

HOPEWELL COMPASS POINTS

SPRING 2018 NEWS FOR FAMILY & FRIENDS



Amanda's Hopewell photography show

Capturing the Moments

Amanda spent her days in Texas feeling hopeless, watching TV and unable to take on the tasks of her everyday life. Her mom searched for answers on the internet and found Hopewell. They traveled to Mesopotamia and saw the many ways a therapeutic community could benefit Amanda. She knew this was her place, arriving at Hopewell in May 2017.



Since becoming a Hopewell resident, Amanda has settled into the community. She enjoys the housekeeping work crew, being creative in the art room and playing guitar with the Music Therapy Group. Amanda has learned about herself through Process Group Therapy, where residents meet face to face to share their struggles and concerns, and in Dialectical Behavior Therapy (DBT), which helps residents learn and use new skills and strategies to address their mental illness, and live a more vibrant life. Her favorite part of the day is in the evening when she can read, and she is currently devouring the Harry Potter series.

Amanda shares her love for photography with the community, opening her exhibition at Hopewell in March. When she was 12, she wandered around with her pink digital camera, capturing nature photos. Currently her favorite genre is everyday life portraits. When asked what her favorite photo is, she quickly replied, "Guardian Angel," named after her father who died in 2013. Other photos she loves are a fish titled "Ohhh" taken at the Ft. Worth Botanical Gardens, and the Hopewell gazebo titled "Into the Fog." Sharing time with her camera brings Amanda pure joy.



Amanda's hardest adjustment is being away from family who live in Texas and Georgia. But Amanda is grateful for her time at Hopewell. She said, "**Hopewell is a great place. It has changed me into a better person.**" She has learned so much about herself and said, "**I have been through a lot and I am still standing.**"



ARTA Field Trip

BY STEVE MORSE, CHIEF EXECUTIVE OFFICER



On March 29th and 30th, Colleen Welder (Chief Operating Officer) and I attended the semi-annual meeting of an organization that is very important to Hopewell's success, the American Residential Treatment Association (ARTA). Colleen was elected Secretary of the Association more than a year ago.

The main purpose of each meeting is to share questions, concerns and suggestions among the

30 or so member organizations in order to find solutions to common problems. I encourage everyone to check out the association's website artausa.org. There you will find a wealth of guidance and information for families searching for helpful options for their loved ones who are experiencing the effects of serious mental illness. You will also see a photograph of Hopewell's beautiful farm on the front page!

Here is a surprising fact: Over the past five years more than 40% of the people calling Hopewell for information about admissions discovered us through the ARTA website, while they were searching for "residential treatment, mental health." There they found and clicked on the link to our own website hopewellcommunity.org.

Who are ARTA members? Similar to Hopewell, they are mostly nonprofit, private pay, licensed and/or accredited, serving adults with serious mental illness, providing an average of 40 beds. Most members are located in the northeast or southern U.S. Hopewell is the only one in Ohio. One new member comes from Colorado, where they are facing challenges posed by the legalization of marijuana.

Of the seven farms that are members of ARTA, five of us have joined together in a less formal association that meets near Asheville, North Carolina twice a year in order to discuss issues common to therapeutic communities based on working farms.

Having now attended one meeting each of ARTA and the farm group, I can testify to the great value of sharing our perspectives and searching for solutions to common problems. This includes raising our profile among the people who might benefit from residential communities, and among those professionals who advise families about positive solutions for the problems they face.

There is a vast amount to learn about residential treatment in general as a key component to recovery and independence for many people, and about the 30 members of ARTA, specifically. After you have taken the opportunity to view those two websites (ARTA and Hopewell), I hope you will contact me at smorse@hopewell.cc with your comments and/or questions. As a practical matter, we are always looking for ways to improve how we demonstrate the value of our services, and we can easily make changes to our presentations on both of those websites once we hear your suggestions.

Thank you for your input.

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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."

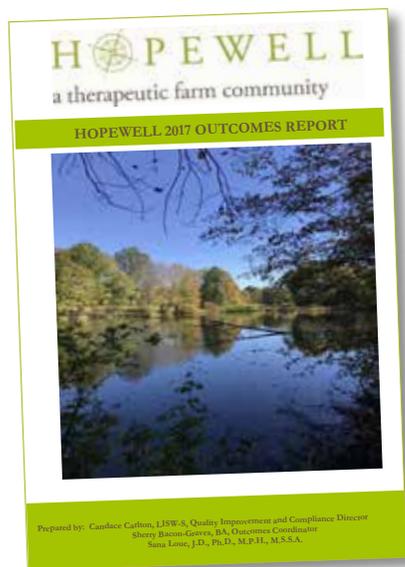


DO YOU KNOW A FAMILY THAT MAY NEED HELP?

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

Hopewell Publishes 2017 Outcomes Report

by Don Bernardo, Director of Development



In 2006, with support from the Margaret Clark Morgan Foundation (now known as Peg's Foundation) and in consultation with faculty from Hiram College, Hopewell began a systematic data collection program of outcomes research to guide its efforts to help those with serious mental illness. The results are published each year in an "Outcomes Report" that demonstrates Hopewell's ability to serve those in need. The 2017 report summarizes the progress our residents have made in the last year and is made available to our accrediting agencies, funders and others.

The evaluation and review process begins when residents are first admitted to Hopewell. A baseline of information is collected for assessing outcomes, including diagnostic information, individual goals, medications, and the individual's living situation. A wide variety of clinical evaluation and assessment tools are used by Hopewell's clinical team at admission and throughout a resident's stay to gauge their progress and help adjust their participation in programs and activities to best support their recovery.

Outcomes data is routinely reviewed with each resident to help them track their own progress towards achieving their goals. Residents are also encouraged to provide feedback concerning improvements in Hopewell's programs. As a result of this feedback, Hopewell has implemented a number of suggested changes, including the addition of therapeutic groups, changes to program schedules, and dietary requests. In this way, Hopewell residents share in the responsibility for their care and treatment.

Hopewell is pursuing an ambitious research agenda focusing on further program evaluation and longer-term outcomes, including evaluations of past and long-term residents. Hopewell is also collaborating with two other U.S.-based therapeutic farms (CooperRiis in North Carolina and Rose Hill in Michigan) on joint research which will, to the best of our knowledge, result in the largest combined database in the United States available to assess outcomes of care and the effectiveness of therapeutic farm communities.

Authored by Candace Carlton, LISW-S (Hopewell's Quality Improvement and Compliance Director), Sherry Bacon-Graves (Outcomes Coordinator), and Case Western Reserve University professor Sana Loue, the full text of Hopewell's 2017 Outcomes Report is available on our website, at <http://www.hopewellcommunity.org/outcomes/measuring-success>.

HONORARY AND MEMORIAL GIFTS

FEBRUARY 1 – APRIL 3, 2018

IN HONOR OF

Clara T. Rankin

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*We apologize for any
errors or omissions.*

*Please contact the
Development office at
440.247.0912 so we
may correct our records.*

18th Annual Summer Solstice

Summer Solstice to Honor Peg's Foundation

Hopewell is pleased to honor **Peg's Foundation** at Summer Solstice 2018.

Founded in 2001 by Burt and Peg Morgan, Peg's Foundation (formerly the Margaret Clark Morgan Foundation) is a private, philanthropic organization committed to creating opportunities for sharing knowledge, promoting partnerships, and inspiring improvements in the behavioral health system. As a passionate advocate for her son living with mental illness, Peg recognized the challenges for individuals and families affected by mental illness. She served as the compass and conscience of the foundation, always guiding and challenging everyone to "Think Bigger."

The mission of Peg's Foundation is "to improve the lives of people with serious mental illness by investing in innovative projects in Northeast Ohio having national transformational impact." It supports the nourishment of the human mind through the promotion of mental wellness, the arts, and education.

Since 2002, Peg's Foundation has provided more than \$875,000 in support to Hopewell for a variety of programs and initiatives, including our transitional house (Lyman House), outcomes/program evaluation, the nature therapy program, and the Hopewell Endowment Fund.



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 invited to make cash donations to support Hopewell's top fundraising priority: fee assistance for our residents. More than \$1 million of our operating budget each year is designated for this purpose. 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/support-us/donate. Please be sure to indicate that your gift is for "Fund-a-Need."



Summer Solstice Silent Auction HIGHLIGHTS



Lakefront home on Chautauqua Lake

This beautiful home is located on the shore of Chautauqua Lake and accommodates eight to ten guests. It is close to Holiday Valley and Peek n' Peak ski resorts and can be used between Labor Day and May 31, 2019, Thursday through Sunday.

Thank you to Mark Weisman, Value \$2,000.



Take Us Out to the Ballgame

Grab your best friends and head to Progressive Field, Suite 139, on Saturday, July 14, 2018 at 7:15 p.m. for Indians vs. Yankees and postgame fireworks. Includes 18 tickets, 4 parking passes, an assortment of beverages and \$250 food credit.

Thank you to BakerHostetler, Value \$1,500.



Vintage Car Lover's Dream

Visit Scott Isquick's stunning garage filled with 11 vintage cars, some over 100 years of age. Two people will experience a ride in a vintage Rolls Royce and have brunch at Mayfield Country Club with Scott.

Thank you to Scott and Pamela Isquick, Value \$500.



Bridgestone Invitational

Attend the Bridgestone Invitational at Firestone Country Club in Akron, Ohio, August 2-5, 2018, with two VIP passes and clubhouse access.

Thank you to Black Knight International, Value \$460.

Summer Solstice Live Auction

HIGHLIGHTS



A Week at Il Mandorlo in Tuscany, Italy

Il Mandorlo is a meticulously restored 6,000 square foot farmhouse in Tuscany, Italy, built over the past four centuries from local stones and bricks. It includes six bedrooms and five and a half baths. Property contains an olive grove, almond trees, herb and vegetable gardens, grapes (in season) and lawns. An infinity marble pool is generally open from May through October. Visit www.mandorloitaly.com for more information. This trip can be experienced in 2019.

Thanks to Michael Liebeskind.



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 Shafraan 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.

Chateau Mouton Rothschild Trio

Chateau Mouton Rothschild is a wine estate located in the village of Pauillac, northwest of Bordeaux, France, producing wine since 1853. Indulge in a trio of Chateau Mouton Rothschild wines from 1994, 1995 and 1996.

Thanks to David Dickenson.



Stay at Hacienda de Anza

Relax for four nights in a beautifully decorated and welcoming hacienda 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.



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. Dates restricted to August 17 - October 21, 2018.

Thanks to Eddy Fruit Farm and Sara's Place.

Nature Therapy

Nature Therapy, also known as EcoTherapy, is the study of how nature influences a person's health, happiness, and vitality. It is a way of recognizing that humans and nature are an integrated relational system.



Human history has been one of increasing separation from the natural world. Many scientists are beginning to question if severing ties to nature is a contributing factor to mental illness and dysfunction. A simple walk in the woods or a nearby park on a regular basis has been shown to increase one's sense of well-being.

Mental health clinicians are exploring ways to inject nature into their practices. Whether it is a total wilderness immersion, a weekend retreat, regular activities in nearby parks, a backyard garden, or even growing a houseplant, evidence of the benefits of

developing a relationship with nature is mounting. Even nature pictures on a wall or sounds of birds or running streams can measurably lower stress level and slow down elevated heartbeats.

Ecotherapy is a way to let the cycles of season and nature compare with the cycles of life. Whether it is an hour, a day or a month, humans exist in cycles. There are



parts of a day that are routine—eating, sleeping, working—while other parts change throughout the year. In the fall, trees shed their leaves, which become fertilizer. This season gives us a chance to see what needs to be shed in our lives and what we can find as fertilizer to help us grow. Walks in nature vary in each season. Summer is noisier with more visual stimuli whereas winter is peaceful with time to reflect.

Cecelia Futch, LPCC, is working on her Ecotherapist certificate and shares her knowledge with the Hopewell residents. Farm work, nature walks, therapy groups that take place in natural settings, horticulture therapy, animal therapy, etc., all work in conjunction with most therapeutic modalities to help residents regain a sense of balance in their lives. The hope is that as residents recognize that their relationship with nature, coupled with the cognitive and behavioral skills they are gaining at Hopewell, will allow them to function well interdependently with society's supportive networks once they leave.



Hopewell staff benefit as well. Excitement is growing from the kitchen (planting herbs and veggies in the greenhouses to use year round), art (making dyes from veggie scraps to making clay pots for plants in residents' rooms), to building and grounds (laying out where gardens are to be planted, working in the woodshop to build bird houses and benches to put around the property, erecting trail signs and upgrading property trail maps). Ecotherapy helps the entire community become a more vibrant and healthier place to grow.



Our Team, Our Passions



We have all heard someone complain, “I feel like I give every waking hour to my job!” Escaping a 70-hour workweek to join the team at Hopewell, **Jack Childers** now says it with a grin. Together, he and his wife, **Lynn Childers**, wear many hats and do it all with warmth, compassion and a sense of humor.

Married twelve years, Jack and Lynn live on campus in one of the staff houses. Lynn is our Chief Financial Officer and has worked in the finance department for six and a half years, and volunteered at Hopewell for three years prior to that. She also manages our computer network, internet, and phone systems. Jack joined the facilities maintenance team in 2007, works with residents on farm crews, leads a weekly Bible study group, and is our staff photographer. He was also trained as a facilitator.

Lynn and Jack love to hike. Jack said, “We walk til we drop in any kind of weather. We love the outdoors and the beautiful trails on the Hopewell property and nearby state parks.” After years of road trips, Lynn and Jack caught the travel bug and began to explore the spectacular scenery of the Southwest national parks. Cameras and smart phones in hand, they return home with stunning photos. Often, one will turn to the other and exclaim, “We have to capture this!” They post their photos on Facebook and compete to see who gets the most likes.

The couple’s devotion to Hopewell is evident. “We enjoy Hopewell very much. Our hearts are here. The comradery among the staff and residents is very important. Our residents are very fragile when they come to us, and we are so proud of how Hopewell helps them overcome obstacles and move toward independence,” Jack said. Lynn continued, “It’s nice to work in a community where the stigma of mental illness is not a factor.”

Jack summed up, “Things have changed for us. We used to focus on the destination and work to make money. Now we enjoy the journey and the beauty that surrounds us.”

FROM THE WISHING WELL

We appreciate donations of materials and equipment which enhance Hopewell’s activities and programs. Can you grant a wish?

The **Hopewell Band**, which consists of residents and staff, enlivens daily meetings with music of many different genres. The band needs the following instruments and equipment:

- An acoustic guitar
- Pair of conga drums with a stand and bongos
- 100 to 200 watt amplifier with microphone and ¼” phono jack inputs and speakers with cables

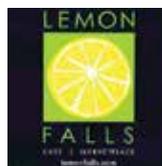
The **Art Therapy program** needs a Janome model #2030QDC-B quilting and sewing machine for classes and individual craft projects.

A jewelry display case is needed in the **Hopewell Farm & Craft Market**.

Residents and staff would love updated computers. Please help us fulfill this wish!

Check out our Wishing Well links at www.hopewellcommunity.org/support-us/wishing-well for full descriptions and cost of the above items. Purchases will be shipped directly to the farm. It’s quick and convenient!

OTHER WAYS TO SUPPORT HOPEWELL



Shop small in Chagrin Falls

Need a pound or two of coffee? Jim Linhart, owner of Lemon Falls Café/Marketplace (located at 95 North Main Street in Chagrin Falls) donates a portion of each purchase to Hopewell.

Support the Hopewell Farm & Craft Market

Take a drive to Mesopotamia and stop at our market for a souvenir or maple syrup, all made by Hopewell residents. Located at 9489 State Route 534, the market is open on Thursday and Friday from 12 – 6 pm and Saturday from 12 – 4 pm.



HOPEWELL COMPASSPOINTS

Hopewell
9637 State Route 534
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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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Please join us Friday, June 15, for Hopewell's 18th Annual Summer Solstice

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