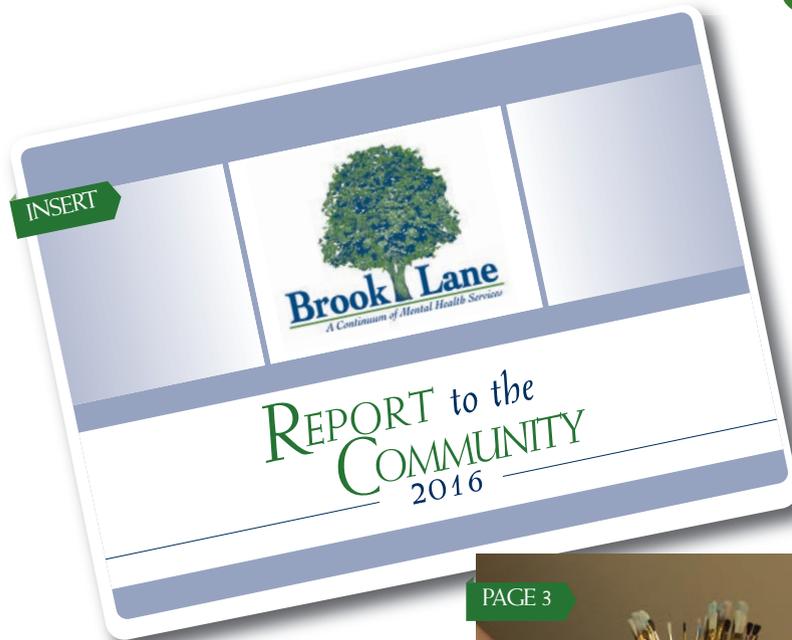


Pathways

The Newsletter of Brook Lane

Winter 2017



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*Living Well:
How Helping
Others Helps You*

Change

By R. Lynn Rushing, CEO

It's been said that the only constant in the world is change. Some people look forward to change and others dread it. It looks like 2017 is going to be an interesting year; there is so much change around us on so many levels. Change can be challenging and rewarding, yet many people struggle with resistance to it.



Many individuals make a New Year's resolution that involves changing behavior to achieve a particular goal. It is easy to have the best intentions, but it can take over 2 months to form a new habit. That leaves time to test one's motivation and urge to revert to unhealthy behaviors. Making a large change is rarely easy and can be a source of stress.

If motivation is waning, it can help to remember your "why". What inspired the change? The support of others making a similar change can be helpful as well as asking others to support your change. It is good to acknowledge small steps toward your goal.

When dealing with a setback, don't give up and try not to assume all is lost. Examine what went wrong and look for solutions. Don't be overly critical of yourself. What would you say to a friend in the same position? Self-criticism can make you feel bad and doesn't contribute to success.

Some changes happen unexpectedly or suddenly and disrupt the comfort level of our lives. This can bring about feelings of anxiety like worry and fear. Coping with change isn't easy, yet change is an inevitable reality of life so exploring some coping skills is important.

Relaxation techniques such as meditation, deep breathing and progressive muscle relaxation can help decrease stress. Exercise is another anxiety and stress reducer. Going to work out is fine, but you can also walk your dog, park a little further from your destination, take the stairs or find another way to engage in more activity. It can be comforting to talk with someone who is going through a similar change as you. Change may turn your world upside down, yet remind

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Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer.

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Serve One Another

Serving others is important – no matter your position in life.

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yourself that you have control over how you respond to it. You can choose to be angry and negative or look for a new opportunity. Allow yourself the time to adjust. New patterns of living take time, so easing yourself through the transition is an important coping strategy.

Wishing you positive changes for the New Year and sharing our thanks for your support of our services in the community.

Sensory-Friendly St. Nick Event

By Curt Miller, Editor



ON DECEMBER 11, 2016, THE ANNUAL SENSORY-FRIENDLY ST. NICK EVENT WAS HELD AT BROOK LANE'S THRIVE PROGRAM IN NORTH HAGERSTOWN.

Care was taken to decorate and arrange the office so the areas would be comfortable for sensory-sensitive individuals. Typical Christmas activities with bright sparkling lights, crowds, long lines, and loud music can lead to sensory overload for some. The space was transformed with decorations and props to create a game room, craft room and a room to meet St. Nick.

The event was organized by the directors of Providing Relief for Autistic Youth (PRAY) and a group of devoted

volunteers. Sixteen families were selected by a lottery and then scheduled a time slot to arrive for a private visit with St. Nick and have complementary photos taken. Each family received gifts, participated in crafts and games as well as relaxed with refreshments. PRAY manages the event with no costs to the participants. The organization is supported by a variety of agencies and businesses.

The families were so appreciative of the time they experienced together. It was touching to see the youngsters interact with St. Nick and observe the parents' smiles as their children formed lasting memories.

Art Therapy at Brook Lane

By Rosanna Gonzalez, LCPAT

For children and adults alike, many memories are stored as visual images or as physical sensations. Art Therapy provides an alternative way to express feelings that may be hard to put into words. At the same time, art therapy productions offer additional ways to view problems or concerns.

Depending on the group members' needs, sculpture, chalk pastels, collage, markers, oil pastels, or modeling clay (and sometimes selected themes) are used for creative expression and exploration.

Brook Lane employs 2 art therapists, Marjorie Seylar, LCPAT (full-time) and Rosanna Gonzalez, LCPAT (part-time). Each has a Master's degree in Art Therapy and has been Board Certified by the Art Therapy Credentials Board (ATCB), a nationwide regulatory organization in Greensboro, NC. In addition, each has been licensed to practice Art Therapy by the State of Maryland Department of Health and Mental Hygiene.



Art Therapy provides an alternative way to express feelings that may be hard to put into words.

In art therapy, the art works are seen as important personal expressions, and because of this they are highly respected. Unlike the new "Coloring Book" trend, Art Therapy uses unique forms and images from the art-maker's inner thoughts and emotions. Due to their specialized training, art therapists are able to tailor the selection of topics and materials for the individuals in the group. This process allows group members to broaden their pathways to healing.

2017 Continuing Education Calendar

TUESDAY, APRIL 18, 2017

29th Annual Child Welfare Workshop:
Our Children, Our Community

FRIDAY, MAY 19, 2017

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

THURSDAY, JUNE 1, 2017

CBT: Helping Children/Adolescents
Identify & Change Unhealthy Thoughts

WEDNESDAY, SEPT. 13, 2017

Annual Clinical, Legal & Ethical and Legal
Issues Seminar

FRIDAY, OCTOBER 6, 2017

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

FRIDAY, NOVEMBER 3, 2017

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

FRIDAY, DECEMBER 1, 2017

Compassion Fatigue: Preventing Burnout
and Building Resilience

OUR CONTINUING

EATING DISORDERS SCREENING PROGRAM MONTH

Assessment & Treatment Strategies for Binge Eating Disorders

Friday, February 24, 2017

8:30 a.m. – 11:45 a.m.

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

Beaver Creek Country Club

9535 Mapleville Road

Hagerstown, MD 21740

Seminar Fee: \$ 69.00

**Featuring: Jennifer Moran, PsyD and
Samantha Lewandowski, MS, RD,
LDN**

*This psychologist-dietitian team from
The Center for Eating Disorders at
Sheppard Pratt will present a multi-
disciplinary approach to the treatment
of binge eating disorder and other
related eating disorders. The
Commission on Dietetic Registration
has reviewed and approved this
activity #128786 for 3 CPEUs.*

Visit 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.

Tardive Dyskinesia: Improving Outcomes for Patients on Antipsychotic Medications

MONDAY EVENING, FEBRUARY 27, 2017

5:00 pm – 6:00 pm (1 CME available)

(4:30 pm Check-in and Light Refreshments)

Seminar Fee: \$5.00

Brook Lane Community Room

13121 Brook Lane

Hagerstown, MD 21742

Featuring: Leslie Citrome, MD, MPH, clinical professor of Psychiatry and Behavioral Sciences, New York Medical College

In Recognition of Social Work Month

Self-injurious Behaviors: Understanding & Treating the Self-injurer

THURSDAY, MARCH 23, 2017

8:30 am – 3:45 pm

(8:00 am Check-in & Continental Breakfast and Lunch also provided)

Seminar Fee: \$109.00

Mount St. Mary's University

Frederick Conf. Center

5350 Spectrum Drive

Frederick, MD 21703

Featuring: Wendy Lader, Ph.D., M.Ed., president & executive director, Self-Injury Foundation; co-founder/clinical director, S.A.F.E. Alternatives; CEO, Mending Fences Workshop will discuss current treatment protocols and management strategies of the self-injurer and challenge some of the concepts about self-injurers, traditional treatment methods and counter-transference reactions. Therapeutic strategies and treatment modalities, including the Impulse Control Log, will be presented.

Working with Individuals with Autism Spectrum Disorder

FRIDAY, APRIL 7, 2017

8:30 am – 3:45 pm

(8:00 am Check-in & Continental Breakfast and Lunch included)

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).

How Helping Others Helps You

From Mental Health America

IF YOU LUG YOUR ELDERLY NEIGHBOR'S GROCERIES UP HER STEPS, CLEARLY IT'S GOOD FOR HER. BUT DID YOU KNOW THAT IT'S LIKELY GOOD FOR YOU TOO?

Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer.

Consider some recent research:

- Students who performed five acts of kindness a day increased their happiness
- Providing emotional support to others significantly decreased the harmful health effects of certain kinds of stress among older people
- People who donated money to charity got a boost in a feel-good part of the brain, as revealed in brain imaging research

DOING GOOD CAN MAKE YOU FEEL GOOD.

It might:

- remind you that you're relatively lucky
- make you feel connected to others
- help you feel needed and effective
- take your mind off your own worries for a while
- make you feel generous
- add a sense of purpose and meaning to your life



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HINTS ON HELPING

Consider these tips for helping others - and yourself:

1. Don't feel like you have to make grand gestures or huge time commitments. Sure, helping can mean serving meals at a homeless shelter every week.

But it also can mean:

- Calling a friend to see how she's doing
- Serving your spouse breakfast in bed
- Letting a car in front of you on the highway
- Smiling at a stranger in the street
- Holding the elevator door for your co-worker

2. Vary your acts of generosity to prevent the experience from becoming ho-hum, advises happiness researcher Sonja Lyubomirsky, PhD, who also found that doing several kindnesses in one day gives the best boost.

3. Beware of taking on too much, or you'll risk feeling resentful. When asked a favor, think it over before saying yes.



WAYS TO VOLUNTEER

If you want to volunteer for an organization, invest in finding the right match.

If you like to ...

Read - Consider volunteering at a school or tutoring program

Work Outdoors - Try volunteering to clean up a local park

Speak Another Language - perhaps work with immigrants

Work at Home - make fundraising calls

Play Sports - volunteer as a coach

Promote Health - try a local hospital or clinic

Whatever you choose, ask if the group will provide support for your efforts, like training or a contact to answer questions that arise.

Twenty Relaxing Activities to take a little timeout for you in the New Year!



1. Go for a walk
2. Listen to your favorite music
3. Get lost in a good book
4. Take a long bubble bath
5. Treat yourself to a light-hearted movie
6. Call up a good friend
7. Work on a hobby
8. Close your eyes and breathe deeply and slowly
9. Have a massage
10. Watch the clouds go by
11. Stargaze
12. Dance around the house
13. Sing
14. Eat out at a nice restaurant
15. Watch the sun set
16. Go for a drive in the country
17. Light scented candles
18. Play with your pet
19. Sip a cup of tea or cocoa
20. Write in a journal

Serve One Another

By Pastor Ron Shank

A Revolutionary War story is told of how a man dressed in civilian clothes was riding past some soldiers who were repairing a defensive barrier.

Several soldiers were working while another was shouting orders at the men. The men who were working looked exhausted. The rider stopped his horse and asked the man who had been shouting the orders, "Why aren't you helping these men?" The man replied with great pride, "Sir, I am a corporal and I don't do the work of a private."

The traveler apologized, dismounted and proceeded to help the exhausted men working on the barrier. When the job was done, he returned to the corporal and said, "Mr. Corporal, I have learned that I should never ask a man to do a job that I was not willing to do myself, no matter what my rank." With that, the man mounted his horse and rode off. The name of the traveler was George Washington, who was at that time the commander-in-chief of the Army.

We are not sure if this story is true – but it does make a point.

Serving others is important – no matter your position in life.

In our relationship with Christ and our fellow believers, God the Father has given us a call to demonstrate our love to both by serving one another.

Service is love in action.

Service should be a natural product of the Christian life.

Service is selflessness in action.

There are at least 27 different "one anothers" in the New Testament demonstrating how we are to treat each other in the body of Christ. Of all the "one anothers", "serve one another" probably best characterizes the essence of Christ in our lives. Certainly in our self-centered world, this message is often obscured by the warning to look out for "number one." But the Bible says we have been set free so that we can serve and love others. Galatians 5:13 says, "You, my brothers, were called to be free. But do not use your freedom to indulge

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SERVING ONE ANOTHER IS THE FOUNDATION OF GREATNESS IN THE KINGDOM OF GOD. TO PLACE ONE'S NEEDS ABOVE YOUR OWN IS TRULY POSSESSING THE HEART AND MIND OF CHRIST.

the sinful nature, rather, serve one another in love." When we, as the children of God, truly love one another and serve one another as Christ has demonstrated and instructed us to do, the result will be the display of Christ's love in action.

Look at the following scriptures, which call all believers to serve one another:

Galatians 5:13: *"For you, brethren, have been called to liberty; Do not use liberty as an opportunity for the flesh, but through love serve one another."*

The Greek literally reads, "You were called to freedom ... so use your freedom by becoming slaves to each other in love." When we hear the word "slave", we often are repelled, but in this instance, attitude makes all the difference. It is not the idea that I have to but that I get to. This servanthood mentioned grows from an inner identity, a core commitment to do what is best for those I serve.

Mark 10:42 – 44: *"But Jesus called them to Himself and said to them, 'You know that those who are considered rulers over the Gentiles lord it over them...yet it shall not be so among you, but whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all.'"*

Serving one another is the foundation of greatness in the Kingdom of God. To place one's needs above your own is truly possessing the heart and mind of Christ. For the heart of Christ is consumed with mercy, compassion and love.

Philippians 2:3-11: Space does not allow me to print the scriptural text but in essence, it tells us that Jesus left His throne in order to serve the needs

of others and then demonstrated the ultimate act of servanthood when He gave His life as payment for our sins so that we could be set free. The true standard of servanthood is the Savior's pattern of self-sacrifice.

Let me conclude by saying that when we serve one another in love, when we carry each other's burdens and when we live as those who are responsible for each other, we build a loving community. When reading Acts 2 and Acts 4, we see the results of believers who serve one another in the love of Christ – "the Lord added to their number daily." Who are you serving?



The Laurels

By Curt Miller, Editor



The Laurels was built in 1961 as a dormitory for women staff and volunteers on the main campus. In 1972, the dorm space was converted to outpatient offices and the building was known as the Brook Lane Growth Center & Psychodrama Institute. The basic structure of the building is still in place today, it looks quite different with additions flanking it on both sides. In the 1986 photo above, construction was begun for a 16-bed child and adolescent hospital. The hospital with some other later additions became our Stone Bridge Residential Program. In 1992, construction was completed for a wing on the other side of the Laurels for child and adolescent services. This wing and the Laurels became Laurel Hall School in 1994 and is still serving students today.

*Best Wishes for a
Happy and Healthy
New Year
from your friends
at Brook Lane*

Thank you

*United Way of Washington
County for your assistance
in funding School Based
Mental Health Services in
County elementary schools.*



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.

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Outpatient Treatment
*For people of all ages
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**Short-term
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*For people of all ages - with
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