

Pathways

The Newsletter of Brook Lane

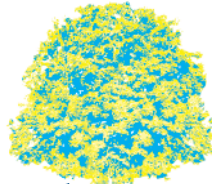
Winter 2010



Our brook with new fallen snow

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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.

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

Vision

A healthier community strengthened by comprehensive behavioral health services.

Board of Directors

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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

By R. Lynn Rushing



The success or failure of any organization is largely vested in the commitment and dedication of employees to the mission of the organization.

The ability of an organization to find employees who truly "buy-in" to the mission can often be measured by how long an employee stays with an organization. We had the privilege of honoring those staff recently who have passed significant milestones in their partnership with Brook Lane to provide service to the community. Sharon Gladfelter, Director of Health Information Services, received a 45 year service award, and we celebrate the fact that 67 of our employees have been with Brook Lane for more than 10 years.

Brook Lane annually presents the Helmut Prager Award for Clinical Excellence and the MVP Award for the employee who consistently excels

in demonstrating our Mission, Vision and Guiding Principles. The honor of these awards for 2009 go to Jenny McFarland and Tammy Vrooman. Please read more about our award recipients and staff members who were recognized in this issue of Pathways.

Brook Lane continuously strives to provide quality services in all of our programs. One of the ways we accomplish this is to have outside agencies review our work. Once every three years, The Joint Commission reviews our inpatient, outpatient and residential programs. Surveyors visit our programs for several days and review our facilities, the competence of our staff as well as the quality of our programs. I am pleased to say that following a survey earlier this month, we have maintained The Joint Commission accreditation for our programs.

Brook Lane's Report to the Community is a summary of events over the past year that we share with the community on an annual basis. A copy is included in this issue of Pathways. I invite you to review the Report and take the opportunity to learn more about the many ways Brook Lane is touching our community. ©

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Laurel Hall News

It's all about change!

By Kate Byers, LCPC

On Jan 18th Laurel Hall School welcomed the Partial Hospitalization Program (PHP) to the school. The PHP's new location allows the program access to the resources of the school to include library, computer lab, and teaching staff. Everyone is very excited about this new partnership between the school and PHP. Speaking of new and exciting programs have you heard about our school autism services?

Laurel Hall now offers an autism program, MAPLES, within our school program. This program has been designed by our Principal, Karen Nelson, Khendra Peay, M.D., Child and Adolescent Psychiatrist, and Jenny McFarland, LCSW-C, BCBA, Social Worker. The program is built on the student's strengths and around each child's individual needs. Multiple modalities and interventions are employed in order to accomplish each child's objectives. Utilization of research based best practices includes Applied Behavior Analysis, child centered relationship based model, incidental teaching, prompt hierarchy, and visual strategies.

As with all of our school programs there is an emphasis on family involvement providing both support and training, direct and individualized intervention, the use of varied teaching methodologies, and a functional approach to challenging behaviors. Additional program elements include use of assistive technology, social skills training, and one to one support as indicated. Transition planning with a focus on community access and mobility are key elements to our students' future successful integration into the community. All of this is accomplished through our interdisciplinary team approach and the provision of a continuum of services.

Our students are thriving and a major component of their success is coupling transition preparation with their academics and counseling. Transition services help our student population focus on their future and begin early, starting with identification of interests and strengths. From there, the students interview people in the workforce, research occupations, trade schools and colleges.

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Laurel Hall News

Continued from page 2

Rachel Klink, who has been with Brook Lane for 18 years, coordinates our transition services. Our students want and need opportunities to experience real life job training and preparation. Recently, several of our seniors were able to have job interviews conducted by Human Resources and Administration staff. This was a wonderful opportunity for them to receive feedback regarding their interviewing skills prior to that first anxiety provoking job interview.

Rachel would love for our students to have the opportunity to participate with community members on job training, mock interviews, volunteer opportunities, and hear guest speakers share their areas of employment. Our students have many and varied interests and would like to learn more about the world of work. What a great opportunity for local businesses to assist a young person in adapting to the world of work. If you are interested in assisting our school students, please contact Rachel, 301-733-0331 ext. 287. ☺



Above and at Left: The new Partial Hospitalization Program Classroom and Group Room.

Employee News

Employees of Recognition



2009 Helmut Prager Award for Clinical Excellence

The Helmut Prager Award for Clinical Excellence was created in 2008 to recognize Brook Lane's first medical director and in celebration of our 60th anniversary. This award is presented to a clinician who displays outstanding clinical skills and has consistently demonstrated our mission and guiding principles.

The honor of the 2009 Helmut Prager Award for Clinical Excellence goes to Jenny McFarland, LCSW-C. Jenny is an outpatient therapist and has worked at Brook Lane since 2001. Her commitment to excellence and service is demonstrated daily and her compassion for others is evident in her interactions with both patients and staff. She has expanded Brook Lane's treatment regime for autism and is widely known for her passion in this area. Jenny has a high energy level and is always looking for ways to improve and expand the outpatient program. Patients and families view Jenny as a caring, competent professional. She is truly an asset to the Brook Lane organization.

Thanks and Congratulations, Jenny McFarland! ©



2009 MVP Award

The MVP award was created in celebration of Brook Lane's 60th anniversary to honor the employee who consistently excels in demonstrating our Mission, Vision and Guiding Pinciples.

The honor of the 2009 MVP Award goes to Tammy Vrooman. Tammy is the Medical Records Coordinator and has worked at Brook Lane for over four years.

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Employee News

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In her nomination, Tammy was described as someone who develops and maintains a good relationship with other departments and is able to handle the increased stress of her job with a smile. She is always receptive to the numerous demands that are placed on her and is very dedicated to her work, going the "extra mile" to help others. Tammy is consistently pleasant to work with, responsive and respectful of others in performing her duties.

Thanks and Congratulations, Tammy Vrooman! 🍷

EMPLOYEE SERVICE AWARDS FOR 2009

45 YEARS

Sharon Gladfelter

35 YEARS

Cindy Weaver
Donna Needham

25 YEARS

Virgie Small
Teresa Fields

20 YEARS

Dave Evason
Majorie Seylar

15 YEARS

Skip Klauka
Chris Banzhoff
Kathy Caesar
Corriene Kurz, M.D.
Wayne Palmer

10 YEARS

Benelle Hammer
Marianne Poper
Ben Webber
Kris Hoffman
Kate Byers
Kim Howe
Melanie Gray
Susan Asbury
Mark Martin
Charlene Augustine
Mike Helman

*Thank you
for your
years of
service to
Brook Lane!*

5 YEARS

Tina-Marie Carter
Cheryl Green
Tony Oberholzer
Stephanie Paul
Tedd Smith
Marlene Burkett
Mike Rhoderick
Kim Catlett
Emily Wright
Jennifer Peifer
Shannon Bryan
Sean Abbott
Will Ryder
Lauren Gibble
Cheryl Hade
Joanie Horst
Alice Jones

Development News

Family Supports Brook Lane with Christmas Gifts

By Kay E. Hoffman, CFRE

Lu and Joe Marletta and their daughter Renee Williams celebrate December birthdays. This year was a special birthday as Lou would turn 75, Renee would celebrate 50 and Joe would hit 76! Birthdays are tough to celebrate during the Christmas holiday, so this year they decided that in lieu of exchanging Christmas gifts they would purchase items from the Brook Lane wish list. They were very generous to Brook Lane as they brought many boxes of fun gifts, including new sports equipment, art and crafts supplies, school supplies, books, toys and Christmas decorations. Thank you for sharing the true meaning of Christmas with Brook Lane. ©

Christmas at Brook Lane

Many thanks to donors and staff who helped to make Christmas brighter for our clients.



Above: Joe & Lu Marletta, Renee & Luke Williams

Development News

Citi Volunteers

By Kay E. Hoffman, CFRE

On November 7, 2009, Citi's Global Community Day, a team of 11 local Citi employees volunteered their time to help Brook Lane. Their project for the day was to paint three classrooms at Laurel Hall School. That same day, thousands of Citi employees participated in more than 1,000 projects around the world in 100 countries. We greatly appreciate their efforts – the rooms look great! ☺



Above: Lauren Sweetser, Vince Bourdeau, Stacy Beard, John Tokar, Erin Mack, Shaye Hernandez, Nicole Elustondo, Kay Ditch, Glenn Munsee, Elaine Porteus and Kim Jenkins.

SAVE THE DATE

THE WICKET AFFAIR

Friday, June 11, 2010
Vincent Groh Home
(the historic Thomas Pangborn mansion)
603 Oak Hill Ave.
Hagerstown, MD

SCOOPS & WICKETS FAMILY FUN DAY

Saturday, June 12, 2010
Brook Lane Campus

Pastor's Corner

Remembering Esther

By Pastor Ron Shank

HAVE YOU EVER WONDERED WHY YOU ARE WHERE YOU ARE RIGHT NOW? ARE YOU IN A PARTICULAR MINISTRY BY ACCIDENT? IS YOUR LIFE MERELY THE RESULT OF RANDOM DECISIONS AND CONSEQUENCES? I DOUBT IT. THAT CERTAINLY WASN'T THE CASE FOR A GIRL NAMED ESTHER.

One of the most courageous stories of the Bible is the story of Esther. There are lessons to be learned from her experience that should challenge each of us as to why God has placed us in our current position of ministry.

Nearly twenty-five hundred years ago in the land of Persia, Haman, the king's second in command, hoped to use his status to elevate himself and annihilate every Jew in the kingdom. Haman obtained King Xerxes' approval for his plan by dishonestly telling the king of a people "whose customs are different from those of all other people and who

do not obey the king's laws" (Esther 3:8). All looked grim for the Jews.

Sovereignly, not long before, a beautiful girl named Esther caught the king's eye. Xerxes fell deeply in love with Esther and made her queen of the realm. It just so happened that Esther was Jewish.

Esther was told of the terrible tragedy awaiting her people. But Esther felt powerless to help. In Persia, at that time, a queen couldn't approach a king uninvited. To do so could incur the death penalty. But at that point Esther had to answer an important question proposed to her by her cousin Mordecai.

"Do not think that because you are in the king's house you alone of all the Jews will escape. For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to royal position for such a time as this?" (Esther 4: 13-14)

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Pastor's Corner

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What did Esther do? Play it safe and avoid the issue? Or take a risk and get involved? She didn't waste much time pondering her options: "Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.'"

(Esther 4: 15-16)

Esther was fearless as she put it all on the line.

Throughout scripture God calls us to take risks. Noah could not continue life as usual and build an ark at the same time – he had to risk looking foolish. Moses could not stay in the desert herding sheep and fearlessly stand before Pharaoh at the same time – he had to risk facing his past. Ruth risked the familiar to strike out with her mother-in-law. Gideon took a risk to face an army of thousands with only three hundred men. Peter, Andrew, James, and John left the security of their fishing business to follow Jesus.

Esther answered her important question appropriately. As a result, though things looked dicey for a while, the good guys staged a rally and crushed the villains. God won a great victory. This only happened because Esther faced an important question and risked giving the right answer. The bad guy, Haman, is forced to honor a Jew

(Mordecai) and instead of killing all the Jews, is hanged on his own gallows. Instead of the death penalty for approaching the king, Esther is given the power to spare all the Jews. Beyond that, the Jews are

given authority to kill those who had persecuted them and to confiscate their property. As a result, many non-Jews decide to become Jews.

I wonder: Are you currently facing a tough situation or decision? Why does God have you in the position you're in? Will you trust that He hasn't made a mistake? Will you take a risk in order to really follow Him? ☺

**"FOR SUCH A
TIME AS THIS?"
ESTHER 4:14**

Pastor's Corner

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.



The brook on Brook Lane's Campus after a snow this winter.

From Our Chaplain

The Secret Place

By Pastor Ron Shank

Do you sometimes struggle with feeling disconnected from God? Do you strain to feel God's presence when you pray? Does He seem distant to you? Do you long to know that He is with you, right now, drawing near to you?

If your answer to any of those questions is "Yes," then I have some wonderful news for you. There is a guaranteed way into God's presence. Jesus Himself gave us the key.

"But you, when you pray, go into your room, and when you have shut the door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:6)

Jesus spoke these blessed words. When Jesus taught on prayer, He gave primary emphasis to the secret place. In fact, the first thing He taught concerning prayer was the privacy of the secret place. In the verses that follow the above verse, He would teach us how to pray, but first He teaches us where to pray.

Jesus said, "Your Father who is in the secret place." Jesus is saying that God the Father is already in the secret

place. He has gone ahead of you; He is waiting for you. The moment you get to the secret place, you are immediately in the presence of your Heavenly Father.

Jesus affirms the fact that God the Father is in the secret place again in verse 18 of this same chapter. "So that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:18) Jesus has twice affirmed the fact that God is in the secret place so we know that it is an absolute fact.

To get to the secret place, all you have to do is shut your door. In other words, get alone with God. Be in a place of seclusion where you can focus all your attention on God the Father, to truly be in His presence.

When you "go into your room, shut the door," you are in the presence of your Father. Instantaneously! It matters not how you feel or the burdens you may bring. At that moment, you can know with absolute confidence you have stepped into the

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From Our Chaplain

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chamber of your Father in heaven. The secret place is your portal to the throne, the place where you taste of heaven itself. To understand this is to gain one of the greatest secrets to intimacy with God. When you know you are in the immediate presence of your Father, your spirit and soul will often respond to that knowledge with heartfelt connectedness.

Jesus warns earlier in the chapter that this intimate time with God is not to be done to impress men, "... do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men." (Matt. 6:5) They have their reward. But for the one who goes to their room and shuts the door, there is waiting an intimate time with God that will open the floodgates of heaven's blessings. ☉

Brook Lane News

Autism Services Expanded

Winter is not usually associated with growth, yet Brook Lane is growing to meet a community need. There have been a greater number of requests for treating young people on the Autism spectrum or Pervasive Developmental Disorder spectrum. Laurel Hall School at our main campus and in Frederick, work with a number of students with Autism. Outpatient services are another area of treatment for this complex issue.

Khendra Peay, M.D., Child and Adolescent Psychiatrist, and Jenny McFarland, LCSW-C, BCBA, Therapist, have developed a program that incorporates medication management, structured individual therapy, group therapy and family therapy as needed to help these young people. Brook Lane is adding more space to the offices at North Village in Hagerstown to allow us to better serve this special needs population. The therapy rooms will be spacious to accommodate more activity with children and specialized equipment. The build out is in process and expected to be completed in the near future. ☉

In the Community

Brook Lane Staff Present at Long Meadows Rotary Club

On January 11, 2010, Khendra Peay, M.D., Child and Adolescent Psychiatrist, and Jenny McFarland, LCSW-C, BCBA, Therapist spoke to members of Long Meadows Rotary Club of Hagerstown. They shared information on treating children and adolescents with Autism Spectrum Disorders. Dr. Peay and Ms. McFarland reported the development of additional Autism services and expanding space at the North Village site. The Long Meadow's Rotary Club Foundation has made a gift to Brook Lane to assist with programming needs. ©

Brook Lane Staff Visit Legislators in Annapolis

Kate Byers, Director of Education, and Karen Nelson, Principal of Laurel Hall School, joined with many other members of MANSEF (Maryland Association of Nonpublic Special Education Facilities) on January 19, 2010 to interact with representatives from across the state. Ralph Hertges, Director of Residential Services, was in the State Capital on January 28, 2010. He was representing Brook Lane in meetings with our legislators arranged through MARFY (Maryland Association of Resources for Families and Youth). ©

Mark Martin, LCSW-C Speaks with Grandparents Group

On February 2, 2010, Mark Martin, LCSW-C, Outpatient Therapist, spoke to members of the Grandparents Support Services Group through the Washington County Commission on Aging. The topic of the meeting was Attention Deficit Hyperactivity Disorder. ©

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

www.brooklane.org



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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