

“We’re All In This Together.”

by Zoe L. and Daniel B. Horne, PCC-S, LSW

In January 2015, at age 20, Zoe L. was admitted to Hopewell with a diagnosis of bipolar disorder. After a time of emotional upheaval in her life, Hopewell became her catalyst for healing.



“Hopewell is a life-changing experience,” says Zoe. “One of the best things about Hopewell is that recovery is the most important focus, not a diagnosis. Lots of people can have the same diagnosis, but each one will have a different journey of recovery.”

Zoe was born in Siberia. At age one, she was moved from an abusive mother to an equally abusive orphanage along with her siblings. At age five, she was adopted by a couple from the United States and brought to Ohio. She knew no English, but quickly learned the language and customs of her new home.

A bright and inquisitive child, Zoe was interested in everything around her. At a young age, she expressed a love of working outdoors, especially helping her father with construction work. But problems began to develop in her teens. After high school, she decided to move out of her home. She lived with a court-appointed guardian who owned a farm. There Zoe fell in love with horses.

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Advancing the Treatment of Mental Illness

On Wednesday, October 5, Hopewell presented the sixth annual David Cutler Conservatory Exploring Mental Health Series at the Cleveland Racquet Club. This event was established by Alexander M. (Sandy) and Sally Cutler in honor of their son, to increase public awareness of mental illness. Hopewell is grateful to the Cutlers for their continued support of this annual event.

The title of this year’s event was “Advancing the Treatment of Mental Illness.” Six expert panelists were asked to prepare five-minute presentations regarding two important questions. **#1: What is the most critical issue impacting the treatment of mental illness today? #2: What is the most important trend — today or in the near future — in the treatment of mental illness?**

Following a wine and hors d’oeuvres reception, Hopewell’s Executive Director/CEO Rick Karges opened the program by introducing guest moderator **Loree Vick.**

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Investing in Mental Health Recovery and Healing



Mental illness is a major health care concern. It affects as many as one in five people in the United States today. The aggregate cost of multiple psychiatric hospitalizations (due in part to coverage limits placed by third party payers) can be substantially higher than more cost effective options. Additionally, focusing only on symptom stabilization — instead of allowing for a sustained and lasting healing and

recovery process — can result in higher costs of care compared to less restrictive and more integrated forms of treatment.

There is significant value in investing in the delivery of quality mental healthcare. This is especially true when the delivery system generates effective outcomes that are based on individual goals, tracked on a regular basis and produce long-term results. Some very effective and affordable treatment programs that meet these criteria already are in place for individuals experiencing serious mental illnesses. These programs have demonstrated effectiveness in statistically valid outcome studies conducted over extended periods of time.

Hopewell is an example of an investment-worthy program. In our residential therapeutic farm community, adults with schizophrenia, schizoaffective disorder, bipolar disorder, depression and other forms of mental illness participate in their own recovery. They are members of a truly interactive community in which therapy and medication management are integrated with the practical aspects of life: work, exercise, the development of independent living skills, education and training, money management, creative expression and spirituality. Our outcomes continue to prove the effectiveness of our model, and our “graduates” experience positive results.

A child’s or adult’s treatment for mental illness should be sustained and healing-based, and not done “on the cheap.” Less inclusive treatment often costs more in the long term and, unfortunately, in some cases may be too late to make a difference.

The mental healthcare crisis in our country might be improved dramatically if there were more programs, like ours, that focus on a comprehensive “person-centered” model of care and treatment. Thank you for your investment in Hopewell.

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With Sincere Appreciation for our *Council of Advisors*

Hopewell's Council of Advisors is a committee of individuals appointed by the Board to assist the trustees in establishing policies and future direction. Council members are selected because they support the charitable objectives of the organization and have unique experience in charitable activities. As Hopewell's 20th year of service comes to a close, the Board of Directors and staff wish to express their gratitude to the individuals who serve as our Council of Advisors. Many are former trustees. All have provided invaluable expertise and guidance. To the following individuals, we say **"Thank you!"**

Morton G. Epstein
Jenifer Garfield
William D. Ginn
Sally Henkel
Edith F. Hirsch

Michael J. Horvitz
L. Douglas Lenkoski, MD
Toby Devan Lewis
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"We're All In This Together."

(continued from cover)



Eventually, Zoe moved out of the guardian's home and was placed in a series of group homes. Her behavior became more and more erratic as supervision increased. With little family contact and difficulty keeping jobs, Zoe needed another option.

Dawn Dean, her SSA (Services & Support Administrator, much like a case manager) from the Geauga County Board of Developmental Disabilities, advised Zoe that Hopewell is a community that could offer her many opportunities to be independent while she learned to manage her challenges.

From her first visit to the farm, Zoe felt at home and at peace on the beautiful property and especially with the horses. "Coming to Hopewell rescued me," she says. Here she learned to get along with everyone and to stay focused on work. A quick learner and hard worker, she sets high standards for herself and how things should be done. At Hopewell, Zoe learned she is a leader and an advocate for others.

"There is no judgment here. There is always someone behind you if you fall. Daniel, my clinician, has helped me since the day of my admission. I have improved and grown because of him. He is always there for me."

Today, Zoe is in her final transition phase at Hopewell. She is working part-time at two stables and looking for affordable independent housing. When at Hopewell, she participates in her favorite work crews — farm and maintenance — and helps in the Farm & Craft Market, hand-paints customized signs made in the Wood Shop and puts in time at the front desk. As a favorite tour guide, she puts parents' minds at ease when they are considering Hopewell for their child.

Zoe adds, "The best part of being at Hopewell is watching others improve and be successful. I love that. Hopewell opens your eyes to other people. You can understand and help them here. I feel I'm doing my own therapy every day by doing this."



Daniel Horne is a Licensed Professional Clinical Counselor Supervisor and a Licensed Social Worker. Daniel joined Hopewell's Clinical Team in April of 2011 as the Clinical Manager and was promoted to Clinical Director a year ago. Daniel has an eclectic background in milieu and community-based programs having worked with adults, children and families, runaway and homeless youth, and men transitioning back into the community from prison over the course of his career. As a working sculptor, he creates delicately balanced kinetic steel and rock sculptures. His work may be seen at DanielHorneStudio.com. He says his sculptures directly reflect his professional clinical philosophy that it is both necessary and possible to find balance in all things in life, even in the face of the chaos and fear that initially come when facing life with a mental illness.

Spirituality and the Medicine Wheel – Celebrating the Seasons at Hopewell

For many indigenous peoples around the world and especially the Plains Indians of North America, the Medicine Wheel symbolizes a variety of spiritual concepts, most of which are related to healing. Hopewell has adopted this ancient tradition.

Generally, a Medicine Wheel is a simply constructed monument of stones laid out on the ground. There is an outer ring of stones with “spokes” (lines of rocks) radiating from the center to the cardinal directions (East, South, West and North). Medicine Wheels are used for prayer, ceremony and meditation. The directions represent seasons of the year, cycles of life, elements of nature and other aspects of life. Medicine Wheels may be constructed in other ways but always include the four directions and the paths between them.

Last winter, Hopewell clinician Candace Carlton and art therapist Mary Cassidy collaborated on an interactive exploration of spirituality based on the Medicine Wheel. Using traditional colors, Mary painted a portable Medicine Wheel we can use both indoors and out of doors. Our Medicine Wheel is used for a quarterly activity in which residents and staff celebrate the changing seasons.

At each celebration, the Medicine Wheel encourages discussion of the changes we see in nature and in ourselves. Everyone is free to share thoughts, feelings, stories, affirmations and inspirational words. In our recent celebration of autumn, we shared a meditation



about a tree shedding its leaves. We then wrote about burdens, patterns and old habits we want to discard. A creative activity focused on our intention to bring positive energies to mind: love, courage, security, forgiveness, awareness and contentment. We ended the ceremony with a “smudging,” a ceremonial tradition in which the smoke from lightly burning sage leaves is believed to remove negative energies from a space.

After each Medicine Wheel celebration, participants express enjoyment, a connection to nature and a sense of calmness. We will continue our celebrations as the seasons change.

Since Our Founding...

For more than 20 years, Hopewell has been fortunate to have a devoted and established Board of Directors. We are grateful for each and every one of our current and former trustees.

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*deceased



In Memory of Ted Fabyan

Theodore “Ted” Fabyan was a member of Hopewell’s Board of Directors from 1995 until his death on November 18, 2016, at age 87. During his time as a trustee, he served as board president, chair of the Human Resources Committee, a member of the Governance Committee and led the recruitment process that brought current CEO Rick Karges to Hopewell.

Hopewell founder Clara T. Rankin said, “Ted served us immeasurably well, especially in the early days when we really needed the advice of a corporate executive who was an outstanding board member for other organizations. He brought so much to us then and through the years since.”

After graduating from Springfield College, Mr. Fabyan immediately enlisted in the U.S. Marine Corps, where he served as a captain during the Korean War. While serving, he also coached the Marine boxing team, which included world champion Floyd Patterson.

His professional career included executive positions with numerous national organizations, notably the Easter Seals Society of Philadelphia. He was president of the executive committee of the National Easter Seals Society. In Cleveland, he served as president and CEO of Vocational Guidance Services from 1975 to 1995. During that time, he joined Hopewell’s board and subsequently became president of the National Association of Rehabilitative Facilities. As well, he was a member of Leadership Cleveland.

Mr. Fabyan is survived by Catherine Mary (“Mary”), his wife of 60 years, their four children and nine grandchildren.

Hopewell board chairman Bill Hawke said, “Ted was an expert and tireless leader for Hopewell for more than two decades, and he was my friend and mentor for 30 years. Our hearts go out to his family. We share the loss of a truly great man.”

FROM THE WISHING WELL

Hopewell residents and staff appreciate donations of materials and equipment that enhance their work and other activities. Currently we are in need of the following items.

- Used pick-up trucks for farm use
- Commercial Exmark lawn mower with bagger
- Newer exercise equipment
- Pool table
- Lacrosse gear (sticks, balls and gloves)
- Sink and counter for animal barn
- Golf cart
- Combination sewing and embroidery machine

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

View Hopewell from the Sky

If you haven’t had a chance to watch *Aerial Tour of Hopewell*, head over to www.hopewellcommunity.org/photos-videos. Relax as you enjoy the sights of the farm, animals and buildings in this beautiful video shot from a drone by Gregory Films.



Advancing the Treatment of Mental Illness

(continued from cover)



Loree Vick is Manager of Strategic Engagement and Communications for the Summa Health System. She is also a member of University Hospitals' Psychiatry Leadership Council and is a trustee and frequent spokesperson for LifeAct, formerly known as the Suicide Prevention Education Alliance. Loree is a survivor of suicide loss and spoke about the devastating impact of the depression that led to her husband's death.

Loree shared her reactions to the panelists' questions. She said, "To remove the stigma of mental illness, we must educate people about the myths that surround this illness. One myth is that depression means weakness. It does not. The brain is an organ, and mental illness is an organic disease. Mental illness needs to be diagnosed early in life, before the brain is hard-wired.

"Another myth is that caregivers are responsible for a person's illness. In reality, our responsibility is to be engaged in the care and treatment of our loved ones. **Awareness is the answer. No one should have to suffer in silence like my John did.**" Loree then introduced the panelists.



Joseph R. Calabrese, MD, is Director of the Mood Disorders Program and Director of the Bipolar Disorders Program at University Hospitals Case Medical Center. His research interests include improvement of clinical outcomes in underserved populations of bipolar disorder, including adolescents and those adults also abusing alcohol and/or drugs. Among his many awards are Lifetime Achievement Awards from

the European Bipolar Forum and the Ohio Psychiatric Physicians Association.

Dr. Calabrese reported that data collected by the World Health Organization from 191 countries suggests that mental illnesses begin as early as ages one to 10. "Even babies can exhibit signs of mental illness." He agreed with Loree: "**Mental illness must be diagnosed at an early age.**" He addressed the erroneous belief that suicide is the #1 cause of premature death among individuals with mental illness. In fact, the primary cause is other diseases. In the United States, the lives of individuals suffering from a mental illness may be shortened by 10 to 20 years. "**The mentally ill need to learn how to live healthy lives.**"



Martha Schinagle, MD, is Hopewell's Resident Psychiatrist. She practices in the Mood Disorders Program at University Hospitals Case Medical Center and is an Assistant Professor of Psychiatry at the CWRU School of Medicine. Dr. Schinagle has more than 20 years of experience specializing in mood disorders and psychotic disorders. She discussed current brain-body research as a critical trend in the

treatment of mental illness.

The typical life expectancy for individuals with mental illness is only 50 to 60 years. They are more likely to succumb to cardiovascular disease, COPD, cancer or diabetes. Why? Typically, because of poverty, lack of education regarding health and lack of access to proper care.

"**At Hopewell,**" she says, "**we focus on healthy bodies through exercise, diet and being outside. We have a great smoking cessation program. Hopewell has strong relationships with all the hospital systems, and we make sure everyone receives good medical care. We teach medication management. In my role at Hopewell, I help our residents to minimize unhealthy behaviors.**"





Sana Loue, JD, PhD, MPH, MSSA, is Hopewell’s Research Consultant. She is Vice Dean, Faculty Development and Diversity, and Professor of Bioethics, Epidemiology and Biostatistics, Psychiatry and Global Health at the CWRU School of Medicine. She has conducted research relating to mental health for almost two decades and has authored or edited more than 30 books. Her newest book,

Therapeutic Farms: Recovery from Mental Illness includes a chapter devoted to Hopewell.

Dr. Loue stated the issues she has identified are both challenges and unfortunate trends: **inadequate funding and under-emphasis on the need and availability of counseling and supportive services.** She reported that a study released this year shows 20% of adults in Ohio suffer from some form of mental illness; 20 out of 50 adults have serious thoughts of suicide; 40 out of 50 adults with mental illness have unmet needs; and 29 out of 50 have been unable to access services such as treatment, special education or insurance. Ohio ranks 24th out of 50 in the provision of supportive services.

“Hopewell provides an amazing constellation of services,” she pointed out. “Hopewell’s holistic care is focused on the whole person, not just on symptoms. Residents say, ‘The staff helped give me balance.’ ‘Hopewell gave me a sense of community.’ ‘Hopewell gave me confidence.’”



Frederick J. Frese, PhD, FAPA, is Professor of Psychiatry at Northeast Ohio Medical University (NEOMED). A psychologist who has specialized in the treatment of schizophrenia for more than 40 years, Dr. Frese was diagnosed with the condition at age 25. A prolific writer and public speaker, he is known for his advocacy efforts for mental health care legislation.

Dr. Frese shared with the group that he had spent ten years in ten different psychiatric hospitals. Ten years after being declared insane by a judge who ordered him to be hospitalized permanently, he became Director of Psychology at the state’s largest psychiatric hospital. Active in advocacy work since 1985 when he first became open about his schizophrenia, Dr. Frese said the one thing about which everyone is unanimous has become his mantra. It is: **“Nothing About Us Without Us.”** The end users must be considered and listened to.

In reaction to the disastrous results of deinstitutionalization, which has left millions of individuals with mental illness either homeless, in jail or in cemeteries, Dr. Frese discussed a new initiative called “A Bed Instead” and pointed out that Hopewell’s program is not only successful, it also is cost-effective. **“Why would we want to spend \$1,000 to \$1,500 a day for a hospital stay when Hopewell provides better services for \$300 a day?”**



Thom Craig is Director of the Mental Health Program of The Margaret Clark Morgan Foundation. He has more than 30 years of experience working with individuals diagnosed with both developmental disabilities and mental illness. The Foundation is one of very few foundations in the country that supports the mental health field and invests in innovative practices that can improve the lives of

individuals diagnosed with serious mental illness.

Mr. Craig believes an important trend in the future will be a cross-system, integrated approach to mental healthcare. **“There should be no wrong door to healing care,”** he said. The Margaret Clark Morgan Foundation is encouraging multiple service systems to work together. Per Mr. Craig, “A challenge is how to develop relationships among professionals. Components of a delivery system need to be able to talk to each other.” He also noted, “The trend will be to measure the impact of services, not the numbers of units of service or procedures that are provided. The cross-system approach to healing will help ensure a person’s needs, goals and quality of life are being considered. **We need to change the way the system works.”**



William M. Denihan is CEO of the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County. Formerly he served as Executive Director of Cuyahoga County’s Department of Children and Family Services and was Chief of Police for the City of Cleveland. He described his work helping police in Northeast Ohio to be trained to deal with all people, including those with

mental illness. **“With good treatment, people can be transformed,”** he said.

Mr. Denihan believes a major challenge soon will be the number of children with mental illness who are living with aging parents. **“My main job is to be an advocate for change for individuals with mental illness and addiction.”** He added enthusiastically, **“My goal is to have a Hopewell in Cleveland, Ohio — seriously. If we could clone Hopewell, we would.”**

A robust “Q&A” period followed the panelists’ presentations. The program was closed by Hopewell Board President Mark W. Teague. While guests enjoyed coffee and dessert, Appletree Books owners Lynn and Lute Quintrell sold copies of Joanne Fenton Humphrey’s new book, **Hopewell: A Place of Healing, 1996-2016.** The book was commissioned by Hopewell founder Clara T. Rankin in honor of Hopewell’s first 20 years of service. Mrs. Rankin and Mrs. Humphrey autographed copies for the appreciative buyers.

HOPWELL COMPASS POINTS

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Middlefield, OH 44062
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

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Contributions to the Annual Fund allow us to provide fee assistance to 95% of our families who otherwise would not be able to afford Hopewell's unique model of care. Our Board, staff, residents and their families deeply appreciate your generosity.

Thank you for helping Hopewell provide hope and healing for adults with mental illness.

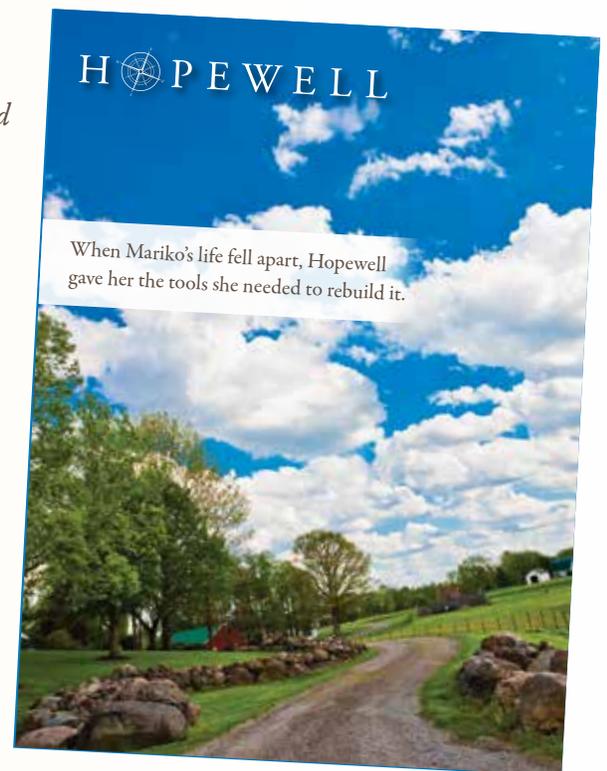
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