

Pathways

The Newsletter of Brook Lane

Winter 2009



*Left: Brook Lane
Farm 1949*



*Right:
Brook Lane
Campus
2009*

Brook Lane 1949 — 2009

*A Continuum of Mental Health Services
Celebrating 60 Years of Caring*

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Celebration**

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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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A Message from Our CEO

By R. Lynn Rushing

January is always the time to celebrate a new year, but this year for Brook Lane also marks 60 years of service to the community.

The idea for this organization came from a group of Mennonites who were concerned about the lack of quality care being offered to those suffering from mental illness. Brook Lane was the first of seven psychiatric hospitals opened by the Mennonites across the country from Maryland to California.

The desire for compassionate care for the mentally ill that was the driving force in establishing Brook Lane remains one of the guiding principles that directs our work in 2009. Our Board of Directors and Leadership Team recently completed a process reaffirming what defines the work that we do at Brook Lane. The results of that work can be seen in our new Vision, Mission, and Guiding Principles printed on the opposite page.

Our programs have changed many times through the years as we adapt to meet the needs of our community, but the basic focus of our mission has not

changed. Our mission continues to be, as it has since 1949, caring for people of all ages struggling with emotional and behavioral issues. Integrity, compassion, service, stewardship, excellence and respect are the six guiding principles that are equally important in every decision that we make, and those principles help maintain the character of our organization. While our mission focuses on individuals, our vision is that the whole community will be healthier because of our efforts.

If you are interested in learning more about Brook Lane's services, visit our website, www.brooklane.org, or email Curt Miller at curt.miller@brooklane.org. You can also contact Curt if you would like a speaker to talk about Brook Lane or any mental health topic.

There will be several opportunities this year to join us as we celebrate Brook Lane's 60th anniversary. Visit our website periodically to find out when the special events are being held. Thanks to all of you for your part in supporting Brook Lane and helping us carry out our mission. ☺

Editor's Note

By Curt Miller, Editor

Welcome to a special edition of Pathways! In this issue you will find our annual Report to the Community in the center. This Pathways also contains a new addition, "Pastor's Corner" pages with information for clergy members. In combining these items, it allows Brook Lane to use its resources more efficiently to share information and news. Electronic versions of these publications are available on Brook Lane's website www.brooklane.org. As always, we welcome your comments. Please contact me by email, curt.miller@brooklane.org or phone, 301-733-0331 extension 228. Thank you. ☺

Student-Faculty Flag Football

By Curt Miller, Editor

On December 22, 2008, students and faculty of Laurel Hall School gathered on the field for a game of flag football. The event was named the "Candy Bowl" and it was a follow-up from the "Turkey Bowl" held in November.

The pre-Thanksgiving game was for Laurel Hall student teams. They enjoyed the practices and game so much, they wanted to continue when they returned to school.

It was decided that the "Candy Bowl" match would be the students versus the staff. Students in the game earned their position by maintaining good daily report levels. The playoff would happen before the Christmas break.

The cold temperatures and wind chill on game day kept most of the players and spectators bundled up. The staff team prevailed in the end, but all the participants enjoyed the fun and team spirit. ☺



Board Member Spotlight

Meet Ken Graber

By Curt Miller, Editor



Ken Graber joined the Brook Lane Board of Directors in November, 2006, as a community member. He serves on the Executive Committee as Treasurer and is the Chairman of the Finance Committee.

"I grew up in Hagerstown and graduated from North High a thousand years ago!" He also shared that he completed a Bachelor's Degree with a major in accounting from the University of Maryland.

Ken is the president of Graber Financial Services, his own business, since 2004. He previously was an active Certified Public Accountant for over 30 years.

When asked about leisure time, Ken replied that he enjoys golfing, traveling, reading murder mysteries, volunteer activities and home improvement.

Living in the Smithsburg area, Ken and Sandy, his wife, attend the

Ringgold Church of Christ. He serves as the assistant treasurer of the church. Ken and Sandy have two grown children, Dan and Allison.

He is active with a number of organizations in the community. Ken has been the treasurer of Big Brothers Big Sisters of Washington County for 15 years. He serves as treasurer for McDougal Publishing, Inc. and president of Hagerstown Helping Hands, Inc. He shared, "We help folks who can't pay for small home improvement projects and repairs. Also, I am the trustee of The Mathias Washington County Charitable Trust, which provides funding to various charities within Washington County."

Ken shared his thoughts on Board Membership. "I think that anyone who has a particular skill or body of experience should make an effort to serve in their community. I am continually impressed with the high degree of professionalism displayed by the Board of Directors and the staff here at Brook Lane. I consider it a privilege to serve."

Many thanks to Ken Graber for his service to Brook Lane. ☺

Employee News

Celebrating 60 Years of Caring

EMPLOYEES *of* RECOGNITION

Helmut Prager Award for Clinical Excellence

The Helmut Prager, M.D. Award for Clinical Excellence is created in recognition of Brook Lane's first medical director and on the occasion of our 60th anniversary. The recipient of this award is a Brook Lane clinician who displays outstanding clinical skills and has consistently demonstrated our mission and guiding principles.



The honor of the first Helmut Prager, M.D. Award for Clinical Excellence goes to J. Emmet Burke, PhD, JD. Dr. Burke began working with children and adolescents at Brook Lane 28 years ago and has been both a model and a tutor for many staff members through those years. In his most recent role as Clinical Director, Dr. Burke has played a significant role in Brook Lane's inpatient unit for adolescents while also maintaining good relations with various community agencies and providers. Dr. Burke has always been willing to help fill the gaps so that services to the families of our community could continue uninterrupted.

THANKS and CONGRATULATIONS, Dr. Burke! ©

Employee News

MVP Award

The MVP award is also created in celebration of Brook Lane's 60th anniversary to honor a Brook Lane employee who has consistently excelled in demonstrating our Mission, Vision and Guiding Principles.

The recipient of the first MVP Award is Sue Graff, RN, BSN. Sue joined Brook Lane in 2003 as the Director of Staff Development and now also serves as the Patient Advocate and Infection Control Nurse. Sue's enthusiasm for learning has expanded well beyond her role in staff development. She has built relationships with other organizations in the community for the purpose of offering opportunities for individuals to learn more about mental illness and how to best cope with the issues they encounter. In her role as Patient Advocate, Sue has consistently demonstrated Brook Lane's Guiding Principles of compassion and respect as she works with patients and families.



THANKS and CONGRATULATIONS, Sue! 🍷

Employee Service Awards for 2008

35 YEARS

Skip Kauffman

25 YEARS

Tammy Heefner

20 YEARS

Patricia Bourdeau
Christine Rushing
John Carrill, M.D.
Eric Mikelait

15 YEARS

Warren Frusher
Wendy Mellott
Susan Patrey

10 YEARS

Linda Fitz
Cindy Swales
Krista Woolcock
Roberta Murphy
Peter Thuahnai

5 YEARS

Sue Graff
Bob Moats
Rachel Garner
Sharon Rock
Preston Carey
Karen Novelli
Amy Tapley
Michael Taylor
Richard Bakker
Donna Giffin
Norma Sprecher
Fred Nimmon

Employee News

New Psychiatrist Joins Brook Lane

By Curt Miller, Editor



Eric J. Carbonell, M.D. recently joined the Medical Staff as a certified child and adolescent psychiatrist. Dr. Carbonell will be working with young people in the hospital and in the partial hospitalization program.

Dr. Carbonell received his medical degree from the Medical University of South Carolina, Charleston, SC. He completed his Internship in Psychiatry, Fellowship in Child and Adolescent Psychiatry and Residency in Psychiatry at the University of Florida, Gainesville, FL. Dr. Carbonell served at the Chief Fellow and Chief Resident in his programs. He was a staff psychiatrist at several facilities in Florida and maintained a private practice. Prior to his employment with Brook Lane, Dr. Carbonell worked with the Sheppard Pratt Health System in Frederick, Maryland.

Dr. Carbonell has a particular interest in treating obsessive compulsive disorder, tourettes syndrome, attention deficit hyperactivity disorder, depression, bipolar disorder and pervasive developmental disorder. ©

Staffing Changes

By Curt Miller, Editor

Congratulations to the following individuals for investing their time and resources to continue their education and pursue their careers. These staff members received their licensure last year.

Danielle Roncone, LCPC, is a Licensed Certified Professional Counselor and is a therapist for the inpatient unit.

William Ryder, LPN, is a Licensed Practical Nurse for the inpatient unit. He previously worked as a Mental Health Associate.

Karley Hensley, LGPC, is a Licensed Graduate Professional Counselor and is a therapist for Stone Bridge Transitional Care Home.

Brianne Tesla-Doyle, LGPC, is a Licensed Graduate Professional Counselor and is an Admissions Clinician for the Admissions Office.

Maria Rodriquez, LGPC, is a Licensed Graduate Professional Counselor and is a therapist for the inpatient unit and Meadowbrook Outpatient Services.

Rebecca Uppercue, LCSW-C, is a Licensed Certified Social Worker – Clinical and is a therapist for the Partial Hospitalization Program for children and adolescents. ©

From Our Chaplain

Where is God in Your Life?

By Pastor Ron Shank

Christians in modern cultures often think of idolatry as a quaint ancient curiosity or a superstitious practice found only among primitive peoples.

Wrong! Idolatry thrives today even in the most sophisticated societies on earth.

An idol is anything or anyone that comes to take the place of God in our life. If we give our devotion, commitment, or energy to a human relationship, a job, a possession, a skill, or an activity, rather than to God, we are living just as idolatrously as the pagans of old.

Josiah, King of Judah, was a young man of twenty-six. In Second Chronicles: 34 we are told how he instituted a campaign to repair and refurbish the temple of God. During the renovation process, Hilkiah the High Priest discovered a scroll of the law of God. As the scroll was read to King Josiah, he realized that the Nation of Judah had totally neglected God's commands and were heavily involved in the practice of idolatry.

King Josiah immediately began making decisions, issuing directions, and taking

actions in order to comply with what God expected of His people. His response was both immediate and radical.

The scriptures tell us of King Josiah's determination. He was intense. He was zealous. He was thorough. Why? He understood the ageless truth that God will have no rivals. Exodus 20:5 says "You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God." King Josiah understood that as long as the nation of Judah flirted with false gods, they would never know the blessings of God.

In our day and age it seems so easy to allow many things to come before God in our lives. When we choose to allow that to happen, we choose to miss out on God's blessings as well. We must have the courage to do whatever it takes to remove the obstacles between the Lord God and us.

Are you involved in idolatry or is God the priority of your life? 🕊

Giving It All You've Got

By Pastor Ron Shank

Ever hear the expression, "Giving it the whole nine yards?" Do you happen to know where it comes from? I used to think it was a sports term, but there seems to be two other thoughts on its origin.

One explanation says that it's an expression from the construction trade. A full truckload, according to this rationale, will dump nine cubic yards of sand or gravel at your work site. In such a case, I suppose the expression would imply doing a job completely or thoroughly.

A second explanation claims that the term came from World War II fighter pilots in the South Pacific. When arming their planes on the ground, the 50 caliber machine gun ammunition belts measured exactly 27 feet. Thus, if a pilot fired all his ammo at a target, it got "the whole nine yards." In that context, the expression would mean using every resource at our disposal.

Either way, giving something "the whole nine yards" effectively means "giving it all you've got" or "stretching to reach a goal." But what's the motivation? Why would you live that way in your daily routine or as a way of life? I believe there are two reasons. The first is a

since of satisfaction of doing whatever you are doing to the best of your ability. The second is a deep down joy in bringing glory to God.

I Cor. 10:31 says, "whatever you do, do it all for the glory of God." As pastors or as followers of Christ, we must always do our best, giving it the

whole nine yards, so that we bring glory to God. It is a matter of attitude and a sense of delight to bring to God through our lives the glory He deserves.

Living this way brings enrichment to our lives in ways we never would expect. So each and every day, whatever you do, give it "the whole nine yards." ☉

**GIVING SOMETHING
"THE WHOLE NINE
YARDS" EFFECTIVELY
MEANS "GIVING IT
ALL YOU'VE GOT" OR
"STRETCHING TO
REACH A GOAL."**

Pastor's Corner

Pastors at Brook Lane

By Pastor Ron Shank

Pastors, you are welcome at Brook Lane. Many patients really enjoy having their pastor visit them.

Visiting hours at the hospital are 6:30 – 8:30 p.m. daily. If you need to visit at another time, you may, by calling the nurses' station for an appointment.

The need for confidentiality requires that we ask for a patient's ID number before we offer any information.

If you need any help on these or other matters regarding Brook Lane, please give me a call. ☎

Brook Lane's Offerings to You as a Pastor:

1. Support to pastors in crisis (on an occasional basis or as many as five sessions without charge to you).
2. Five sessions without charge to members of a pastor's family.
3. Consultation on matters of church and ministry.
4. Referral information regarding Brook Lane or other services you or members of your family, staff, or congregation may need.
5. Assistance with ministering to members of your congregation who may be patients at Brook Lane.
6. Confidentiality in all the above.
7. Pulpit supply or teaching at your church as time allows.



Stone Bridge News

Open Door, Open Heart Policy

By Ralph Hertges, M.A.

With the deadline quickly approaching for the fiscal year 2010 budget submittal, I was deep in thought attempting to unravel the State's financial Gordian knot for economic survival. I was listening to my classical music over the hum of my plants while they happily basked in the diffused northern light from my tall windows when my concentration was disturbed by a rumbling of the earth.

I abruptly resurfaced from my deep concentration and as I turned, I discovered that before me stood a 195 pound raging female adolescent in full furry who had just burst through my open door and with great personal conviction violently declared:

"My level has been dropped to "C" for no good reason! They said that I said, #!@,< ^#+x!@, *^>x+#, !@, <*^ >u+#!@, <*^#+}!@, *^}+#!@, <*^:+#!@, *^+#+, +#!@, *^># to staff but I didn't! They said I said that, but still THEY can laugh and cut up with each other at the dining hall all they want to and nothing EVER happens to THEM, no one EVER drops THEIR level! Plus my mother won't call me back. And I need clothes! I need pants, mine don't fit me anymore, they're too tight in the waist and my underwear are too small and I need bras and*

shirts and socks, and the State doesn't give us enough money for clothes!

NO ONE here is helping me! And I am pregnant and I don't know what to do."

It was at this point that I reached around and pulled out a tangerine from my lunch in my desk drawer, peeled it, and separated all of the sections before giving them to her. And then I said, "Now, let's try this again. I want you to eat only one section at a time, and after each section that you eat, I want you to take a deep breath, and to choose just one of your problems to tell me about, and we'll see if we can't get out all your problems before you run out of tangerine."

Brook Lane is approaching the celebration of its 60th year of providing therapy and education to the many members of our community who have sought our assistance in slicing through their own dark personal Gordian knots. And whether it has been through "tangerine therapy" or more traditional techniques, Brook Lane's heart has always remained open.

Please join us as we rejoice in this celebration. ☺

Brook Lane News

ANNIVERSARY SCHEDULE

Friday, June 12, 2009

The Wicket Affair Garden Party

6:00 - 8:30 p.m.

Rockland Farm

(Rt. 65 South of Hagerstown)

*An evening of wonderful food,
entertainment and live auction*

Saturday, June 13, 2009

Scoops and Wickets Family Day

9:30 a.m.-1:00 p.m.

Brook Lane Campus

*Games, moon bounce, petting zoo,
clowns, ice cream & concessions and
silent auction*

Saturday, June 13, 2009

60th Reunion Picnic

6:00 – 8:00 p.m.

Brook Lane Campus

Food, fun, fellowship and photos

Sunday, June 14, 2009

Chapel Service & Luncheon

11:00 a.m. – 2:00 p.m.

Brook Lane Campus

*Service with special music, lunch
and tours*

60th Anniversary Celebration

By Curt Miller, Editor

The first patients were accepted to Brook Lane in January of 1949. This is considered the beginning. The creation of Brook Lane is a little older, forming in 1946. The Mennonite Central Committee presented the "Leitersburg Proposal" to develop a home for the mentally ill at the site of a Civilian Public Service (C.P.S.) farm. The initial plan was to use the existing buildings. It was not feasible to use any of the structures for the hospital, resulting in a major building project. The hospital was completed just before Brook Lane Farm was dedicated on October 31, 1948. Licensure was obtained from the State of Maryland in December of 1948, paving the way to admit patients in January of 1949.

Brook Lane Farm was featured in the Gospel Herald, a Mennonite publication, December 21, 1948. Here is a brief excerpt from the article:

"Brook Lane Farm is located nine miles north of Hagerstown, Maryland, near Leitersburg. It is nestled in the foothills of the Blue Ridge Mountains. The rural setting gives it an atmosphere of peace and quiet. The patients will find this helpful as they seek to get well. The farm will also provide the opportunity for occupational therapy. This will consist of working with chickens, truck farming, flower gardening, woodworking, sewing and cooking. A new building has been constructed to serve as the hospital. It has twenty-three beds."

Brook Lane has grown tremendously in 60 years, developing a broad range of services to meet the needs of the community. We hope you will join us as we celebrate throughout the year. ☺

In the Community

Organizations Collaborate

Laurel Hall School in Frederick is providing consultative services to the Maryland School for the Deaf, working with students who have emotional and behavioral problems. Reciprocally, the Maryland School for the Deaf is assisting Laurel Hall School staff with learning American Sign Language. The organizations have been working together over the past number of weeks and will continue into the future. ©

Bridgewater College Students Visit

On January 15, 2009, Dr. L. Alan Eby and psychology students visited the main campus from Bridgewater College, Harrisonburg, Virginia. The Brook Lane site visit was included in their itinerary of numerous facility visits. The group was hosted by Lynn Rushing, CEO and Curt Miller, Director of Public Relations. After enjoying lunch in the Hunsberger Room, the students learned of Brook Lane's history, current services and trends in mental health. The visit concluded with a tour of the campus. ©

Seminar Held

On February 13, Detection, Intervention, and Treatment of Self-Injurious Behavior was held at Kepler Theater at Hagerstown Community College. The program was presented by the staff of Brook Lane and organized by Brook Lane and Hagerstown Community College. The seminar focused on types of self-injurious behaviors, factors that contribute to self-injury, detection, intervention, and treatment. The program discussed the many facets of this alarming disorder and explored case studies highlighting detection, intervention, and treatment strategies. ©

Continuing Education

Brook Lane offers a number of conferences and seminars throughout the year. Professional continuing education credits are provided for social workers, psychologists, counselors, therapists, nurses and nurse practitioners. Please visit our website www.brooklane.org to view these offerings. If you would like added to the mailing list for continuing education information, please email curt.miller@brooklane.org or phone 301-733-0331 extension 228. Thank you. ©



Board of Directors

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Contact Brook Lane

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

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

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If not, please let us know so we
can correct it. E-mail us at
curt.miller@brooklane.org.
Thanks!*



Outpatient Treatment for people of all ages

Short-term Hospitalization for people of all ages

Partial Hospitalization Program for children and adolescents

*Laurel Hall School special education program
Hagerstown and Frederick*

Stone Bridge Transitional Care Home for children and adolescents