

PATHWAYS

Hope ■ Healing ■ Recovery



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God's GPS System



It's that time of year again when many thousands of Americans load up their cars and head out on a summer vacation. Thinking about travel - how many of you have ever used a GPS or Google Maps to get you to somewhere unfamiliar? I remember last year on vacation, my wife and I decided to stay at an Airbnb location near our favorite beach. I had printed out driving directions and we were following them with no trouble at all until we actually were in the very neighborhood where the Airbnb was located. Trying to follow the written directions, we had to turn around (I don't know how many times!) I think we went through the same round-about at least five times until my wife (the brilliant one) put the address into her phone's Google Maps app and it led us right to the front door of the Airbnb location. If it were up to me, we'd probably still be in North Carolina looking for the place.

be tempted of the devil." We learn from the parallel passage in Luke that it was Jesus being "full of the Holy Spirit" that prepared Him to be "led about by the Spirit in the wilderness." (Luke 4:1) The account in Mark uses an even stronger term, saying, "the Spirit impelled Him to go out into the wilderness." (Mark 1:12) It was not that Jesus resisted or had to be coerced, because His greatest joy was to do His Father's will. As our example, Jesus depended on the Father for everything He did upon this earth, and the Father led Him by the Holy Spirit, just as He leads His followers today.

Here are two verses to help us in our understanding of God's GPS system:

Romans 8:14 (NIV) "Because those who are led by the Spirit of God are sons of God."

So led by the Spirit = Sons of God.

Wouldn't it be great if we could have a GPS for life? Some internal guidance system that would cue us when we need to make a turn in our lives, warn us when we have made the wrong turn, or let us know that we are on the right road. I think that would be great. We would enter our final destination (heaven) and then just follow the advice of God's GPS. When it said to turn left, we would go left. If it said go right, we would go right, and if it said to stay still, we would stay still. Wouldn't that be great?

Proverbs 3:5-6 "Trust in the Lord with all your heart. Lean not on your own understanding. In all your ways acknowledge Him and He will direct your path." Trusting God = His direction in your life.

God wants every one of His followers to be led by the Holy Spirit. We need never to live without His direction and guidance.

God's blessings,
Pastor Ron

Did you know that God has given us such a GPS system? No, you cannot buy it on the Internet or get one from Staples, but God will give it, or I should say *has* given Him. The GPS I am talking about is God's Holy Spirit.

The Bible is filled with examples of people being led by the Spirit of God. It was a common occurrence for such people as David, Elijah, Elisha, and many others. Jesus was certainly led by the Spirit. Matthew 4:1 says that he "was led by the Spirit into the wilderness to

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.

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 psychiatric hospital in Maryland, serving children, adolescents, and adults. Brook Lane provides a residential program for children and adolescents, partial hospitalization services for both adults and children and operates a Type 1 and Type 3 special education school in Washington County and a Type 1 school in Frederick County. Our three outpatient satellite 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.

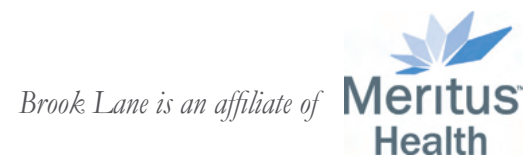
OUR VISION A healthier community strengthened by comprehensive behavioral health services.

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Five Tips for Nurturing Your Mental Health this Summer

by: Mike Shea, EdD, LCSW-C

Many people are glad when the cold and dark winter months are over. Spring brings renewal and color back into our lives as trees bud and bring forth new leaves, flowers bloom, and the grass turns green again. As we enter summer, most people feel better as the days grow longer and sunshine becomes more prevalent. Dennissen wrote in 2008, “Weather is widely believed to influence people’s mood. For example, the majority of people think they feel happier on days with a lot of sunshine as compared to dark and rainy days.”

One of the main ways summer helps with mental health is through sunshine. Because of warmer weather, many of us spend more time outdoors in the summer, plus the sun is out longer than in other seasons. The increased sun exposure boosts our vitamin D levels and can improve mood, leading to better mental health. Spending time in the sun also helps your body produce more melatonin (a sleep hormone) at night, allowing you to sleep better and feel better overall.

Most treatment plans for mental health promote being active and communicating with friends, family, and co-workers regularly. Summer provides more opportunities to do these things. However, summer also has students and their families out of routine. Students do not go to school each day, nor interact with their friends as freely during the summer. Parents need to adjust to having their children around more or finding providers to oversee their children while they work. Sleep patterns, medication compliance, and diet all may be impacted in the summer.

There are many ways to ensure you make the most of the longer days and brighter weather. Here are five tips for boosting your summer mental health:

“While mental health is a year-long responsibility, the summer often provides a natural respite in many ways.”

SPEND TIME OUTSIDE

We need to be cognizant to build in time to separate ourselves from electronics and spend some much-needed time outside. Outside time may include swimming, walking, mowing the lawn, playing sports, or even playing board games at a picnic table. Engaging in a game of solitaire while sitting alone could give you time to soak in some sun, listen to music, and enjoy nature.

GET ACTIVE

Both inside and outside chores will help you get some exercise and provide a sense of accomplishment. Does the lawn need to be mowed, weeds need to be pulled, cars need to be washed, the vacuum need to be run, or the basement or garage need to be cleaned? Encourage others to join you as you paint the fence, clean areas, or prepare for a cookout. John Haywood’s book Proverbs was credited with saying, “Many hands make light work.” His idea was that many people working toward a common goal share the responsibility, allowing you to enjoy interacting with others while completing a task. Offer to help others with the same work at their house on another day to keep active and build relationships. Exercise is a needed part of life and at least 30 minutes, five times per week, is the recommendation from The Center for Disease Control. A half-hour goes by quickly when you pass the time with a friend or family member. If you don’t have family or friends nearby, go to the gym, walk around the block – take your dog for a walk, the dog will enjoy it and make you feel like you are not alone.

REDEFINE YOUR EXPECTATIONS

Focus on some key events that are best done in the summer, but don’t overload the summer with a list of “to-dos” that become overwhelming and unattainable. Can a big task be broken into smaller, more manageable chunks spread over time that accomplish the same goal? Can an effort be made to visit different relatives

at different times of the year, or over the next few years? Instead of trying to cram all the extended family into a large vacation house, would it be better for all involved to have a few smaller places each family can retreat to at night? It’s better to have a positive vacation that makes you look forward to the next time you can be together than overdo the expectation and regret getting together at all.

CREATE A SUMMER ROUTINE

The routine of school may be over for the summer, but kids and families function better when they follow a routine and stick to it. If you have been around people who don’t get adequate sleep, you know how easily they can be frustrated. Regular mealtimes, compliance with medication, and set bedtimes will all lead to a happier, calmer family. Work with your teens to teach them how to plan and prepare a meal for the family. Let them be responsible for putting the menu together, planning the grocery list, cooking and cleaning up. It may give them a greater appreciation for all that’s involved as well as prepare them for adulthood. Please talk to your doctor before stopping any medications that have been prescribed for you or your children. Parents sometimes think their kids don’t need medications while they are not in school, but focusing and impulse control are important in many areas of life...not just in the classroom. Anti-depressants and anxiety medications may not seem necessary when a child seems happy over the summer months. Work with your doctor or nurse practitioner before stopping any medication.

LOSE THE GUILT OF SAYING NO

You don’t have to attend every event, party, or family trip that others expect you to attend. Be mindful if your children need to catch up on sleep or chores, or spend some down time at home with their own family instead of consistently being away with friends or extended



family. Make your home a place your kids want to be and a place where their friends are comfortable spending time, but don’t be afraid to send the friends home to come back another day or time.

While mental health is a year-long responsibility, the summer often provides a natural respite in many ways. It’s a great time to nurture your well-being by getting outside, being active and spending time with others, so you can enjoy every last ounce of sunshine.

Mike Shea, EdD, LCSW-C, is a licensed certified social worker and the owner of *Life Counseling in Waynesboro, PA*. Dr. Shea has more than 40 years of experience in the field of mental health, working with clients of all ages across a range of services. He formerly served as the Director of Outpatient Services for Brook Lane where he provided oversight and leadership to therapists at multiple locations.



THIRD ANNUAL BRIDGE TO HOPE AFFAIR MARKS MILESTONES

Brook Lane is thrilled to announce the success of its 3rd annual Bridge to Hope Affair held on Saturday, April 27th. This black-tie optional event, hosted at Cortland Mansion, had 160 guests, featured more than 20 Silent Auction items, and garnered the generous support of nearly 30 contributing sponsors.



The Bridge to Hope Affair, a cornerstone event in Brook Lane's calendar, celebrated significant milestones in the organization's history. Highlighting 75 years of dedicated service, the evening showcased the exceptional contributions of Brook Lane employees, supporters, and sponsors. The festivities commenced with a cocktail hour featuring hors d'oeuvres, music, and a photo booth.



Victoria Beachley, Chair of the newly reinstated Brook Lane Foundation, welcomed attendees with warm remarks, emphasizing the Foundation's commitment to advancing Brook Lane's mission through philanthropy

and support. Jeff O'Neal, CEO, continued the evening's proceedings by introducing a new tradition, highlighting the top four Mission in Motion Award winners from the past year, who vied for the coveted Employee of the Year award. The winner, Candi Sharrah, was determined by a vote from Brook Lane's Board of Directors and received an award for outstanding service.

In a poignant moment, Jeff O'Neal surprised long-time employee Sharon Gladfelter with a special Brook Lane award, recognizing her unparalleled dedication and leadership spanning six decades. Gladfelter's remarkable tenure was further honored as she recently received the 2024 Healthcare Hero Honoree Lifetime Achievement Award from The Daily Record.

Dr. Michael Hann, Chief Medical Officer, concluded the evening by introducing an anniversary video, providing a glimpse into Brook Lane's rich history and ongoing initiatives. The video underscored the organization's unwavering commitment of growing to meet the emotional and behavioral needs of this and surrounding communities.

The success of the 3rd Annual Bridge to Hope Affair stands as a testament to the generosity and support of the community, reaffirming Brook Lane's mission to provide exceptional mental health care and support to those in need.



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Sharon Gladfelter Receives Lifetime Achievement Award

The Daily Record has selected Sharon Gladfelter, Director of Health Information Services, as a 2024 Health Care Hero, winning the Lifetime Achievement Award.

The Daily Record's Health Care Heroes Awards honor those individuals and organizations who have made an impact on the quality of health care within the state of Maryland. The winners were selected by the publisher and editors of The Daily Record. Health Care Heroes are presented in the following categories: Advancements and Innovation in Health Care, Community Outreach (organization and individual), Lifetime Achievement, Mental Health Hero (organization and individual), Nurse of the Year, Nurse Practitioner of the Year, Physician Assistant of the Year, Physician of the Year and Volunteer of the Year

Honorees were recognized on June 21 through an online video celebration at TheDailyRecord.com, on The Daily Record's social media channels and the daily email alert. The video was shared to an audience of more than 42,000 business and legal professionals.

Sharon was also presented an award at the Bridge to Hope Affair held on Saturday, April 27, for her 60 consecutive years of dedicated work at Brook Lane.



"Over the course of her tenure with Brook Lane, Sharon has worked collaboratively with seven CEOs, seven CFOs, five CNOs and six CMOs in the successful expansion of services and programs. Her engagement and focus on safety, accountability and compliance has directly influenced and supported patient safety, patient rights and the health and well-being of the organization overall," says Jeffery D. O'Neal, Brook Lane CEO. "Sharon's relentless pursuit of excellence in the delivery of behavioral health services, and her ability to hold others accountable to the same standards, has systematically served to create a legacy at Brook Lane," says O'Neal.

BROOK LANE NEWS

Brook Lane and Meritus Health to Affiliate

Brook Lane and Meritus Health are excited to announce that they will affiliate, effective July 1, 2024. The definitive agreement comes after months of formal due diligence by both organizations and their respective boards. “As we considered the best opportunities to support the total health of our community, while the demand for mental health support and services continues to increase, welcoming Brook Lane to our organization presents an opportunity for our two strong organizations to enhance access to services and provide patients with more coordinated care,” said Maulik Joshi, Dr.P.H., President and CEO of Meritus Health. Brook Lane and Meritus Health have a long tradition of partnering in the community. In September 2023, the health providers worked together to open a mental health urgent care on the Meritus Health Campus, off Robinwood Drive in Hagerstown.

“We looked at the need in our community and across our state and found a way to share resources in order to quickly support that need,” Joshi said. “We understand the strength in working together.”

Over the past several months, Joshi and Jeff O’Neal, Brook Lane CEO, 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.

By combining resources, O’Neal and Joshi outlined an expanded model for mental health that would expand access to care and position the organization as one of the largest and most accessible in the nation. Once combined, the community will have access to integrated clinical offerings with a total of 80 inpatient beds; a psychiatry residency program, a high acuity residential crisis program, day treatment programs for children, adolescents and adults, substance use treatment services, mental health urgent care, mental health telehealth visits, a Type III and two Type I school programs, school-based therapists, interventional psychiatry programs, and an employee assistance program servicing 12 organizations. Together, there would be 25 providers, 105 licensed therapists, 115 nursing staff and 20 teachers, all dedicated to supporting mental health services.

This model, with combined resources, doesn’t just put together clinical excellence, but aligns cultural and community values as well.

“Meritus and Brook Lane share community-centric values and a vision for making our neighbors healthier,” O’Neal said. “Affiliating with Meritus provides our organization with the support it needs to grow and expand, while maintaining our tradition of providing compassionate mental and behavioral health services.” The affiliation will not reduce jobs and Brook Lane team members will be moved to the more competitive Meritus compensation scale. Over time, the organizations will consider together the best opportunities for expanding mental health services. Brook Lane will maintain its separate Board of Director structure and Foundation.

“We know this partnership will improve access to care in our community,” Joshi said. “We look forward to our next steps, as together we plan and envision how to best enhance services and education.”



Milestone Anniversaries

The following staff celebrated anniversary milestones in the last quarter (April-June 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
 Kim Durham
 William Fox
 Sandie Lynch
 Bob Moats
 Melissa Newkirk
 Todd Saltmarsh
 Melchizedek Todd

10 YEARS
 Jill Janava

15 YEARS
 Angela Rhines
 Clyde Showe

20 YEARS
 Anthony Oberholzer
 Mike Rhoderick

Welcome New Staff



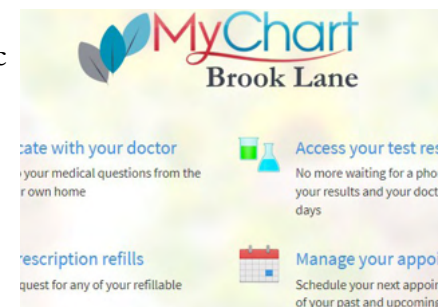
Robert “Robbie” Vinson joined the Brook Lane staff in May 2024 as the Clinical Supervisor of Inpatient Therapeutic Services on the main campus. He serves in both an administrative and direct patient care role. Robbie is a Licensed Clinical Professional Counselor (LCPC) and Board Certified Clinical Supervisor. He earned his Master of Science in Counseling Psychology from Frostburg State University.



Dr. Mohammed Azam is an adult psychiatrist providing inpatient services at our main campus. Dr. Azam is a Diplomate of the American Board of Psychiatry and Neurology. He received his medical degree from St. George’s University School of Medicine in Grenada, West Indies and Master of Arts in Medical Science from Loyola University in Chicago, IL. Dr. Azam joined the medical staff in June 2024.

New Electronic Health Records Launched

Brook Lane converted its electronic health records (EHR) software to Epic on May 9, 2024. A strategic technology partnership with Meritus Health,



through their Epic Community Connect program, this will enable Brook Lane to leverage the number one EHR system in the country and its many benefits. Epic has a comprehensive suite of patient-friendly tools, such as MyChart, the patient portal available on any Internet web browser and Android/Apple mobile devices. Using MyChart, patients can communicate directly with providers and their staff, request medication refills, schedule appointments, pay bills, view lab and test results as soon as they are available, join telehealth visits, and much more. The transition to Epic will significantly improve the patient experience through the many convenient amenities it offers.

Thankful for Our Donors

We are humbled by the generous support received from various community partners in recent weeks, totaling several hundred dollars in donations. WashCo Needs generously provided items for our child and adolescent residential crisis treatment program, while Brook Lane Board Member Brenda Thiam, graciously donated a diverse collection of children’s books for the students at Laurel Hall School. A successful Zumbathon event, orchestrated by OneLife Zumba instructors, including our own Patient Advocate, Yolanda Smith, attracted participants who contributed to Brook Lane, culminating in numerous donations to benefit children within our programs. The Hagerstown Community College Nursing Program contributed an assortment of engaging materials such as games, coloring books, markers, and puzzles for our inpatient youth. Stacey Ables, from United Way of Washington County, enriched our library with a wide array of books, and provided meditation coloring books for Laurel Hall students. We also extend our thanks to the individual who dropped off additional items for our child and adolescent patients. We are grateful for this incredible support that will benefit the young people in our programs and services!



Brook Lane Celebrates 75 Years of Hope, Healing and Recovery: Looking at 1975-2000

In our last edition of *Pathways*, we explored the first 25 years of Brook Lane's history, recounting the origins of Brook Lane Farm, its early growth, functions, and unique therapies. In this edition, we will examine the next 25 years—from 1975 to 2000—a period marked by structural expansion and the development of crucial outpatient and special education services.

CONTINUED CONSTRUCTION TO MEET THE COMMUNITY'S NEEDS

The 1980s brought about further structural enhancements. In 1980, the west wing of the hospital was designated as an adolescent unit, recognizing the unique requirements of this age group. Four years later, in 1984, an 8-bed geriatric wing was seamlessly integrated into the hospital, catering to the specialized needs of the elderly. A pivotal development occurred in 1987 when



a 16-bed child and adolescent hospital was constructed adjacent to the Laurels. This marked a substantial commitment to providing targeted care for younger age groups, reflecting Brook Lane's evolving mission. Closing the decade on a proactive note, 1989 saw the addition of a 6-bed children's unit and a dedicated playground, also adjacent to the Laurels. These two spaces are now the location where our Adult Partial Hospitalization Program (PHP) is housed.



EXPANDING OUTPATIENT AND EDUCATION SERVICES

In the 1990s, Brook Lane Health Services underwent several transformative developments. In 1992, an expansion to the Laurels building included an 8-bed wing for the child and adolescent hospital, along with a new administrative wing. The following year, Meadowbrook (now North Village) Outpatient



offices opened near Maugansville, MD. In 1994, The Laurels underwent a significant change, converting from an outpatient services location to Laurel Hall School, initially catering to secondary students. By 1996, Laurel Hall School expanded its reach to include elementary school students. In 1997, the organization re-branded from Brook Lane Psychiatric Center to Brook Lane Health Services to better encompass its diverse range of programs and services. The late 1990s saw the establishment of a



transitional care home for adolescents in 1998, strategically located where the current Adult PHP is housed. The decade concluded with the celebration of Brook Lane's 50th anniversary in 1999, marked by a weekend of festivities.

Celebrate with Us this Year!

Join in our year-long diamond celebration by stopping by our 75th Anniversary Fall Festival on Saturday, September 28, on the 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. Tours of the campus will be given. This free event is open to the public and more details can be found on page 13. Mark your calendars - we hope to see you there!



UPCOMING SEMINARS & FREE COMMUNITY PROGRAMS

CONTINUING EDUCATION SEMINARS

MENTAL HEALTH LAW & ETHICS IN EVERYDAY PRACTICE

Date: Wednesday, October 2, 2024 Fee: \$85.00
 Time: 8:30 am - 11:45 am (3 CEUs)
 Presenters: J. Emmet Burke, PhD, JD & The Honorable Dana Moylan Wright
 Location: Beaver Creek Country Club

PSYCHIATRIC PHARMACOLOGY UPDATE

Date: Thursday, October 17, 2024 Fee: \$85.00
 Time: 8:30 am - 11:45 am (3 CEUs)
 Presenter: Dr. Jamal Fawaz, MD, LFAP
 Location: Beaver Creek Country Club

PLAY THERAPY: THE WHAT, THE WHY AND THE HOW

Date: Friday, November 8, 2024 Fee: \$85.00
 Time: 8:30 am - 11:45 am (3 CEUs)
 Presenter: Terri Lancaster, NCC, LCPC, RPT-S
 Location: Beaver Creek Country Club

THE NEUROSCIENCE OF ADDICTION & PREVENTION

Date: Thursday, December 5, 2024 Fee: \$85.00
 Time: 8:30 am - 11:45 pm (3 CEUs)
 Presenter: Ruben Baler, PhD
 Location: Beaver Creek Country Club

Visit brooklane.org for complete details or to register for CE seminars. Although free, you must register in advance for Mental Health First Aid at brooklane.org. Questions? Contact Curt Miller at curt.miller@brooklane.org or 301-733-0331 x1228.

FREE COMMUNITY PROGRAMS

YOUTH MENTAL HEALTH FIRST AID

Wednesday, August 15, 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 addiction-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

Wednesday, September 11, 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.



Brook Lane's 75th Anniversary FALL FESTIVAL

Join us for a FREE, fun, family day of food, games/activities and tours of our main campus!



Saturday
September 28, 2024



11:00 am - 3:00 pm

13121 Brook Lane, Hagerstown, MD

RSVP by September 20 to Curt Miller at curt.miller@brooklane.org or 301-733-0331 x1228

www.brooklane.org



BROOK LANE

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BOARD SPOTLIGHT:

ERIC BARGER PASSIONATE ABOUT MENTAL HEALTH



Eric Barger is in his first term as a member of the Brook Lane Board of Directors. Joining the board in November 2021, he currently serves on the Executive Committee and is Chairman of the Finance Committee. In July, he will become the Vice Chair of the Board.

Eric is the Vice President of Underwriting for Farmers and Mechanics Insurance Companies, a Property/Casualty Insurance Company providing coverage for homeowners, dwelling fire, farm owners, commercial property and liability coverage, personal auto coverage, and umbrella coverage for all lines of business in West Virginia and Virginia.

“Mental Health is very important to me. It is difficult to watch the struggles in our area,” says Eric. “Lynn Rushing, former Brook Lane CEO, asked me to consider [serving on the Board of Directors] and I was very pleased to become involved. This Board is an excellent group of professionals.”

Born and raised in Hagerstown, MD, Eric graduated from South Hagerstown High School and received a B.S.

in Business Administration from Grace College, Winona Lake, Indiana. Additionally, he holds a CPCU (Chartered Property Casualty Underwriter) certification from the American Institute for Chartered Property Casualty Underwriters.

Living away from the area from 1985 to 1999, Eric came back to Hagerstown where he currently resides with Carol, his wife of 39 years. Eric and Carol have a daughter and a son and three grandchildren.

Eric has been playing percussion since 1974 and plays in the Maranatha Church Praise Team. He is also an Elder in the church and Bible Fellowship teacher.

“Brook Lane is critical to the mental health care in our community – I really can’t imagine our community without it,” says Eric. “It is a joy to see so many talented physicians and staff who serve diligently every day, in a Christian-founded organization, not only helping on a mental basis, but also providing spiritual guidance.”

BROOK LANE BOARD OF DIRECTORS

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Rev. Twyla Rowe
Lisa Smith
Dr. Brenda Thiam
Kelly Weaver

ROMAN’S JOURNEY:

OVERCOMING ANXIETY & RESTORING STABILITY

As a single mother of four navigating the complexities of mental health challenges within her family, Qiana found herself facing another hurdle with her 8-year-old son, Roman. Anxiety, depression, agitation, and elopement were taking their toll on him, leading to distressing behaviors both at home and at school.

Qiana recalls the challenging period before Roman’s admission to Brook Lane, where his anger and struggles with separation anxiety manifested in disruptive behaviors, including elopement and statements about wanting to end his life while at school. It was a cry for help that couldn’t be ignored, prompting the search for the specialized care Roman needed.

Upon entering Brook Lane, Qiana and Roman were greeted with warmth and understanding from the staff. Unlike prior experiences, Brook Lane stood out for its personalized approach, recognizing Roman’s individual needs and allowing him the space to express himself gradually. Qiana fondly remembers the nurse, whose genuine care and connection with Roman provided a comforting presence during his stay.

Roman initially resisted therapy, exhibiting behaviors such as a hunger strike as a means of hastening his return home. Over time, he gradually opened up to the support and guidance offered by the dedicated team. Through a combination of medication management and therapeutic interventions, Roman’s generalized anxiety and separation anxiety were addressed with sensitivity and expertise. Qiana witnessed a significant shift in Roman’s demeanor during his stay. From tearful pleas to return home, to moments of genuine engagement and communication, Roman’s progress was evident to both



his mother and staff as he grew more accustomed to the structured environment and found the courage to confront his challenges head-on.

Reflecting on Roman’s journey post-treatment, Qiana says that Roman is now flourishing in school and has newfound confidence replacing his apprehension. A sense of stability has been restored within their family unit. For Qiana, the decision to entrust Roman’s care to Brook Lane was met with steadfast support and guidance. Brook Lane has not only helped Roman navigate his mental health challenges but has also empowered their family to face adversity with resilience and hope.

“Our experience with Brook Lane was very welcoming,” says Qiana. “The staff were on point. They understood what Roman’s needs were and didn’t push him. They gradually let him come and explain what he needed from them. I really liked that because they understood that they couldn’t force themselves on him. They just needed to be a good guide and support system.”



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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

301-733-0330
www.brooklane.org

