

FALL 2024

PATHWAYS

Hope ■ Healing ■ Recovery



**BROOK
LANE**
Hope • Healing • Recovery

an affiliate of **Meritus
Health**



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CHAPLAIN'S CORNER From Pastor Ron Shank

To Worry or Not?



Every one of us has probably struggled with worry at one point or another, at least to a certain extent. For some of us, worries may be constantly on our minds. After all, it may seem there is so much to worry about. Whether it is stories we hear in the national news, or circumstances in our personal lives, we can be worried and even fearful about what tomorrow holds. A famous motto I have heard states, "85% of the things we worry about never come true." Consider how much energy, focus, time and effort you surrender to those worries or hypothetical problems. Now imagine how much you could accomplish if you put that same energy towards living today to its fullest.

As followers of God, we do not have to be afraid of the future because we know God has a plan no matter what circumstances we may face or how we feel. As worries bombard our minds, we can choose to embrace trust in God and God's promises. As soon as we trust God with whatever it is that is our source of worry, we can live with peace in the moment. God does not want us to live in fear or be overcome with worry. In fact, we are told to be quite the opposite. God wants us to have strength and peace in the midst of our situation.

- Jesus said in Matthew 6:25-27 and 34 –
- 25. "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"
- 26. Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"
- 27. Can any one of you by worrying add a single hour to your life?"
- 34. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Did you notice the important teachings about worry for you and me? God knows our needs and just as He cares for the birds of the air, He will care for our needs.

There is so much more to life than just the physical. Can worrying add anything to your life? The answer a resounding NO!

If we are struggling with worries, we can always go to God in prayer. He is there for us and to hear our struggles. Philippians 4:6 encourages us to present our requests to God rather than worry. Whether we are worried about the future of the world, our country, our friends and family or ourselves, we can bring these things to God. Our peace is not found in the outlook of things around us but rather in God alone.

Anxiety and worry have plagued many of us for as long as we can remember. There is always something: covid, the election, health, family, money, housing, loneliness, the future, the past, our own sin...the fears go on and on. However, what does God say about anxiety and worry? Basically, when you are anxious, you are telling God that you don't think He can handle your problem! Instead, the Bible tells us, "Give all your worries and cares to God, for he cares about you." (1 Peter 5:7)

God's plans for us are greater than we can imagine, or ever plan for ourselves. Psalm 33:11 says, "But the plans of the Lord stand firm forever, the purposes of his heart through all generations." Although it is not as easy as it sounds, we do not have to be worried about the future because we know God is good and His plans are firm. So don't worry – TRUST GOD who loves you and will always act in His goodness towards you!

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 mental health issues. Pastor Ron leads Sunday morning services for Brook Lane patients. He earned a Bachelor of Science degree in pastoral counseling from Liberty Baptist College.

PATHWAYS is the triannual newsletter of Brook Lane, an affiliate of Meritus Health. Brook Lane is 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.

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



Obsessive-Compulsive Disorder: What it is and How to Treat It

by: Andrea Allen, PMHNP

Obsessive-compulsive disorder, or OCD, is a serious and sometimes misunderstood mental health problem. You may have heard people say things like “It’s my OCD,” or “I’m so OCD,” when talking about wanting to have a clean home or a consistent routine. While this is a common way of thinking about OCD, the disorder is much more complicated and serious than having a strong preference for order or cleanliness. OCD will affect 1.5% of women and 1% of men at some point in their lives. So, while it’s not as common as some other mental health issues, it’s very likely you know someone who has or will deal with OCD.

OCD Involves Two Main Symptoms: Obsessions and Compulsions

Obsessions are upsetting and distressing thoughts, images, or urges that pop into someone’s head out of nowhere. They usually happen over and over, and can cause the person to feel disgusted, like they have done something wrong, or like things are not complete. The thoughts can be very disturbing and feel overly powerful or important. They usually do not line up with the person’s beliefs, values, or normal way of thinking. These can even be thoughts of wanting to hurt oneself or others. The person will often have the urge to stop the thoughts by ignoring them or doing something to cancel them out. This can turn into compulsions.

Compulsions are the rituals or actions a person does to stop the anxiety or distress that comes from obsessions. One person may feel compelled to wash their hands to stop obsessive thoughts about germs. Another person may need to rewrite a sentence until it “feels right” or flip a light switch three times to prevent something terrible from happening. Sometimes a person will have very rigid rules that they must follow. Compulsions can also be things a person does in their head, like counting, reciting prayers, or repeating words.

OCD can manifest a lot of different ways. People can have obsessions and compulsions about needing things to be in a certain order, fear of germs or dirt, forbidden or taboo thoughts or images, or the need to stop something bad from happening. The symptoms can become so severe that they take over a person’s life, making it very difficult to work and have healthy relationships. OCD usually starts in childhood or adolescence but can also start in adulthood. Symptoms can wax and wane throughout a person’s life, and may become worse during times of high stress, such as after a significant life change or loss.

While OCD can be overwhelming, both to the person who is dealing with the symptoms and their family and friends, the good news is that OCD symptoms can improve with treatment. If you suspect that you or a loved one is struggling with OCD, the first step in getting help is to meet with a licensed mental health clinician for an evaluation. Primary care providers can refer to local mental health providers who are trained in diagnosing and treating OCD.



“While OCD can be overwhelming, both to the person who is dealing with the symptoms and their family and friends, the good news is that OCD symptoms can improve with treatment.”

OCD is typically diagnosed by a psychiatrist, psychologist, psychiatric nurse practitioner, or therapist. The clinician conducts a thorough interview and asks many questions to figure out what symptoms the person is having and how they are impacting their life. They may use screening tools, like the Yale-Brown obsessive-compulsive scale, to help gather information and determine the severity of symptoms. Clinicians diagnose OCD using the criteria in the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. Once a diagnosis is made, the clinician will work with the client to develop a treatment plan.

OCD is treated with a combination of specialized therapy and medications. Typically, a licensed clinical social worker or a licensed professional counselor provides therapy. Cognitive behavioral therapy can be very effective for OCD and is a good place to start. Cognitive behavioral therapy for OCD includes education, exposure and response prevention, and cognitive therapy. During exposure and response prevention, the therapist exposes the client to situations that trigger obsessive thoughts while they practice stopping the compulsive actions. Sometimes a client is exposed to a mild version of the actual trigger and sometimes they imagine the trigger. Cognitive therapy is used to challenge thoughts that are making the OCD symptoms worse.

Medication is typically prescribed and managed by a psychiatrist or a psychiatric nurse practitioner. The provider works with the patient to determine which medication is the best option for them. They will consider side effects, drug interactions and past medication responses. Selective serotonin reuptake inhibitors (SSRIs) and clomipramine are medications that can help decrease symptoms of OCD. Adding neuroleptics, like risperidone, can boost the effects of the SSRIs or clomipramine. Transcranial magnetic stimulation and deep brain stimulation are also possible treatment options for



OCD if it does not improve with medications and therapy. It can take time to figure out the right treatment.

OCD can be a very challenging disorder to live with, and affects many people. Treatment helps decrease the obsessive thoughts and compulsive actions a person experiences and helps them respond to obsessive thoughts in healthy ways. Therapy can help decrease OCD symptoms by 50-70% and the combination of therapy and medications is more helpful than either one alone. The first step to schedule an evaluation is often the hardest. While it takes time and hard work, there is great hope for healing for those with OCD.

Andrea Allen, PMHNP, is a certified Psychiatric Mental Health Nurse Practitioner working with clients in outpatient therapy and patients in the Adult Partial Hospitalization Program on Brook Lane’s main campus. She received a Bachelor of Science in nursing from Eastern Mennonite University, Harrisonburg, VA and a Master of Science in nursing for her Psychiatric Mental Health Nurse Practitioner certification from Shenandoah University, Winchester, VA.



BROOK LANE NEWS

New Website Launched

Brook Lane launched a fully redesigned website at the end of the summer. It is visually appealing, easy to navigate and packed with new features to enhance the user experience. Whether you are looking for information or services, our fresh new design makes it simpler than ever to find what you need. Plus, it is mobile-optimized for seamless browsing on any device. Stay up-to-date with our latest events and mental health news by browsing our new site today!



Thank You Fletcher Foundation

With a generous grant received from The Alice Virginia and David W. Fletcher Foundation, Inc., Brook Lane was able to make significant renovations to the playground at Laurel Hall School on main campus, just in time for school to begin this fall. Some additions were several new swings, including an ADA compliant swing, along with a climbing structure. The playground was fitted with rubber mulch for safety and durability. A special fenced in area was added as well. This space is designed to provide high elopement risk students a safe place to play and enjoy the sunshine and fresh air, while ensuring their safety.



Gregory Snook,
Executive Director, Fletcher Foundation

Pickle Ball Courts Boost Outdoor Recreation

Brook Lane’s old and tattered tennis courts were given new life by being converted into brand new pickle ball courts, made possible by a generous donation from long-time supporter, Bill Hunsberger. The courts underwent refinishing, repainting and are equipped with new nets and signage. The courts will primarily be used by Laurel Hall students and residents in our Child & Adolescent High Acuity Residential Crisis Program. Additionally, Brook Lane and Meritus staff (and their guests) can use the courts by booking in advance. We are thankful for this donation and excited about the engagement and outdoor recreation opportunity it will provide for our patients, students and staff. Bill, who in 1961 started his career as a social worker at Brook Lane, has a love of helping people improve their mental well-being. This National Senior Games gold medalist also has a love of pickle ball.



“I saw how important pickle ball has become to people all across the country. It’s bringing people together and really, just one of the greatest things,” says Bill. “I was thinking about the kids here when I saw the old tennis courts. I thought – this is a great way for kids who aren’t good at socializing. It’s non-threatening and they can learn how to play with someone, how to compete, how to manage emotions, etc. I just figured it was a natural fit for me to support this. In my heart, I still love Brook Lane.”

Sensory Experience Additions

The atrium in Laurel Hall School on Brook Lane’s main campus is being enhanced to provide an engaging sensory experience for students. One of the initial updates included the installation of a Lego wall. In addition, self-play items such as balls and foam blocks have been placed in the built-in tubs along the stairs to encourage student interaction. Other enhancements consist of

a Lego storage bin, sensory panels and large building shapes. Our talented art teacher, Mr. Tony, hand-painted Dr. Seuss artwork on the wall.

“The Laurel Hall school hallways overflow daily with all type of students, experiences and demographics,” says Rachel Hull, Director of Education Services. “We are working toward obtaining a centralized sensory space that can be used by all students, no matter their age, and truly find a space that can be shared – regardless of ability. Hopefully this will create not just new crafts, artwork or games, but commonality and building of new friendships.”

Want to help Laurel Hall fill their Lego tub? Consider donating your gently used Legos! If interested, contact Rachel Hull at rachel.hull@brooklane.org.



Congratulations Allen Twigg

Congratulations to Brook Lane’s Chief Operating Officer, Allen Twigg, for receiving an award at the 105th Annual Meeting of the Washington County Chamber of Commerce, held at Fountain Head Country Club on Thursday September 27, 2024.



This honor recognized his dedication and commitment to Healthy Washington County, an initiative focused on improving the health and wellness of our community and its residents. An information hub, Healthy Washington County serves Washington County, Maryland by connecting people with community-based resources and tools so that everyone can be healthy, stay healthy and improve their quality of life. For more information, visit www.healthywashingtoncounty.com.

Dr. Carrill Retires

We extend our best wishes to Dr. John Carrill, our long-time psychiatrist, on his recent retirement. With more than 40 years of dedicated service to the patients and clients at Brook Lane, he has been an invaluable asset to our organization and our mission. Dr. Carrill looks forward to spending more quality time with his daughter and grandchildren. Your presence will be greatly missed, Dr. Carrill.



Milestone Anniversaries

The following staff celebrate anniversary milestones in the last two quarters of this year (July 2024-December 2024). We thank them for their years of service and dedication in helping our patients and clients on their road to hope, healing and recovery:

5 YEARS

Elizabeth Correia
Sean Daly
Donna Glunt
Ashley Emtcheu
Lorenzo Nichols
Candice Powers
Ana Santiago
Amanda Tapscott
Suzanne Taylor
Rebekah Welty
Kelly Williams

10 YEARS

Emily Collingham
Mark Conrad
Casey Danzeisen
Angela Duffey
Christine Livers
Mary Noble
Samantha Runninger

15 YEARS

Andrea Allen
Donna Fogle
Adam Welty

20 YEARS

Kimberley Catlett

25 YEARS

Susan Asbury

40 YEARS

Teresa Fields

60 YEARS

Sharon Gladfelter



Save the Date

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, and Silent Auction



**FOURTH ANNUAL
BRIDGE TO HOPE
— A F F A I R —**
APRIL 26, 2025 | 6 - 10 PM
Beaver Creek Country Club

Tickets on sale
January 2025

Questions?
Email marketing@brooklane.org

UPCOMING SEMINARS AND FREE MENTAL HEALTH FIRST AID

CONTINUING EDUCATION SEMINARS

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)
(8:00 - 8:30 am check-in & continental breakfast)
Presenter: Terri Lancaster, LCPC, NCC, RPT-S
Location: Beaver Creek Country Club

ENHANCING CLINICAL SUPERVISION

Date: Friday, January 24, 2025 Fee: \$85.00
Time: 8:30 am - 11:45 am (3 CEUs)
(8:00 - 8:30 am check-in)
Presenter: Julie Fleagle, LCPC
Location: Virtual/Zoom

THE NEUROSCIENCE OF ADDICTION AND PREVENTION

Date: Thursday, December 5, 2024 Fee: \$85.00
Time: 8:30 am - 11:45 am (3 CEUs)
(8:00 - 8:30 am check-in & continental breakfast)
Presenter: Dr. 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 MENTAL HEALTH FIRST AID TRAININGS

ADULT MENTAL HEALTH FIRST AID

Wednesday, November 20, 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.

YOUTH MENTAL HEALTH FIRST AID

Wednesday, December 4, 2024 Fee: Free
8:00 am - 5:00 pm (7:30 am check-in)
Presenter: Leslie Henriquez, LCSW-C, Certified Instructor
Location: Robinwood Professional Center (Room 122B)

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.



A WALK DOWN MEMORY LANE

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



In the Spring edition of Pathways, we explored the origins of Brook Lane Farm and its first 25 years, including the pioneering vision, early growth, distinct therapies, and changing demands that molded Brook Lane into a mental health care leader. In the Summer edition, we reflected on the structural expansion and development of crucial outpatient and special education services that occurred from 1975-2000. In this edition, we highlight the last 25 years of continued expansion, new locations, the addition of innovative programs and services and accolades received.

EVOLVING AND EDUCATING

Moving into the 2000s, Brook Lane Health Services continued to evolve. In 2004, a substantial hospital expansion was completed, introducing single-occupancy rooms for all patients and creating distinct units for children, adolescents and adults. The expansion marked a significant chapter in the organization's growth. In 2008, this expansion continued with the opening of a second Laurel Hall School location in Frederick, Maryland.



NEW SERVICES AND LOCATIONS

In the 2010s, Brook Lane witnessed notable advancements in its programs and facilities. The decade commenced with the introduction of the THRIVE program in 2010, designed to support children and families grappling with Autism and sensory processing disorders. Recognizing the ongoing need for professional development, Brook Lane initiated monthly continuing education seminars in the same year, providing valuable support for area mental health professionals in meeting their licensure requirements. Following this, 2011 marked the inception of an Adult Partial Hospitalization Program (PHP), providing structured, intensive therapy during the day and allowing individuals to return home in the evenings—an approach aiming to minimize or prevent hospital stays. Concurrently, a Child and Adolescent PHP was established in Frederick, adjacent to Laurel Hall School. In 2012, the Frederick Outpatient therapy offices were opened on Buckeystown Pike.

The years 2014 and 2015 saw significant expansion with the groundbreaking of a two-story hospital wing. This addition, completed in 2015, included 14 beds

for young people and a suite of outpatient offices. The enhanced facilities featured an expanded central nurse's station, new therapy offices, a children's playground, and an improved waiting room with elevator access. The upper level of this new wing housed the newly constructed outpatient services area, which was completed in May.



Responding to the community's needs, the Integrated Substance Use Treatment Program (InSTEP) was launched in 2018 at the North Village outpatient location. By 2019, InSTEP expanded into a dedicated space at North Village, addressing the growing demand for substance use treatment in our community.



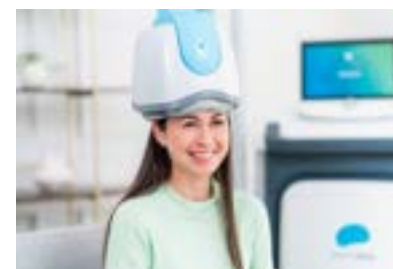
A 70TH CELEBRATION

The culminating event of the 2010s was the 70th Anniversary Fall Festival in 2019. On September 28th, roughly 250 people gathered for the celebration on the main campus. The festivities included lunch, games, and activities such as face painting, a bean bag toss, sack races, a balloon artist, an apple cider station, and photo booths. Tours were offered to showcase Brook Lane's rich history, with staff members stationed at six different tour stops throughout the expansive 115-acre campus. Attendees included community friends, board members, past and present staff members, and volunteers, some dating back to the 1950s. Memories were shared as attendees browsed through seventy years-worth of photos together.



LOOKING TO THE FUTURE

In 2020, TeleMental Health services were launched and thrived in response to the profound mental health challenges arising from the Covid-19 pandemic. The School-Based Mental Health Program quickly adapted to offer virtual services, especially as students were sent home, making in-person interactions challenging. During this period, more than 50% of services were provided virtually to clients. The year 2021 witnessed renovations to the adult and adolescent hospital units, responding to the evolving needs of the community. In 2022, the introduction of



Transcranial Magnetic Stimulation (TMS) marked a cutting-edge, non-invasive treatment option for major depression. Simultaneously, the Adult Partial Hospitalization Program (PHP) relocated to a renovated onsite space, enhancing the overall patient experience. Also in 2022, the Frederick Outpatient offices found a new home in a suite adjacent to the Laurel Hall School, within the same plaza. Brook Lane took an active role in community engagement by

hosting the Bridge to Hope fundraiser in 2022, providing an opportunity to share the organization's impact with the community and supporters. Recognition came in 2023 when Brook Lane was honored as the Nonprofit of the Year by the Washington County Chamber of Commerce. Expanding its reach, an outpatient location was opened in Cumberland, Maryland, bringing services to the





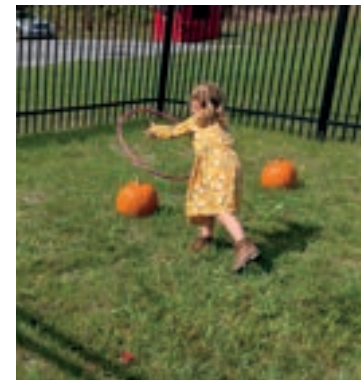
western panhandle. Meanwhile, renovations began for a new child and adolescent high acuity residential crisis wing within the hospital, that opened in the early part of 2024. The same year, Brook Lane earned the distinction of being one of the most beautiful hospitals in the United States. This recognition not only acknowledged the natural beauty of its main campus but also highlighted the dedication of its nearly 500 employees, all committed to guiding each patient towards their full potential on the path to hope, healing, and recovery.



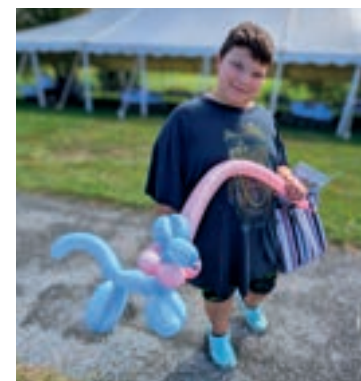
Over the past 75 years, several wings were added to the hospital and many additions and changes have been made to the various programs and services we provide for our community. Today, Brook Lane has approximately 500 employees in four locations. The main campus in Hagerstown is home to a 58-bed hospital, the second largest psychiatric hospital in Maryland. We provide a partial hospitalization, or day treatment program, for both adults and children on the main campus. We also



provide residential treatment for children and adolescents at this location. Laurel Hall special education school has two locations: one on the main campus and one in Frederick. We have three outpatient locations: North Village in Hagerstown, Mack Avenue in Frederick and South Cumberland Marketplace in Cumberland. All locations have licensed clinical staff who offer therapy for all ages. The InSTEP program provides outpatient and intensive outpatient treatment options for individuals with substance use treatment needs at our North Village Outpatient office. The School-Based Mental Health program embeds Brook Lane therapists in all of the middle and high schools in Washington County, ready to provide needed therapy on site. Brook Lane also continues to be the leading provider of mental and behavioral health continuing education seminars and free community programs in the region. Building on a strong foundation, Brook Lane embarked on a new chapter through its official affiliation with Meritus Health, a fellow leader in community healthcare, on July 1st, 2024. This affiliation culminated from a comprehensive, multi-month evaluation process designed to identify how each organization could best leverage its strengths to address the evolving mental healthcare needs of this region and state. By joining forces, Brook Lane and Meritus Health have created a comprehensive care network that integrates clinical excellence with a shared commitment to our community's values. Happy 75th Anniversary, Brook Lane! May you have many more.



As we continued to celebrate throughout this year, Brook Lane hosted the Washington County Chamber of Commerce monthly Chamber Bash on Thursday, August 15, 2024 in the outpatient lobby on our main campus. More than 100 local business connections stopped by for food, networking and to hear about our rich history. To close out our commemorative year, Brook Lane's 75th Anniversary Fall Festival was held on Saturday, September 28, 2024. The weather was beautiful for all of the children's activities, tours of campus and the showing of a special 75th anniversary video. These photos showcase the events. Thank you to everyone who has celebrated this milestone year with us!



BOARD SPOTLIGHT: MEET WAYNE ALTER



Wayne Alter joined Brook Lane's Board of Directors in July of this year as a community representative. He grew up in Washington County, Maryland, graduated from Boonsboro High School and then graduated from Shepherd College, Shepherdstown, West Virginia.

Wayne founded Dynamark Security Centers in 1975, which grew nationally to become one of the largest residential and commercial alarm companies in the world. He led the company's growth as Chairman, President, and CEO for many decades. He retired in December 2022 and the business continues to be held by the Alter family enterprises. Additionally, Wayne founded Dynamark Monitoring, Inc., a national emergency response center, First Action Security Team, Inc., a national security products distribution company and several real estate development and management companies that are managed by his family enterprises.

He is a past chair and current member of the board of directors for Meritus Medical Center. Wayne is a member of the board for the Washington County Industrial Foundation, Inc. and a member and past chair of the Greater Hagerstown Committee.

Community Service has always been very important to Wayne, as he shared that some of his past activities include serving as a trustee and chair of the board for Hagerstown Community College, the United Way of Washington County, the International Management Council, Leadership Hagerstown, and the Hagerstown Community College Foundation.

Effective July 1, 2024, Meritus Health and Brook Lane affiliated, after six months of formal due diligence. One of the driving forces behind the affiliation was to expand access to mental health services across the region and the state of Maryland. "The need for mental health care in the community is tremendous," says Wayne. "Meritus and Brook Lane working together to better serve those needs will significantly impact the community and allow the organization to achieve full potential."

Wayne and his wife, Jill, reside in Hagerstown and Naples, Florida. He describes himself as a voracious reader and he enjoys golfing as well as being an instrument pilot.

BROOK LANE BOARD OF DIRECTORS

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Eric Barger, *Vice Chair*

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Kelly Weaver

RESTORING STABILITY AND RELATIONSHIPS: Robin's Story

For Robin, mental health challenges have been a long and difficult journey. Diagnosed with bipolar disorder and facing the devastating loss of a close family member, Robin found herself in a tough place. After trying different treatment options, including inpatient and outpatient care at other facilities, she started down a new path that would change her life for the better at Brook Lane.

Robin's connection with Brook Lane began 13 years ago when she moved from Baltimore to the Hagerstown area. After being referred to Dr. David Gonzalez for Electroconvulsive Therapy (ECT), she found herself in the care of a team she would grow to know and love. "Brook Lane shines," says Robin. "I am glad I live close by instead of where I was, because I don't think I would be as well off as I am today without Brook Lane in my life over the last 13 years."

Despite her long-standing relationship with ECT, Robin reached another crossroads in her mental health journey when grief took a significant toll on her well-being. Her nurse practitioner, Andrea Allen, suggested the options of inpatient care or Brook Lane's Partial Hospitalization Program (PHP), which is a day treatment program. Robin chose to try PHP, a decision that has been transformational.

"You always think this isn't going to work. This isn't for me. There's nothing they can do to help me. I'm just stuck," Robin said, reflecting on her initial hesitations. But as she began PHP, she quickly realized how impactful the program could be. "Once you get beyond that and you start it, you realize that they really can help, and they really DO help."

The structure and support of PHP made a noticeable difference in Robin's life. Through daily group sessions, personalized care, and individual therapy, Robin acquired the perspectives and techniques that



she needed to control her life. "I started to be able to handle myself once I started PHP," she said. "They gave me tools to be able to understand where I was at and what I needed to do to get back to the person I wanted to be."

Robin credits Brook Lane's personalized approach for making her feel like more than just a patient. "They treat you like a person. You're on a personal level with everyone you meet. At other facilities I was just a number. Nothing was personal," she said. That same sense of individualized care extended to her ECT treatments, where Robin felt a special connection with the team that has worked with her for over a decade. "The ECT staff are unbelievable. They make you feel like you're the only patient there. Dr. Gonzalez has been a wonder with my care over the years."

Thanks to Brook Lane's PHP and ECT programs, Robin's life has transformed in ways she never expected. "My life has totally turned around in the past 13 years," she said. "Since starting my treatments here, I have been in a relationship for 10 years—the longest I've ever been in one—and it is definitely because of the help of Brook Lane."

Robin's advice for anyone considering PHP or ECT is simple: "Just take the step, take the leap, and see where it leads you," she said. "Mental health is a very touchy subject. Brook Lane makes sure that you're not treated differently. You are treated like a person—somebody with feelings—and somebody that needs help."



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an affiliate of  Meritus
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julie.herman@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

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Special Education

CUMBERLAND OUTPATIENT

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

Outpatient Therapy

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