$85.00  
Time: 8:30 am - 11:45 am (3 CEUs)  
(8:00 - 8:30 am check-in & continental breakfast)  
Presenter: Mike Shea, EdD, LCSW-C  
Location: Beaver Creek Country Club

### CREATING SAFE & WELCOMING ENVIRONMENTS FOR TRAUMATIZED LGBTQ YOUTH

Date: Thursday, June 20, 2024 Fee: \$129.00  
Time: 8:45 am - 4:15 pm (6 CEUs)  
(8:15 - 8:45 am check-in & continental breakfast)  
Presenter: Jason Manning-Beekman, EdD  
Includes lunch  
Location: Beaver Creek Country Club

Visit [www.brooklane.org](http://www.brooklane.org) for more details or to register.  
Contact Curt Miller at [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org) or 301-733-0331 x1228 with any questions.

## FREE COMMUNITY PROGRAMS

### YOUTH MENTAL HEALTH FIRST AID

Wednesday, May 22, 2024 Fee: Free  
8:00 am - 5:00 pm (7:30 am check-in)  
Presenter: Chris Herman, Certified Instructor  
Location: Brook Lane Main Campus (Community Room)

Youth Mental Health First Aid is an 8-hour program designed to teach adults how to help an adolescent in a mental health or addictions-related crisis. The course introduces common mental health challenges, reviews typical adolescent development, and teaches a 5-step action plan to help teens in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, psychosis, disruptive behavior disorders and eating disorders. Mental Health First Aid teaches how to assess a mental health crisis, select interventions and provide initial help and connect teens to professional, peer, social, and self-help care.

### ADULT MENTAL HEALTH FIRST AID

Thursday, June 6, 2024 Fee: Free  
8:00 am - 5:00 pm (7:30 am check-in)  
Presenter: Curt Miller, Certified Instructor  
Location: Brook Lane Main Campus (Community Room)

The Adult Mental Health First Aid course is an 8-hour program for anyone 18 or older who wants to know how to help a person experiencing a mental health crisis. Topics include anxiety, depression, psychosis, and addictions. This 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, provide initial help, and connect people to professional, peer, social, and self-help care.

Although free, you must register in advance at [brooklane.org](http://brooklane.org), under Upcoming Events. Questions? Contact Curt Miller at [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org) or 301-733-0331 x1228.



## A WALK DOWN MEMORY LANE

# Brook Lane Celebrates 75 Years of Hope, Healing and Recovery: the First 25 Years

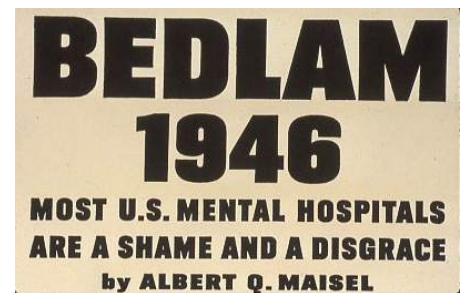


Honoring 75 years of compassionate mental health care, we will explore the origins of Brook Lane Farm, recounting its beginnings and the first 25 years of service in this edition of Pathways. We reflect on the innovative vision, early growth, vital functions, distinct therapies, and changing demands that molded Brook Lane into the current mental health leader of Maryland's western panhandle.

## THE START OF THE MENNONITE MENTAL HEALTH CARE MOVEMENT

In the backdrop of World War II, conscientious objectors opted for Civilian Public Service (CPS) instead of military service. Unpaid, these men undertook large government-assigned projects. Some, seeking more meaningful service, found themselves in state mental health institutions. Mennonite CPS workers were troubled by the dehumanizing treatment of mental health patients. CPS workers reported this and the deplorable conditions to their leaders. It would become the impetus for the Mennonite community to develop a vision of Mennonite-sponsored, small mental health hospitals. The vision aimed to blend scientific therapies with "Christian care" and a comforting "home-like" atmosphere.

The National Mental Health Foundation emerged from a collaboration between Mennonite CPSers and mental health leaders serving at the Philadelphia State Hospital at Byberry. This group documented the dire conditions in state mental hospitals, revealing a shocking reality. Life Magazine's May 1946 undercover expose, "BEDLAM 1946 - Most U.S. Mental Hospitals are a Shame and a Disgrace," painted mental hospitals as little more than "concentration camps." Wards were overcrowded, and patients were often naked and restrained with straps and locks. At the time, the Philadelphia State Hospital had a capacity of 2,500 but a census of 6,000, with only 200 workers.



## BROOK LANE & THE INAUGURAL YEAR



The Mennonite community, driven by a commitment to the care of individuals with mental illness, rooted in their theology of healing, united for a common cause. This led to the establishment of a comprehensive vision and the formation of the Mennonite Central Committee (MCC). In pursuit of this vision, a master plan was developed, envisioning three locations across the country. The proposed eastern site, a 105-acre farm in Leitersburg, MD, was identified as ideal for realizing their "home-like" concept for a convalescent care center. In 1946, the Leitersburg Proposal received approval from the MCC, paving the way for its

implementation. Named Brook Lane Farm, the site, with existing structures along a dirt lane, parallel to a winding brook, embodied the envisioned convalescent care environment. A 23-bed hospital was constructed and, in January 1949, it admitted its first patients, marking the inception of Brook Lane Farm as the pioneering mental health hospital.





During its inaugural year, the hospital admitted 107 patients, a notable contrast to the 1,737 inpatients admitted in fiscal year 2023. The farmhouse, serving as a communal space, housed dining and living areas, along with offices and staff apartments. The unique character of Brook Lane Farm emerged through its



dual nature as both a psychiatric hospital and a working farm. The early staff was comprised mainly of volunteers and conscientious objectors who resided on the farm. This arrangement facilitated a collaborative environment, with staff and patients working together on various tasks, from household chores to tending crops and engaging in construction and maintenance activities. Brook Lane Farm thus symbolized the beginning of the Mennonite mental health care movement.



## EARLY EXPANSIONS AND INFRASTRUCTURE

In 1951, just two years post-opening, Brook Lane Farm faced a surge in patient numbers that exceeded bed capacity. Responding dynamically, the construction of Westview, a new hospital wing, commenced and was completed in 1954. This expanded bed capacity to 38. Simultaneously, the lower area of an existing barn transformed into a recreational haven. By 1955, the cow



stable metamorphosed into a serene sitting/library room named the Alcove. With an increased number of patients, the original farmhouse's dining capacity became insufficient. A new kitchen and dining room building were constructed in 1956. The infrastructural enhancement continued in 1957 with the addition of an administrator's residence, aptly named the Pines. That same year, the Mennonite Advisory Committee envisioned a local board of directors for Brook Lane Farm.



## CRITICAL ROLES

The year 1958 witnessed the appointment of Dr. Gilles Morin as the first full-time psychiatrist, succeeding Helmut Prager. Dr. Morin's holistic approach, emphasizing the physical, psychological, and spiritual dimensions of mental health care, aligned more closely with Mennonite philosophy. In 1959, Brook Lane Farm underwent incorporation, establishing a local board of directors and adopting the name Brook Lane Farm Hospital. The Maples, a residence





for staff members, and the barn's upper level transformed into an auditorium and an occupational therapy shop also manifested in this transformative year.

Throughout the 1950s, the pivotal role of the Matron in Brook Lane Farm's daily operations was quite evident. Extending beyond traditional household responsibilities, Matrons oversaw the weekly schedule for kitchen staff. Their duties encompassed a spectrum of tasks, from cooking, baking, and dish washing to gardening, canning vegetables, and planning patient involvement in the process. This collaborative effort culminated in substantial yields, with an annual production of beans, corn, tomatoes, cucumbers, cherries, peaches, strawberries, and red beets. Notably, Matrons also undertook weekly trips to Hagerstown with the dietitian for essential purchases, fortifying the farm's sustenance and hospital supplies.



## A BUILDING BOOM

In 1960, Brook Lane experienced the first of several expansions on campus, marked by the construction of a separate administration building. Over the years, this building has undergone some modifications but continues to serve as the main administrative hub to this day. The following year, in 1961, a dormitory named the Laurels was built to accommodate women staff members and volunteers.

During this period, with the draft in effect, the majority of the staff was comprised of individuals who lived and worked on the farm while fulfilling their Civilian Public Service (CPS) duties.

In 1962, the construction of the chapel was completed and dedicated, reinforcing Brook Lane's commitment to religious principles as a foundational aspect of its culture. The year 1964 saw the completion of the Emma G. Musselman Clinic, an addition to the administration building designed to house inpatient and outpatient therapist offices. A significant name change occurred in 1965 when Brook Lane Farm Hospital officially became Brook Lane Psychiatric Center. Simultaneously, the Fireside Lounge wing was added to the hospital, now serving as the day-room for children and adolescent patients.





## UNIQUE THERAPIES OF THE TIMES

The 1960s also witnessed the expansion of Brook Lane’s therapeutic offerings, including a broad range of pharmacological therapies, as newer and more effective medications became available. Various forms of therapy, such as individual, group, and family interventions, along with electro-convulsive therapy (ECT) and psychodrama, were integral to the treatment approach. Psychodrama, an experimental therapy form, utilized spontaneous drama, role-playing, and self-presentation to help clients explore and gain insights into their emotions.



## CHANGING NEEDS

The 1970s witnessed significant developments at Brook Lane, driven by shifts in societal needs and the organization’s commitment to mental health services. In 1973, the cessation of the military draft led to a decline in volunteer numbers. In response, the Laurels dormitory underwent a transformation into outpatient office space, enabling Brook Lane to effectively address the burgeoning mental health needs of the local community. The year 1974 marked another milestone as an upper level was added to the administration building, reflecting the institution’s dedication to accommodating its growing staff. This expansion was a strategic move to enhance administrative capabilities and ensure efficient service delivery.



The next edition of Pathways will take you through the 70s and up to the turn of the new millennium.

## Celebrate with Us this Year!

We would love for you to join in our diamond celebration at one of our anniversary festivities. The first event will be our 3rd annual Bridge to Hope Affair on Saturday, April 27 from 6-10 pm at Cortland Mansion. During this exciting evening of networking, dining, dancing and bidding on some amazing silent auction items, a special 75th anniversary video will be shown. More details can be found at [www.brooklane.org](http://www.brooklane.org). Purchase your tickets today!



On Saturday, September 28, we will be hosting a 75th Anniversary Fall Festival on our main campus - 13121 Brook Lane, Hagerstown, MD. The day will be packed with family-friendly activities and food that will be a throw-back to our early days of being known as Brook Lane Farm. This free event is open to the public and more details will be shared as they become available. Mark your calendars and plan to join us!

# BOARD UPDATES: SPOTLIGHT ON KELLY WEAVER

**K**elly Weaver is in her second term as a member of the Brook Lane Board of Directors. Joining the board in the summer of 2019, she also serves on Brook Lane's Finance Committee.

Kelly works in the budget office for a local government. Brook Lane's Anabaptist history and the opportunity to serve in that capacity was a contributing factor to her deciding to join the board of directors.

Born and raised in Clear Spring, Maryland, Kelly now resides in Hagerstown. She graduated from Salisbury State University with a bachelors degree and went on to receive a masters degree from Mount St. Mary's University.

Kelly has a cat named Macy. She used to foster cats, taking in overweight, senior and other cats that had various issues in a kennel environment. She enjoys reading and traveling, particularly exploring National Parks with her family.

"I want people to see Brook Lane as a place to seek refuge and peace within," says Kelly.

**I**n addition to the Brook Lane Board of Directors, the Brook Lane Foundation also has a Board who's purpose is to help raise funds in support of Brook Lane programs, services and improvements. The Foundation hosts the annual Bridge to Hope Affair and is responsible for all philanthropic efforts benefiting Brook Lane.

If you are interested in volunteering to serve as a member on the Brook Lane Foundation Board, please reach out to Chris Boryan, Director of Development at: [chris.boryan@brooklane.org](mailto:chris.boryan@brooklane.org) or 301-733-0331 x1721.

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**BROOK LANE**  
**FOUNDATION**

## PAM'S SUCCESS STORY:

# From the Throes of Depression to Planning a Spring Vacation

In the realm of mental health treatment, breakthroughs can emerge from unexpected avenues, offering new hope to those who have long grappled with debilitating conditions like major depression. Pam, a Brook Lane patient, shares her journey with Deep Transcranial Magnetic Stimulation (TMS), shedding light on her experience before, during, and after the treatment.

Before beginning Deep TMS, Pam found herself entrenched in the throes of major depression, battling with intrusive thoughts daily. “Before I started Deep TMS, I had major depression every day with suicidal thoughts. It was pretty bad,” says Pam. Her son, attuned to her struggles, introduced her to the concept of Deep TMS, prompting her to explore this treatment option further. With the encouragement of her son and her psychiatrist’s referral to Brook Lane, Pam started down a path that would ultimately redefine her relationship with her mental health. Pam was initially apprehensive about the unfamiliar procedure. “I was kind of leery,” she says. “I was thinking it was going to shock me and I was scared.” However, reassured by her son’s explanation, and guided by the supportive team at

Brook Lane, she overcame her reservations and decided to give Deep TMS a try.

“Initially, I didn’t really think much about it. I pretty much went with the flow and the appointments without much expectation,” says Pam. However, the subtle yet profound shifts began to manifest sooner than she anticipated. As the treatment progressed, Pam noticed a remarkable transformation within herself.

“TMS has been a tremendous help for me. Not long after I started my treatment, my son and daughter noticed a change in me,” says Pam. “I am feeling so much better within myself and my outlook on life is much more uplifting.” With each session, Pam experienced a gradual alleviation of her symptoms, marking significant milestones along her healing path. “It’s much easier for me to make a decision that I would not have made before, like going on a vacation,” she says. “I was always very apprehensive and scared of going away. But now, I have a trip planned in April!”

Pam’s journey with Deep TMS not only highlights its success but also emphasizes the compassionate care provided by the Brook Lane team. “The doctors and staff were very nice and comforting,” she says. “They really made it easier for me.”

Pam is not afraid to encourage others to consider Deep TMS. “Don’t be afraid to try it and go through the process. It’s not scary like you might think,” she says.

Her story is an inspiration and a testament to resilience, empathy, and the power of innovative treatments in mental health care, echoing a message of hope and healing for those on their own paths toward wellness.





# BROOK LANE

*Hope • Healing • Recovery*

13121 Brook Lane  
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[www.brooklane.org](http://www.brooklane.org)



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## OUR LOCATIONS & SERVICES

### MAIN CAMPUS

13121 Brook Lane, Hagerstown, MD 21742

Inpatient & Outpatient Therapy  
Residential  
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  
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

Special Education

### CUMBERLAND OUTPATIENT

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

Outpatient Therapy

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