

FALL 2020

PATHWAYS

Hope ■ Healing ■ Recovery

**BROOK
LANE**



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PATHWAYS is the quarterly publication of Brook Lane: a non-profit mental health facility that helps individuals of all ages achieve emotional and behavioral well-being through education and treatment. Our programs and services include: hospitalization, day treatment, outpatient therapy, substance use treatment, a youth residential home, special education school and educational opportunities.

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.

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

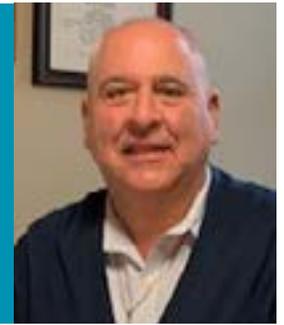
13121 Brook Lane ■ Hagerstown, MD 21742

301-733-0330 or 1-800-342-2992 ■ www.brooklane.org



Brook Lane is affiliated with Mennonite Health Services

Using Your Faith in Tough Times



Whether you're struggling with the fear, isolation or difficulties in life as a result of the coronavirus, or you find yourself facing sickness, loss or unexpected hardships, or you're just having one of those weeks where nothing seems to go right, relying on faith can help to carry you through.

The following are some suggestions of how to allow your faith to help guide you during the difficult seasons in life.

1. Maintain Your Faith

Continue your authentic relationship with God. Schedule times of prayer and worship as part of your day. Pray that God will soften your heart during the difficult times and make the worship times not "routine," but true worship. Desire to come to know and understand God's love in your life and what He is asking of you.

"But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul."
Deuteronomy 4:29

2. Find Practices that Bring You Peace

Read portions of scripture that reassures you of God's plans and purposes in your life. Listen to music that inspires you and draws you close to God.

"Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee."
Isaiah 26:3

3. Lay Your Struggles Before God

During hard times, bring your true emotions and lay them at the feet of Jesus. It is His wisdom and love that gives us confidence and hope, even when our emotions struggle.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Philippians 4:6

You need to be able to say to God, "I am doubting you. I am angry with you. I am feeling torn apart. Help me!" I think saying out loud how we feel to God allows Him to respond back in our heart and through others and there can be spiritual peace.

4. Find the Good

Remember to have a heart of gratitude and find some good in your day, to claim it as good and to tell someone of that good.

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18

Remember that God is bigger than COVID-19. He is bigger than anything we may face and through faith we can come out on the other side of our struggle triumphantly.

Pastor Ron Shank is the Director of Pastoral Care at Brook Lane. He provides spiritual counseling for patients, clients, students and staff. He is the author of numerous articles on faith and mental health and provides community outreach by preaching to local congregations to educate on issues of mental health. Pastor Ron leads Sunday morning services in Brook Lane's chapel. He earned a Bachelor of Science degree in pastoral counseling from Liberty Baptist College.

Does My Child Need a Therapist?

by: Jenna Garner, LCSW-C

All children and teenagers go through an array of emotions, situations, and behaviors. Yet some children struggle more than others. One in every five children struggle with some kind of mental health concern. So how do you know if a child or teen needs more support? How do you decide to seek a professional for help?

Therapy for children and teens can be very beneficial, especially if you can be proactive and address a problem before a childhood difficulty becomes more serious. Having someone outside of your family, that your child can trust, can have an enormous impact. If your child or teenager has any of the following, a therapist can help:

- Problems in multiple areas of life. For instance, behaviors or negative emotions are not only being seen at home, but your child's concerning behaviors and emotions are being seen by others or in other environments in addition to their home.
- Persistent feelings of sadness or hopelessness. This could be crying spells, often talking about being sad and hopeless, needing a lot of comfort, experiencing a death or loss, breaking down over small things, holding in tears and/or isolating.
- Constant verbal or physical anger or aggression and a tendency to overreact to situations. Behaviors such as hurting animals or setting fires.
- Persistent worry, anxiety, or fearfulness. There are many ways that this could present itself. It could look like your child or teenager is worrying excessively about the future, fidgeting, avoiding situations, asking a lot of questions, having trouble separating from a parent/guardian, repeating behaviors over and over to calm oneself, washing hands constantly, having outbursts in challenging situations, or reacting to a recent traumatic event.
- Preoccupation with a physical illness or their own appearance. They can start feeling bad about themselves, or feel less confident. Showing concerns with self-esteem.
- Having signs of self-harm. This doesn't have to be just cutting on their arm. Check legs, stomach, and other body parts. Self-harm can also include head banging, hair pulling, or picking, scratching, burning, or punching oneself.
- A sudden, unexplained drop in grades at school.
- A loss of interest in activities, friends, or things that they once enjoyed. Lack of motivation and energy for things they used to find fun.
- Showing significant and consistent changes in patterns of sleeping or eating. Having nightmares regularly.
- Hearing voices that aren't there, talking to things or seeing things that do not exist.
- Expressing thoughts of suicide. This could be in written or verbal form.
- An inability to concentrate, think clearly, or make decisions. Your child or teenager can't sit still or focus on one task for an extended amount of time. They can be easily distracted or unorganized. The concern is if all of these things are interfering with their success in chores, school work, social functions, and/or daily functions.
- Alcohol or drug use.

If your child or adolescent is struggling with an emotional or behavioral concern, there is hope for healing and recovery.



Photo 146333700 © Duzhnikova | Dreamstime.com

Reaching out for help with any of these behaviors can be tough. There is no shame in asking for help. It doesn't mean you are a bad parent, guardian, or role model. It just means a different perspective or some more expertise is needed. Having someone outside of your family to talk to can be powerful. Sometimes just having that unbiased ear makes all the difference.

What to Expect:

When a child or adolescent is referred for therapy, the therapist typically likes to meet with both the child and parent/guardian for the initial session. The first session is designed to introduce everyone to the therapeutic process. The client (and parent/guardian) will have the opportunity to feel out the situation, meet the therapist, and become comfortable with the therapy setting, which may be in an office or a virtual telehealth session. As therapy progresses, the child will likely meet with the therapist alone. This provides an opportunity for the child to share feelings that may be difficult to discuss in the presence of a parent or guardian.

The relationship and trust built between the client and the therapist can be a powerful tool in the process of change and healing. This relationship enables the therapist to help the child identify areas in need of change and make suggestions and plans for improvement. A therapist can help a client normalize and change perspective regarding behaviors, thoughts or feelings. Child and adolescent clients are more likely to accept things about themselves or about what they have been through when they discover it with the help of someone outside of the family. In addition to working with the child, the therapist may meet periodically with parents/guardians to help them learn strategies to support their child and to build a healthier family environment.

Therapy provides an opportunity for self-discovery in a safe environment. If your child/adolescent is struggling

with an emotional or behavioral concern, there is hope for healing and recovery. A therapist can help you navigate many kinds of situations and provide you with effective techniques and strategies to help regain balance in your lives. If you'd like to seek help from a Brook Lane therapist, give our intake/admissions office a call at 301-733-0330 to schedule an appointment for an evaluation.

Jenna Garner, LCSW-C, is a licensed clinical social worker practicing individual, family and group therapy at Brook Lane's North Village outpatient office. She also provides therapeutic services in Washington County Public Schools as a part of a grant-funded program. She has more than 13 years of experience working with children, teenagers, families, and adults in a variety of settings. Jenna is a graduate of West Virginia University with her bachelor's and master's degrees in social work. Her education and career have always focused on her passion for working with children and families.



BROOK LANE NEWS

Washington County Gives a Success

Thank you to everyone who supported Brook Lane on Tuesday, September 22, 2020 during Washington County Gives. Brook Lane was one of 85 non-profits in Washington County to participate in this 24-hour online giving period to support local charities. We are excited to announce that we raised \$6,900 in one day, thanks to our great friends in this community. Many people who need mental health care simply cannot afford the services. The money raised as part of this initiative will be used to help ensure that all of our families, friends and neighbors will always have access to critical mental health programs when they need it. Thank you again for your support!



Tim Delbrugge Appointed CFO



Brook Lane welcomed Tim Delbrugge, CPA as Chief Financial Officer at the end of August. Originally from Montgomery County, Maryland, Tim received his Bachelor of Science in Business Administration degree with a dual major in accounting and finance from Bryant University in Smithfield, RI.

He began his career at Price Waterhouse in Baltimore in various positions from Staff Auditor to Senior Manager. As the VP, Chief Accounting Officer at Helix Health, Tim played a part in the merger to form what is now MedStar Health in the late 90s. His near decade tenure with W.R. Grace & Company took him to Germany, where as the CFO of EMEA (Europe/Middle East/Africa), Tim oversaw an international finance team based in several different countries. After helping to grow the business as the CFO for Welocalize in Frederick, a position which brought him back to the state of Maryland, Tim gained consulting experience as the Interim CFO

for The Seed School of Maryland. Most recently, Tim was the Executive Director, Controller at Meritus.

Tim lives in Sabillasville, MD, in a house he built. He has a dog, a boxer named Rock. "At the end of the day, working in an industry that helps people is important to me," says Tim. "I may not work directly with patients but being able to help an organization make strategic decisions that impact our community in a positive way is rewarding."

Rachel Hull Leads Educational Services



Rachel Hull joined the Brook Lane staff as the Director of Educational Services at the end of July. Rachel received her Bachelor of Science degree in clinical psychology from Marshall University in Huntington,

WV, where she played Division I volleyball. She then earned a master's degree in school emphasized psychology from Capella University and a master's degree in applied behavioral analysis from The Chicago School of Professional Psychology.

She began her work in education in a classroom for self-contained students in the disability category of Autism. She then spent six years in the Berkeley County Board of Education's Special Education Office. While there, she provided eligibility services and guidance to children with Autism and emotional/behavioral disorders. She also assisted teachers with student-specific interventions, developed therapeutic environments for classrooms, and coordinated and developed district-wide 504 plans for students.

Rachel and her significant other, Eric, live on a 100-acre horse farm in Berkeley County, West Virginia with their three year-old daughter, Ashby, and two dogs named Soho and Lincoln. She enjoys running and working out and has completed a duathlon and a half marathon. "The Brook Lane Laurel Hall staff is compassionate

and hard-working,” says Rachel. “Their willingness to go above and beyond to meet the mental health needs of our students is inspiring.”

Welcome New Medical Staff

AMY FEHRMANN, MD



Dr. Fehrmann is an adult and child/adolescent psychiatrist working with patients at Brook Lane’s main campus in outpatient and inpatient treatment. She received her medical degree from Georgetown University School of Medicine, Washington, DC and completed her adult psychiatry residency, as well as her child and adolescent psychiatry fellowship, at the University of Maryland Medical Center in Baltimore. Dr. Fehrmann joined the medical staff in August.

AISHA REIKOW, PMHNP



Aisha Reikow is a certified psychiatric mental health nurse practitioner working on Brook Lane’s inpatient unit and with clients in outpatient therapy on the main campus. She received a Bachelor of Science degree in nursing from Immaculata University, Immaculata, PA and a Master of Science degree in nursing from the University of Pennsylvania, Philadelphia, PA. Ms. Reikow joined the medical staff in July.

RICHARD ROTHMAN, MD



Dr. Rothman is an adult psychiatrist working with inpatients in the hospital on Brook Lane’s main campus. He is a Diplomate of the National Board of Medical Examiners and is certified in general psychiatry from the American Board of Psychiatry and Neurology. Dr. Rothman received his medical degree from the University of Virginia, Charlottesville, VA and completed his residency in psychiatry at St. Elizabeths Hospital, Washington, DC. He joined the medical staff in September.

Staying Safe This Holiday Season

By: Jamie Blackwood, Campus Police & Safety Office

The holiday season is typically “the most wonderful time of the year,” but it also can be a dangerous time of year if you do not exercise caution and good judgment. Did you know that ladders are one of the biggest hazards that can cause injuries around the holidays? As balance and coordination decline with age, safety experts advise that some people, especially older people, should refrain from using ladders. Ask a younger family member, neighbor or friend to help you hang your Christmas lights.

Another common risk during the holiday season is fire. Unattended candles, dried-out Christmas trees and old or damaged strings of Christmas lights are often the culprits.

OTHER SAFETY TIPS TO CONSIDER THIS SEASON

According to the National Safety Council, you should follow the precautions below during the holidays to make sure you and your family stay safe:

- Prepare your car for winter and pack an emergency kit for long road trips.
- Keep poisonous plants, such as mistletoe, holly and amaryllis, away from small children and pets.
- Place your tree away from fireplaces and radiators.
- Turn off all lights and decorations when you go to bed or before you leave your house.
- Never leave burning candles or a fire in the fireplace unattended.
- To avoid injury or death, always make sure to have a designated driver available to take you home if you plan to drink at a party or gathering.
- Take time to reflect on the true meaning of the season and tend to your own mental, physical and spiritual well-being.

BROOK LANE RESPONDS:

Adapting to a Pandemic

The world as we knew it changed drastically in mid March of 2020. Washington County and surrounding schools were quickly closed, wearing a mask became an every day occurrence, people were sent home to telework and stay-at-home orders were put into place. Cases of COVID-19 were sky-rocketing across the country and local emergency rooms were crowded with people who had or suspected they had the virus. It was one of the most scary times that many of us can remember in our lifetimes.

A leading provider of mental health care in this region, Brook Lane is an essential business and remained open and available to provide much-needed services for individuals in the community throughout the COVID-19 pandemic this year. Our medical and therapeutic providers, maintenance and food service staff, housekeepers and others became essential personnel. We instituted a number of safety precautions in our programs for clients and staff, while continuing to provide critical mental health and addiction treatment.

Processes were put into place to provide rapid access to outpatient therapy, psychiatric evaluations, addiction counseling, inpatient and day treatment programs—all to alleviate wait times. TeleMental Health appointments were quickly made available in our Frederick and Hagerstown outpatient locations, and for psychiatric evaluations on the main campus.

Our in-person appointments have safety protocols in place, such as temperature checks, COVID-19 symptom questionnaires, wearing face masks, and social distancing. Our facilities are cleaned and disinfected thoroughly and



We salute our more than 500 employees for their dedication to helping others. Pictured above representing our many programs and services are left to right: Fred Edell, M. Div., LCPC, Outpatient Therapist; Rebekah Welty, Housekeeper; Karen Forsyth, RN, Inpatient Nursing Supervisor; Ben Clopper, Maintenance Lead; Denise Weaver, Cook; Jennie Baile, RN, BSN, School Health; Gulmira Ibragimova, Admissions Coordinator; and Irene Garcia, Sr. Application Analyst.

our employees follow best practices for hand hygiene, temperature checks, as well as self-monitoring for symptoms. We have been doing this for everyone's protection and to provide the level of care individuals have come to rely on from Brook Lane.

We temporarily restricted visitation to patients in our hospital, to maintain a safe environment. Our ECT and Child & Adolescent Partial Hospitalization (day treatment) Programs were closed. As of the beginning of October, we are happy to announce that both C&A PHP locations have now reopened.

It is difficult to know the long-term mental health effects living through a pandemic of this nature will have on our community. We have posted a series of helpful blog articles on our website to help people cope with the stress and anxiety that the coronavirus has created.

Mental health care plays a vital role in a thriving community. Now more than ever, it is important that Brook Lane continues to be here, to help you on your journey to hope, healing and recovery.

UPCOMING SEMINARS AND FREE COMMUNITY PROGRAMS

CONTINUING EDUCATION

SUBSTANCE USE AMONG BABY BOOMERS

Friday, December 4, 2020
Presenters: Amanda Barnhart, LCSW-C & Donna Fogle, LCSW-C, LCADC
8:30 am – 11:45 am (3 hours)
Location: Virtual through Zoom
Fee: \$79.00

IMPLICIT BIAS IN THE CLINICAL SETTING

Friday, January 29, 2021
Presenters: Jennifer Kelman, PhD, Director of the Child Welfare Academy, UMD School of Social Work & Tara Doaty, PhD
8:30 am – 11:45 am (3-hours)
Location: Virtual through Zoom
Fee: \$79.00

EATING DISORDERS IN PERSONS WITH HIGHER WEIGHTS

Friday, February 26, 2021
Presenter: Kelley Allison, PhD, Professor of Psychology in Psychiatry, Perleman School of Medicine, Philadelphia, PA
8:30 am – 3:45 pm (6 hours)
Location: Virtual through Zoom
Fee: \$119.00

INTEGRATIVE PSYCHIATRIC TREATMENT APPROACHES FOR NEURODEVELOPMENTAL DISORDERS

Friday, March 19, 2021
Presenter: Angela Dumitrache, MD, CMHIMP
8:00 am – 12:15 pm (4 hours)
Location: Beaver Creek Country Club
Fee: \$89.00

32ND ANNUAL CHILD WELFARE WORKSHOP: “OUR CHILDREN, OUR COMMUNITY”

Wednesday, April 7, 2021
8:00 am – 3:15 pm (5 hours)
Location: Historic Maryland Theater
Fee: \$69.00

Cancelled

For more information or to register for a continuing education seminar visit: www.brooklane.org

Contact Deb Staley at Deb.Staley@brooklane.org or 301-733-0331 x1189 with questions.

FREE COMMUNITY PROGRAM

HANDLING HOLIDAY STRESS DURING A PANDEMIC

Friday, December 4, 2020
12:00 pm – 1:00 pm
Presenter: Robin Morris, LCSW, Brook Lane
Location: Virtual Presentation Via Facebook Live

To register for a free community program visit: www.brooklane.org

More programs will be posted on our website homepage, under Upcoming Events, as they become available. For more information, contact Curt Miller at curt.miller@brooklane.org or 301-733-0331 x1228.

JOYCE BURKHOLDER JOINS BOARD OF DIRECTORS



Joyce Burkholder joined the Board of Directors in June 2020. She also serves on Brook Lane's Development Committee. Born and raised in Belleville, PA in Mifflin County, she moved to Chambersburg, PA 39 years ago when she married her husband Mark.

Joyce has a passion for helping others, as her long and impressive career in health care demonstrates. She received her RN diploma from the Geisinger Medical Center School of Nursing and then earned her bachelor of nursing degree from York College. Later she received her master's degree in nursing leadership from Wilson College.

She began her career working in medical surge and over the years has also gained experience in emergency nursing, outpatient/same-day services and gastroenterology nursing. She served as the Director of Acute Care Services at the Fulton County Medical Center before her current role as Heart Failure Coordinator at WellSpan Cardiology.

Joyce and Mark have four grown children and nine grandchildren. Three of their children live in Lancaster County, PA and the other lives in Chambersburg. Together they have been operating a dairy farm for the past 36 years.

Joyce has served on the boards of other organizations and appreciates being able to learn more about their causes and giving back to the local community. "I am hoping to broaden my horizons on another important area of healthcare by serving on the Brook Lane Board of Directors," says Joyce. Although it has been challenging to join a board in the middle of a pandemic, Joyce looks forward to the day when this group will be able to meet and interact in person to further the Brook Lane mission.

In her spare time, Joyce enjoys reading, gardening and playing the organ at the Chambersburg Mennonite Church, where she is a member.

Are you a member of a local Mennonite or Brethren Church? Would you like to give back to your community and make sure that much-needed mental health services are always available? Consider serving on Brook Lane's Board of Directors. If interested, please contact Lynn Rushing, CEO at: lynn.rushing@brooklane.org

BROOK LANE BOARD OF DIRECTORS

Larry Bayer, *Chair*
Ray Miller, *Vice Chair*

Joyce Burkholder
Geoff Coleman
Heather Hinkle
Lauren Huguenin
Sharon Kuhns
Ernesto Lopez

Twyla Rowe
Tod Salisbury
Lisa Smith
Christopher Stockslager
Kelly Weaver

EASY WAY TO HELP LIFT SPIRITS DURING THE HOLIDAYS

We are searching for elves to make Christmas a little brighter for Brook Lane clients. On average, we have 40 patients in the hospital on Christmas Eve/Christmas Day. You can imagine how lonely and tough it would be to spend Christmas in the hospital. To lift spirits, we are hosting a Wal-Mart gift card drive. Brook Lane staff will go shopping at Wal-Mart a few days before Christmas to ensure that each and every inpatient has some special gifts to open on Christmas day!

These gift cards will also be used in the event that any Laurel Hall student finds themselves in extenuating circumstances. One year, a student's family became homeless in mid-December. We were able to provide that student with presents to open on Christmas morning. The holiday season can be difficult for those in great need, physically, mentally and emotionally. Your gift card will help Brook Lane clients experience some happiness this Christmas morning! Please send gift cards to the attention of Julie Herman, Director of Marketing, 13121 Brook Lane, Hagerstown, MD 21742 by December 11. If you would rather we purchase the gift cards for you, please send a check or make a donation through our website and let us know that it should be used for this purpose. Feel free to contact Julie Herman with any questions at julie.herman@brooklane.org or 301-733-0331 x1272. Thank you for making this season a little merrier for those who need it the most.



OUR LOCATIONS & SERVICES

MAIN CAMPUS

13121 Brook Lane, Hagerstown, MD 21742

Inpatient Hospital
Outpatient Therapy
PHP/Day Treatment (for children and adults)
Stone Bridge Home
Laurel Hall Special Education School
Continuing Education Seminars
Free Community Programs

NORTH VILLAGE OUTPATIENT

18714 North Village Plaza, Hagerstown, MD 21742

Outpatient Therapy
THRIVE (for children)
InSTEP Substance Use Treatment

FREDERICK OUTPATIENT

5301 Buckeystown Pike, Suite 170, Frederick, MD 21703

Outpatient Therapy
THRIVE (for children)

LAUREL HALL SCHOOL FREDERICK

4540 Mack Avenue, Frederick, MD 21703

Laurel Hall Special Education School
Child & Adolescent PHP/Day Treatment

301-733-0330

www.brooklane.org

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Contact Curt Miller at:
curt.miller@brooklane.org to
correct your address.

SAVE
THE
DATE!

Saturday, April 24, 2021 | 6:00 p.m. to 10:00 p.m.
Brook Lane's Bridge to Hope Affair

at the Washington County Museum of Fine Arts

DUE TO THE PANDEMIC, THIS EVENT WILL NOW BE POST-
PONED. WE WILL SHARE DETAILS WHEN A NEW DATE HAS
BEEN SET.