

SUMMER 2023

# PATHWAYS

*Hope ■ Healing ■ Recovery*



**BROOK  
LANE**



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**PATHWAYS** is the triannual newsletter of Brook Lane: western Maryland's largest, non-profit mental health system. The main campus in Hagerstown is home to the second largest freestanding psychiatric hospital in Maryland, serving children, adolescents, and adults. Brook Lane provides partial hospitalization services for both adults and children and operates Title 1 special education schools in Washington County and Frederick County. Our outpatient locations offer psychiatry services and therapy for all ages. The THRIVE program provides psychiatric care for children with special needs, as well as physical, occupational and speech therapy services. Brook Lane's InSTEP program provides outpatient and intensive outpatient treatment options for individuals struggling with substance use.

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

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

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

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

13121 Brook Lane ■ Hagerstown, MD 21742 ■ 301-733-0330 ■ [www.brooklane.org](http://www.brooklane.org)

Brook Lane is affiliated with Mennonite Health Services **MHS**



CHAPLAIN'S CORNER From Pastor Ron Shank

# The Lesson from the Hummingbird



**H**ow many times do we look at the world around us and become overwhelmed? Do we ever look at what "big" things other people are doing and compare ourselves thinking our efforts are too small? Be encouraged by this parable of the Quechuan people of South America that our small efforts become big in the hands of God!

Once there was a great forest fire. All the animals fled to the edge of the forest and froze in fear not knowing what to do. They watched as the flames began destroying the beauty of their home.

A tiny hummingbird flew to a body of water and took a few drops into its beak. It then flew quickly toward the fire allowing the drops to fall on the roaring flames. Over and over the tiny bird continued. Drop by drop. Back and forth. Again and again. The other animals watched from the edge of the forest, and called to the little bird, "What are you doing?" The hummingbird replied, "I am doing what I can."

Small? What we consider to be small and insignificant may actually be huge in God's scheme of things. Have you ever noticed how often God's view and the world's view are opposite? The world says, "Be first!" God says, "Be last." The world says, "Go, go, go!" God says, "Be still." The world says, "Bigger is better!" God says, "Small is important."

Remember the example of the widow in the gospel of Luke 21:1-4: Jesus looked up and saw the rich putting their gifts into the offering box, and He saw a poor widow put in two small copper coins. And He said, "Truly, I tell you, this poor widow has put in more than all of them. For they all contributed out of their abundance, but she out of her poverty put in all she had to live on."

Jesus affirmed the widow giving her offering when He said she had given more than all the rest. Jesus went on

to say in Luke 16:10, "He who is faithful in a very little thing is faithful also in much." In God's hands, small can become big just like in John 6 when a boy's lunch of five loaves and two fish became enough to feed over 5,000 and also have leftovers!

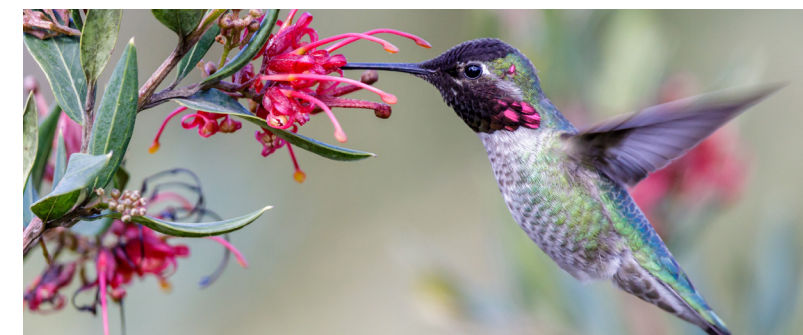
This little hummingbird story can remind us to do what we can. Everything we do for God matters! Every word. Every prayer. Every act of kindness. Every penny. Small counts in the hands of our BIG God!

Remember Mark 9:41 – "Truly I tell you, anyone who gives you a cup of water in my name because you belong to the Messiah will certainly not lose their reward." Colossians 3:17 – "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Let me end with the chorus of an old hymn:

"Little is much when God is in it!  
Labor not for wealth or fame.  
There's a crown and you can win it.  
If you go in Jesus' name."

**Pastor Ron Shank** is the Director of Pastoral Care at Brook Lane. He provides spiritual counseling for patients, clients, students and staff. He is the author of numerous articles on faith and mental health and provides community outreach by preaching to local congregations to educate on issues of mental health. Pastor Ron leads Sunday morning services in Brook Lane's chapel. He earned a Bachelor of Science degree in pastoral counseling from Liberty Baptist College.





# How to Implement Behavioral Activation in Your Life

by: Teresa Coda, MSW, M.Div

Many people seek therapy when their mental health becomes unmanageable, such as when they or their family members begin noticing the symptoms they are facing cause significant distress or impairment in their social or occupational functioning. According to statista.com, roughly 42 million adults in the United States (about 12% of the adult population) received treatment for their mental health in the form of either prescription medications or counseling in 2021. Counseling treatments include everything from Cognitive Behavioral Therapy, to Psychoanalysis, to Narrative Therapy, and more. While these treatments have been shown to address specific mental health issues, their usefulness extends beyond treatment for particular diagnoses.

For instance, Behavioral Activation is a therapy approach that has been found to be very effective in treating depression, but its benefits are not limited to people who are suffering depressive symptoms. Anyone seeking positive change in their lives can learn the strategies and skills incorporated in this therapy modality.

## What is Behavioral Activation?

Behavioral activation is a form of therapy – and more broadly a way of understanding human motivation, action, and emotion – that focuses on a person’s behavior within their environment and the resulting consequences. Behavioral activation rests on the idea that our behaviors influence our emotional state but that for a variety of reasons, we may be uninclined at different points in life to engage in behaviors that lead towards a more positive emotional state.

For instance, if we are in a phase of life when we are constantly in the company of others (perhaps we are caregivers for an elderly relative, or we are parents of young children), we may crave nothing more than being

alone in front of the television once our charges have gone to bed at night. We lose interest in socialization with our friends and retreat from them. Or, if we are experiencing a lot of stress at our place of employment, our preferred evening activity may be unwinding with a beer or cocktail rather than going to the gym or picking up our sketchbook. Activities that used to bring us pleasure feel like work and we just want to relax.

While it can feel good in the moment to be alone, or to have the edge taken off with a drink, isolation from friends and failure to engage in hobbies that bring us a sense of meaning, mastery, or health can have negative impacts over the long run. This is where behavioral activation comes into play. Behavioral activation encourages us to deliberately practice certain activities that will help us feel good in the short term and long term, but that may take a little bit more motivation to begin than lounging in front of the television or having a drink.

## Implementing Behavioral Activation

If you were to learn about behavioral activation in the context of formal counseling, your therapist would likely walk you through evaluating: your current activities, behaviors, and coping strategies; the resulting feelings; and past or potential activities and coping skills that you have found fulfilling in the past or might find meaningful in the future. The therapist would then help you develop a step-by-step plan for replacing behaviors



“...many people find that their mood improves over the summer, and with that, their motivation to engage in healthy and life-giving behaviors can increase as well.”

that cause negative long-term impacts (even if they feel good in the moment) with behaviors that will lead to more positive feelings and experiences in the future and the present. In addition to helping you explore what might prohibit engagement in positive activities and brainstorm solutions to these pitfalls, your therapist would also help you reflect on and process your experiences in engaging in the new activities as sessions go along.

While a therapist can be very helpful in guiding the process of behavioral activation, you might not find yourself able to or interested in seeking formal counseling right now. You can still benefit from behavioral activation without a therapist, though. Here are a few beginning steps and resources to help you get started:

- Create a list of activities that you find rewarding. Consider how doable the activity is in your current situation and how satisfying it will be to complete it.
- Once you have made your list, decide on a few activities that you would like to try implementing in the upcoming week, then create a schedule for yourself. This step is important because sometimes it can be hard to make healthy, positive decisions in the moment (i.e. when we finally breathe a sigh of relief as our kids fall asleep, or when we get home after a long day), and having a schedule prevents you from needing to make a decision in that weary moment. Instead, you just have to engage in the activity that you had predetermined.
- Tell someone about your plan so that you can lean on them for encouragement and support as you start new activities and change old patterns in your life.



## Why Summer is the Perfect Time to Start

With the warmer temperatures, sunnier skies and longer days that this season brings, many people find that their mood improves over the summer, and with that, their motivation to engage in healthy and life-giving behaviors can increase as well. Many of the activities that individuals find pleasurable (being outside, taking walks, spending time in nature, playing sports, gardening, riding a bike) are facilitated by the summer weather.

Take advantage of the season ahead and activate behaviors that will make you happier, healthier, more connected to others, and more likely to enjoy all the good that life has to offer.

**Teresa Coda** is a therapist providing services at Brook Lane’s North Village Outpatient location. She provides individual and family therapy for adolescents and adults with a variety of mental health concerns. She holds a Masters in Social Work from Columbia School of Social Work and a Masters in Divinity from Harvard Divinity School.







## Second Annual Bridge to Hope Affair Surpasses Inaugural Success

Brook Lane raised a net total of \$58,207 during the 2nd Annual Bridge to Hope Fundraising Event on Saturday April 29, 2023.

This black-tie optional occasion has been positively received by the community as a new flagship seasonal event with 44 contributing sponsors and more than 140 guests in attendance. With the appointment of full-time Director of Development, Chris Boryan, in 2022, Brook Lane has been able to make a concerted effort to create fresh fundraising initiatives that shed light on Brook Lane’s impactful work in mental health and inspire supporters to participate in reaching future patient care goals.

The night’s festivities took place at Cortland Mansion in Hagerstown, MD and included a cocktail hour featuring jazz vocalist, Kerensa Gray, hors d’oeuvres and entrees from Be Catered, all natural coffee from River Bottom Roasters, and music and a photo booth from Electrolinear Entertainment. Jeffery O’Neal, CEO and Dr. Michael Hann, CMO, opened the night with a discussion on Brook Lane’s recent achievements and plans for future expansion. After dinner, the father of a Laurel Hall Special Education School graduate shared the incredible impact his son’s experience at Brook Lane had on his overall development, confidence, and perception of self-worth. The evening also included dancing and a silent auction with 24 exciting items.

Brook Lane’s Foundation, comprised of dedicated volunteers and staff members, led the charge in planning efforts for the evening. Following the event’s inaugural success, the Foundation wasted no time collecting feedback in order to further elevate the overall guest experience in 2023. Efforts paid off with the Foundation



reporting an overall increase in sponsorships, donor engagement, and enjoyment from last year.

“I’m so proud to be able to serve an organization that cares about people and their mental health,” said Victoria Beachley, Foundation Chair. “The 2nd Annual Bridge to Hope Affair was a true testament to the great community support rallying around Brook Lane.”

Director of Development, Chris Boryan, is already thinking to the future with optimism: “We look forward to growing this event each year, in terms of attendance and in the amount of funds we raise to support our vital programs and services.”

You can view a recap video of the evening in the Bridge to Hope Affair article on Brook Lane’s blog at: [www.brooklane.org](http://www.brooklane.org).



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## Washington County Gives 2023



On Tuesday, May 9, Brook Lane participated in Washington County Gives - a 24 hour county-wide day of giving for area non-profits. Thanks to the generosity of the community, Brook Lane’s net fundraising from the initiative totaled

\$8,109.00! Fifty six donors participated in this year’s annual event which raised funds supporting Brook Lane’s mental health programing across the region. We are truly grateful for the support of this initiative by friends of Brook Lane and members of our dedicated staff. THANK YOU!!



# BROOK LANE NEWS

## Outpatient Office Opening Soon in Cumberland

Brook Lane has received a \$150,000 grant from the Rural Maryland Council's Rural Maryland Prosperity Investment Fund to assist in opening an outpatient clinic in Cumberland, MD. This will allow us to provide child and adolescent mental health counseling and psychiatric services to the western panhandle of Maryland via a new office in the South Cumberland Marketplace Plaza.

Services at this new location will include evaluations, individual and family counseling, psychiatry care and coordination with other partners to ensure a strong continuity of care. We expect to open this new satellite location in the early fall of 2023.



## Milestone Anniversaries

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

### 5 YEARS

Kristina Vanoy  
Kanea Christian  
Julia Eckstine  
Carol Shannon  
Michael Harbaugh

### 10 YEARS

Lukas Welty

### 15 YEARS

Shannon Miller  
Cheryle McCarter

### 30 YEARS

Wendy Mellott

## Grants Allow for Two Major Expansion Initiatives

There is an immediate need to support adolescents experiencing extended and repetitive stays in hospitals for psychiatric care in the state of Maryland. Brook Lane is the primary psychiatric hospital for the rural, Western Maryland region, although referrals for care are received from all Maryland regions.

For youth in a behavioral or mental health crisis who need immediate intervention, our goal is simple - avoid hospitalization when possible, provide life-saving inpatient services when needed and transition each child back to a family and community setting. However, Maryland's mental health needs greatly exceed currently available services.

We are excited to announce that Brook Lane has been awarded two generous grants that will allow us to renovate and expand our hospital services and reduce admission denials of child and adolescent patients:

A \$1,080,000.00 grant from the Senator George C. Edwards Fund will allow for the creation of a Child and Adolescent Residential Treatment Center on Brook Lane's Main Campus. The Center will be a new service line for Brook Lane that will treat patients between the ages of 8 and 17 who are experiencing a behavioral or mental health crisis. Opening the new Center will help alleviate pressure on area emergency department admissions and Brook Lane's hospital. Work on the Center will begin this summer and is expected to be completed within this calendar year.

A \$1.8 million grant awarded by the Maryland Governor's Office will fund renovations to an existing hospital wing to increase our bed capacity by 9 inpatient beds for child and adolescent psychiatric services. This increased capacity will ease long delays and boarding/overcrowding in acute care hospital emergency departments and reduce the number of children being denied inpatient services by Brook Lane due to lack of room by 40%. Construction is projected to begin this summer and be completed by late fall.

# UPCOMING SEMINARS AND COMMUNITY PROGRAMS

## CONTINUING EDUCATION SEMINAR

### LAW AND ETHICS: MENTAL HEALTH AND CRIMINAL JUSTICE

Date: Thursday, September 14, 2023  
Time: 8:30 am - 11:45 am (3 hours)  
(8:00 am check-in & continental breakfast)  
Presenters: J. Emmet Burke, PhD, JD, Brook Lane & The Honorable Dana Moylan Wright, Associate Judge, Washington County Circuit Court  
Location: Beaver Creek Country Club  
Fee: \$79.00

For more details or to register, visit: [www.brooklane.org](http://www.brooklane.org).

If you are an area mental health professional seeking continuing education credits, what topics would you like to see covered in the coming months? Let us know and we'll try to incorporate your ideas as we're planning our late fall 2023/spring 2024 calendar!

Contact Curt Miller at: [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org) or 301-733-0331 x1228 with any questions or suggestions.

## FREE COMMUNITY PROGRAMS

### YOUTH MENTAL HEALTH FIRST AID

Thursday, August 3, 2023  
8:00 am - 5:00 pm (7:30 am check-in)  
Presenter: Chris Herman, Certified Instructor  
Location: Brook Lane Main Campus (Community Room)  
Fee: Free

Youth Mental Health First Aid is an 8-hour program designed to teach adults how to help an adolescent (age 12-18) who is experiencing a mental health or addictions-related crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD) and eating disorders. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

### ADULT MENTAL HEALTH FIRST AID

Wednesday, September 27, 2023  
8:00 am - 5:00 pm (7:30 am check-in)  
Presenter: Curt Miller, Certified Instructor  
Location: Brook Lane Main Campus (Community Room)  
Fee: Free

The Adult Mental Health First Aid course is an 8-hour program appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health crisis. Topics covered include anxiety, depression, psychosis, and addictions. The adult course teaches a 5-step action plan for how to help an individual in both crisis and non-crisis situations. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis, select interventions and provide initial help, and connect people to professional, peer, social, and self-help care.

Although free, you must register for the Mental Health First Aid classes in advance at [www.brooklane.org](http://www.brooklane.org), under Upcoming Events. Questions? Contact Curt Miller at [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org) or 301-733-0331 x1228.



# HARGREAVES HAS PASSION FOR EDUCATION AND VOLUNTEER SERVICE



Melissa Hargreaves is in her first term as a member of the Brook Lane Board of Directors. Joining the board in July of 2022, she also currently serves on Brook Lane’s Development Committee.

Melissa had a career she loved, teaching elementary school in Frederick, Maryland for 35 years. She was a classroom teacher spending almost all of her career teaching science and language arts to fifth graders. Living in Smithsburg, Maryland for the past 33 years, she knew about Brook Lane and the value of having a top-notch mental health care facility in the area. So naturally, when a member of the Brook Lane Board approached Melissa to consider serving in this capacity, she knew she wanted to be part of something that she felt was important to our community.

Melissa was born and raised in Moorefield, West Virginia and most of her family still live there. She received her Bachelor’s of Science in elementary education from Shepherd University and went on to receive a Master’s in school administration from McDaniel College. She also received a specialization certification in elementary science from Hood College.

Retiring from her career in education in 2021, Melissa now enjoys babysitting her granddaughter a few days a week and volunteering. She has been married to her husband, Eddie, for 33 years and they have two grown chil-

dren. Her older daughter and husband are both physical therapists and live in Hagerstown, Maryland. Her younger daughter is a labor and delivery nurse and her husband works in finance. They reside in Frederick, Maryland.

Melissa and Eddie have a 16-year-old Beagle name Zoey. Melissa loves to walk, garden, hike, and engage in any outdoor activity. She played golf in high school and is currently taking lessons in hopes of getting back into the sport. Her hobbies also include reading and playing the piano and trumpet.

“Working with kids, I had the experience of seeing firsthand the need for mental health services in our community. I also love the faith component that is the foundation of Brook Lane,” says Melissa. “I worked with several students and families over the years whose lives were changed because of the services that Brook Lane provided for them. Brook Lane is such an incredible asset to our community!”

**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](mailto:cheryl.schnebly@brooklane.org) if interested.**

## BROOK LANE BOARD OF DIRECTORS

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# PATIENT SUCCESS STORY: Laurel Hall School Has Profound Effect on Family’s Life

Greg’s educational experiences before enrolling in Brook Lane’s Laurel Hall School presented daily challenges. His parents, Steve and Mary, felt that many of his prior teachers simply had given up on him and took the path of least resistance. There were a few years when Greg simply regressed and it felt to his parents as if he sadly had been neglected.

Steve and Mary chose Brook Lane’s Laurel Hall School in Frederick based on a recommendation from an advocate working on Greg’s behalf. They were deeply impressed with the staff from their very first meeting with them. To them, Laurel Hall represented the very last chance for Greg to remain in their home while still meeting his educational requirements. “There were some tough days along the way, but Laurel Hall was a real life-saver for Greg,” said Steve. “Early on, he couldn’t wait to hop on the bus so he could be with his friends, the closest of which were members of the faculty and staff at Laurel Hall.”



“The teachers and therapists at Laurel Hall had a real talent for smoothing over the rough days and basking in the good ones, even after particularly tough incidents, they had a knack for reassuring us that there were better days ahead and that everything would be OK,” said Steve. “They were seasoned and caring professionals who were accustomed to dealing with the stark challenges that special needs students can often present. The Laurel Hall staff was patient and kind, and unfortunately, this was in contrast to some of our previous experiences.”

Greg especially loved Halloween and holiday celebrations and he looked forward to every birthday celebrated by a faculty or staff member. He developed lasting relationships and real emotional bonds with the many members of the Laurel Hall family. Greg’s academics improved greatly, too. His parents never dreamed he would be able to communicate, both verbally and through the written word, in the sophisticated manner in which he is currently able.

Since graduating from Laurel Hall, Greg continues to write letters to the staff and it has become a ritual to check the mailbox each afternoon for return letters. “They will never fully understand how meaningful this is to Greg AND to us! Our son is able to write letters because of the Laurel Hall School staff’s dedication and skill as educators,” said Steve. “The staff at Laurel Hall never gave up on Greg. They rescued him and in doing so, saved my whole family.”

“I would enthusiastically recommend Laurel Hall School to any family with similar challenges. It just may save others’ lives, too,” says Steve.





# BROOK LANE

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Continuing Education Seminars  
Free Community Programs

### NORTH VILLAGE OUTPATIENT

18714 North Village, Hagerstown, MD 21742

Outpatient Therapy  
THRIVE (for children)  
InSTEP Substance Use Treatment

### FREDERICK OUTPATIENT

4540-B Mack Avenue, Frederick, MD 21703

Outpatient Therapy

### LAUREL HALL SCHOOL IN FREDERICK

4540-A Mack Avenue, Frederick, MD 21703

Laurel Hall Special Education School

### CUMBERLAND OUTPATIENT

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