

## A Healing Musical Journey



*Plato once said, "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Hopewell's Musical Journey Group allows the residents to venture down this creative path, connect with their own rhythm and find harmony within.*

Hopewell's Musical Journey Group has been experimenting with instruments and voice for over a year and they continue to explore melodious possibilities. The program was envisioned as an alternative to traditional music therapy for adults dealing with mental illness. Music has been shown to be healing and to enhance brain function, hand-eye coordination and maintain focus. Based on the belief that music is a powerful therapeutic tool that helps in recovery, the program allows residents to reconnect with their emotions and express themselves through creative means.

The group meets for an hour every week and is open to all residents. Participants utilize yogic breathing techniques and visualization and practice listening while using instruments including guitar, keyboard, wind, percussion and vocals. The majority have no prior musical training or experience, but they are learning more about music and themselves as they play together.

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## Exploring Mental Health 2017: Surviving the Suicide of a Loved One

On Wednesday, October 11, Hopewell presented the 7th annual David Cutler Conservatory Exploring Mental Health Series, "Surviving the Suicide of a Loved One," at the Cleveland Racquet Club. Sponsored by Alexander M. (Sandy) and Sally Cutler in honor of their son, the series addresses timely topics to increase public awareness of mental illness. This year's featured speakers were Doris A. Fuller, Chief of Research and Public Affairs for the Treatment Advocacy Center, and Loree Vick, a trustee and spokesperson for LifeAct. Both shared powerful messages about losing a loved one due to mental illness resulting in suicide.

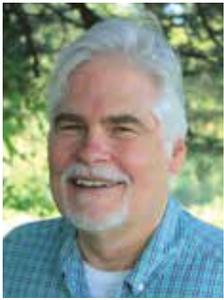
Thom Craig, Director of the Mental Health Program at The Margaret Clark Morgan Foundation, introduced the speakers. The Foundation has provided grants for Hopewell programs and supports LifeAct and the Treatment Advocacy Center on comprehensive efforts to encourage legislators to change mental health treatment systems.

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# Autumn's Promises

BY STEVE MORSE, CHIEF EXECUTIVE OFFICER



As I look out my office window toward Fountain of Hope pond, I see a soft rain falling for the first time in many days this autumn at Hopewell. Red and yellow leaves ride like tiny ships on the cloud-reflecting water. The scene here at the farm seems to be taken directly from John Keats' well-known poem, "To Autumn": —

*...late flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er brimmed their clammy cells.  
...Or by a cider-press, with patient look,  
Thou watchest the last oozings hours by hours.  
...Hedge crickets sing; and now with treble soft  
The red-breast whistles from a garden-croft;  
And gathering swallows twitter in the skies.*

The coming of fall always brings many thoughts, feelings and memories: harvests, giving thanks, hopeful beginnings of schooldays, and for some of us older folks, the pungent aroma of burning leaves. One of the memories that has now been added to my own storehouse is that of a community getting ready for winter. The bountiful garden needs to be put to bed. Wood has to be chopped and split for the fires that will transform maple sap into syrup. Food for livestock must be available in the barns. Draft horses must be evaluated for their ability to join teams to pull wagons along snowy forest paths.

In just the few weeks of my time here, I have seen enough work and play carried out by the community at Hopewell to be confident in our ability to thrive through this coming winter, no matter how harsh or unforgiving it may prove to be in northeast Ohio. The community formed by staff members and residents displays great resilience, mutual support, and a steadfast focus upon creating and maintaining an atmosphere conducive to healing and recovery.

Our well-deserved pride in what we accomplish here leads us to encourage everyone to visit our website ([www.hopewellcommunity.org](http://www.hopewellcommunity.org)), come tour our 300 acres nestled within "Amish country," and shop at our Farm & Craft Market (call for hours, 440.426.2000) for home-grown maple syrup, honey, and beautiful arts and crafts produced by residents in our Art Therapy program. Silken scarves dyed with colors found in nature stand out as one of our most popular products today, being perfect for gifts.

As you can probably tell, my own sense of pride and privilege that flows from being a member of the Hopewell community knows no bounds, and the residents and staff members all seem to feel the same way.

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(continued from cover)



Leading this talented group are Bob Weirich, Hopewell's Education Program Coordinator, and Jim Miller, a professional musician who has experience working with physically or developmentally disabled adults. Jim said, "We have people on different levels of musicianship and we operate as a democratic anarchy." The interaction of sound, lyrics and personalities is a challenge and the participants are encouraged to take care of themselves and voice their needs.

Chris attends the group because he loves to sing. His voice rose through the room as the words, "I can't help falling in love with you,"

rolled out of his heart, followed by a rendition of "Sounds of Silence." Chris looks forward to Musical Journey Group each week saying, "It is really therapeutic and relaxing and lets many of the negative emotions out."

Christina has been to several other facilities and has never been offered a musical program. She said, "This is a new way to express myself. I have never played guitar before and I am now learning. They are very patient with me." Christina looks forward to performing for other residents and staff.

Results of the program have been excellent. Residents report increased self-awareness, self-confidence and self-esteem. Their socialization skills have improved through group collaboration. Jim stated, "We talk about different things when we get together to play. Music is a healing process."



## Save the Date: Summer Solstice – June 15, 2018

Moving, downsizing or simply changing your home's décor? Please keep Hopewell in mind as we prepare for next year's Summer Solstice benefit. Your donations will help continue the tradition of our unique auction at this summer celebration.

### Our wish list includes:

- Artwork and antiques in excellent condition
- Furniture, rugs, china and crystal
- Handmade items including quilts and wooden furniture
- High-end jewelry, costume jewelry, chic handbags and vintage couture
- New sports equipment
- Wine, top-shelf whiskey and bourbon

### We also appreciate "non-collectibles" such as:

- Unique experiences locally and nationally, e.g., behind the scenes at a cultural institution or professional athletic facility, cooking with a chef, wine tasting in California
- Use of a vacation home or condo
- Tickets to sporting events
- Gift cards to restaurants, spas and retail stores



**It is never too early to donate! Donors will receive a letter of acknowledgement for tax purposes.**

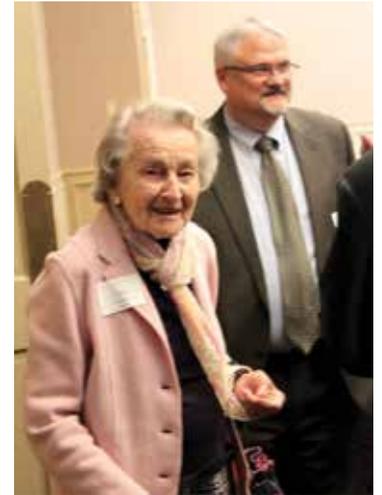
**Call our Development Office at 440.247.0912 or email Janine Shear at [jshear@hopewell.cc](mailto:jshear@hopewell.cc).**

# Surviving the Suicide of a Loved One

*(continued from cover)*



*The 7th annual David Cutler Conservatory Exploring Mental Health Series, "Surviving the Suicide of a Loved One."*



*Clara T. Rankin and Don Bernardo*



*Loree Vick*

In 2005, Loree Vick awoke to the police at her door delivering the news of her husband's suicide. Shock, grief and shame became her constant companions. Left with two children, her grief was compounded by the lack of understanding she faced. As time passed, she re-framed the circumstances of her husband's death as losing the battle with depression – a disease of the mind – and dying by suicide.

Loree took a friend's advice to "not waste the pain" by getting involved in advocacy and education about mental illness. She joined the Psychiatric Advisory Council at University Hospitals, then became involved with LifeAct (formerly the Suicide Prevention Education Alliance). LifeAct was founded to help young people recognize the signs of depression using a curriculum approved by the Rainbow Hospital psychiatric staff. Now active in 187 schools, the program reached 25,000 ninth and tenth grade students in 2016. Loree feels a responsibility to educate and advocate for suicide prevention.



*Doris Fuller*

Doris Fuller lost her daughter to suicide in 2015 as a result of bipolar illness. "I lost my only daughter and my best friend," Doris said. "Natalie was ill for eight years and she was in treatment and able to graduate college. When her illness was too much to handle, Natalie went to Hopewell, where she spent ten months as a resident." Doris continued, "Hope gets one through hard

times and gives meaning to all the hard things we need to do. We all want to hope well and hope for wellness. Hopewell brought hope into our lives."

Doris feels that there is too much we don't know about the causes of mental illness and suicide. "Research shows that the risk of suicide increases dramatically after inpatient hospitalization for mental illness. We need to develop better suicide prevention programs." Doris explained that there is renewed reason for hope regarding treatment and prevention of mental illness. The 21st Century Cures Act, signed into law in December, 2016, includes the "Helping Families in Mental Health Crisis Reform Act of 2016," a landmark mental health reform bill and the first such legislation in 50 years. The bill addresses the prevention and treatment of mental illness, increases the availability of treatment beds, and establishes a new office of the assistant secretary for mental health and substance abuse disorders in the Department of Health and Human Services.



*Thom Craig*

Thom Craig emphasized that like any physical illness, early detection and intervention are critical to treating mental illness. With some forms of psychosis, early intervention can change the trajectory of the illness. Doris stated that messages in all types of media bring awareness of the warning signs of stroke, heart disease, diabetes, etc. She feels that more can be done in a similar way to educate about mental illness.

An audience member asked how suicide is managed at Hopewell. Dr. Martha Schinagle, staff psychiatrist, stated that Hopewell residents

are part of a therapeutic community, which in itself helps prevent suicide. Hopewell staff closely monitor medication, provide ongoing psychotherapy, and give hope that residents can create a life worth living. Much attention is paid to discharge planning, and clinicians work closely with the family. Clinical Director Daniel Horne, PCC-S, LSW, added that residents can speak openly about suicide, including their past or current thoughts.

Candace Carlton, Hopewell's Quality Improvement and Compliance Director, mentioned that Hopewell staff are trained by the Zero Suicide Initiative, which is committed to suicide prevention in health and behavioral health care systems. Zero Suicide programs focus on patient safety as well as support/safety of clinical staff, and provide training and tools to address these issues.

A video of "Surviving the Suicide of a Loved One" can be viewed at [www.hopewellcommunity.org/photos-videos](http://www.hopewellcommunity.org/photos-videos).



Steve Morse,  
Chief Executive Officer



Chloe Seelbach, President,  
Board of Directors

## Surviving the Mental Health Rollercoaster

Doris Fuller discussed five lessons she learned about surviving the mental health rollercoaster.

1. *You can choose what you pay attention to* – Either hopes and recovery or fears and relapses.

2. *You can't run away from King Kong.*

When facing a crisis, don't fling yourself into escapism or denial. Stop, learn and wait for the crisis to pass. Stay in the moment and set limits so you can heal but not break. Remind yourself that Fay Wray survived.

3. *It takes a village and you need friends and others to help.*

Doris noted, "Natalie had an accident in her brain that led to terminal mental illness, but no one wanted to talk about it. Had she been diagnosed with cancer, there would be no embarrassment. Four days after Natalie died, I wrote a story for the *Washington Post*, which was the most-read story on the Post's website for a month. So many people are affected, but the stigma remains and survivors feel isolated."

4. *Forgiveness is liberating.*

Some people become angry at the one who died by suicide. You must move on and pay attention to what you are grateful for. Survivors must try to forgive themselves.

5. *Making a difference makes a difference.*

Being an advocate gives ways to channel grief to help others and save lives.

## Resources for Suicide Concerns and Questions:

American Association of Suicidology [www.suicidology.org](http://www.suicidology.org)  
Courage to Caregivers [www.couragetocaregivers.org](http://www.couragetocaregivers.org)  
LifeAct [www.lifeact.org](http://www.lifeact.org)  
The Margaret Clark Morgan Foundation [www.mcmfdn.org](http://www.mcmfdn.org)  
Mental Health & Addiction Advocacy Coalition [www.mhaadvocacy.org](http://www.mhaadvocacy.org)  
NAMI Geauga County [www.namigeauga.org](http://www.namigeauga.org)  
NAMI Greater Cleveland [www.namigreatercleveland.org](http://www.namigreatercleveland.org)  
Ohio Department of Mental Health & Addiction Services [www.mha.ohio.gov](http://www.mha.ohio.gov)  
Treatment Advocacy Center [www.treatmentadvocacycenter.org](http://www.treatmentadvocacycenter.org)  
ZeroSuicide [www.zerosuicide.sprc.org](http://www.zerosuicide.sprc.org)

National Suicide Prevention Lifeline 800-273-8255

## FROM THE WISHING WELL

Hopewell residents and staff appreciate donations of materials and equipment that enhance their work and other activities.

- New or used, ½ ton or ¾ ton farm trucks (preferably Ford). One is desperately needed before winter to spread salt and gravel.
- The Hopewell Band and Musical Journey Group would love a 100 to 200 watt amplifier with microphone and ¼" phono jack inputs. They would also be grateful for speakers with cables.
- Pair of conga drums
- Bicycles
- Free standing glass jewelry case, approximately 5 feet wide, for the Hopewell Farm & Craft Market.
- 10 tickets to see Trans-Siberian Orchestra at Quicken Loans Arena on December 29 for the residents' Super Trip.
- Twin bed headboards and footboards to make benches.
- Two nice solar lights for the Market sign by the road.

If you are able to help with any of these needs, please call the Development Office at 440.247.0912. Thank you in advance!

**A Rockin' Thank You to the Rock and Roll Hall of Fame for donating 12 tickets for the November resident outing!**

## A Total Eclipse on the Farm



In early afternoon on August 21, the moon passed between the sun and earth, blocking part of the sun for a few minutes. Residents and staff witnessed the solar eclipse, donning special glasses and viewing from different locations around the farm. The next time to see an eclipse in North America will be April 8, 2024.

## OUR TEAM, OUR PASSIONS



*Callan Soukenik*

Callan Soukenik, Hopewell's receptionist, has a passion for designing independent video games. Known as indie games, they are created without the financial backing of a large publishing company.

When she was a child, Callan was fascinated with gaming. One Christmas, she received a Sega Genesis, which later led to a Gameboy, then a Nintendo 64, and so on. She merged her love of drawing and writing with her video game obsession and out poured innovative indie games.

In 2012, she built her own computer, the first of four, and taught herself how to code with free online classes and many hours of practice. Callan stated, "My love of video games comes from the massive amount of creativity it takes to put them together and even just to play them in some cases. That's really what appeals to me the most. It's everything I love all on one platform."

Callan usually works by herself, though if she gets to a roadblock, she asks her friends for help. When a game is complete, it is submitted to online forums or larger gaming platforms and downloaded by members of the forum or paying patrons. Callan has several games circulating on the web. Her current one is a horror/mystery exploration game to solve a crime.

# Experienced Professionals Join Hopewell Staff

The Hopewell leadership team grew this past summer with the addition of Pamela Baird Atwood as Business Development Manager and Don Bernardo as Director of Development.

“Pamela brings passion and vision to this new position at Hopewell,” said Steve Morse, Hopewell’s Chief Executive Officer. “She will reach out to local, regional and national health professionals and providers to help people who need care learn about Hopewell’s unique model of treatment.”

Pamela’s background includes extensive experience in sales, marketing, new product development and operations. Previously, she worked for national nursing home chains and Nestle Nutrition before launching the Gladstone Executive Search Firm. Pamela earned an Executive Health Care MBA from Baldwin Wallace College in Berea, Ohio. She has been an adjunct professor at Upper Iowa University’s Madison campus, where she taught in the Health Services program.

Pamela is active with the American College of Health Care Executives and is board chair for Passion for Change, an organization based in Westlake, Ohio which works to challenge misperceptions about mental health through research, advocacy and education.

As Hopewell’s new Director of Development, Don Bernardo succeeded Peggy Barnes Szpatura who recently retired after four years of service.



*Don Bernardo and Pamela Baird Atwood*

Steve said, “Don has an impressive array of experience in development and nonprofit management in healthcare, the arts, and higher education.”

A Northeast Ohio resident since 2000, Don has raised charitable support for several regional health and human service organizations including the Cleveland Clinic Foundation and Achievement Centers for Children. As director of corporate relations for the Cleveland Clinic, he raised capital gifts for the Heart Center, and worked with Olympic figure skating champion Scott Hamilton to generate sponsorships for the first annual “Scott CARES” gala (now in

its seventeenth year), raising funds for cancer research, education and survivorship.

Don earned his MBA from the State University of New York at Binghamton, and his Bachelor of Arts from the University of Toronto. He has served as an adjunct professor in nonprofit management at the University of Akron, Kent State University, and Mercyhurst College (Erie, PA). He is also active with local community theater groups, and is a professional wedding officiant licensed by the State of Ohio.

Steve said, “We are thrilled to welcome these talented professionals to the Hopewell leadership team. Pamela and Don will work to expand our marketing and fundraising efforts, providing the resources we need to better serve our residents and their families.”

## Our Foundation Partners

*Hopewell would like to extend a special thank you to these generous foundations for their support.*

JANUARY 1, 2017 – NOVEMBER 9, 2017

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# HOPWELL COMPASS POINTS

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[www.hopewellcommunity.org](http://www.hopewellcommunity.org)

Hopewell provides an opportunity for adults with serious mental illness to experience a self-reliant and satisfying life through participation in a vibrant residential therapeutic farm community.

## DISCOVER MORE

about Hopewell's unique program and mental health services

Facebook: <https://www.facebook.com/Hopewelltc>  
Twitter: @Hopewellfarm  
Instagram: @hopewellfarm  
Blog: [www.hopewellcommunity.org/blog](http://www.hopewellcommunity.org/blog)



## Dear Friends of Hopewell,

*By now, you most likely have received our Annual Fund appeal that was mailed in late November. If you have made a gift, thank you. Your donation allows us to provide fee assistance to a majority of our residents' families who otherwise would not be able to afford and experience our proven holistic model of mental health care.*

Our board, staff, residents and their families deeply appreciate your generosity. Thank you for investing in the healing power of nature, community and meaningful work.

Warmly,

*Mark W. Teague*

Mark W. Teague  
Annual Fund Co-Chair

*Kathryn L. Makley*

Kathryn L. Makley  
Annual Fund Co-Chair

Corporate matching gifts are charitable giving programs in which a company matches donations made by employees to eligible nonprofit organizations. Often, retirees may take part in these programs as well. **Ask if your employer has a corporate matching gift program. You may be able to double your donation to Hopewell this year-end.**