



Photo credit: Jack Childers

A Hero's Home Away From Home

by Candace Carlton, LISW-S

On May 22, 2014, Hopewell resident Mike Erro finally received the medals he had earned 40 years earlier for his service as a U.S. Army Light Weapons Infantryman in Vietnam. The entire Hopewell community watched with pride as Sgt. Ryan Thomas pinned six medals, including the Purple Heart, onto Mike's jacket.

It was an emotional and memorable day for Mike, made possible by Hopewell staff who had worked with him since his admission in February 1997. The day also marked a turning point for the quiet man who has suffered from paranoid schizophrenia and, since his return from the Vietnam War in 1969, post-traumatic stress disorder (PTSD). Joined by family members long estranged, and overwhelmed by the outpouring of affection from his peers and the staff of Hopewell, Mike began to open up. **That day he said, "It seems like I haven't realized before how much people in my life like me."**

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Dear Friends,

Clara T. Rankin's vision of a therapeutic farm community in Northeast Ohio was realized in 1993 when Hopewell was officially incorporated. But her dream truly became reality when the first resident (residential client) was admitted on February 3, 1996.

During the interim, Mrs. Rankin led the dedicated members of Hopewell's first Board of Directors as they secured the necessary philanthropic funding, purchased the ideal farm setting in Mesopotamia, and hired Hopewell's first clinical staff members.

Twenty years later, Hopewell is one of five leading therapeutic farm communities in the United States. Together, these organizations are dedicated to promoting the effectiveness of the therapeutic community model of modern mental health care.

Throughout 2016, we invite you to join with Hopewell as we celebrate 20 years of service to adults recovering from mental illness.

To become more involved with Hopewell during our 21st year of service, please contact our Development Office at 440.247.0912. And visit our website at www.hopewellcommunity.org.

Sincerely,

Mark W. Teague

Mark W. Teague
President, Board of Directors

Report from the “Summit”



The third “Summit” meeting of our country’s five primary therapeutic healing communities is scheduled to convene in April. CooperRiis Healing Community (NC), Gould Farm (MA), Rose Hill Center (MI), Spring Lake Ranch (VT) and Hopewell share a common purpose: To serve individuals with serious mental and emotional challenges. This collaboration, which began in April 2015, already has led to increased sharing of best practices, has fostered greater combined consultation and education initiatives, and has created a supportive network of peer-to-peer engagement.

The focus of our April 2016 meeting will be to finalize a plan to collect commonly measured outcomes data. Study of the data will help us to further define the characteristics of our programs that have the greatest impact on sustained recovery and healing. We are informally referring to this effort as the “Informatics Project.”

Leading this research effort will be Sana Loue, PhD, MSSA, MA, JD, Professor in the Department of Bioethics and Vice Dean for Faculty Development and Diversity in the School of Medicine of Case Western Reserve University and Hopewell’s Research Consultant.

The results of this unique effort will produce a more comprehensive outcomes picture than ever before. We will gain greater insight into the therapeutic processes that work best and will identify interventions that may be less effective. We plan to identify and augment those services that are most impactful within our “whole person” therapeutic model of care.

Stay tuned for the latest developments in our Informatics Project.

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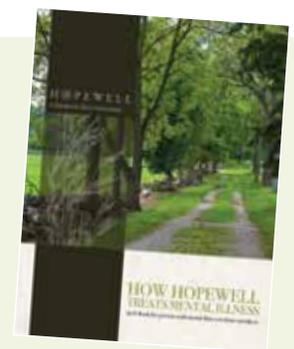
OUR MISSION

Hopewell’s mission is “to provide an opportunity for adults with mental illness to experience a self-reliant and satisfying life through participation in a vibrant residential therapeutic community.”



NEW E-BOOK

A new e-book details Hopewell’s approach to treating mental illness. To access a copy of the e-book, go to www.hopewellcommunity.org/ebook.



Admissions/tours (weekdays 8am – 4pm): 440.426.2009
To reach staff (24/7): 440.426.2000, ext. 0

Visit our new Sugar House during the 2016 Maple Tour



Hopewell's new Sugar House will be completed and operational for this year's Maple Tour. The new facility, in which Hopewell now will produce its award-winning maple syrup, is located next to the picnic pavilion on the main campus, with easy access by car via our main entrance at 9637 State Route 534.

Please plan to stop by between 10 am and 5 pm on March 5, 12, 19 or 26. (Hopewell is taking part in the Maple Tour on Saturdays only.) Step inside our new building, designed by Farm Manager Norman Wengerd, and sample our award-winning maple syrup. Syrup, fresh eggs and craft items made by our residents and staff will be for sale in our newly-renovated Farm & Craft Market during the same hours. The Market is at 9489 State Route 534. Grand opening is March 4th!

We wish to thank the generous donors – foundations, members of the Board of Directors and Council of Advisors and members of the staff – whose support created the new Sugar House.

Thank You

Anonymous	Joe and Kathy Mahovlic
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Dr. Doug and Jeannette Lenkoski	Nicole Shuster
Dr. Todd and Susan Locke	Peggy Barnes Szpatara
	Sarah Wilson

Hopewell's maple syrup is offered at all Yours Truly Restaurants in Northeast Ohio.

From Hopewell's Creative Writing Group

Hopewell's residents are an especially talented group of individuals. Many are budding poets, playwrights or novelists. Facilitated by Hopewell Clinician Laura Scarnecchia, LPC, the Creative Writing Group meets weekly to share their creativity. They inspire each other to thoughtful self-expression that may be enjoyed by their peers and staff. Here is an example of a resident's reflections on Hopewell itself.

*A solace place
To quiet negative thought
There are winding nature trails
Where one can walk.
Creatures to see grazing habitually-
Free touching them
A form of therapy.
Lose oneself to the scents
Of the ferns and lilies-
The ravine I see
So clearly
—E. K., 2016*



(continued from cover)

Today, Mike easily talks about his life at Hopewell. “**I like my work,**” he says, referring to his daily responsibilities on the housekeeping crew. (At Hopewell, residents and staff work together to manage the day-to-day operation of the 300-acre working farm.) Whether sweeping, mopping, managing the recycle bins or organizing storerooms, Mike is outgoing and cordial. His sense of humor and wit, which were suppressed for many years, often surprise those around him.

When off duty, as he puts it, Mike is known as “The Fisherman.” He enjoys fly fishing in both of Hopewell’s large ponds, which are stocked with bass, bluegills and catfish. (All fish caught at Hopewell are immediately released back into the ponds.) Mike may be found fishing every week during the summer, and only once has lost a lure in the surrounding trees!

Mike also enjoys the residents’ regular shopping trips to nearby department stores, where he finds stylish jackets and hats. Another favorite activity is watching movies on TV or at the Garrettsville cinema. When asked what he would like readers to know about Hopewell, he says, “Hopewell is fun. I enjoy being with other people. **Hopewell is a real home away from home.**”

Mike remembers his medal pinning and his return from Vietnam. “**I would like to have had a welcome home party when I came back from the war, but the Hopewell celebration was bigger than that ever could have been.**” In May, Mike will celebrate his 67th birthday with his Hopewell family. After 19 years here, he proudly says, “**I love Hopewell.**”

(To learn more about post-traumatic stress disorder and other forms of mental illness, visit www.hopewellcommunity.org/resource-library/glossary.)



Candace Carlton, LISW-S, has worked at Hopewell for 15 years. As Quality Improvement and Compliance Director, she oversees the regulatory licensures, certifications and accreditations through CARE, ODMHAS and other bodies. Candace also oversees Hopewell’s outcomes measurement process and produces the annual Outcomes Report. In 2014, she began working with Dr. Sana Loue from Case Western Reserve University on research projects at Hopewell. Candace is a Clinician with a caseload of residents. Each week she facilitates Spirituality Group, Interpersonal Relationship Skills and the Hopewell Resident Council. She received her Masters of Social Work degree from Youngstown State University (YSU) in 2006 and received the YSU Bitonte College of Health and Human Services Social Work Alumni of Year Award in 2014.

Dear Friends of Hopewell,

We are excited to announce that we exceeded our 2015 Annual Fund goal. Thank you to our generous donors for their overwhelming response to our fall (year-end) appeal. Over \$216,000 was raised, surpassing our goal by more than \$16,000!

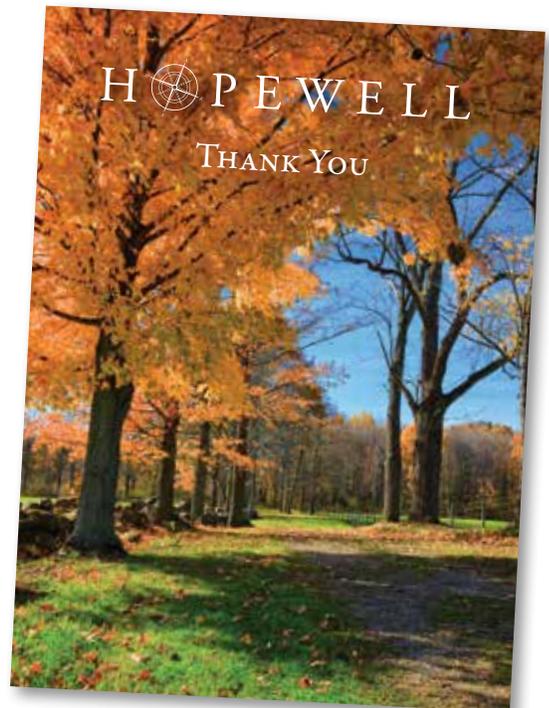
We are also pleased to report that 90% of Hopewell’s staff contributed to the Annual Fund. This speaks volumes about our employees’ dedication and commitment to our residents and to Hopewell’s service to adults with mental illness.

Annual Fund revenue helps Hopewell provide fee assistance to 95% of our families who otherwise would not be able to afford and experience our unique model of mental health care. Thank you for supporting our mission and our work.

Warmly,

William R. Hawke
Annual Fund Chair

Kathryn L. Makley
Annual Fund Co-Chair



THANKS TO OUR FOUNDATION PARTNERS

Since Hopewell's earliest years, foundations have provided generous support of our operations, programming, capital projects and endowment. We are pleased to acknowledge the following foundations for their contributions during 2015.

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The Ahuja Foundation
The Allayne & Douglas Wick Foundation
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A SURE SIGN OF SPRING!

This little lamb – who follows the residents everywhere – was born on the farm on January 28, 2016.



FROM THE WISHING WELL

- Twin-bed size quilts for residents' rooms
- Water safety vests (for swimming in the ponds in the summer)
- Twenty tickets to a museum, concert or theatrical performance
- Underwrite a field trip for 12 residents, including lunch and transportation, for \$500
- Glass-doored refrigerator for the Farm & Craft Market

Thank you for supporting Hopewell and our residents by choosing to donate materials. We are currently in need of the following for our residents or the farm:

REALLY BIG ASKS:

- Does your company have a loge at Quicken Loans Arena or Progressive Field? Our residents would love to enjoy a Cavs or Indians game "up close."
- Want to help "spread the word" about Hopewell's unique model of care? Underwrite an ad for us in *Crain's Cleveland Business* (1/8 page = \$844 at the nonprofit rate).

Thank you to our friends **Lucy Weller** and **Heather Earls** for their recent donations of items needed at the farm. Our residents and staff are grateful. If you are able to help with any of our current needs, please call the Development Office at 440.247.0912.

The Resident Council: All For One and One For All

Vital to the concept of “therapeutic community” is the belief that the community itself is a catalyst for positive change. An example of this practice at Hopewell is our Resident Council.



The Resident Council is an advisory body comprised of residents who are at Phase 3 level and full-time staff. (See note below regarding Hopewell’s Phase System.) The purpose of the Resident Council, according to its charter, is “to support Hopewell’s mission and goals.” Its function is “to increase the quality and peace of our therapeutic community for all.”

“The Council” supports and helps implement Hopewell policies and provides recommendations to the administration based on the input of the entire community (staff and residents). Issues may involve dispute resolution, specific program expenditures, the Phase System, education, operations and procedures, or outreach to the larger community. Concerns may focus on programmatic issues, safety or (especially in the winter months) the need for more recreation options.

The Resident Council is the
‘pulse of the campus.’

The Resident Council also recommends destinations for the “super trips” (field trips to special places), and organizes on-campus events such as Friday Night Movies or “Prom Night.” Council members oversee the annual Hopewell Food & Clothing Drive for needy families in the area, assemble “welcome baskets” for new residents, and create seasonal centerpieces for the dining room.

Council facilitator Candace Carlton, Hopewell’s Director of Quality Improvement and Compliance, says, “The Resident Council is the ‘pulse of the campus.’ Members represent the entire Hopewell community, and they take that responsibility very seriously. They regularly provide inspiration for their peers and the staff. They also ensure fun times for everyone. **For many residents, membership in the Resident Council is a milestone on their path of healing.**”

Executive Director/CEO Rick Karges adds, “The Resident Council exemplifies Hopewell’s commitment to empowering individuals toward their highest levels of self-reliance, self-confidence and the capacity to live and work within an interdependent, vibrant community.”

Note: Hopewell’s Phase System is designed to foster an environment in which residents hold each other accountable for socially acceptable behavior. Progress through the Phase System is based on attendance and participation in the community, attention to activities of daily living, utilization of the four basic social values (self-discipline, moderation, integrity, justice) and modeling of behavior for other residents. Residents begin at Entry Level then progress through Phase 1, Phase 2, Phase 3 and Transitional Preparation.

20th Anniversary Interview

February 3, 2016, marked the 20th anniversary of the admission of Hopewell’s first resident. To mark the occasion, Hopewell was the subject that morning of an Internet Radio program called The Leadership Hour. Christine Cowan-Gascoigne, MBA, MSSA, LISW-S, a clinical psychotherapist in private practice and a clinical consultant for Hopewell, is President and Founder of The Leadership Hour. To listen to her interview with Hopewell founder Clara Rankin and Executive Director/CEO Rick Karges, go to <http://www.voiceamerica.com/show/2518/the-leadership-hour>. Select “February” from the episode directory on the right, then select the February 3, 2016, episode.



IN SYMPATHY AND WITH PROFOUND GRATITUDE



*Richard Swadey
1954 – 2015*

On September 20, 2015, the Hopewell community mourned the sudden death of Richard Swadey, a 60-year-old resident who had lived at Hopewell since July 1996. Throughout his nearly 20 years at Hopewell, Richard's pleasant manner and startlingly blue eyes endeared him to everyone. He was as much a part of Hopewell as any person ever has been, and he is missed.

While we express our grief, we also express our gratitude. Through the foresight of Richard's family, Hopewell was the sole beneficiary of a charitable remainder trust, with proceeds designated for our endowment.

The Swadey Charitable Remainder Trust is an excellent example of the importance of both estate planning and endowment. Interest income from Hopewell's endowment each year is earmarked to provide fee assistance for residents' families in need. Building our endowment may one day allow Hopewell to admit individuals regardless of their families' ability to pay for services.

(If you would like to become a member of "The Hopewell Society" of legacy donors, please contact our Development Office at 440.247.0912.)

Measuring the Effectiveness of The Hopewell Model

An article in the Sunday Review section of *The New York Times* of January 16, 2016 ("How Measurement Fails Doctors and Teachers") described the current "fervor" regarding outcomes measurement and accountability as possibly jeopardizing the quality of health care and education in the United States. However, the writer states, "*We need more targeted measures, ones that have been vetted to ensure that they really matter.*"

At Hopewell, that vetting process is paramount. Since 2006, Hopewell has gathered and assessed data regarding the effectiveness of its programs and their impact on the recovery of its residents. Led by Candace Carlton, LISW-S, Quality Improvement and Compliance Director, and Sherry Bacon-Graves, BA, Outcomes Coordinator, Hopewell's outcomes measurement team also includes Sana Loue, PhD, MSSA, MA, JD, Hopewell's Research Consultant from Case Western Reserve University. Dr. Loue meets regularly with Candace and Sherry, providing training on research techniques and the most effective methods of data analysis.

This team works with the Research Committee of Hopewell's Board of Directors to gather, analyze and report the periodic systematic measurements of each resident's progress as well as the effectiveness of each of Hopewell's programs as evidenced by the residents' progress.

According to the outcomes team, "**Our outcomes measurement results clearly show that the Hopewell Model of care is effective.** The results inform our improvement and may lead to programmatic changes. Often, the results indicate the need to replace older measurement tools with newer ones or to create customized tools as new programs are developed."

(For more information about Hopewell's outcomes measurements and research, and to read our annual Outcomes Report, visit www.hopewellcommunity.org/outcomes.)



*Candace Carlton (standing) and
Sherry Bacon-Graves*

HOPEWELL COMPASS POINTS

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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

Summer Solstice 2016 *Celebrating 20 Years of Service*

honoring
Al Kantra and



Presenting Sponsor for the
16th consecutive year!

Please consider a sponsorship for this year's event. Deadline to be listed in the event invitation is April 20. To be listed in the event program, the deadline is May 20. Phone Hopewell's Development Office at 440.247.0912 or visit www.hopewellcommunity.org/events.

Plan to join Hopewell founder Clara T. Rankin, Honorary Chairs Brian and Gretchen Colleran and Event Chair Mary Joyce on June 24th at the beautiful Colleran Estate in Hunting Valley for Summer Solstice 2016!

Thanks to our Early-Bird Sponsors!

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Clara T. Rankin

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*This information is current as of February 23, 2016.