

Pathways

The Newsletter of Brook Lane

Spring 2009

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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.

Board of Directors

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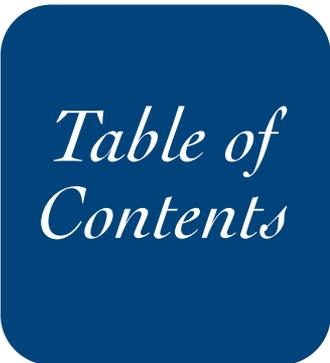
A Message from Our CEO

By R. Lynn Rushing

This year marks 60 years that Brook Lane has been serving the community. In January, 1949, Brook Lane opened a 23 bed hospital on a 115 acre farm just outside of Leitersburg, Maryland, and thus began a long history of affecting people's lives. Thousands of individuals have reached out to Brook Lane for help and, as a result of our work, those individuals have found a more fulfilling life. We often only think about the life of the individual being affected, but we need to realize that family and friends are also affected as their family member or friend begins to perceive the every day challenges of life in a more positive manner. While the individuals who seek help at Brook Lane are the most visible results of our work, Brook Lane's presence has also touched many others. In order to provide our broad range of services, we have over 330 employees whose wages help support their own families. Many former employees who worked at Brook Lane early in their career are now using the training and experience

that they gathered at Brook Lane to serve at other organizations that are also meeting the mental health needs of the community. We have over 60 volunteers who receive no payment for their efforts, but they identify with the mission and work of Brook Lane as they fulfill functions that we are unable to provide with reduced reimbursements.

It is apparent that Brook Lane touches many lives in a single year. It is almost impossible to imagine the lives that we have touched in 60 years. As we celebrate our 60th anniversary, I would invite you to join with us in the many programs and events scheduled over the coming months. There is something for everyone with educational offerings, a garden party, a family fun day, reunion picnic, and a special worship service. I hope that you will plan to join us in any part of our activities or all of them. I look forward to seeing you soon!! ☺



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Stone Bridge News

Flowers of the Street

By *Ralph Hertges, M.A.*



One day recently the front entrance at Stone Bridge opened and five of the cutest Daisies you ever saw ran in through our door and attempted to keep running down to the hub area deep within the program. These dancing whirling swirling Daisies were on a very special mission to deliver 20 boxes of Girl Scout cookies that they were donating to the residents of Stone Bridge for Easter. They were the Daisy Troop that had sold the highest number of cookies and were now learning about the rewards of giving to others. And during their delivery, these five and six year olds entertained us by telling all about their badges and how they earned them; plus, they shared their Daisy pledge and even showed us their Daisy Circle. It was all so delightful.

And, as I reflected later on this occurrence, my mind wandered to the children's unit at Stone Bridge that we were forced to close months ago because of

the state's new mandates limiting children in congregate care facilities. (Our Boys' children's unit continues, however, due to the physical intensity of their acuity levels and the difficulties families and foster homes have with safely maintaining these boys in their homes.) I mused on how very similar were the antics of these adorable Daisies to those of the little girls who once resided at our now closed unit.

Have you ever walked down the street and seen a flower growing up through the cracks in the sidewalk, or some equally unfathomable location defying all the odds of survivability? Many times that is the image that springs forth in my mind to encompass the struggles of the kids that arrive at Stone Bridge. Against the odds of their traumatic childhood, there is this indomitable hope to become beautiful, to develop into their fullest potential, to grow up as fully as they were meant to.

And like the flowers of the street, there really is very little that separates these children from the visiting dancing whirling swirling Daisies except for the gardens from whence they came.

And so, in closing, I cast upon the winds of spring my voice for hope to be made manifest for those special flowers who find themselves in our little patch of a garden which is Brook Lane.

Breathe deep upon the wind! ☺

In the Community

Eric Carbonell, M.D. Speaks to the Long Meadow Rotary Club

On March 2, 2009, Dr. Carbonell spoke to members of the Long Meadow Rotary Club in Hagerstown. The topic of the presentation was Mood Disorders in Adults. Thank you to Brook Lane Board Member, Robert Nitzell, D.D.S., for arranging the program for his Rotary Club. ©

Laurel Hall School Participates in Resource Fair

Kate Byers, Director of Education Services, and Rachel Furr, Principal of Laurel Hall School in Frederick, attended a Resource Fair for Parents and Community Members in Frederick County, Maryland. The event was held on March 21, 2009, and was organized by Frederick County Public Schools. The staff members shared information about available services. ©

Brook Lane Shares Resource Information

Kaplan College in Hagerstown invited Brook Lane to participate in the resource area of their Career Fair on March 27, 2009. Curt Miller, Director of Public Relations, staffed the event to share educational materials on mental health topics and program information on Brook Lane's continuum of care. ©

EMU Students Visit

On March 30, 2009, Professor Judy Mullet and 14 psychology students from Eastern Mennonite University, Harrisonburg, Virginia, visited Brook Lane. The site visit included a tour of the main campus and lunch in the Hunsberger Room. Hosts Lynn Rushing, CEO, and Curt Miller, Director of Public Relations, spoke about current services, Brook Lane's unique history and mental health today. ©

New Psychiatrist Joins Brook Lane



Corvin V. Robinson, M.D. recently joined the Medical Staff as an adult psychiatrist. Dr. Robinson is a Diplomat of the

National Board of Medical Examiners and holds certification in general psychiatry from the National Board of Psychiatry and Neurology. He will be working with adolescents, adults, and elder adults in the hospital and in out-patient treatment.

Dr. Robinson received his medical degree from the University of Arizona College of Medicine. He completed his Internship and Residency in Psychiatry at Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire. Dr. Robinson has served as the Medical Director for several facilities and maintained a private practice for a number of years.

Dr. Robinson describes himself as a generalist, treating patients with all types of mental illness. He does have an interest in psychopharmacology and the interface of medical illness and psychiatry. ©

Mountain State University Nursing Students at Brook Lane

Brook Lane is providing a psychiatric nursing rotation for the Mountain State University's Nursing Program. The RN students and their clinical instructor, Sherlyn Shaughnessy, MSN, spend five days in clinical programs following an orientation. It was a pleasure to welcome Ms. Shaughnessy back to our campus. She had worked here in the early '90s. The students will rotate through Brook Lane's programs.

Brook Lane is pleased to add Mountain State University as the fourth program to choose the facility for its psychiatric nursing experience. ©



From Our Chaplain

Extravagant Love

By Pastor Ron Shank

What is the most extravagant thing you have done to show someone that you love them? Maybe it was an elegant dinner. Or maybe you purchased a very expensive piece of jewelry to demonstrate your love and commitment to that person you hold so dear.

In the passage of Matthew 26: 6-13, we find one of the most beautiful portrayals of love and worship in all of scripture. In this passage we are allowed a glimpse into an event that takes place in the area of Bethany – just east of Jerusalem near the Mount of Olives. The event actually takes place in the home of Simon the leper.

Mary, Martha and Lazarus, Jesus' good friends, were present at this supper. From other passages we learn that Martha probably served the meal as a gesture of friendship to Simon as well as to the Lord.

We must take note that since Simon was known as a leper, it would have been against the law for him to live or to associate with non-lepers. Simon must have been cleansed by Jesus because this disease was incurable by medical means. The meal was no doubt a celebration of his deliverance from leprosy and a thank you to Jesus

for that healing.

During the meal, a woman (Matthew does not identify the woman but John tells us that it was Mary) takes an alabaster vial of expensive perfume and anoints Jesus' head and feet. Mark 14: 3-5 tells us that it was very costly perfume - pure nard.

The worth would have been over three hundred denarii, which was a year's wages for a common laborer. Not only was there the price of the perfume, but she broke the vial which held the perfume and it would have had value as well.

In an act of unmeasured love, Mary poured out the perfume on Jesus, anointing His head and His feet. Being absolutely controlled by adoration for her Lord, Mary lost all sense of restraint and economy. She was not thinking of what the people around her would think. As Mary poured of the pure nard, she was pouring out her soul in pure worship - a testimony of adoring love and honor to her Lord.

Mary offered her most expensive earthly possession in an act of passionate, adoring worship, not

Continued on page 6

Continuing Education

Continued from page 5

seeking any tangible or selfish result from her act, but a pure offering to Christ her Lord.

My question again is, what are you offering to the Lord? Do you give Him your best or does He get the leftovers? When was the last time you gave Him the best of your time, your talents, and your finances without thought of the cost to you?

The worship and love exemplified by Mary does not ask, "How much is it going to cost?" or, "Do I have the time?" A person or worshipper truly in love with Jesus gives whatever he or she has, knowing it is trifling compared to what has been received from Christ. What are you offering to the Lord Jesus?

What Mary did was of such lasting significance that Jesus declared, "I tell you the truth, wherever this gospel is preached throughout the world, what she has done will also be told, in memory of her." (Matt. 26:13)

For nearly two thousand years what Mary did has indeed been spoken of in memory of her. She is truly an example to all Christians of unselfish and sacrificial love and adoration.

What are you offering to the Lord Jesus? ©

Autism Q & A May 18, 2009

Brook Lane is pleased to announce as part of the 60th Anniversary Celebration a special coffee and dessert event for the community, AUTISM Q & A with special guests Jacob Greenspan and Tim Bleeker. The program will be held 6:30 p.m. to 8:00 p.m. at Otterbein United Methodist Church (corner of Locust St. and Franklin St. in Hagerstown, MD).

Jacob Greenspan and Tim Bleeker are the co-directors of DIR Support Services in Bethesda, MD, where they specialize in working with autistic children and their families. The highly successful DIR (Development Individual Difference Relationship) model was developed by Dr. Stanley Greenspan and Dr. Serena Weider, two nationally-recognized leaders in the field of autism.

This evening program is designed for family members of an autistic individual and for those who work with autism. Information will be presented on proven techniques, followed by a question-and-answer session.

This program is free and open to the public. Funding for this program was provided by The William and Sylvia Hunsberger Fund. Please call 301.733.0331 ext. 189 to register.

Continuing Education

Autism: A Therapeutic Model of Interventions • May 19, 2009

This collaborative program between Brook Lane and Hagerstown Community College will be held at the Merle S. Elliott Continuing Education and Conference Center at Hagerstown Community College from 8:00 a.m. – 4:15 p.m. This program is funded in part by the William and Sylvia Hunsberger Fund.

This seminar, presented by Jacob Greenspan, BA and Tim Bleecker, BA, will focus on the Developmental, Individual differences, Relationship-based (DIR) model and its practical application for use by those working with autistic individuals. The treatment philosophy is based on individualized strategies that focus on auditory, language, visual spatial processing, motor planning and sensory modulation in the mastery of the stages of relating, thinking and communicating using the DIR/Floortime model as well as Interactive Metronome training.

Professional continuing education credits will be provided for social workers, psychologists, counselors, therapists, nurses and nurse practitioners. Brook Lane is a NBCC approved provider.

The seminar fee is \$49.00. You may register by phone 301-790-2800, ext. 236 or visit www.hagerstowncc.edu/coned/seminars for more registration options. Please reference course number NRS 098A.



Development News

The Wicket Affair Garden Party

FRIDAY, JUNE 12, 2009

6:00 p.m - 8:30 p.m.

By Kay Hoffman, CFRE

To celebrate the 60th Anniversary of Brook Lane, The Wicket Affair Garden Party has been moved to Rockland Manor. This beautiful three story stone Federal-style house was built in 1803 by Colonel Frisby Tilghman (1773-1847) who was the son of the first Attorney General in Maryland. The home is listed on the Maryland Inventory of Historic Sites and is designated an official site of the National Underground Railroad Network to Freedom by the U.S. Department of the Interior.



Nestled among huge trees, the home is surrounded by gracious formal gardens with inviting walking paths.

Nearby stands a stone summer kitchen, a stone pump house, two original bank barns with lush pastures and grazing horses. Last year the home was featured as part of the Maryland Garden Tour.

Brook Lane is grateful to Michael Moreland and Jason Daisey for opening up their home to celebrate our 60th anniversary. The evening reception will feature delightful food prepared by Mr. Moreland, tours of the home and an auction.

Centerpieces for the event have been painted by the Apple Valley Painters and will be included in the auction. ©

For more information or tickets contact Kay Hoffman, CFRE
301-733-0331 ext. 228 or kay.hoffman@brooklane.org. You may purchase tickets online at www.brooklane.org.



pathways

Development News

Scoops & Wickets Family Day

SATURDAY, JUNE 13, 2009

9:30 a.m. - 1:00 p.m.

By Kay Hoffman, CFRE



The Brook Lane Campus will be hopping with excitement on Saturday, June 13, with the 4th Annual Scoops & Wickets Family Day. There will be lots to do for all ages. The staff from Allegany Dental Care will provide five fun games for children including pick-a-duck, ring toss, ladder game, tic tac toe and knock 'em down. Artists will do face painting; there will be a moon bounce, petting zoo and a clown. In addition, you can try your hand at croquet or bocce ball. All games are free! Homemade ice cream will be made right before your eyes. An auction will have numerous fun items for bidding and concessions will be available for a modest cost.

Monies raised will go into the newly formed Brook Lane Foundation that supports Brook Lane programs.

Information and directions are available at www.brooklane.org or by calling 301.733.0331 ext. 272 ☎



60th Anniversary Events

Reunion Picnic

Brook Lane Campus

Saturday, June 13, 2009

6:00 p.m. - 8:30 p.m.

This event will gather the Brook Lane Family from all 60 years to relax and enjoy an old fashioned picnic, share memories, visit and renew friendships. There will be photo albums and scrapbooks to share Brook Lane's history. If you have photos or other items to share, please bring them along.

The cost of the picnic is \$10 per person.

Registration is available online www.brooklane.org.

Please contact Curt Miller 301-733-0334 ext. 228 or curt.miller@brooklane.org for more information.



Sunday Worship Service

Brook Lane Campus

Sunday, June 14, 2009

11:00 a.m. Worship Service

Noon - 2:00 p.m.

Lunch and Campus Tours

Please join us for a worship service with special music. A tree dedication honoring Brook Lane's 60 years of caring will follow the service. Enjoy a home-style lunch in the refurbished Dining Hall. Walking and riding tours of the campus will conclude the day.

The cost of the luncheon is \$5 per person. Registration is available online www.brooklane.org.

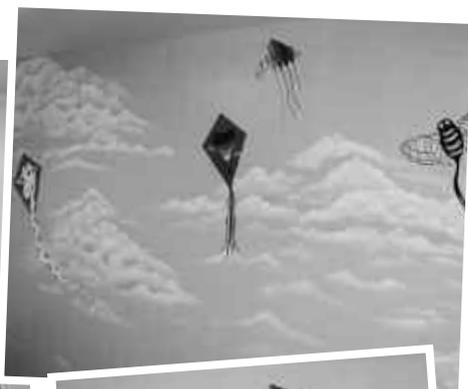
Please contact Kay Hoffman 301-733-0334 ext. 272 or kay.hoffman@brooklane.org for more information.

Play Therapy Room Gets New Look

By Curt Miller, Editor

The Apple Valley Painters contributed their time and talent in March to paint a beautiful mural in the Play Therapy Room at the hospital. The scene is composed of fluffy clouds rolling through blue skies with vibrant colored kites contrasting the calming backdrop. The painting is a wonderful gift to help create a safe and soothing environment for children.

Brook Lane extends its thanks to the following members of the Apple Valley Painters for sharing their time, supplies and skills to complete the Project: Mary Kay Anderson, Kathy Bless, Ruth Durgin, Faye Ganoë, Norma Hinkle, Barbara Noel and Jackie Wingert. ☺



Pastor's Corner

Farm to Farm

By Patricia Roof Robinson, LCPC, Associate Chaplain & Pastoral Counselor

Sixty years ago I was living on a farm in Carroll County, Maryland. Our family belonged to the Church of the Brethren (first cousins to the Mennonites); thus, my father, being a conscientious objector, did not see combat during World War II. However, he and my mother felt compelled to do something to restore life after the war.

Dan West, a farmer and visionary in our denomination, challenged members, who were primarily farm families at that time, to donate heifers to be shipped to Europe. The dream was that a heifer would be given to a family with the condition that the first heifer offspring would then be passed on to another family. This would provide their own milk and restore the livestock lost during the war. This is now known as HEIFER INTERNATIONAL.

Our farm was on the East Coast, close to the Port of Baltimore for shipping purposes. A few conversations and some handshakes later, heifers began to come to our farm in all modes of transportation. I learned then that I was a citizen of the world and I was placed here to make a posi-

tive difference in people's lives.

At the same time this was occurring on our farm, there was another "out of the way" farm in Washington County that was soon to be a significant place on the map. The Mennonite conscientious objectors served their country by working in State Mental Hospitals across the United States. They came away from that experience knowing that mental health care in this country MUST be delivered in a more humane manner. I cannot give you all the details, however, this farm on Leitersburg Pike was the first Mental Health Hospital owned and operated by the Mennonites in the United States.

It wasn't until 1960 that I learned of its existence. At that time I was experiencing symptoms of depression. Mental illness happened to other people! I sought answers from the church. One response was, "Good Christians do not become mentally ill." That wasn't helpful. I kept searching for answers and another pastor sent my parents and me to then Brook Lane Farm.

I am eternally grateful to those who

Pastor's Corner

persevered to deliver mental health care in a more humane manner. Dr. Helmut Prager and Roy Harnish, LCSW, assisted me on the path to my recovery. It was through this experience that I also gained a sense of my own mission and purpose in life.

I returned to Brook Lane Psychiatric Center in 1987 as Associate Chaplain, Pastoral Counselor and Licensed Clinical Professional Counselor.

As parishioners and pastors in the community, please refer those in need of emotional/mental/spiritual healing to a hospital just as you would if that same person needed heart bypass surgery. Your prayers will enhance the medical treatment.



Pastors at Brook Lane

By Pastor Ron Shank

Pastors, you are welcome at Brook Lane. Many patients really enjoy having their pastor visit them. Visiting hours at the hospital are 6:30 p.m. - 8:30 p.m. daily. If you need to visit at another time, you may be calling the nurses' station for an appointment. The need for confidentiality requires that we ask for a patient's ID number before we offer any information. If you need any help on these or other matters regarding Brook Lane, please give me a call at 301-733-0331 ext. 136. ☺

Brook Lane's Offerings to You as a Pastor:

1. Support to pastors in crisis (on an occasional basis or as many as five sessions without charge to you).
2. Five sessions without charge to members of a pastor's family.
3. Consultation on matters of church and ministry.
4. Referral information regarding Brook Lane or other services you or members of your family, staff, or congregation may need.
5. Assistance with ministering to members of your congregation who may be patients at Brook Lane.
6. Confidentiality in all the above.
7. Pulpit supply or teaching at your church as time allows.

Community Calendar

Understanding Mental Health Through Education

THESE FREE PROGRAMS ARE BEING OFFERED IN TWO LOCATIONS.
REFRESHMENTS WILL BE SERVED.

UNDERSTANDING CHILD AND ADOLESCENT DEPRESSION

By Eric Carbonell, M.D. • Brook Lane

This program will explore the signs and symptoms of child and adolescent depression, which may differ from adult depression. Current treatment models including medication and psychotherapy will be discussed. Child and adolescent depression is very treatable.

Tuesday, May 5, 2009

7:00 p.m. - 8:30 p.m.

Laurel Hall School in Frederick
4540 B Mack Avenue
Frederick, MD

Thursday, May 7, 2009

7:00 p.m. - 8:30 p.m.

Main Campus Community Room
13218 Brook Lane Drive
Hagerstown, MD

SUICIDE

By Corvin Robinson, M.D. • Brook Lane

Suicide remains a large problem in our society. Suicide is the eighth leading cause of death in the U.S. This presentation will focus on behavioral indicators associated with suicide and assessing risk factors and warning signs to prevent suicide.

Tuesday, May 12, 2009

7:00 p.m. - 8:30 p.m.

Laurel Hall School in Frederick

Thursday, May 14, 2009

7:00 p.m. - 8:30 p.m.

Main Campus Community Room

Community Calendar

GETTING THROUGH GRIEF

By Susan Corley, LCSW-C • Brook Lane

People usually tend to associate grief with death, which is accurate.

However, grief can encompass any type of loss that a person experiences such as divorce, move or transfer, job changes or loss, etc. This program will examine the grief process and explore coping skills to deal with the pain.

Tuesday, May 19, 2009

7:00 p.m. - 8:30 p.m.

Laurel Hall School in Frederick

Thursday, May 21, 2009

7:00 p.m. - 8:30 p.m.

Main Campus Community Room

COPING WITH EVERYDAY STRESS

By Melody Green, LCPC • Brook Lane

Participants will learn more about stress and how it affects their lives. The program will focus on coping mechanisms. Participants will experience stress reduction techniques including, progressive relaxation, breathing exercises, and meditation.

Tuesday, May 26, 2009

7:00 p.m. - 8:30 p.m.

Laurel Hall School in Frederick

Thursday, May 28, 2009

7:00 p.m. - 8:30 p.m.

Main Campus Community Room

Directions to Brook Lane's main campus and Laurel Hall School in Frederick are available on our website: www.brooklane.org. Please Call: 301-733-0331 ext. 607 or 800-342-2992 ext. 607 to register your attendance.

Individuals requiring special accommodations are requested to contact Curt Miller, 301-733-0331 extension 228 (voice) or through the MD Relay Service 1-800-735-2258 (voice/TDD), 6 days prior to the program to make arrangements.

First Annual Science Fair

By Curt Miller, Editor

On February 25, 2009, Laurel Hall School held its first annual Science Fair in the Community Room. Students from different grade levels participated in the event and created displays to document their experiments. Staff members across the campus were invited to visit the fair and check out the variety of projects.

Below are some of the research and experiment areas: salt crystal formation, sedimentary rock and soil, amounts of gluten in products, spaghetti construction and strength, glucose and yeast fermentation, anatomy and body systems—featuring giant model, Frank Georgenstein, smoking cessation, and skin and bone trauma. ©



From the Archives



BROOK LANERS OF THE 1970'S

This photo is from a staff fishing trip in the 1970's. In the photo (from left to right) are: Joe O'Donald, Rick Rock, Randy Kurtz, Shelly Koonze, Bud Shanholtz, and Howard Bloom.

Do you have a Brook Lane photo that you'd like to share? If so, contact Curt Miller at 301-733-0331 ext. 228 or curt.miller@brooklane.org.

Contact Brook Lane

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

Main Campus

13218 Brook Lane Drive
P.O. Box 1945
Hagerstown, MD 21742

301-733-0330 or 1-800-342-2992

www.brooklane.org

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P.O. Box 1945
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*Is your address correct?
If not, please let us know so we
can correct it. E-mail us at
curt.miller@brooklane.org.
Thanks!*



Outpatient Treatment for people of all ages

Short-term Hospitalization for people of all ages

Partial Hospitalization Program for children and adolescents

*Laurel Hall School special education program
Hagerstown and Frederick*

Stone Bridge Transitional Care Home for children and adolescents