

# Pathways

*The Newsletter of Brook Lane*

*Spring/Summer 2017*



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FROM OUR CEO

# The Importance of Good Mental Health

*By R. Lynn Rushing, CEO*



Mental health is defined by the World Health Organization as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community. So if you don't have a mentally healthy state, it will be more difficult to live life to the fullest.

Good mental health is a great asset, it helps a person focus at work, overcome obstacles, and get along with others. Yet many times mental health takes a backseat to physical health. There is no stigma attached to visiting your doctor's office for problems related to asthma, blood pressure, cholesterol, or diabetes. But if someone can't seem to shake their endless worries or that nagging sense of hopelessness, often they will press on as though nothing is wrong. Not everyone has a negative opinion on getting help for mental health conditions, yet there is room for improvement.

Mental health disorders like anxiety and depression are very common in the United States. The good news is that they are very treatable issues. Some of the basics for our physical wellness, such as eating well, exercising, getting enough sleep and reducing stress are also very important for our mental health. Good mental health is necessary to live well day to day and enjoy life. We may need to give mental health a higher priority because caring for the mind as well as the body means living better. Just as there are many effective treatments for physical problems, there are therapies, medications, and lifestyle interventions that can ease mental suffering.

This issue of Pathways highlights a number of educational opportunities to learn more about mental health as well as some fun activities that support Brook Lane's programs and services. I hope that you will take advantage of some of these offerings. Thank you for your interest and support of our efforts to serve the community's mental health needs.

# Pathways

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## Friendships Matter

*Few things enrich life like a good friend. To have someone with whom you can share your deepest thoughts, feelings and longings – someone who can ask anything of you and of whom you can ask anything provides a wonderful encouragement to the meaning and joy of life.*

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## Getting Enough Sleep and How Sleep Helps

*Sleep may seem like a waste of time. You could instead be answering e-mail, doing the dishes, repairing the deck or a list of chores. But research shows that you're more likely to succeed at your tasks—and enjoy greater well-being—if you get some serious shut-eye.*

## Employee Service Awards

### 45 YEARS

Barbara Mullenix

### 30 YEARS

Janetta Ostroff

### 25 YEARS

Rachel Klink

### 20 YEARS

Jason Allen  
David Gonzalez, M.D.  
Michelle Smith

### 15 YEARS

Suhair Ghanim  
Kay Hoffman  
Michael Jordan  
Bryan McCleary  
Vivian McDowell  
Jenny McFarland  
Neena Russell  
Gaye Shelley  
Sylvia Sprankle  
Catherine Weller  
Linda Wishard

## CINDY MYERS

RECIPIENT OF THE HELMUT PRAGER AWARD FOR CLINICAL EXCELLENCE



The Helmut Prager Award for Clinical Excellence is presented annually to a clinician who displays outstanding clinical skills and has consistently demonstrated our Mission and Guiding Principles. The award was created in 2008 to recognize Brook Lane's first medical director. The honor of the 2016 Helmut Prager Award for Clinical Excellence goes to Cindy Myers. Cindy is a Teacher at Laurel Hall School in Frederick. Parents, students, and co-workers all praise her and love working with her. She has taken on challenging tasks and soared to success using her extraordinary organizational skills and attention to detail. Cindy has a strong work ethic and her competence has been recognized by many. Cindy goes out of her way to make those around her feel special and supported on a daily basis. She encourages compassion and respect. Cindy is highly regarded at Laurel Hall School in Frederick. She has been employed with Brook Lane since 2013.

*Thanks & Congratulations, Cindy!*

## ROBERT FRITZ

RECIPIENT OF BROOK LANE'S  
MVP AWARD



The MVP award was created to honor an employee who consistently excels in demonstrating our Mission, Vision and Guiding Principles. The honor of the 2016 MVP Award goes to Robert (Bob) Fritz. He joined the Brook Lane staff in 2015 as an Information Systems Analyst in the Information and Technology Department. In this role, Bob has been very involved in setting up a number of software programs. This entailed maintaining the different programs functionality and working with various departments to transition to new work flows. Bob has been extremely involved in establishing our Electronic Health Record and a number of trainings for staff members. He is always positive and professional. Bob goes above and beyond to do what it takes to get what is needed in place. His commitment and excellence in completing his job duties is exceptional. In addition to his demonstration of the Mission, Vision and Guiding Principles, Bob is an asset to Brook Lane.

*Thanks & Congratulations, Bob!*

## Employee Service Awards

### 10 YEARS

Christina Bird  
Amy Burker  
Jennifer Caron  
Arturo Castro  
Kevin Coldsmith  
Paul Gyurisin  
Suzanne Pinion  
Kenneth Saad  
Courtney Seiler  
Candi Sharrah  
Tammy Vrooman  
Chrissy Webber

### 5 YEARS

Sean Abbott  
Penny Booth  
Loretta Brown  
Janell Budgett  
Melanie Currier  
Olga Demina, M.D.  
Andrew Johnson, M.D.  
Tiffany Lord  
Robert Lushefski  
Meghan Mann  
Rhonda Myers  
Carol Nelson  
Paul O'Flaherty  
Pamela Reed  
Debra Scott  
Bethany Shank  
CB Benway Shockey  
Mathew Sickle  
Janet Smith  
Theresa Vigder

# Meet Keith Elliott, M.Div.

By Curt Miller, Editor



KEITH ELLIOTT WAS HIRED AS BROOK LANE'S ASSOCIATE CHAPLAIN LAST OCTOBER. He works at the main campus several days a week. In this part-time role, Pastor Keith ministers to patients individually and in groups. In addition to his work with patients, Pastor Keith facilitates a Personal Concerns Group for family members of patients. He shared, "It is a safe place to share what they are experiencing and how they are coping with their family member's illness."

Pastor Keith shared, "I believe as a Christian and Pastor my job is to bring new creation into being. It is rewarding to be able to walk alongside someone here to address questions, encourage learning, and be able to share suggestions and ideas."

He grew up in the Greencastle, Pennsylvania area, before going to Huntington University, Huntington, Indiana. Pastor Keith received his Master of Divinity Degree from Grand Rapids Theological Seminary, Grand Rapids, Michigan.

Pastor Keith has served as the Senior Pastor at Crider's United Brethren Church near Chambersburg, Pennsylvania, since 2011. He is also on the Board of Directors for Rhodes Grove Camp near Chambersburg, Pennsylvania. He enjoys family time with his wife and son. Some of his favorite activities and hobbies are jogging, exercising, reading and Lego sets of all sizes - "They're a great de-stressing activity," he shared.

## UPCOMING MENTAL HEALTH FIRST AID TRAININGS

**Youth**  
July 26, 2017

**Adult**  
August 16, 2017

Visit [www.brooklane.org](http://www.brooklane.org) or contact Curt Miller for more information [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org) or 301-733-0330 ext. 1228.



# Pet Therapy at Brook Lane

By Curt Miller, Editor

Bonnie and John McChesney started bringing "Posie and Mia" to Brook Lane in September, 2016. They visit three Fridays a month with the adult patients who want to attend the group. The dogs work the room during the visit, going from patient to patient. The patients love spending time with these gentle animals.

Posie and Mia are not just any dogs; they are certified and tested by Therapy Dogs International (TDI). Bonnie and John are TDI Associate Members. Therapy Dogs International is a volunteer

organization dedicated to regulating, testing and registration of therapy dogs and their volunteer handlers for the purpose of visiting nursing homes, hospitals, other institutions and wherever else therapy dogs are needed.

Bonnie shared, "Mia is 4 years old and is an ancient breed, Lagotto Romagnolo, from Italy. The dogs were bred for sniffing out truffles. She has a calm

disposition and a bonus is that she never sheds."

Posie is a 6.5 year old Goldendoodle, she is a rescue dog. "She was very frightened of the slightest touch when we took her in. She was very shut down and anxious", Bonnie said. You would never know it today; she loves all the attention she can gather and seeks out those who are anxious to comfort. The dogs also visit an elementary school, where they meet with children and are part of a reading skills project.



The Pet Therapy project started with the help of Diane Mankus, Director of Inpatient Services and Sean Abbott, Activity Specialist. They wanted to find a way for patients to be able have time with animals in a therapeutic setting. The result has been a win-win, "The patients love it!", Sean shared. And Bonnie and John enjoy sharing Posie and Mia with everyone.

# IN RECOGNITION OF MENTAL HEALTH MONTH

## ***The Hemingway Curse: A Study in Family Depression, Substance Abuse and Suicide***

Friday, May 19, 2017

8:30 a.m. – 3:45 p.m.

*(8:00 a.m. Check-in & Continental  
Breakfast)*

Beaver Creek Country Club

9535 Mapleville Road

Hagerstown, MD 21740

Seminar Fee: \$109.00 (Lunch included)

### **Presenter: Carlton Munson, PhD, LCSW-C**

*Following a lengthy history of alcohol abuse, Ernest Hemingway committed suicide in 1961. Six other members of the Hemingway family committed suicide before and after his death. The dynamics of the Hemingway multigenerational family history will be used in this seminar as a template for exploring the DSM-5 depressive disorders and related conditions, co-occurring illnesses, substance abuse and suicide within families. Seminar content will include evidence-based aspects of the heritable and environmental origins of depressive illness, exploration of documented suicide risk factors, acute illness intervention factors, evidence-based individual and family interventions, and suicide prevention strategies.*

## OUR CONTINUING 2017 CONTINUING EDUCATION CALENDAR

### **FRIDAY, SEPTEMBER 15, 2017**

Annual Clinical, Legal & Ethical Issues  
Seminar

### **FRIDAY, OCTOBER 6, 2017**

The Neurological Impact of Substance  
Use/Substance Use Disorders on the  
Brain

### **FRIDAY, OCTOBER 20, 2017**

Working with Individuals with Autism  
Spectrum Disorder

### **FRIDAY, NOVEMBER 3, 2017**

Helping Parents Learn to Structure a  
Healthy Environment: DBT Skills for  
Working w/ Parents

### **FRIDAY, DECEMBER 8, 2017**

Compassion Fatigue: Preventing Burnout  
and Building Resilience

Visit [www.brooklane.org](http://www.brooklane.org) for more  
information and registration.

### CONTINUING EDUCATION CREDITS

#### **SOCIAL WORKERS:**

Brook Lane Health Services is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland. Brook Lane solely is responsible for all aspects of the program.

#### **COUNSELORS:**

Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452™. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. Partial credit will not be awarded.

#### **PSYCHOLOGISTS:**

The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Work Examiners.

#### **OTHER PROFESSIONALS:**

A certificate of completion noting the number of educational/contact hours for the seminar will be provided to allow attendees to apply for credit as an individual for their specific discipline.



**CBT: Helping Children/Adolescents Identify & Change Unhealthy Thoughts**

**THURSDAY, JUNE 1, 2017**

8:00 am – 12:15 pm  
 (7:30 am check-in & continental breakfast)  
 Seminar Fee: \$79.00

Beaver Creek Country Club  
 9535 Mapleville Rd.  
 Hagerstown, MD 21740

**Presenter:** Vickie Beck, APRN, CNS, BC

*Helping children/adolescents identify and change thoughts is often one of the most difficult techniques for therapists to master. Cognitive behavior therapy is the most evidence-based treatment for several mental health disorders in both children and adolescents. This 4-hour workshop will include demonstration and practice of several techniques to improve the therapists' skills in helping the client move from unhealthy to healthy thinking.*

**Annual Clinical, Legal and Ethical Issues Seminar**

**FRIDAY, SEPTEMBER 15, 2017**

8:30 am – 11:45 am  
 (8:00 am check-in & continental breakfast)  
 Seminar Fee: \$69.00

Beaver Creek Country Club  
 9535 Mapleville Rd.  
 Hagerstown, MD 21740

**Lead Presenter:** Dr. J. Emmet Burke, PhD, JD

*This annual program will provide three hours of continuing education in ethics, law, professional conduct and risk management to satisfy Maryland licensure requirements. The focus of the seminar will concentrate on current ethical challenges and will offer best-practices in managing those challenges.*

**The Neurological Impact of Substance Use/Substance Use Disorders on the Brain**

**FRIDAY, OCTOBER 6, 2017**

8:30 am – 11:45 am  
 (8:00 am check-in & continental breakfast)  
 Seminar Fee: \$69.00

Mount St. Mary's University  
 Frederick Conference Center.  
 5350 Spectrum Drive  
 Frederick, MD 21703

**Presenter:** Brian R. Sims, MD, psychiatrist and consultant for the SAMHSAs National Center for Trauma-Informed Care

*This seminar will examine the neurological changes that occur in the brain as a result of substance use and substance use disorder and the short and long-term effects on the mental health of the individual. The connection between psychological trauma and substance use will be covered as well as the neurological changes that occur with different categories of substances. Useful assessment tools, interventions and treatment options will be provided.*

**Working with Individuals with Autism Spectrum Disorder**

**FRIDAY, OCTOBER 20, 2017**

8:30 am – 3:45 pm  
 (8:00 am check-in & continental breakfast and lunch included)  
 Seminar Fee: \$109.00

Beaver Creek Country Club  
 9535 Mapleville Rd.  
 Hagerstown, MD 21740

**Featuring:** Ira Glovinsky, Ph.D., psychologist & founder of The Glovinsky Center for the Child and Family

*This training will offer clinicians the opportunity to learn new techniques in the treatment of individuals with autism and other neurodevelopmental challenges. Assessment & treatment modalities will focus on the developmental, individual difference, relationship-based model, (DIR®/Floortime Model).*

# Join the 'FUN'd to



## BROOK LANE GLOW MOVIE DAY!

THURSDAY, JULY 6, 2017

LEITERSBURG CINEMAS

Powered by Sprint

Despicable Me 3 will be just one of the movies that you can see during the Brook Lane GLOW Movie Day on Thursday, July 6, 2017 at Leitersburg Cinemas. That day, a dollar from every ticket purchased will be donated to Brook Lane. Brook Lane's ON YOUR MARK, GET SET, GLOW team will be there along with SPRINT with free glow fun and other prizes. Mark your calendar and come out to support Brook Lane and have fun at the movies!

## ON YOUR MARK, GET SET, GLOW RUN/WALK

FRIDAY, AUGUST 4, 2017

MARTY SNOOK PARK

Powered by Sprint

This unique 5K run, 2 mile walk GLOW event is an entertaining fitness activity done in the dark! The glow lit park trails will lead you through the woods and paved roads of Marty Snook Park in Halfway, with some surprises along the way. We want you to SHOW YOUR GLOW! Wear your favorite glow-in-the-dark gear, fluorescent colors and fun accessories. The course is paved and suitable for wheelchairs and strollers. Dogs on leashes are welcomed.



Come early and enjoy our "Field Party" featuring cornhole, hula hoops and other fun games to keep you entertained until the run/walk begins. Sign-in and Field Party will begin at 7:00 pm with the run/walk starting at 9:00 pm. **Awards will be given for best costumes!** Pieter and Melissa will be back to entertain.

# Support Brook Lane

## 13<sup>TH</sup> ANNUAL GOLFING WITH FAMILY AND FRIENDS

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BROOK LANE'S GOLF TOURNAMENT WILL BE HELD ON FRIDAY, SEPTEMBER 22ND AT WAYNESBORO COUNTRY CLUB. Check in begins at 8:00 a.m. with complimentary continental breakfast. The tournament features a shotgun start with a best ball format. Prizes will be awarded to first, second and third places in each flight. Flights and prizes will be determined by the number of entries. Longest drive for men and ladies and closest to the pin prizes will be given at the luncheon following play. Registration forms will be available July 1.



## THANK YOU SMITHSBURG MIDDLE SCHOOL MUSIC DEPARTMENT!

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On March 16th the Smithsburg Middle School Music Department held a Band Concert to benefit Brook Lane. The Eighth Grade Band, Chorus & Festival Orchestra performed at the high school auditorium for family and friends. Donations were collected at the door and several raffles were held to raise money. Over \$1000 was raised to assist Brook Lane provide mental health services. The music department thanked Brook Lane for providing services to students and enhancing the lives in our community.



# Tips to Boost Your Mental Health

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1. **Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.
2. **Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
3. **Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.
4. **Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60° and 67° Fahrenheit.
5. **"You don't have to see the whole staircase, just take the first step."**  
-Martin Luther King Jr.  
Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
6. **Show some love to someone in your life.** Close, quality relationships are key for a happy, healthy life.
7. **Sometimes, we don't need to add new activities to get more pleasure.** We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
8. **Take time to laugh.** Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
9. **Spend some time with a furry friend.** Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.
10. **Practice forgiveness** - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.
11. **Send a thank you note** - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
12. **Do your best to enjoy 15 minutes of sunshine, and apply sunscreen.** Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

SPECIAL EVENT

# Please Join us for a Special Mental Health Month Event

By Curt Miller

## An Evening with Kevin Hines

TUESDAY, MAY 23, 2017

6:45 PM - 8:30 PM

HAGERSTOWN COMMUNITY COLLEGE

KEPLER THEATER

11400 ROBINWOOD DRIVE

HAGERSTOWN, MD 21740

Sponsored by



### Kevin Hines, Brain Health Advocate & Storyteller

Kevin Hines is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to

take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. The fall would break his body, but not his spirit. Today, Kevin dedicates his life to saving lives by spreading the message of hope and sharing his art of living mentally well. He is one of the most respected and admired voices of lived experience. Kevin's story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have.

*Please contact Curt Miller at 301-733-0331 x1228 or [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org) to register. Seating will be limited.*

# Friendships Matter

By Pastor Ron Shank

FEW THINGS ENRICH LIFE LIKE A GOOD FRIEND. TO HAVE SOMEONE WITH WHOM YOU CAN SHARE YOUR DEEPEST THOUGHTS, FEELINGS AND LONGINGS – SOMEONE WHO CAN ASK ANYTHING OF YOU AND OF WHOM YOU CAN ASK ANYTHING PROVIDES A WONDERFUL ENCOURAGEMENT TO THE MEANING AND JOY OF LIFE.

Most people do not have an abundance of close friends. It takes time, trust, and perseverance to develop meaningful relationships. To have friends, you must be a friend. Although making and sustaining friendships can be difficult, the benefits are tremendous.

Friendships can be among the most rewarding and the most frustrating relationships in our lives. From the Old to the New Testament, the Bible is full of friendship stories and advice. Listen to the following teachings from scripture about friendship:

- We are told that friends love at all times (Proverbs 17:17)
- That friends wound us in ways that are trustworthy (Proverbs 27:6)
- That friends are more loyal than family at times (Proverbs 18:24)
- That friends provide mutual edification (Proverbs 27:17)
- That friends can impart wisdom (Proverbs 13:20)
- And that friends may even sacrifice themselves for us (John 15:13)
- That we can be mutually encouraged by each other's faith (Romans 1:12)
- That friends build each other up (1 Thessalonians 5:11)
- That friends can make the heart glad (Proverbs 27:9)
- That comfort and sympathy can come from our friends (Job 2:11-13)
- That part of friendship is just being there (Job 2:11-13)

## The Scriptures also warn us of choosing the wrong friends:

- "Bad company corrupts good character" (1 Cor. 15:23)
- "A companion of fools will suffer harm" (Prov. 13:20)
- Warning of learning bad ways from a corrupt person (Prov. 22:24-25)

There are a number of friendships in the Bible that remind us of how we should be treating one another on a daily basis. From David and Jonathan's to Ruth and Naomi's friendships, we look to these examples of friendships in the scriptures to inspire us in our own relationships.

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**I would like to point out four characteristics of a godly friend from Ecclesiastes 4:9-12 and Proverbs 27:17:**

*A Godly Friend Helps You When You're Down (vs. 10)*

A godly friend is the one that you can call at 2:00 AM and tell them you need them. They don't ask, "So what's the problem?" and then decide whether or not to come. They simply ask, "Where are you?" and come immediately to your aid.

*A Godly Friend Is Someone Who Gives Emotional Or Physical Warmth In A Cold, Cruel World (vs. 11)*

Sometimes we have a tendency to take a passage so literally that we miss the point of the whole idea. This is more than just about keeping each other physically warm. We need help to face circumstances beyond our control. We need to be able to gain emotional strength when we do not have enough of our own. When we are facing a battle of "How am I going to make it through this?", that is the exact time we need a godly friend to give us emotional strength.

*A Godly Friend Is Someone Who Will Fight To Protect You Or Your Reputation (vs. 12)*

When these words were written, they were based on the military strategy of the ancient world. Almost all combat, was hand to hand combat. Soldiers went into battle with a partner,

someone that could be counted and trusted implicitly. The soldiers stood back to back of one another, and they always kept their backs in contact and fought whatever enemy came from any side. Godly friends not only never stab you in the back, they guard your back.

*A Godly Friend Is Committed To Helping You Grow Spiritually (Proverbs 27:17)*

Godly friends want to see us continue to grow in our faith. The writer of Proverbs compares this type of friendship to iron that is banged on by iron. Think of a blacksmith who makes swords. He takes a hammer and takes out a piece of iron and works on it slowly and continuously until it takes the shape and sharpness of a sword. Godly friends are always challenging us and even pushing us to be all that God wants for us to be.

In closing, let me say that godly friendship is something that we should regard highly; something we should all find desirable and attractive. We all need godly friends, people we can really talk to, people we can trust, people we can count on for help and support when we need it. People that will accept us, warts and all. However, the greatest friend you can ever have is God. What kind of friend are you?

# Getting Enough Sleep and How Sleep Helps

From Mental Health America

Sleep may seem like a waste of time. You could instead be answering e-mail, doing the dishes, repairing the deck or a list of chores. But research shows that you're more likely to succeed at your tasks - and enjoy greater well-being - if you get some serious shuteye.

Of course, it's not easy to sleep when you're feeling overwhelmed. In fact, nearly two-thirds of Americans say they lose sleep because of stress. That's especially unfortunate because sleep combats some of the fallout of stress, and poor sleep has been linked to significant problems, including:

- greater risk of depression and anxiety
- increased risk of heart disease and cancer
- impaired memory
- reduced immune system functioning
- weight gain
- greater likelihood of accidents

## CREATING GOOD NIGHTS

### Are You Getting Enough Rest?

Experts suggest that adults get seven to nine hours of sleep a night. Everyone is different, though, and you may need more after a few days of burning the midnight (or 2 a.m.) oil.

To assess your sleep deficit, ask yourself:

- Am I often tired?
- Am I using caffeine to get through the day?
- Do I sleep well?
- Do I wake up feeling refreshed?
- Do I get drowsy while driving or watching TV?

## TIPS FOR UPPING YOUR SLEEP

To sleep longer - and better - consider these suggestions:

- *Set a regular bedtime.* Your body craves consistency, plus you're more likely to get enough sleep if you schedule rest like your other important tasks.

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RESEARCH SHOWS  
THAT YOU'RE  
MORE LIKELY TO  
SUCCEED AT YOUR  
TASKS - AND  
ENJOY GREATER  
WELL-BEING - IF  
YOU GET SOME  
SERIOUS  
SHUTEYE.

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- *De-caffeinate yourself.* Drinking caffeine to stay awake during the day can keep you up at night. Try resisting the coffee and colas starting six to eight hours before bed.
- *De-stress yourself.* Relax by taking a hot bath, meditating or envisioning a soothing scene while lying in bed. Turn off daytime worries by finishing any next-day preparations about an hour before bed.
- *Exercise.* Working out can improve sleep in lots of ways, including by relieving muscle tension. Don't work out right before bed, though, since exercise may make you more alert. If you like, try gentle upper-body stretches to help transition into sleep.
- *Make your bed a sleep haven.* No paying bills or writing reports in bed. Also, if you can't fall asleep after 15 minutes you can try some soothing music, but if you remain alert experts recommend getting up until you feel more tired.

For additional sleep guidelines, see the National Sleep Foundation's website [www.sleepfoundation.org](http://www.sleepfoundation.org).  
(But no computer right before bedtime!)

## MORE SLEEP AIDS

**If you're considering sleep medication,** you can buy one of several over-the-counter products, which generally can be used safely for a few days. As for prescription medications, the National Sleep Foundation suggests a limit of four weeks—and simultaneously working on one's sleep habits. Never combine sleep medications with alcohol or other potentially sedating medicines, and be sure to allow at least 8 hours between taking a sleep medication and driving.

**If you're having serious sleep problems,** see your doctor, especially if you have trouble more than three nights a week for a month. Your doctor can check whether your sleep issues are caused by some underlying health problem, like depression or a thyroid disorder, and can help with a treatment plan or referral to a sleep specialist.

**If you want help learning to cope better with sleep problems,** try to locate a therapist who offers cognitive-behavioral therapy for insomnia. This treatment works by changing sleep-related beliefs and behaviors. You might, for example, rethink your notion that the whole night is ruined if you're not asleep by 10. A sleep clinic may be able to help you locate such a therapist.

*Editor's Note: This is the sixth article in a series that focuses on the Live Your Life Well Campaign and the importance of mental health. - Curt Miller, Editor*

# Brook Lane's Spring Community Programs

These programs are free. Please call: 301-733-0331 ext.1349 or 800-342-2992 ext.1349 to register your attendance. Brook Lane's main campus is located north of Hagerstown between the towns of Leitersburg and Smithsburg, on the Leitersburg-Smithsburg Road. Driving directions are available by visiting [www.brooklane.org](http://www.brooklane.org).

## Helping an Anxious Child

By Susan Corley, LCSW-C

Thursday, May 4 • 7-8:30 p.m.

Held at Brook Lane's Main Campus  
Community Room

*Everyone experiences anxiety, when it is long lasting and impacts daily living it becomes a disorder. Statistics show that one in eight children suffer with an anxiety disorder. Untreated anxiety can result in poor academic performance, risk of substance abuse and missing out on key social experiences. This program will help participants learn more about the different types of anxiety disorders and what can be done to help young dealing with anxiety.*

## Coping with Everyday Stress

By Karley Hensley, LCPC

Tuesday, May 9 • 7-8:30 p.m.

Held at Grossnickle Church  
of the Brethren  
11301 Meeting House Road  
Myersville, Maryland

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

## Coping with Difficult People

By Fred Nastri, MA, LPC, LCPC

Thursday, May 11 • 7-8:30 p.m.

Held at Brook Lane's Main Campus  
Community Room

*Certain people are more difficult to understand and work with effectively than others. Some can be intolerable, hostile, negative, complaining or unresponsive. This program will help people identify behavior patterns and coping methods as well as steps in dealing with a difficult person.*

## Mental Health Month Event

An Evening with Kevin Hines

Tuesday, May 23 • 6:45-8:30 p.m.

Held at The Kepler Theater  
Hagerstown Community College  
11400 Robinwood Drive  
Hagerstown, Maryland

*Kevin Hines is a brain/mental health advocate, who reaches audiences with his unlikely story of survival. He survived jumping from the Golden Gate Bridge. He shares a message of hope and his art of living mentally well. See more information on page 11.*

## *Our Mission*

*To help individuals improve their emotional and behavioral well being through education and treatment.*

## *Guiding Principles*

*Our service to the community is guided by principles drawn from the life and ministry of Jesus Christ. These principles are vital to our existence and integrated throughout all levels of the organization.*

*Integrity: Serving others in an ethical, honest and sincere manner.*

*Compassion: Demonstrating concern for others.*

*Service: Responding to the needs of others ahead of our own.*

*Stewardship: Using our resources responsibly.*

*Excellence: Committing to high standards of quality and performance.*

*Respect: Treating everyone with dignity and worth.*

## *Vision*

*A healthier community strengthened by comprehensive behavioral health services.*

## *Board of Directors*

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Brook Lane is affiliated with



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

13121 Brook Lane • P.O. Box 1945 • Hagerstown, MD 21742

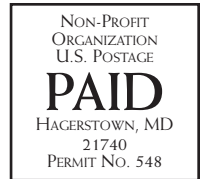
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*A Not-for-Profit Organization Serving the Region Since 1949*



Brook Lane  
P.O. Box 1945  
13121 Brook Lane  
Hagerstown, MD 21742

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[curt.miller@brooklane.org](mailto:curt.miller@brooklane.org). Thanks!*

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## OUR SERVICES

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### Outpatient Treatment

*For people of all ages  
Hagerstown and Frederick*

### Short-term Hospitalization

*For people of all ages - with  
individual rooms  
Main Campus*

### Adult Partial Hospitalization Program

*Main Campus*

### Child and Adolescent Partial Hospitalization Program

*Main Campus and Frederick*

### Laurel Hall School Special Education Program

*Hagerstown and Frederick*

### Stone Bridge

*Short-term residential care  
for children and adolescents  
Main Campus*

### THRIVE Program

*Assisting children to develop  
healthy relationship, coping and  
communication skills  
Hagerstown*

### Abundant Life Counseling

*Biblically based outpatient  
counseling for people of all ages  
Hagerstown*

### School Based Mental Health Services

*For students in all middle and  
high schools in  
Washington County*

### Mental Health First Aid Training

*Available on a quarterly basis  
at no charge  
Hagerstown - Call ext. 1228*