

SPRING 2022

PATHWAYS

Hope ■ Healing ■ Recovery



MAY IS MENTAL HEALTH AWARENESS MONTH

Mental illness is not a choice, but recovery is!

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Pandemic

New Director of
Development Joins Team

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April 30



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CHAPLAIN'S CORNER From Pastor Ron Shank

Won't You Be My Neighbor?



I've entitled this article "Won't You Be My Neighbor?" from the theme song of the Mr. Roger's Neighborhood TV show. I believe Fred Rogers tried to teach the principle Jesus taught through the story of the Good Samaritan of being a good neighbor through his life and his television show. I would like to remind all of us of our responsibility to be that Good Neighbor.

The way the Good Samaritan responded to the Jew as a neighbor can be described in three "C" words.

The Good Samaritan was **COMPASSIONATE**. In verse 33, the text says that he felt compassion. Instead of turning a blind eye, the Good Samaritan felt compassion for the man in his horrible situation. In order to be a good neighbor, people have to begin to feel the pain of those who are hurting.

Jesus was the perfect example of someone who could feel compassion for those who were hurting. Matthew 9:36 states, "And seeing the multitudes, He felt compassion for them, because they were distressed and down-cast like sheep without a shepherd."

When a person experiences compassion, they will be moved with mercy. There was no logical reason why the Samaritan should interrupt his plans to help this man but because he had compassion, he offered the man his help.

The Good Samaritan was **CARING**. Verse 34 tells us how caring this man was. He bandaged his wounds, poured oil on him, and put him on his donkey to take him to the inn. The Good Samaritan was kind and took special care of this man. It is easy to stand in the crowds and say that you hurt for the person but it takes true love to reach out and begin to care for that person. This man gave of himself.

The Good Samaritan was **COMMENDABLE**. Verse 35 tells why the Good Samaritan is commendable. The man has already gone beyond the call of duty. Before he leaves for his travels, he insures that the Jew will be looked after. He pays the innkeeper and gives him some more to provide for his care. He was helping him with his problems today and providing help for him in the future also. The Good Samaritan went the extra mile.

Let me close by saying God calls each of us to be that Good Neighbor. It may be money, time or even our skills that God wants us to give – but He does want us to give!

2 Corinthians 9:7c says, "God loves a cheerful giver." Luke 12:28 says, "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked."

The question is, WILL YOU be the Good Neighbor?

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, day treatment, outpatient therapy, 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.

BROOK LANE 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

Managing the Emotional Challenges of a Prolonged Pandemic

by: Jessie Davis, LCSW-C

May is Mental Health Awareness Month - a time to shine light on the importance of taking care of our mental health, just as we take care of our physical health. It is a time to break down the long-held stigma associated with seeking help whenever we have mental or emotional concerns. After the past two years of living through a pandemic, it is OK, and some might say commendable, to ask for help when you need it.

Whenever I think about COVID-19, I can't help but picture Steve Urkel, the fictional character on the 1980s sitcom Family Matters. While entertaining, Urkel was relentless, irritating, and disruptive – just like COVID-19. Unlike Urkel, there is nothing entertaining about COVID-19. In fact, many of us are finding ourselves increasingly anxious and overwhelmed by this persistent pandemic.

It is important to know that anxiety is a normal and helpful emotion. Anxiety is our brain's way of alerting us to danger. It is like our brain's smoke alarm. Unfortunately, anxiety is only an effective alarm when the danger is visible, fixed, and short-term; COVID-19 has been anything but this. We cannot see the virus, it has been very unpredictable and it certainly is not short-term. Just this past December, we celebrated COVID-19's 2nd birthday. It feels like the minute we start to understand the virus and things return to normal, something changes.

Anxiety flourishes in spaces filled with uncertainty and instability. For some, the anxiety bell has adjusted and re-calibrated to this new reality – it is no longer a deafening alarm. For others, however, anxiety has become a prominent and debilitating feature of life—deafening sounds and intrusive flashing lights signaling danger more often than not.

Anxiety can look different depending on who is experiencing it. For some, anxiety is primarily thought-based, the “what if” thoughts that lead us to anticipate potential catastrophe. For others, anxiety is largely physical, with symptoms such as a racing heart, clammy hands, and overall restlessness. Anxiety is no longer healthy or helpful when it prevents you from living your life and enjoying relationships. Unhealthy anxiety might look like excessive hand washing, cleaning and sanitizing, feeling restless or fatigued, having difficulty sleeping or experiencing insomnia, having trouble concentrating, being irritable or feeling tense.

So, what can we do to manage the emotional toll of this prolonged situation? How can we find calm when there is a legitimate danger out there that we cannot see or control?

Establish and Maintain a Routine

For those who have been working from home over the past two years, you have gotten out of the house significantly less often than pre-COVID times. Do what you can to maintain a routine. Dress for the day; get out of your pajamas and into your “work-from-home clothes.” Start and end your day at a regular work time and take a scheduled lunch break away from your work area. Taking a brisk walk during lunch can help you feel refreshed. Routine and predictability can help to reduce stress and anxiety.

Be Prepared, Not Scared

Anxiety thrives on making us focus on what we cannot control. Draw a circle on a piece of paper. Inside the circle write down all the things related to COVID that you can control (e.g. getting vaccinated, washing your hands, wearing a mask, social distancing, etc.) Outside the circle write down the things you cannot control (other people, the virus, etc.). When you find yourself

“COVID-19 isn't going away anytime soon and neither is anxiety. This is not something we can control, but we do have some power to manage how we let it affect us.”

feeling anxious, remind yourself of all the things you have done and continue to do to reduce your risk.

Limit Your Intake of COVID-Related News

Identify one or two reputable sources of information related to COVID-19 and limit how much attention you give to the daily coverage. Avoid sensationalized headlines and articles. Many news sites will post anxiety-producing headlines to attract your attention. Be aware and be careful. Do not allow yourself to be held captive by their news cycles. News outlets make money by stirring up your anxiety.

Engage in Self-Care

This prolonged pandemic has burdened us in ways that most have never experienced before. It is more important now than ever before to take care of ourselves. Purposefully make time to prioritize yourself, physically, emotionally, mentally, spiritually, and creatively. Remind yourself of the things you like to do and self-schedule some time to engage in these activities during the week. If you miss going to the gym but aren't comfortable being around others, spend some time outside or schedule a regular exercise time at home and search for YouTube workout videos. Meditation is a helpful tool to combat stress and anxiety. Sitting in a quiet area practicing deep breathing techniques can help release the tension in your body and refresh your mind. Paint your nails, sketch, journal, FaceTime with friends, etc. Get creative and find a way to do things that bring you joy.

COVID-19 isn't going away anytime soon and neither is anxiety. This is not something we can control, but we do have some power to manage how we let it affect us. Focusing on what we can control will help us feel more balanced and relaxed. Work to build your resilience to the stress of the unknown. Be purposeful about



setting and keeping a routine and practicing self-care. Good physical and mental health habits help to build resilience to stress, anxiety and depression. If you or a loved-one are suffering from anxiety that is negatively affecting your daily life, talk to your doctor or seek the help of a trained mental health therapist who can help you gain the skills necessary to achieve balance and joy. Anxiety is a very common and treatable disorder and you do not have to suffer alone. Having a mental health condition is not a choice, but seeking help to recover is. As we celebrate Mental Health Awareness Month this year, don't be afraid to take that first step in improving your mental health!

Jessie Davis, LCSW-C, is a licensed clinical social worker providing therapy for children and adolescents at Brook Lane's Frederick THRIVE program, a family-focused program that assists children in building relationships, and developing positive coping and communication skills. She has a special interest in helping children and adults build coping skills to help with the emotional stress of the prolonged COVID pandemic.



BROOK LANE NEWS

Chris Boryan Joins Team as Director of Development



Chris Boryan joined the Brook Lane staff as Director of Development on February 21. "I believe Brook Lane offers hope and healing to those in need," says Chris. "I look forward to getting to know the community and helping to further Brook Lane's mission."

Chris was born in Lynchburg, VA and raised in Chambersburg, PA. He received a Bachelor of Science degree in agricultural and applied economics from Virginia Polytechnic Institute and State University, Blacksburg, VA. He also earned a Master of Public Administration degree from Shippensburg University, Shippensburg, PA. He brings with him impressive experience in grant writing and administration, donor acquisition and cultivation and relationship building and collaboration with internal and external partners to benefit the community.

Chris gained varied experience throughout his career in finance, guest services, supervision, building brand recognition, and event management. He most recently was the Grants and Donor Relations Manager at the Fulton County Medical Center Foundation in McConnellsburg, PA.

Chris lives in Greencastle, PA with his wife Meghin and two daughters – Harper, 2, and Ellie, 9 months. In his spare time, he likes tending to the animals they have at their home, volunteering and spending time with his little ones. He also enjoys singing classical music. They attend Merge Community Church in Chambersburg, PA.

"I am excited for the opportunity to play a role in supporting programs and initiatives that positively impact the mental health of our region," says Chris.

Welcome New Medical Staff



Andrea Allen is a certified Psychiatric Mental Health Nurse Practitioner working with clients in outpatient therapy and patients in the Adult Partial Hospitalization Program on the main campus. She received a Bachelor of Science in nursing from Eastern Mennonite University, Harrisonburg, VA and a Master of Science in nursing for her Psychiatric Mental Health Nurse Practitioner certification from Shenandoah University, Winchester, VA. Ms. Allen joined the medical staff in January.



Dr. David Strickland is an adult psychiatrist practicing at our Frederick Outpatient Office. He is certified by the American Board of Psychiatry & Neurology in Adult Psychiatry. Dr. Strickland received his Medical Degree from Bowman Gray School of Medicine, Wake Forest University, Winston Salem, NC. He served as an intern and resident at North Carolina Baptist Hospitals, Winston Salem, NC. Dr. Strickland joined the medical staff in February.

Brook Lane Supports the GO FOR BOLD Initiative



GO FOR BOLD is an exciting community challenge for Washington County residents to lose 1 million pounds together by 2030! The community has already lost over 28,244 pounds. Whether you live, work or play in Washington County, you can join the GO FOR BOLD movement. Seventy two Brook Lane employees have already signed up and lost more than 340 pounds! Sign up today by visiting: www.healthywashingtoncounty.com/goforbld.

Thankful for Community Support During the Holidays

We would like to extend our gratitude to the following organizations and individuals who have continually supported Brook Lane patients and students over the holidays.



WLR Automotive Group made a generous donation of food items so that several of our Laurel Hall students and their families in need could have nice Thanksgiving meals. They also donated several Walmart gift cards to help with other expenses.

Apple Valley Artists, a group of individuals representing various artistic mediums, have taken up a collection at their holiday celebration for many years, and donate the funds so that Brook Lane can purchase gifts for the children and adolescents staying in our inpatient unit on Christmas Day.



Atlas Williams, a local young adult, has also supported Brook Lane for several years. This year Atlas stopped by with 51 pair of fluffy socks to ensure that each of our patients would have something comforting and warm to open on Christmas morning.



The week of Valentine's Day, Rick and Lynn Bibbee, from Modern Woodmen of America, delivered gift bags for each inpatient child and adolescent, including candy and puzzle books.

They also filled large baskets with snacks to thank our employees for the role they play every day in helping our community members on their road to hope, healing and recovery. We are thankful for their continued support of mental health care programs and services.

Two Staff Presented Mission in Motion Awards



Vinnie Caesar, Security Personnel Lead and Brandi Zimmerman, registered nurse in the Electro-convulsive Therapy (ECT) program, recently received Mission in Motion Awards. This award, presented by Brook Lane CEO Jeffery O'Neal, recognizes

and honors staff members who demonstrate exceptional dedication and loyalty to Brook Lane's guiding principles of integrity, compassion, service, stewardship, excellence and respect. Vinnie was nominated by colleague Deb Staley who wanted to recognize his exceptional customer service skills, responsiveness to the needs of others, and his commitment to a high standard of service. He received the award in January. Brandi was nominated by colleague Deb Long, LPN in recognition of her strong leadership and support of co-workers, and maintaining a calm, professional demeanor. She received the award in February.



Milestone Anniversaries

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

5 YEARS

Theresa Morris
Josh Swope
Colleen Smith
Dawn Summers
Stephen Defino
Steve Dorty

10 YEARS

Lisa Pyne
Mae Dixon
Gratia Johns-Boehme

20 YEARS

Belinda Axline
Tammy Beckner

30 YEARS

Betsy Magaw



Brook Lane invites
you to the



Saturday
April 30, 2022

6:00 - 10:00 pm

Washington County Museum
of Fine Arts

EVENT SCHEDULE

6:00 pm Welcome reception featuring the smooth jazz of Kerensa Gray

7:00-8:30 pm Dinner & brief program with speaker Dr. Michael Hann, Brook Lane's Chief Medical Officer

8:30-10:00 pm Dessert & coffee bar featuring River Bottom Roasters craft coffee & decadent selections from Lillian's Bakehouse, music by Electrolinear, silent auction winners announced

Exciting silent auction items include:

Gift cards for massages and Hagerstown restaurants, tickets to a Maryland Theatre show, 2-night cabin stay at Middle Creek, a lavender wreath, Cue candles, Italian dinner for 10, 3-night get away in Ocean City, pet supplies, car care packages, Western MD Scenic Railroad dinner train tickets, 7-night stay in Williamsburg, 14 kt. yellow gold necklace, and more!

Don't miss out on being a part of Brook Lane's inaugural mental health awareness fundraising event! Visit www.brooklane.org to purchase tickets or become a sponsor.

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

UPCOMING SEMINARS AND COMMUNITY PROGRAMS

CONTINUING EDUCATION SEMINARS

In Recognition of Mental Health Awareness Month
**THE CONNECTION BETWEEN
ATTACHMENT AND SUBSTANCE
USE DISORDER**

Wednesday, May 18, 2022
8:00 am – 12:15 pm (4 hours)
(7:30 am check-in & continental breakfast)
Presenter: John Houton, LCPC, CAADC
Beaver Creek Country Club
Fee: \$89.00

In Recognition of PTSD Awareness Month
EMDR THERAPY

Wednesday, June 8, 2022
8:30 am – 11:45 am (3 hours)
(8:00 am check-in & continental breakfast)
Presenter: Stacy Lane Stoddard, LCMFT, Certified EMDR
Provider, Approved EMDR Consultant/Trainer
Location: Beaver Creek Country Club
Fee: \$79.00

We follow the state of Maryland regarding COVID-19 restrictions. If required, seminars may be rescheduled or offered virtually. For updates, 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.

FREE COMMUNITY PROGRAMS

**HELPING OUR TEENS NAVIGATE
THE EVOLVING CHANGES OF THE
PANDEMIC**

Tuesday, April 5, 2022 from 6:00 pm - 6:45 pm
Presenter: Susan Corley, LCSW-C
Facebook Live

**RECOGNIZING BULLYING: HOW TO
TALK WITH YOUR CHILD**

Tuesday, May 24, 2022 from 6:00 pm - 6:45 pm
Presenter: Danielle Roncone, LCSW-C
Facebook Live

**HOW TO NAVIGATE NEGATIVE
THINKING**

Tuesday, June 14, 2022 from 6:00 pm - 6:45 pm
Presenter: Rena Arnold, LCSW-C
Facebook Live

YOUTH MENTAL HEALTH FIRST AID

Friday, May 13, 2022
8:00 am - 5:00 pm (7:30 am check-in)
Presenter: William Brick, BA, CTP
Location: Brook Lane Main Campus (Community Room)

ADULT MENTAL HEALTH FIRST AID

Friday, June 10, 2022
8:00 am - 5:00 pm (7:30 am check-in)
Presenter: William Brick, BA, CTP
Location: Brook Lane Main Campus (Community Room)

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

TWYLA ROWE HAS A PASSION FOR THOSE NEEDING HELP



Reverend Twyla Rowe is very sensitive to and has a soft spot in her heart for those needing help and healing emotionally. Having lived in Lancaster County, PA for most of her life, Twyla took the long road to becoming a minister. She started her career as a stay at home mom to sons Nicolas and Zachary, where she gained lots of life experiences.

When her sons were older, she earned a Bachelor of Science degree in organizational management from Eastern Mennonite University and graduated from Bethany Seminary, through its Training in Ministry (TRIM) program, which was designed to be completed remotely in a time before remote learning was common.

The first two ministerial positions Twyla held were associate pastor, first at Conestoga Church of the Brethren in Leola, PA and then Westminster Church of the Brethren in Westminster, MD. The latter opportunity is what brought the Rowe family to Maryland. She then went on to be the Chaplain at Fahrney Keedy Senior Living Community in Boonsboro, MD for seven years.

In August of 2019, Twyla was called to serve as the pastor of the Hagerstown Church of the Brethren, where she currently preaches, teaches and provides pastoral care, which includes counseling, visitation, officiating weddings and funerals, etc. Twyla encourages her congregation to use their God-given gifts. It is a priority to

her to help people see that God is alive and very present in our world today.

Twyla has been married to her husband, Don, for 46 years. Their sons Nicolas, 42, a music therapist and Zachary, 40, a manager for a hardware store are both married. The couple has four grandchildren - three boys and one girl. In their spare time, Twyla and Don like to ride their Harley Davidsons and sing. She also enjoys scrapbooking, reading and going to the beach. They moved from Westminster to Hagerstown in the summer of 2021 with their cat, Marvin, and Chocolate Lab, Royce.

A Brook Lane board member since January of 2021, Twyla also serves on the Development Committee. "Brook Lane is very important to our community," says Twyla. "In our society, there is still a negative stigma surrounding mental health. I hope to make more connections in the community to help break that stigma."

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*

Eric Barger
Joyce Burkholder
Geoff Coleman, MD
Heather Hinkle
Lauren Huguenin
Sharon Kuhns

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

CHAD'S STORY

A Family's Journey

In 2015, our son Chad was in fourth grade and got into a conflict with one of his teachers. He had a time-out and was then sent to the office. He was very upset and felt he was not treated fairly. Chad ran away from school to come home. This resulted in a suspension from school and privileges being taken away at home. We then saw a downward spiral in his behavior. He was uncharacteristically angry, agitated and was aggressive toward the school principal and his mother. The school encouraged us to connect our son with a therapist.

We took Chad to Brook Lane's Partial Hospitalization Program in Frederick. He was resistant to the services and would not participate there. The situation grew worse and it was suggested to have him go into the hospital. He was admitted for almost two weeks. As parents, we felt overwhelmed. We had not dealt with anything like this before and were trying to cope as best we could. Chad was discharged and continued in outpatient therapy for a short time. He eventually resumed his schooling and things went well for several years.

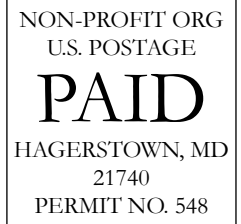


Suddenly in eighth grade, Chad was more emotional, agitated and the school reported he was not engaged. He didn't want to go to class and later refused to return to school. We were referred back to outpatient services at Brook Lane in Frederick. We developed a plan to continue therapy and to home school our son for the remainder of eighth grade. He would return to public school for ninth grade, but it only lasted a month before he reverted back to refusing to go to school.

This was very challenging for us as a family. Because Chad was enrolled in the public school system and not attending, we were threatened by truancy charges, which have serious consequences. It felt like we were in gridlock for several months trying to sort everything out. Eventually a formal 504 plan was developed. Chad was advocating for returning to home schooling and was feeling trapped in the situation. It was decided and settled on to dis-enroll him from public schools and create a specific plan for home schooling and virtual classes.

This seems to be what was needed for Chad. He excelled with his education and completed his GED. He managed to finish his Eagle Scout Project and got his driver's license. He is now enrolled in a tech program to obtain a certificate as a machinist. We're thankful for the support provided through Brook Lane's outpatient therapy for Chad and us. It helped us figure out the mental health system, learn to contract with our son and create incentives for him.

For other families struggling with similar issues, it's important to remember you don't have to have all the answers. It can be frustrating dealing with different specialists, yet it is also helpful to have multiple people collaborating so you can develop a plan, problem solve together and create helpful parenting strategies. It has helped our son get to a much better place.



13121 Brook Lane
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301-733-0330
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RETURN SERVICE
REQUESTED

Contact Chris Boryan at:
chris.boryan@brooklane.org
to correct your address.

OUR LOCATIONS & SERVICES

MAIN CAMPUS

13121 Brook Lane, Hagerstown, MD 21742

Inpatient Hospital
Outpatient Therapy
PHP/Day Treatment (for children and adults)
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 21704

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