

Pathways

The Newsletter of Brook Lane

Holiday 2011

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Brook Lane

A Continuum of Mental Health Services

Our Mission

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

Guiding Principles

Our service to the community is guided by principles drawn from the life and ministry of Jesus Christ. These principles are vital to our existence and integrated throughout all levels of the organization.

- Integrity:* Serving others in an ethical, honest and sincere manner.
Compassion: Demonstrating concern for others.
Service: Responding to the needs of others ahead of our own.
Stewardship: Using our resources responsibly.
Excellence: Committing to high standards of quality and performance.
Respect: Treating everyone with dignity and worth.

Vision

A healthier community strengthened by comprehensive behavioral health services.

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For more information or to make a referral, contact our Admissions Office:
13218 Brook Lane Drive • P.O. Box 1945 • Hagerstown, MD 21742
301-733-0330 or 1-800-342-2992 • www.brooklane.org
A Not-for-Profit Organization Serving the Region Since 1949

Brook Lane is affiliated with



A MESSAGE FROM OUR CEO

R. Lynn Rushing

Growth has been a challenge for Brook Lane in 2011. Requests for our services have increased at a rate higher than expected and more quickly than we have been able to accommodate. We are hiring additional psychiatrists and therapists to meet the need and are also expanding our outpatient facilities. In spite of these efforts, however, we have not been able to provide the requested services in a timely manner. We continue to address the issues on a daily basis and hope that we will be able offer a more timely response in 2012. I appreciate your continued confidence in the services that Brook Lane offers and want to assure you that your confidence is not something we take lightly and that we are working diligently to better meet your expectations.



As a result of our efforts, we're pleased to welcome CB Benway, CRNP, Olga Demina, M.D. and Andrew Johnson, M.D. to the Brook Lane medical staff. You will find more about them in this issue.

As we continue to expand our services to the Frederick County area, Brook Lane recently opened the new Partial Hospitalization Program for Children and Adolescents in Frederick. You will find additional information about this program on page 9. The expansion of space at our North Village outpatient office is progressing and will provide eight new therapy offices in early 2012. We are in the early stages of considering an expansion to our hospital to reduce the number of individuals turned away because all beds are full. We hope to make a decision on this project in Spring 2012.

As we celebrate Thanksgiving and Christmas, Brook Lane has much to be thankful for. We have a community that supports us and a dedicated and caring staff to carry out our mission. As you celebrate the season, be sure to take time to be thankful and find an opportunity to encourage someone else.

Wishing you and your loved ones a happy Thanksgiving and a season of peace and joy this Christmas!

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"Jehovah-Nissi"

By Pastor Ron Shank

I love history. My favorite study would have to be American history. Have you seen "Gettysburg" or "The Patriot"? In the last battle scene in "The Patriot," Mel Gibson is in the midst of the battle against the British Red Coats and the soldier carrying the American flag gets shot and falls to the ground. Immediately, Mel Gibson picks the flag up and leads the charge. It sends such pride to your heart and when the American soldiers see the flag, it gives them added encouragement to push forward and win the battle.

When you watch those battle scenes, you can become disoriented from the clouds of smoke rolling from the guns, the crash of arms and cries of battle. But one thing always rises above the smoke and confusion, the flags of the different armies and companies. You can see the pennants and flags flying in the breeze even when you can't see the man standing next to you.

The banner or standard bearer was an important part of the battle. He was the one who led the charge. Amazingly he went into the battle unarmed. If the standard bearer was wounded, the nearest man would drop what he was doing to pick up the flag, partly out of respect, but more importantly because it was the focal point of the troops. Without the banner to lead the way, the battle often fell into disarray.

This presents a striking picture for us today as Christians. There is a name for God in the Bible - "Jehovah-Nissi" - "The Lord Your Banner." For His people, God is the banner to be followed.

The compound name for God - "Jehovah-Nissi" appears only once in the Bible.

Jeremiah 23:6 "In his days Judah will be saved and Israel will live in safety. This is the name by which he will be called: "Jehovah-Nissi."

“ . . . THERE IS A
NAME FOR GOD
IN THE BIBLE -
"JEHOVAH-NISSI"
- "THE LORD
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FOR HIS PEOPLE,
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FOLLOWED.”

The name "Nissi" comes from the Hebrew word "Nes" (nes), which means "banner" or "flee for refuge." "Nes" is also sometimes translated to glisten as a pole with an insignia attached. It could have been a pole with a shiny ornament attached that glistened in the sun. In battle, opposing nations would fly their own banners on a pole at each of their respective front lines. This was to give their soldiers a feeling of hope and a focal point.

When "Nissi" is combined with Jehovah, "Jehovah-Nissi" the name becomes "Jehovah Is My Banner" or "Jehovah Is My Refuge." That is what God is to us: a banner of encouragement to give us hope and a focal point.

In Exodus 17 this principle is clearly demonstrated. While Joshua is leading the battle below against the Amalekites, Moses, Aaron and Hur are standing above them at the top of a hill. Verse 11 of that chapter tells us that with the rod of God in his hand, Moses visibly demonstrated that it was the power of God fighting for the Israelites that gave them strength. As the staff (the banner) was held high in a posture of praise and adoration, the troops could trust that God was with them. The staff symbolized how God had come through for them before and He would do so again. It was a pledge of His presence.

When the Israelites looked to the mighty arm of Jehovah, they experienced victory, but when Moses got tired and started to drop his hands, the Amalekites made advances. Here's the principle. They were to fight with all their might, but they were to never take their eyes off God. They were God's soldiers fighting under His command.

After the victory was won by the Israelites, Ex. 17:15 says that "Moses built an alter and called it "THE LORD IS MY BANNER." (Jehovah-Nissi) Moses recognized that the battle was won only because they fought under the Lord's banner.

It was God who won this battle, not Joshua, Moses, the Israelites or even the staff. The staff was a bit of wood - but it was what the staff symbolized that made the difference. Israel had to come in humility before God, relying on him and him alone. Only when Moses held up his arms - as if calling on God and surrendering himself to God - could God act.

I don't know what you are going through or what your Amalekite is, but God does and as long as you are flying his banner and relying on him, he will be there to fight with you. If you lock him out of your life and try to do things in your own strength, flying your own flag, he can't work. Whose flag are you flying - your own or God's?

Generalized Anxiety Disorder and Children

By Kathy Caesar, BSN

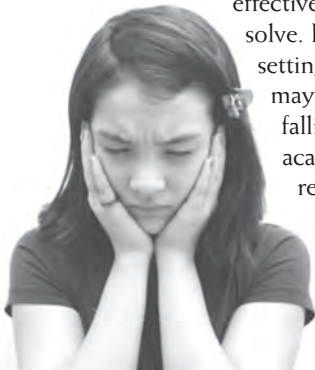
Everyone gets worried sometimes, but for those who suffer from generalized anxiety disorder (GAD), worries and fears are so unrelenting as to interfere with one's ability to perform activities of daily living. Children with generalized anxiety disorder often worry excessively about things that are unlikely to happen, or feel tense and anxious throughout the day with no ability to relax. Such persistent anxiety takes a physical toll as well, often causing suffering individuals to experience body aches, insomnia, and exhaustion, leaving the body more vulnerable to illness or infections.

Worries, doubts, and fears are a normal part of life. In fact, it is natural and healthy to have some degree of anticipatory anxiety. For healthy individuals, mild to moderate anxiety may motivate us to excel at tasks and to be more productive. On the other hand, those who suffer from GAD are likely to find that their levels of anxiety inhibit their ability to concentrate or effectively problem-solve. In the school setting, the child may find himself falling behind academically as a result of his inability to focus or be productive. Of course such failure

to thrive academically is then likely to exacerbate the symptoms of GAD even further.

Parents of children with GAD may have difficulty or even regret telling their children information about a sick family member because the child may spend weeks or months ruminating about all the things that could go wrong. Or the child may worry that he too may develop the illness/disease of the sick family member. Children with GAD often worry about whether they are good enough at school, sports, or other activities. They may be fearful of trying new activities or meeting people. These kids are often found in the nurse's office complaining of stomachaches or headaches.

With effective treatment for anxiety, the prognosis for GAD is excellent. If left untreated, generalized anxiety disorder will become more disabling over time for the child. Cognitive Behavioral Therapy (CBT) is an active skill - focused intervention which is widely viewed as the treatment of choice for children suffering from GAD. Recent research shows a success rate of up to 80%. CBT effectively teaches children to challenge their anxious thoughts and distorted perceptions, rather than to accept their anxious thoughts as the truth. CBT encourages kids to generate more realistic versions of situations and their ability to cope with them. Children in



therapy may create a new mindset, breaking down challenges into small, manageable steps. Over time, children are able to more quickly tap non-anxious interpretations of situations and understand that avoidance of feared situations only makes matters worse. Children typically begin to show response to treatment within four to six treatment sessions. Treatment may need to continue for up to 20 sessions in some cases.

In concert with Cognitive Behavioral Therapy, medications are sometimes helpful. Long acting selective serotonin reuptake inhibitors (SSRIs) may be used to help alleviate symptoms of anxiety. Some of the medications from the SSRI group include Prozac, Zoloft, Paxil, Celexa, and Lexapro. Short term use of Benzodiazepines (Ativan, Xanax, Klonopin, etc) are occasionally used for acute anxiety but are avoided in the long term because of the risk of developing dependency. Any child who is medicated must be carefully screened and monitored by a child psychiatrist when being managed with medication.

THE DIAGNOSTIC STATISTICAL MANUAL OF MENTAL DISORDERS (4TH ED: DSM-IV-TR) QUALIFIES GENERALIZED ANXIETY DISORDER AS THE FOLLOWING:

- A. At least 6 months of excessive anxiety and worry about a variety of events and situations.
- B. There is significant difficulty in controlling the anxiety and worry. Having difficulty regaining control, relaxing and/or coping with the anxiety/worry.
- C. The symptoms are not part of another mental health disorder.
- D. The symptoms cause clinically significant distress or impairment in daily life.
- E. The presence for most days over the previous 6 months of 3 or more (only 1 for children) of the following symptoms:
 1. *Feeling tense or restless*
 2. *Easily fatigued*
 3. *Difficulty concentrating*
 4. *Irritability*
 5. *Muscle tension*
 6. *Sleep disturbance (difficulty falling or staying asleep or restless sleep)*
- F. The condition is not due to a substance or medical condition.

Kathy Caesar, BSN, has a dual role as nurse for Laurel Hall School and the Child and Adolescent Partial Hospitalization Program. She works with students and clients who have a variety of mental health issues. Kathy Caesar has over 17 years of experience working with young people at Brook Lane in a variety of programs. She graduated from Shepherd College in 2000 with a Bachelor's Degree in nursing and has worked as a nurse since that time.

CONTINUING EDUCATION CALENDAR

2011

Friday, December 9

Child and Adolescent Grief:
Coping with the Holidays
*In Collaboration with
Hospice of Washington County*
Brook Lane Community Room

2012

Friday, January 27, 2012

Geriatric Mental Health Tool Box:
Chronic Pain and Depression/Anxiety
Brook Lane Community Room

Friday, February 24, 2012

Inside the Mind of a Predator Part 1:
Personality and the Predator/Psychopath
Brook Lane Community Room

Friday, March 30, 2012

Inside the Mind of a
Predator/Psychopath Part 2:
Forensic Treatment Strategies
Brook Lane Community Room

Friday, April 27, 2012

Women's Mental Health: Unique
Challenges
Brook Lane Community Room

Child & Adolescent Grief: Coping with the Holidays

In Collaboration with Hospice of Washington County, Inc.

Eileen Stanzione, LCSW-C, PhD

Robin D. Morris, MSW, LGSW

Gaye Shelley, MS, NCC, LCP

FRIDAY, DECEMBER 9, 2011

BROOK LANE CAMPUS

8:30 am – 11:45 am

COMMUNITY ROOM

(Check-in: 8:00 am)

Seminar Fee: \$39.00

For the child or adolescent, grief can be felt with overwhelming intensity and have a profound impact on their daily interactions. This seminar will explore the differences between child/adolescent and adult grief, the unique way in which children and adolescents grieve and the role gender, age, culture and other factors play in the grieving process. Effective strategies will be offered to help children/adolescents navigate the grief journey.

CONTINUING EDUCATION CREDITS

SOCIAL WORKERS:

Brook Lane Health Services is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland. Brook Lane solely is responsible for all aspects of the program.

COUNSELORS:

Brook Lane Health Services is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. Brook Lane solely is responsible for all aspects of the program.

PSYCHOLOGISTS:

The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Work Examiners.

OTHER

PROFESSIONALS:
A certificate of completion noting the number of educational/contact hours for the seminar will be provided to allow attendees to apply for credit as an individual for their specific discipline.

Geriatric Mental Health Tool Box: Chronic Pain and Depression/Anxiety

Ali El-Mohandes, MD

David Gonzalez, MD

Sue Graff, RN, BSN

Andrea Elliott, RN, BSN

FRIDAY, JANUARY 27, 2012

8:30 am – 11:45 am

(Check-in: 8:00 am)

BROOK LANE CAMPUS

COMMUNITY ROOM

Seminar Fee: \$49.00

Elderly individuals living with chronic pain often suffer from depression/anxiety as well. Successful treatment for coexisting pain and depression is more complicated than the treatment of either condition by itself. Some medications used to treat chronic pain can promote depression while they alleviate pain. Effective outcomes rely on recognition, assessment and treatment of either condition. This seminar will present case studies to illustrate the presence of coexisting chronic pain and depression, the challenges and unique factors that influence assessment and management and therapeutic treatment strategies for optimal success.

The Mind of the Predator/Psychopath Part 1: Exploring the Dark Side

Frederick J. Nastri, M.A., L.P.C., L.C.P.C.

FRIDAY, FEBRUARY 24, 2012

8:00 am – 12:15 pm

(Check-in: 7:30 am)

BROOK LANE CAMPUS

COMMUNITY ROOM

Seminar Fee: \$59.00

This seminar is the first of a two-part program on understanding the mind of the predator. Part 1 will focus on identification and assessment of individuals displaying predatory behaviors. Strategies will be presented to help clinicians assess risk.

The Mind of the Predator/Psychopath Part 2: Forensic Treatment Strategies

Frederick J. Nastri, M.A., L.P.C., L.C.P.C.

FRIDAY, MARCH 30, 2012

8:00 am – 12:15 pm

(Check-in: 7:30 am)

BROOK LANE CAMPUS

COMMUNITY ROOM

Seminar Fee: \$59.00

This seminar will present intervention and treatment strategies for individuals who have been diagnosed as a predator and/or psychopath. Information will be shared to help clinicians understand the assessment process, assess risk and legal issues.

Visit www.brooklane.org for more information and registration.

Secret Santas Sought



Christmas is fast approaching and Brook Lane needs help providing residents with gifts to be opened on Christmas morning. Many of our children/adolescents (boys ages 6 – 12 and girls ages 6 – 17) in the residential program will spend Christmas Day with us. We will celebrate the holiday by having wrapped gifts under a tree and a celebratory dinner in our dining room. But help is needed with providing gifts for each resident.

*We greatly appreciate any help that you can provide.
Merry Christmas!*

HERE ARE WAYS THAT YOU CAN HELP:

1. Call Kay Hoffman at 301-733-0331 ext. 272 for a personal list for a child.
2. Provide money for staff to purchase gifts; a check can be sent to the Brook Lane Foundation, PO Box 1945, Hagerstown, MD 21742.
3. Make a donation online www.brooklane.org and note it is for Christmas.
4. As in previous years, we spend about \$80 per child; you can sponsor a child or contribute to our Christmas Fund.
5. Donate gift cards from Target, Kohl's or Wal-mart.
6. Purchase any of the following items and drop them off at Brook Lane:
 - Sweat suits size: Adult S – XXL
 - Boots size: Youth 3 – 7, Women 6 – 11, Men 5 – 10
 - Jeans size: Youth 8 – 16, Women S – XXL, Men S - M
 - Socks size: Women S – L, Men S – L
 - Pajamas size: Youth XL, Women and Men S – XXL
 - Hair products (combs, brushes, hair bands, ponytail holders, flat irons, curling irons, blow dryers)
 - Hygiene articles (body wash, toothpaste, lotion, deodorant)
 - Fleece Blankets
 - Body Pillows
 - Craft Items (crayons, markers, colored pencils, beading & jewelry supplies, construction paper, gel pens, sculpting putty, poster board, sketch books, and journals (no spirals).

New Child & Adolescent Partial Hospitalization Program Opens in Frederick

Brook Lane Health Services is pleased to announce that our second Child and Adolescent Partial Hospitalization Program (PHP) is open in Frederick, Maryland. Our new location is 4540B Mack Avenue, Frederick, Maryland 21703, which is adjacent to Laurel Hall School in Frederick.

Angela Dumitrache, M.D., will be the treating psychiatrist for the new program. Additionally, the program is staffed by a nurse, Theresa Vigder RN, therapist, Janell Hubble, LCSW-C and Mental Health Associate Karen Gullace.

The program will be open Monday through Friday except for major holidays. Children will participate in many therapeutic activities and groups addressing anger management, self-esteem, problem solving, feelings, social skills and other topics relevant to child and adolescent issues. Clients receive individual, family, and group therapy as well as medication management during their stay. The program is designed to provide psychiatric care for children needing intensive services but not requiring an inpatient setting. Our PHP is an option to prevent or shorten hospitalization.

To inquire about this program, contact our admissions office by calling 301-733-0330 or 800-342-2992.



Our Growing Medical Staff

By Curt Miller, Editor

BROOK LANE HAS ADDED THREE MEMBERS TO OUR MEDICAL STAFF OVER THE PAST SEVERAL MONTHS. PLEASE JOIN US IN WELCOMING THEM TO BROOK LANE.



CB Benway, CRNP, is a Nurse Practitioner certified in Family Mental Health. She is working with children, adolescents and families on an outpatient basis. Ms. Benway completed her Master's Degree in Nursing at Yale University School of Nursing. She graduated from the University of Texas at Arlington, Graduate School of Nursing. In addition to her certification as a Nurse Practitioner, Ms. Benway is a Psychiatric and Mental Health Clinical Nurse Specialist.



Olga Demina, M.D., is a child and adolescent psychiatrist and is working on the inpatient unit. She received her medical degree from the Russian State Medical University, Moscow, Russia. Dr. Demina completed her three year residency program and her Fellowship in Child and Adolescent Psychiatry at the University of Texas Medical School, Department of Psychiatry, Houston, Texas. She holds Board Certifications in General Psychiatry and Child and Adolescent Psychiatry.



Andrew Johnson, M.D., is an adult psychiatrist and is working in our Frederick outpatient office. He is Board Certified in General Psychiatry by the American Board of Psychiatry and Neurology. Dr. Johnson is a graduate of the University of Texas Medical School, Houston, Texas and completed his residency training there in the Department of Psychiatry.

Charitable IRA Rollover Deadline extended to December 31, 2011!

The Pension Protection Act deadline was extended to December 31, 2011, which allows you to make a gift to a qualified public charity from your IRA. To qualify, you must be at least 70 1/2 years of age and make the contribution directly to a charity. Tax benefits apply for gifts up to \$100,000 per person per year. Your tax-free gift will not increase your taxable income or withholding and counts toward your required minimum IRA distribution. Please contact Kay Hoffman at the Brook Lane Foundation for more information at 301-733-0331 ext. 272.

THRIVE Has Talent

By Jenny McFarland, LSCW-C, BCBA



On September 23, 2011, the THRIVE Talent Show was held at Brook Lane's North Village location in Hagerstown.

THRIVE is defined as:

- T** Thinking positive thoughts
- H** Hopeful in our future
- R** Regulate our emotions
- I** Insight into ourselves and others
- V** Volunteerism and service: peer leadership program
- E** Enthusiasm makes everything possible

The North Village waiting room was transformed into an auditorium. The stage was created by the children's inspirational decorations, lights and balloons.

The THRIVE participants had been busy for weeks, developing content, making costumes and practicing for their big day. The group sang songs and some individuals performed solos, as well as showcased their dance skills, musical

abilities and drawing talents. They performed for a standing room only audience of parents, siblings, grandparents, aunts and uncles. The event concluded with refreshments, which were provided by the parents, for everyone to enjoy.

The staff at North Village was blessed with the opportunity to work with these talented children. Their parents enjoyed seeing the spectacular performance. All of the children's hard work and preparation allowed them to practice their coping skills. The children were excited for opportunities to show their talents. Their enthusiasm created a lot of excitement and let their personalities shine. They are already talking about the next one!

A special "thank you" to Heather Johnson, Chris Banzhoff, Susan Patrey, Sylvia Sprankle, Norma Sprecher and her granddaughter Mia, and Bailee Bryan for sharing their time and talents to make this event so successful.

The One-Another Principle

By Pastor Ron Shank

As pastors and leaders, one of our greatest responsibilities is to help our congregations understand who they are as Christ's Bride – The Church.

The first person to use the word "Church" in the Bible is Jesus himself. *Matthew 16: 15-18 says "But who do you say that I am?" Simon Peter answered and said, 'You are the Christ, the Son of the living God.' Jesus answered and said to him, 'Blessed are you Simon Bar-Jonah, for flesh and blood has not revealed this to you, but my father who is in heaven. And I also say to you that you are Peter, and on this rock I will build my church, and the gates of Hades shall not prevail against it.'"*

The church belongs to Jesus Himself. That means that He considers the church to be important. In the New Testament the word church is used 73 times. We as pastors and leaders must have a clear understanding of the nature of the Church and teach it to our congregations.

I would like to look briefly at one of the principles of the nature of the Church that we must be teaching. It is the principle of "one-another." This principle says that we belong to each other, which in essence means we cannot function adequately or grow to maturity unless we are whole heartedly committed to a fellowship of believers and actively sharing our lives with them.

“AS BROTHERS AND SISTERS IN CHRIST WE ARE TO EXERCISE DIVINE LOVE TOWARDS ONE ANOTHER. WE ARE TO BE DEEPLY COMMITTED TO ONE ANOTHER, SINCERELY CARING FOR ONE ANOTHER.”

Romans 12:10 says, "Be devoted to one another in brotherly love." The idea is that of being devoted to other Christians with a family sort of love. This love is not based on personal attraction or desirability. Jesus said it was this devoted love that we have for

one another that would display to the world that we are His disciples (John 13:35).

Let me give you a partial list from the Bible of the "one-anothers" we are to be teaching and living out as a local body of believers.

We are to: "intercede for one another" (1 Peter 2:9), "to live in harmony with one another" (Rom. 12:16), "to have humility towards one another" (1 Peter 5:5), "to encourage one another" (Heb. 3:13),

CONTINUED

"to admonish one another" (Col. 3:16), "to be kind and compassionate to one another" (Eph. 4:32), "to serve one another" (Gal. 5:13), "to bear one another's burdens" (Gal. 6:2), and "to love one another" (1 John 4:11-12).

The bottom line is that as brothers and sisters in Christ, we are to exercise divine love towards one another. We are to be deeply committed to one another, sincerely caring for one another. If there is no where else in the world a person feels loved – they should find love, acceptance, sincere caring, and family support in the body of Christ – His Church.

As pastors and leaders, if we want to see our congregations flourishing, growing, and impacting our world for our Lord, this is the number one principle we should be teaching to our congregations. We have this continuous responsibility to one another because Jesus commands it and gives us the power through His Holy Spirit to live it out in our lives.

How is the "One-Another Principle" being lived out in your life and congregation?

Pastoral Care Seminar: Helping Survivors of Sexual Abuse

FRIDAY, FEBRUARY 10, 2012

BROOK LANE CAMPUS
COMMUNITY ROOM

8:30 a.m. - 3:45 p.m.
(Check-in: 8:00 am)

Seminar Fee: \$30.00

Fee includes continental breakfast, lunch, bandouts and certificate of attendance.

This full-day seminar will present strategies for pastors as they offer support to victims of sexual abuse to help them move toward recovery and forgiveness. Attendees will learn from an actual victim and her clinical psychologist as she shares her story of years of sexual abuse, her discovery process and her fifteen-year therapeutic journey toward recovery.

Discussion will include providing biblical counseling/support and insights for determining when a referral for more comprehensive treatment should be considered.

REGISTER SOON!

Seating is limited to 50.

To register, please contact Debbie Staley, Continuing Education Manager at: deb.staley@brooklane.org or call 301-733-0331 ext. 189.

Whitetail Golf Resort hosts Brook Lane

By Kay Hoffman, CFRE

The 6th Annual Golfing with Family and Friends of Brook Lane was held on Friday, September 30 at the Whitetail Golf Resort. Seventeen teams participated to support the Brook Lane Foundation. *Thank you for making this event successful!*

FIRST FLIGHT WINNERS

1st Place

Rodney Hart, Jack Steich, Arnie Enfusse, Roger Carpenter

2nd Place

Mike Conway, Howard Long, Jake Jones, Bobby Mose

3rd Place

Dave Moats, Dave Matonak, Rich Lawson



SECOND FLIGHT WINNERS

1st Place

Mervin Yoder, Brent Freight, Dustin Watson, Eric Corbett

2nd Place

Donald Eby, Lorraine Eby, Del Martin, Karen Martin

3rd Place

Brian Crabtree, Bob Moats, Bill Patrey, Mike Spies



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VALLEY MALL

Western Maryland Guidance Conference

Brook Lane was one of the sponsors for the annual conference for Guidance Counselors and Pupil Personnel Workers from Carroll, Frederick, Washington, Allegany and Garrett Counties. The event was held September 21-23, 2011, at McHenry, Maryland. Brook Lane shared information on services available for students in the western Maryland region.

Brook Lane Represented at Health Fairs

The fall of 2011 was a popular time for health events and this year Brook Lane participated in many of them. A staffed display and literature was available at several health fairs. On October 7, the Wisdom Expo was held at Hagerstown Community College. The Frederick News Post hosted a Health & Wellness Expo on October 15, at their complex. On October 16, the Hagerstown Seven-Day Adventist Church held a Community Health Fair at their church. Citi offered employees a Health and Wellness Fair at their campus on November 8. Fort Detrick held its annual Health Expo on November 10, on their base. On November 12, the Fort Ritchie Community Center hosted their Family Health Expo.

Presentations for Service Clubs

Brook Lane received requests from three community service groups for a speaker to share an overview of the organization's programs and services. Curt Miller, Director of Public Relations, spoke with members of the Hagerstown Lions Club, the Maugansville Ruritan Club and the Williamsport Lions Club.

Speaker at Citi

On October 27, 2011, Melody Green, LCPC, shared two presentations on Stress Management for employees of Citi. The program was repeated to accommodate different shifts as part of Citi's wellness initiative.

Brook Lane at Church Conferences

The Mid Atlantic District Church of the Brethren had its annual District Conference on October 7-8, 2011. It was hosted by the Hagerstown Church of the Brethren. The Brook Lane display and materials were available for attendees.

The Franklin Mennonite Conference held its Annual Meeting on November 12, 2011, at the Marion Mennonite Church, Marion, Pennsylvania. Lynn Rushing, CEO, participated in a panel discussion. Brook Lane had a display and literature available for participants.

Holiday Stress Relieving Tips

- Design your holiday to suit you; do things because you want to, not because they're a tradition.
- Do something special for someone in need; it will make your own problems seem smaller.
- Don't try to do it all at once; pace yourself. Ask friends and family to help with baking, decorating, and shopping.
- Remember why we have the holidays; read something that is inspirational to you.
- If you have lost a loved one or if you are divorced or separated, start a new tradition just for you.
- Plenty of rest, moderate exercise and eating right are great ways to relieve stress.
- Concentrate on the good things of the season. Let go of the negative, and try to spread the cheer to others around you.

FROM THE ARCHIVES

The Barn in Winter



The photo above shows the Brook Lane Barn after a snow in the 1970's. The old Maintenance Shop is visible to the right. The building is now home to the Senior Adult Partial Hospital Program on the upper level as well as a gym. The lower level is used for recreation and offices.

*May you and
your loved ones be
blessed with a season of
peace and joy
this Christmas!*

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