

HOPEWELL COMPASS POINTS

SPRING 2017 NEWS FOR FAMILY & FRIENDS

A Path of Healing

by Candace Carlton, LISW-S

On April 10th three years ago, Phillip S. was admitted to Hopewell. What began with a series of near-devastating challenges has become a positive, productive path of healing for this talented 30-year-old.



In 2014, Phillip was trying to live on his own in an apartment. Impressionable and with a generous heart, he was allowing anyone in need to share his home. Unfortunately, this led him into the frightening world of substance abuse. He recounts, "I was doing some stupid things three years ago – actually, some very bad things. I got incarcerated. Then I did even more bad things and it got worse. I was locked up again."

At that point, his case worker from the Trumbull County Department of Developmental Disabilities talked with a probation officer about Hopewell as a suitable option for Phillip. Daniel Horne, Hopewell's Clinical Director, visited Phillip at the jail, completed an intake assessment and recommended admission.

Like most Hopewell residents, Phillip was dealing with multiple complex challenges: bipolar disorder, minor developmental disability and substance abuse. He had been in and out of therapy from age seven into his twenties, but nothing was successful.

"When I first got to Hopewell," Phillip says, "I wanted to go home. I did some bad things here, too. When I started using profanity to the staff, they called in Candace (Carlton), my clinician. I knew I didn't want to go back to a cell block again. That was horrible. So, I decided to try to make things work for me here at Hopewell."

Candace reports, "Phillip has really grown at Hopewell. After years of closing himself off and avoiding communication, he has discovered new interests and is excelling at them. He participates in the Creative Writing group and the art room. He makes stuffed cloth teddy bears for his nieces.

"This is the happiest I have ever seen Phillip in his life."

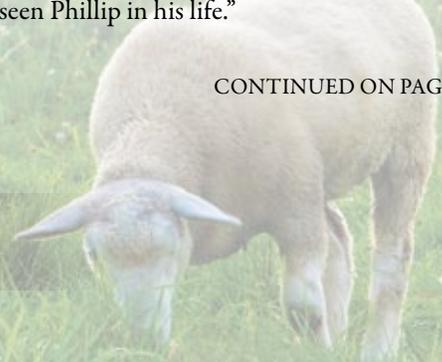
"Working with Bob Weirich, Hopewell's Education Program Coordinator, he has found a love of math and is doing exceptionally well in algebra. Also under Bob's tutelage, he is learning to play piano."

According to Phillip today, "Hopewell really works if you give it a shot."

Phillip's mother believes the consistent, organized structure and the daily routines at Hopewell have been extremely important for her son's progress. She appreciates that Phillip's medication and mental issues are carefully overseen and that he is safe.

"At first, he begged to go home," she remembers. "Gradually he became more engaged. He is doing things he was never interested in before. He is growing academically, in the arts and in his social skills. He has developed his own methods to ensure self-control. He makes eye contact with people now, and he enjoys talking with them. These are new behaviors for Phillip. I am very proud of him, and I'm glad for Hopewell. This is the happiest I have ever seen Phillip in his life."

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Hopewell at the All Ohio Community Psychiatry Conference



On March 24, 2017, Candace Carlton, LISW-S, Hopewell's Quality Improvement and Compliance Director, and I led a Showcase Presentation at the All Ohio Community Psychiatry Conference held in Dublin, Ohio. Our topic was entitled "Hopewell: A Therapeutic Healing Community, a model for sustained recovery and healing."

Candace and I explained that therapeutic communities are not typically medical model oriented, but are more focused on a whole person-centered approach. Personal responsibility is reinforced by addressing the value of work, acceptance and self-respect.

An additional segment of our presentation dealt with the unique organizational structure of therapeutic healing communities like Hopewell. This concept is based on a flattened hierarchal structure in which all staff and residents are considered equal members of the "community." A primary role of staff is to empower the "peer community" (staff and residents) to serve as both teachers and mutual sources of self-help. This assures a balance of rights and responsibilities of each community member.

Our presentation focused on a central philosophy of therapeutic healing community that residents:

- Are empowered to be active participants in their own recovery as well as a resource for helping other residents in the community.
- Along with staff, share in the planning and running of day-to-day services and activities.
- Are encouraged to openly and safely express their thoughts and feelings.
- Accept that all views are to be heard and respected.
- Utilize the "community" milieu itself as a primary source of recovery, learning and healing.

Much more information about therapeutic healing communities is available on our website at www.hopewellcommunity.org and at artausa.org, the website of the American Residential Treatment Association, of which Hopewell is a member.

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COMPASS POINTS

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www.hopewellcommunity.org

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."



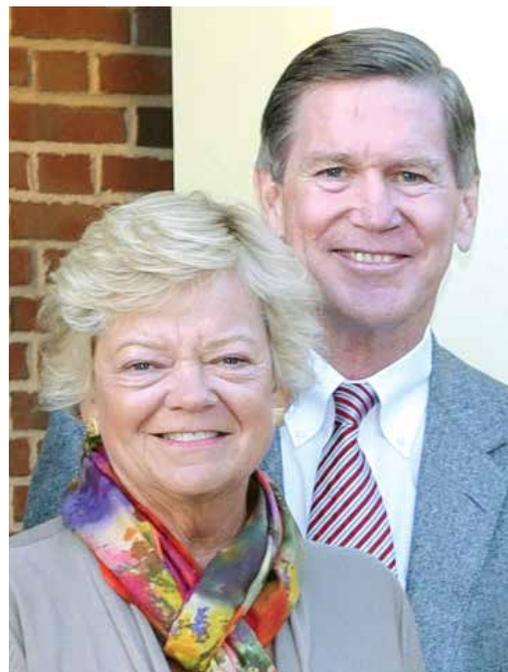
DO YOU KNOW A FAMILY THAT MAY NEED HELP?

Ask them to call Hopewell's Admissions Team at 440.426.2009.

2017 Summer Solstice to honor Sandy and Sally Cutler

The Board and staff of Hopewell are pleased to honor Sandy (Alexander M.) and Sally Cutler at this year's Summer Solstice. Their dedication to our organization has continued long past the time their son David was a Hopewell resident. In appreciation for their generosity and devotion, a new building dedicated in 2009 was named the David Cutler Conservatory, and our annual event to raise public awareness of mental health care is called the David Cutler Conservatory Exploring Mental Health Series. Sally served as Honorary Chair of "The Campaign for Hopewell – *Planting Seeds of Promise*," which raised more than \$7 million by its close in 2016, primarily for the endowment.

According to Sandy and Sally, "Hopewell is a special place of acceptance, healing and restoration. Residents recover and grow in a bucolic residential setting where each is a member of a functioning community with expectations and responsibilities. The warmth and welcoming nature of the Hopewell community sets the environment for remarkable achievements by its residents."



Theresa Piteo Trela to be Guest Speaker



Liza (left) and her mother, Theresa Piteo Trela

Summer Solstice is one of Hopewell's most important fundraising activities each year. Proceeds are used to provide fee assistance to residents' families who otherwise could not afford care. The

appreciation expressed by family members has been overwhelmingly heartwarming over the years. One of the most poignant expressions was received from Theresa (Terry) Piteo Trela, who bravely told the story of her family's experiences for Hopewell's Spring 2015 "Compass Points" newsletter and, more recently, in a video for our website.

Terry says, "Our daughter Liza is only able to remain at Hopewell because of a reduced fee arrangement. Make no mistake: donations to Hopewell really do save lives. Our family is so blessed."

Clevelanders will remember Terry as a member of the original cast of the record-breaking production of "Jacques Brel is Alive and Well and Living in Paris" that helped begin the Renaissance of Cleveland's Playhouse Square in 1973. Currently, she is a lecturer in the English department at West Texas A&M University in Canyon, Texas.

(continued from cover)



Candace Carlton, LISW-S, has worked at Hopewell for 16 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 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.

17th Annual Summer Solstice AUCTION HIGHLIGHTS



Private Tour of the Universe

Your personal adventure to the stars awaits! You and up to 80 of your friends will take a private, curated tour of the universe at the Shafran Planetarium and Ralph Mueller Observatory at the Cleveland Museum of Natural History. The winner may work with a curator to design a unique out-of-this-world experience. Perfect for all ages and celebrations. Includes wine and cheese!

Thanks to the Cleveland Museum of Natural History. (This donation has been made exclusively to Hopewell.)



Stay at Hacienda de Anza

Relax for four nights in a beautifully decorated and welcoming hacienda located in Tubac, Arizona, south of Tucson on five secluded acres in the foothills. Bring your family or significant other and enjoy the stunning mountain views, take a hike or a dip in the 38-foot pool.

Thanks to Mr. and Mrs. Robert Clancy.



Eddy Fruit Farm to Table Event

Spend a day in the country and top it off with a farm-to-table four-course dinner for 12 at Eddy Fruit Farm in Geauga County. Renowned Sara's Place Restaurant and Catering will customize a menu for you and your guests using the freshest locally harvested foods provided by Eddy. The evening includes a full bar. You may choose to enjoy your delicious dinner al fresco or in Eddy's rustic apple barn. Come early to tour the orchards and pick your own produce. Dates restricted to **August 18 – October 22, 2017.**

Thanks to Eddy Fruit Farm and Sara's Place.



The Foundry Rowing Competition

Experience The Foundry, for you and up to 15 guests (or more if you insist!). This brand new, state-of-the-art rowing center in Cleveland's Flats has indoor rowing tanks where you and your guests will learn the sport from the Foundry's rowing director, a former PAC-10 Coach of the Year at Stanford and an Olympian. You will receive personal instruction on the rowing stroke, then divide into two teams for a friendly competition! This one-of-a-kind event could be used by a corporation looking for a team building retreat at an amazing facility, or it could be a family/friends event (ages 10 and up). MCPc will provide high energy snacks, refreshments and adult beverages. If you are hosting a corporate retreat, they will take care of additional nourishment. MCPc also will provide a guided tour of the facility: a former foundry that has been restored with historic preservation in mind.



Donated by MCPc Family Charities.



Marigold Catering Cocktail Party in your Home

Experience an unforgettable evening for 20 hosted at your home. Guests will sample unique and contemporary passed hors d'oeuvres, participate in an interactive cooking display of savory and sweet small plates and indulge in local beers and international wines.

Donated by Marigold Catering.



HOPEWELL'S FUND-A-NEED

An important element of each Summer Solstice event is the Fund-a-Need portion of the live auction. Guests are asked to make cash donations to support Hopewell's #1 fundraising priority: fee assistance for our residents. More than \$1 million of our operating budget each year is designated for this purpose. Fund-a-Need helps us provide fee assistance for 95 percent of our residents. We hope you will raise your bidder numbers high!

If you are not able to attend this year's Summer Solstice, you may support our fee assistance program by making a fully tax-deductible donation at www.hopewellcommunity.org/donate. Please be sure to indicate that your gift is for "Fund-a-Need."

FROM THE WISHING WELL

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

Currently we need the following items:

- Good used ½ ton or ¾ ton farm trucks (preferably Fords)
- Golf cart with a storage bed

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

In Memory



Morton G. Epstein

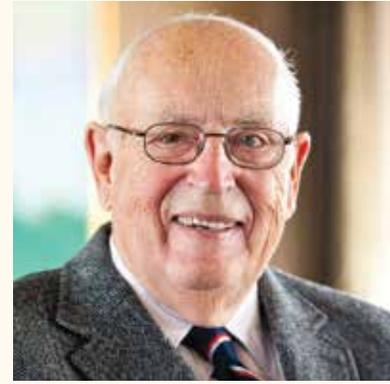
Mort Epstein was a dedicated member of Hopewell's Board of Directors from 1996 to 2014 and remained on the Council of Advisors until his death on February 22, 2017, at age 90.

Hopewell trustee Phil Wasserstrom reflects, *"Mort had many communal involvements in his life. However, Hopewell was a primary and continuing priority for him. He proposed me for the Board and was so pleased when I was accepted that he took me to a celebration lunch. Even when he cycled off the Board, he was anxious to keep up with the progress of our various initiatives. He was generous with advice on the issues that were important to him. I know his deep interest in Hopewell will be an inspiration to all of us to continue the work he loved so much."*

Morton G. Epstein was born in Cleveland, Ohio, and was a graduate of Cleveland Heights High School. He attended The Ohio State University. Mort and his brothers, Urvan Epstein and Jerome Grover, were partners in National Paper and Packaging, a family-owned business which was founded in 1914 by their parents, Harry and Rhea Epstein. Mort's career spanned five decades.

Mort served as a community leader in many areas in Cleveland, and his business career included numerous positions on merchant advisory boards, among them Scott Paper Company. He served as Chairman of the National Paper Trade Association. Notable nonprofit organizations he served, often as an officer and life trustee, include: The Temple-Tifereth Israel, The American Jewish Committee, The City Club of Cleveland, The Jewish Federation of Cleveland, The Jewish Family Service Association, Bellefaire/Jewish Children's Bureau, Mt. Sinai Medical Center, Mt. Sinai Health Care Foundation and many others.

Mort was a visionary, a strategist, a facilitator and a great friend to the community. Perhaps his most cherished role was that of a devoted husband and father. He enjoyed a 70-year marriage to Natalie Epstein. They had three sons, Dr. Howard Epstein (Gregg Levine), Jonathan Epstein (Marty Gawry) and Jeffrey Epstein (of blessed memory).



L. Douglas Lenkoski, MD

Doug Lenkoski was a Hopewell trustee from 2002 until 2015, when he joined the Council of Advisors. He remained actively engaged until his death on March 20, 2017, at age 92.

Born in Northampton, Massachusetts, in 1925, Doug received an A.B. degree in Biology from Harvard College in 1948 and his medical degree in 1953 from Western Reserve School of Medicine. From 1943 to 1946, he served as an Army Air Force B-17 navigator stationed in Italy. After military service, he interned at University Hospitals of Cleveland. He then served as Assistant Resident in Psychiatry at Yale/Grace New Haven Hospital, then as Chief Resident at University Hospitals.

As faculty in Psychiatry at Case Western Reserve University from 1960 until his retirement in 1992, Doug held numerous positions, including Chairman of the Department of Psychiatry and Director, Substance Abuse Center of the School of Medicine. He served as Chief of Staff and Director of the Department of Psychiatry at University Hospitals and as Director of Psychiatry at MetroHealth. In 1992, he was appointed Professor Emeritus of Psychiatry.

Doug was a Fellow with the American College of Psychiatrists, American College of Psychoanalysts and American Psychiatric Association. He was a founding member of the Cuyahoga County Community Mental Health Board and a member of the Cleveland Psychoanalytic Center, which honored him in 2014. He also published numerous books and journals. He was tireless in his humanitarian efforts on behalf of the mentally ill and was an extremely effective advocate for psychiatric patients, influencing policy at local, state and national levels.

Hopewell founder Clara T. Rankin says, *"Doug was instrumental in the development of Hopewell and was especially interested in our care of individuals dealing with schizophrenia. He was an excellent leader, well-versed in fund raising and very good at committee meetings. He kept us on track with his humor. He was always willing to talk through problems and was very encouraging. He was a brilliant, remarkable man."*

Doug is survived by his wife Jeanette and their four children.

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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

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Blog: www.hopewellcommunity.org/blog

Please join us Friday, June 16th, for Hopewell's 17th Annual Summer Solstice

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17th consecutive year!



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