

FALL 2022

PATHWAYS

Hope ■ Healing ■ Recovery



**BROOK
LANE**



WHAT'S INSIDE

Now Offering Innovative
Deep TMS

Director of Therapeutic
Services Joins Team

Brook Lane's Golf Classic
Set for Oct 28



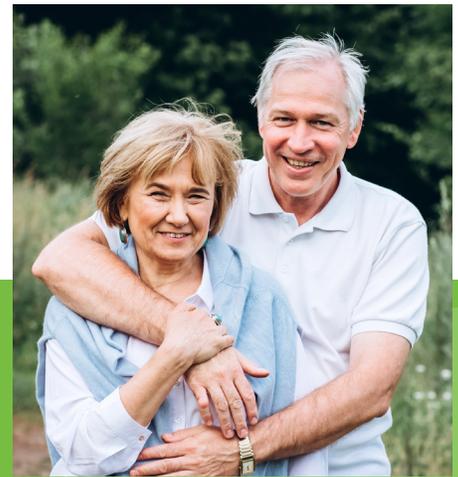
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PATHWAYS is the triannual newsletter of Brook Lane: a non-profit mental health facility with more than 500 employees in four locations throughout Washington and Frederick Counties in Maryland. Our programs and services include: hospitalization, partial hospitalization/day treatment, outpatient therapy (including ECT & TMS), substance use treatment, a special education school and continuing 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.

OUR GUIDING PRINCIPLES Drawn from the life and ministry of Jesus Christ: integrity, compassion, service, stewardship, excellence, and respect.



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

13121 Brook Lane ■ Hagerstown, MD 21742

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

Brook Lane is affiliated with Mennonite Health Services

Sowing and Reaping



Autumn is my favorite season of the year. The beautiful colors of the changing leaves. The cool weather. The flocks of migrating birds. Seasonal flavors like apple and pumpkin. The warm glow of a fire. All these things help make this time of year special. Fall has been a time of celebration for many centuries in many cultures. This is because fall is the time of harvest. Farmers and gardeners have worked long hours through the rain of spring and the heat of summer to till fields, plant seeds, remove weeds, and water crops. All that hard work pays off in the fall during harvest.

Of course, some crops are harvested at other times of the year. However, most crops are harvested around the autumn months. This is a happy time of year because the farmer and gardener reap the rewards of their hard labor. They now have crops that they can sell at the market. All the people who depend on the farmers and gardeners for their food are also joyful in this season. It is a time of much rejoicing.

Were there possibly difficult times before the harvest and the rejoicing? Most certainly there were, but the farmer/gardener remained committed to the task of raising a crop no matter what hard circumstances needed to be faced.

So true is this lesson of the harvest in our lives as followers of God. Galatians 6:9 (from The Message) says, "So let's not allow ourselves to get fatigued doing good. At the right time, we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith."

You and I, as followers of God, are to daily plant the seeds of the Fruit of the Spirit in our world according to Galatians 5:22-23. "But the fruit of the Spirit is love, joy, peace, long suffering, kindness, goodness, faithfulness, gentleness and self-control."

As we plant the seeds of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, are we planting a crop that will produce much good in our world? Is planting the seeds of the Fruit of the Spirit an easy crop to plant? Not always, but we will reap a wonderful harvest if we don't give up or quit. May God bless you as you plant seeds today. The harvest will come!

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.



Innovative Deep TMS Added to Brook Lane's Lineup of Services

by: Dr. Lynn Feldman, DO, MPH

Brook Lane is excited to offer a new treatment option for those with major depression called Deep Transcranial Magnetic Stimulation (TMS). TMS is a noninvasive, anesthesia-free treatment available to treat depression by using magnetic stimulation of the brain. There are numerous treatment options available to those diagnosed with depression, but many patients struggle to experience significant symptom relief and cope with negative medication side effects. Deep TMS is a well-tolerated, highly effective option that can facilitate a profound improvement in a patient's mental health.

HOW TMS WORKS

TMS therapy uses short pulses of magnetic fields to stimulate brain areas that function differently in patients with depression and other disorders. The magnetic field produces an electric current to stimulate brain cells, which allows beneficial changes to the brain for people who have major depressive disorder. During the TMS therapy procedure, patients wear a helmet and sit comfortably in a chair. They are awake and alert throughout the treatment.

HOW TMS TREATS MAJOR DEPRESSION

Individuals with major depression who seek help from therapists are often prescribed medication by doctors to help control the symptoms. Although this works well for many patients, there are some for which medicine has little or no effect on their symptoms.

TMS is an alternative treatment that activates specific brain regions that are affected by depression. TMS targets specific areas of the brain that regulate mood with magnetic pulses. Each patient receiving TMS is mapped to find their specific location and the intensity of the

magnetic pulses to stimulate their neuronal pathways in the region of the brain that should be stimulated. Mapping provides doctors with the information they need to provide individualized treatment.

Following mapping, individualized treatment sessions will begin. The treatments are not invasive, do not require any anesthesia, and consist of a series of gentle electromagnetic pulses delivered to key areas of the brain to enhance brain function. These pulses are delivered through coils in the helmet and feel like mild tapping on the scalp. Several treatments are given over time to promote better neural function and relieve depression. The stimulation strengthens the neural pathways leading to symptom relief. The treatment is similar to getting the rest of your body back in shape – it takes time to be effective. Varying from patient to patient, the average initial phase of treatment consists of 36 sessions over a six-week period. Each session typically takes 20 minutes. After the initial phase, the patient will enter the continuation, or maintenance, phase. The visit frequency tapers off from treatment five days a week down to once a week.

TMS VERSUS DEEP TMS

Brook Lane uses a modern form of TMS called Deep TMS with a coil superior to older TMS machines. Studies have shown that remission rates for those who complete 30 sessions of Deep TMS were 60% versus treatment with medications alone. The response rates for Deep TMS were 67% versus 44% for older TMS treatments. Remission rates for Deep TMS with 30 treatments were nearly 75% versus those completing 20 sessions with a remission rate of 65%. The treatments are specific to the brain and do not usually involve the rest of the body.

“There are none of the systemic side effects commonly associated with antidepressant medication. Anesthesia is not required so the patient may return to a normal routine immediately following treatment.”

TMS RESULTS

TMS therapy is well tolerated and has been proven to be safe in clinical trials. Throughout more than 10,000 active treatments performed in clinical trials, the most commonly reported side effect was scalp pain or discomfort during treatment sessions. These side effects were generally mild to moderate and occurred less frequently after the first week of treatment. The TMS treatment trials demonstrated its safety, with no occurrence of seizures. However, there could be a small risk of a seizure occurring during therapy. This risk is no greater than using other treatments for depression. Less than 5% of patients treated with TMS therapy discontinued treatment due to side effects. Providers can usually make adjustments to reduce any discomfort. Some patients use over-the-counter remedies such as Tylenol or aspirin before treatment sessions.

“There are none of the systemic side effects commonly associated with antidepressant medication,” said Dr. Michael Hann, Brook Lane’s Chief Medical Officer. “Anesthesia is not required so the patient may return to a normal routine immediately following treatment.”

BROOK LANE’S TMS TEAM

Brook Lane’s TMS Team consists of: Dr. Michael Hann, Chief Medical Officer, Dr. Jamal Fawaz, Dr. Lynn Feldman, Dr. David Gonzalez, Dr. Richard Rothman, Deb Bisenieks, Director of Support Services/Physician Practice Manager, and Teri Morris, TMS Clinical Operator.

WHO QUALIFIES FOR TMS?

While TMS therapy has been proven effective, not all patients will benefit from it. Patients should be carefully monitored for worsening symptoms, signs or symptoms



of suicidal behavior or other unusual behavior. Families and caregivers should also be aware of the need to observe patients and notify their treatment provider if symptoms worsen. There is a slight risk of seizure, but these occur in less than 0.1% of people. TMS does not result in memory loss.

To see if you qualify for this innovative new treatment, please ask your mental health care provider or contact Brook Lane at TMSadmin@brooklane.org or 301-733-0331 x1146. Additional information regarding Deep TMS can be found at: www.brooklane.org.

Lynn Feldman, DO, MPH is an adult and child/adolescent psychiatrist treating patients at Brook Lane’s Frederick outpatient office. She is certified by the American Board of Psychiatry and Neurology in general psychiatry, child and adolescent psychiatry and addiction medicine. She treats patients with a variety of disorders including autism spectrum disorder, attention deficit hyperactivity disorder, and anxiety, mood and psychotic disorders. She is also a member of the TMS Team.



BROOK LANE NEWS

Cory Shives Named Director of Therapeutic Services



Cory Shives, LCPC joined the Brook Lane staff as Director of Therapeutic Services in July. In this capacity, he will be overseeing the partial hospitalization programs, admissions department and inpatient therapists. He received a bachelor of science degree in psychology and a master of science degree in counseling psychology from Frostburg State University. He currently is enrolled in an MBA in healthcare management program, also at Frostburg. Cory comes to us from Meritus Behavioral Health where he was a Lead Counselor for Outpatient Behavioral Health. Prior to that he worked as a Clinical Coordinator for Inpatient Behavioral Health at UPMC Western Maryland. He is a National Certified Counselor, an Approved Clinical Counseling Supervisor and a Licensed Clinical Professional Counselor.

Welcome New Medical Staff



Jennifer Douglas is a certified Psychiatric Mental Health Nurse Practitioner providing services in our inpatient unit. Ms. Douglas earned a Master of Science degree in nursing from Simmons University, Boston, MA. She received her post-graduate certificate to become a Psychiatric Mental Health Nurse Practitioner from Wilkes University Passan School of Nursing, Wilkes-Barre, PA. Ms. Douglas joined the medical staff in August.



Dawn Jenkins is a Doctor of Nursing Practice and a certified Psychiatric Mental Health Nurse Practitioner providing services to clients at our North Village Outpatient office. She earned her Master of Science in Nursing from Winston-Salem State University, Winston-Salem, NC. Ms. Jenkins received both her Doctor

of Nursing Practice and Psychiatric Mental Health Nurse Practitioner certification from East Carolina University in Greenville, NC. She joined the medical staff in August.



Dr. Carrie Lewis is a child and adolescent psychiatrist working in our inpatient unit on main campus. She received her Doctorate degree at the University of Kansas School of Medicine, Kansas City, KS and completed her residency at the George Washington University School of Medicine, Washington, DC. Dr. Lewis completed her fellowship with the Children's National Medical Center's Department of Child & Adolescent Psychiatry in Washington, DC. She joined the medical staff in August.



Janevine Onyeanuna is Doctor of Nursing Practice and certified Psychiatric Mental Health Nurse Practitioner in Brook Lane's Child & Adolescent Partial Hospitalization Programs on our Main Campus and at our Frederick location. Ms. Onyeanuna received a Bachelor of Science degree in nursing from Walden State University and both her Psychiatric Mental Health Nurse Practitioner degree and Doctor of Nursing Practice from Brandman University, Irvine, CA. She joined the medical staff in August.

Thanks to Modern Woodmen



Thanks to Modern Woodmen of America, Rick and Lynn Bibbee and the Leitersburg Volunteer Fire Company for their continued support.

A benefit concert was held in July and matching funds were provided by Modern Woodmen of America to Brook Lane in the amount of \$996.

Thermo Fisher Donation Enhances Sensory Room

Employees from the Thermo Fisher Distribution Center in Frederick (*pictured below*) donated \$876 to the Laurel Hall School in Frederick in July. The Distribution Center team held a fundraiser for autism and chose Laurel Hall to be the recipient of those funds. A group of employees from Thermo Fisher were provided a tour of the school prior to presenting the donation. The funds will be used to purchase new equipment for the sensory room. Brook Lane is grateful for the support and looks to further this partnership.



Grateful for the United Way



In July, the Laurel Hall School in Hagerstown was awarded a grant from the United Way of Washington County, MD. United Way staff took a tour of Main Campus and of Laurel Hall and

discussed ways to partner in the future. The \$795 grant will be used to help fund a new water bottle refilling station in the school.

Pictured left to right: Kelli Tencer, Director of Community Impact & Investments, United Way, Rachel Hull, Brook Lane's Director of Education Services, and Neena Russell, Laurel Hall Hagerstown Principal

Staff Med-Tech Certified

In June, several staff at Laurel Hall School in Frederick completed an intensive 20-hour training to become Certified Medication Technicians. This training prepares them to be able to safely administer medications to our students. It also educates them on the unique



health problems our student population struggles with and the medications that our students take to treat and manage their symptoms. The training included classroom hours

along with real-life practice sessions, teaching them medication administration procedures and how to correctly document their actions. Their hard work and willingness to take on this additional task demonstrates true dedication and service to our students!

Front row left to right: Ashley Bender (new hire med tech), Mindy Satterfield, Amanda Tapscott Back Row, from left to right: Artaz Brown, Maureen Aiple, Heather Butts

Partners Support Graduation

Thank you to the following organizations for donating items to make the June graduation ceremony at our Laurel Hall School in Frederick a memorable event:

The Common Market, Frederick
 Dunkin' Donuts, Westview Drive
 McDonald's, Buckeystown Pike
 Be Outspoken, LLC
 Wegmans, Frederick
 Thorpewood, LLC

Milestone Anniversaries

The following staff celebrated anniversary milestones in the last quarter. We thank them for their years of service and dedication in helping our clients on their road to hope, healing and recovery:

5 YEARS

Alison Davis
 Heather Grove
 Jacqueline Whalen
 Sophia Pringle
 Tara Brown
 Rebecca College
 Heather Petro
 William Bowyer
 Kayla Burns
 Sarah Hills
 Dori Kozain
 Daniel Moats

10 YEARS

Mark McCutcheon
 Jessica Sterrett
 Kim Mirch

15 YEARS

Maria Myers

20 YEARS

Deborah Malberg

Join us on
Friday, October 28, 2022

8:00 am

Scramble Format

Penn National Golf Club
Fayetteville, PA



Brook Lane Foundation

Sponsorships and Foursomes
Still Available for a Limited Time!

Questions?

Contact Chris Boryan at
chris.boryan@brooklane.org or
301-733-0331 x1721.

Sponsorship registration is due
ASAP and foursomes should register
by October 15.
Sign up at: www.brooklane.org

Caring for the Caregiver Resource Fair - November 11

In recognition of National Family Caregiver Month, Brook Lane and Potomac Case Management Services will be hosting a free Caring for the Caregiver Resource Fair and two virtual events via Facebook Live.

The Caring for the Caregiver Resource Fair will be held on **Friday, November 11, 2022** from **10:00 am to 2:30 pm** at the EM Tobias Family Center Atrium, 324 East Antietam Street in Hagerstown. The Fair will feature exhibitors who specialize in helping individuals providing care to loved ones due to physical or mental illness, as well as a keynote speaker, free lunch and an afternoon session on important aspects of the caregiving journey.

Schedule of Events

10:00 am Exhibit Hall Opens

10:30 am Welcoming Remarks

10:45-11:45 am Keynote Speaker

11:45 am-1:00 pm Complimentary Boxed Lunch/Exhibit Hall

1:00-2:00 pm Session on Common Aspects of the Caregiving Journey

2:00-2:30 pm Exhibit Hall

If attending the free Caring for the Caregiver Resource Fair on November 11, register at www.brooklane.org so we have an accurate lunch count. Questions? Contact Julie Herman at julie.herman@brooklane.org or 301-733-0331 x1272.



BROOK LANE
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UPCOMING SEMINARS AND COMMUNITY PROGRAMS

CONTINUING EDUCATION SEMINARS

INFIDELITY AND AFFAIRS: HELPING COUPLES HEAL THEIR BROKEN HEARTS

Wednesday, November 9, 2022

8:30 am - 11:45 am (3 hours)

(8:00 - 8:30 am sign-in to Zoom waiting room)

Presenter: Robert Scuka, PhD, MSW, LCSW-C

Zoom Seminar

Fee: \$79.00

ASSESSMENT AND INTERVENTION STRATEGIES FOR PREVENTION OF SUICIDE AMONG HIGH-RISK YOUTH

Tuesday, December 6, 2022

8:30 am – 11:45 am (3 hours)

(8:00 - 8:30 am sign-in to Zoom waiting room)

Presenters: Pamela Rakhshan Rouhaktar, PhD and Keira O'Donovan, MA

Zoom Seminar

Fee: \$79.00

For complete details or to register, visit: www.brooklane.org.
Contact Curt Miller at curt.miller@brooklane.org or 301-733-0331 x1228 with any questions.

COMMUNITY PROGRAMS

COPING WITH FEELINGS OF GUILT AND SHAME

Thursday, October 20, 2022 from 6:00 pm - 6:45 pm

Presenter: Sarah Schiffres-Grove, LCSW-C

Free on Facebook Live

CAREGIVER VIRTUAL EVENTS

In honor of National Caregiver's Month, there will be two Facebook Live events in the month of November dedicated to topics for those taking care of a loved one. Dates, times and topics will be announced on our website and social media channels soon, so check back for all of the details.

Free on Facebook Live

YOUTH MENTAL HEALTH FIRST AID

Monday, November 7, 2022

8:00 am - 5:00 pm (7:30 am check-in)

Instructor: William Brick, BA, CTP

Location: Brook Lane Main Campus (Community Room)

Fee: \$10.00

ADULT MENTAL HEALTH FIRST AID

Friday, December 9, 2022

8:00 am - 5:00 pm (7:30 am check-in)

Instructor: William Brick, BA, CTP

Location: Brook Lane Main Campus (Community Room)

Fee: \$10.00

You must register for the Mental Health First Aid classes in advance at www.brooklane.org, under Upcoming Events. No registration is required for the Facebook Live events. Questions? Contact Curt Miller at curt.miller@brooklane.org or 301-733-0331 x1228.

LISA SMITH: CHAMPION FOR THE DEAF COMMUNITY



Lisa Smith joined the Brook Lane Board in August of 2017 and is now in her second term. She also serves on the Brook Lane Development Committee.

Lisa is a school social worker at the Frederick Campus of Maryland School for the Deaf. She wanted to be a bridge between the deaf community and Brook Lane and begin the process of educating and advocating for equitable services needed by the deaf community. As she learned more about the mission and history of Brook Lane, she was impressed and thought that becoming a board member would allow her to be a contributing voice to represent the needs of the deaf community.

While working many years ago at Richmond Community Hospital, she began taking sign language classes at the local community college to meet the needs of deaf patients. Lisa moved to Maryland in 1988 after accepting a job at Montgomery General Hospital as a full time psychiatric social worker. She developed tumors on her vocal chords and was unable to speak for over two years. Eventually having surgery and speech therapy, her voice was restored.

Lisa received an undergraduate degree in sociology and a certificate of study in gerontology from Hampton University. She then attended Virginia Commonwealth University (VCU) and received a graduate degree in social work with a specialization in medical social work.

Born and raised in Philadelphia, PA, Lisa now lives in Boonsboro, MD. She has two adult children- a daughter who lives outside of Los Angeles, CA, who is the CEO of her own social media/public relations agency and a son in his senior year at North Carolina A&T University, majoring in computer science engineering.

Lisa is an avid collector of antique and contemporary dolls. The dolls are made from porcelain, clay or cloth. Each doll has a history and a few are one of a kind.

“I am proud to serve on the Brook Lane Board of Directors. Under the guidance and direction of Brook Lane CEO, Jeff O’Neal, and other administrative staff, I believe the future of Brook Lane is headed in a great direction,” says Lisa. “I am especially thrilled about Brook Lane expanding its community focus, services and partnerships with other agencies.”

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. Contact Cheryl Schnebly at: cheryl.schnebly@brooklane.org if interested.

BROOK LANE BOARD OF DIRECTORS

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

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Lauren Huguenin

Rev. Twyla Rowe
Tod Salisbury
Lisa Smith
Christopher Stockslager
Kelly Weaver

CATHY'S STORY

“I Credit Brook Lane with Saving My Life”

Cathy's life has been filled with much anxiety and trauma. Starting at the age of five, she was sexually abused by her older brother and several other boys that were friends of her family. She never shared this with anyone for fear of what might happen. She carried the trauma of these horrible experiences with her into adulthood, unfortunately choosing a husband who also was abusive. Their marriage was tumultuous. After discovering his multiple affairs and being both sexually and mentally abused by him, Cathy felt overwhelmed and wanted to get away from the situation permanently.

Filled with so much stress and anxiety from her marital situation, Cathy couldn't eat and lost 40 pounds in four weeks. At her lowest point, she took an overdose of pills. Her sister had spoken with her on the phone and knew that she didn't sound well, so she picked up a friend who was an EMT and rushed to Cathy's house. They had to break down the door to get in. After having her stomach pumped, Cathy was referred to Brook Lane. That was 1985 and things were different then than they are now. Today, the average length of

stay on the inpatient unit is 9-11 days. Back then, Cathy stayed for five weeks. Those five weeks completely changed her life.

When she first arrived at Brook Lane, she felt hopeless. She didn't have any desire to get out of bed, eat or get dressed. She regretted that her sister had found her. At that point, she wasn't thinking of her children or anyone else. “The staff at Brook Lane was amazing,” says Cathy. “They made me get up, get dressed, comb my hair and eat three meals a day - all things that I needed to do to get better.” The staff also encouraged her to exercise and work on craft projects. “They didn't coddle you, but helped you to see what you needed to do to recover.”

Visits from the chaplain and group therapy were two of the most powerful aspects of Cathy's recovery. “Brook Lane is such a great place. It doesn't remind you of a stereotypical psychiatric hospital,” says Cathy. “The staff got to know who you really are and the best way to help you move on with your life.”

Cathy did move on from that terrible time in her life. She now has been married to her second husband, Jim, for 27 years and finally has the happy, supportive marriage that she deserves. Altogether they have four children, six grandchildren and three great grandchildren. Their beautifully blended family likes to camp, fish, hunt and go on a family vacation together annually. Cathy also enjoys cooking and baking.

“You are a victim and survive, but the trauma doesn't go away,” says Cathy. “Brook Lane gives you the tools to know it wasn't your fault and teaches you the coping mechanisms to succeed.” Cathy feels very good most days. When she does feel down, it's usually because of current physical issues not related to her earlier trauma. “I really credit Brook Lane with saving my life,” she says.





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13121 Brook Lane
Hagerstown, MD 21742
301-733-0330
www.brooklane.org



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chris.boryan@brooklane.org
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OUR LOCATIONS & SERVICES

MAIN CAMPUS

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

NORTH VILLAGE OUTPATIENT

18714 North Village, Hagerstown, MD 21742

Outpatient Therapy
THRIVE (for children)
InSTEP Substance Use Treatment

FREDERICK OUTPATIENT

5301 Buckeystown Pike, Suite 170, Frederick, MD 21704

Outpatient Therapy
THRIVE (for children)

LAUREL HALL SCHOOL IN FREDERICK

4540 Mack Avenue, Frederick, MD 21703

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

301-733-0330
www.brooklane.org