

## Gratitude

Emily experienced bouts of depression throughout high school, moving in and out of numerous facilities. She started college but was soon hospitalized and left after a few months. In October 2015, Emily found Hopewell.

Emily was drawn to Hopewell because of the farm environment and community involvement. She loved wandering with the horses, making it a priority to visit them daily. The art room was a favorite venue where she experienced creative ways to manage her feelings and settle her emotions.

Emily's "best day ever" was when she and another resident roamed the grounds, found an old yellow swing behind some brush and hung it on a tree branch. Whenever Emily was in need of respite, she found herself on that swing, contemplating her world.

Looking back on her months at Hopewell, Emily loved being part of a community. Emily said, "**Group centering made me feel like we were all in this together.**"

After leaving Hopewell, Emily was stable for four months. She then went off her medication and relocated to Texas. The transition was not favorable so Emily moved back home and in March 2018, gave birth to her daughter Natalie.

Emily recently wrote a note to **Hopewell's Clinical Director, Daniel Horne, PCC-S, LSW**, offering her thanks and appreciation. She currently works at a learning center in New Jersey, supervising an after school program for elementary school students. Natalie attends the preschool where Emily works, allowing mother and daughter to see each other throughout the day. Emily is thankful for her time at Hopewell.

*Emily and her daughter, Natalie*



*Hi Daniel! It's Emily, I just wanted to check in with you and say thank you so much for everything you've done for me and for taking me in when I was lost and alone. I've been on my meds since December 2017 and have made so much progress. I had my baby girl in March and have held down a full time job since April! I recently put down a deposit on my first apartment for my daughter and me and am saving to buy a car and go back to school. I am on really good terms with my parents and they both love Natalie. Things can get better with hard work and I'm grateful to say that you helped me through the worst times of my life. Thank you again!*

*- Emily*



# Dr. Paul Keck Visits Hopewell

by Don Bernardo, Director of Development

In early November, members of Hopewell's board, staff leadership and clinical teams welcomed Paul E. Keck, Jr., MD, President and Chief Executive Officer of the Lindner Center of HOPE. Located near Cincinnati, the Lindner Center is a comprehensive mental health center providing patient-centered, scientifically-advanced care for individuals suffering with mental illness.

Dr. Keck, the seventh-most cited scientist in the fields of psychiatry and psychology, also serves as Executive Vice Chair of the Department of Psychiatry and Behavioral Neuroscience at the University of Cincinnati College of Medicine. He has authored over 525 scientific papers in leading medical journals and has contributed over 170 reviews and chapters to major psychiatric textbooks.

The purpose of Dr. Keck's visit was to assess the breadth and depth of Hopewell's individual therapies and clinical offerings, and offer recommendations.

During his visit, which he called "an enlightening and inspiring experience," Dr. Keck was struck by the palpable sense of community at Hopewell. He was deeply

impressed with the capabilities of Hopewell's clinical team, while providing a number of practical suggestions on how to strengthen Hopewell's clinical program and service to our residents. Dr. Keck also made recommendations on how Hopewell can better measure and demonstrate the effectiveness of our clinical methods for people with serious mental illness.

Dr. Keck's work coincides with Hopewell's commitment to continuous improvement, and in particular the organization's current strategic planning process, which includes strengthening key elements of the community's therapeutic program as a strategic priority. Other priorities include building a stronger economic structure by increasing earned and contributed revenue, and improving Hopewell's physical facilities.



Dr. Paul Keck

## BOARD OF DIRECTORS

Clara T. Rankin  
*Life Trustee*

Mark W. Teague  
*Chairman*

Chloe Rankin Seelbach  
*President*

Susan S. Locke, MD  
*Vice President*

William A. Wortzman  
*Vice President, Treasurer*

Joseph J. Mahovlic  
*Secretary*

Peter Anagnostos  
Nathan A. Berger, MD  
Susan Silverberg Bewie  
Christopher C. Brookes  
Geoffrey J. Greenleaf  
William R. Hawke  
Mary Joyce  
Roger F. Rankin  
Daniel E. Schweid, MD  
Joseph F. Verciglio  
Todd Welki  
Suzanne Westlake  
Uday Yadav

## HONORARY DIRECTORS

Herbert Y. Meltzer, MD  
Suzanne Morgan  
Donna S. Reid

## COUNCIL OF ADVISORS

Jenifer Garfield  
William D. Ginn  
Sally Henkel  
Edith F. Hirsch  
Michael J. Horvitz  
Susan D. LaPine  
Toby Devan Lewis  
Kathryn L. Makley

John C. Morley  
Deborah Read  
Robert J. Roth, Rph  
Gretchen Smith  
Mark J. Warren, MD, MPH  
Philip Wasserstrom  
Margaret S. Wheeler

9637 State Route 534  
Middlefield, OH 44062  
440.426.2000

**COMPASS POINTS**  
IS A QUARTERLY PUBLICATION FOR THE  
FRIENDS AND DONORS OF HOPEWELL.

Ann Thompson, *Editor/Writer*  
Audrey Katzman, *Writer*  
Jack Childers, *Staff Photographer*

**Development Office**  
147 Bell Street, #303  
Chagrin Falls, OH 44022  
440.247.0912

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

## SUPPORT HOPEWELL EVERY TIME YOU SHOP WITH AMAZON!

Hopewell is a registered AmazonSmile organization. This is a simple and automatic way for you to support Hopewell every time you shop on-line. Simply visit [smile.amazon.com](http://smile.amazon.com) and choose "Hopewell Inn" as your charity. The AmazonSmile Foundation will donate .5% of the purchase price from your eligible AmazonSmile purchases. Happy shopping this holiday season!



# HONORARY AND MEMORIAL GIFTS

AUGUST 1 – OCTOBER 31, 2018

## IN HONOR OF

### **Lynn Childers' Birthday**

Amber Barrickman  
Ryenne Beach  
Karen Beran  
Carol Evans  
Cindy Klecha

### **The Cutler Family**

Jay and Janet AuWerter

### **Connie Hecker's Birthday**

Kathleen Dolan  
Donna Donald  
Connie Hecker  
Audrey Kramer

### **Clara T. Rankin**

Henri P. Junod, Jr.  
William H. Childs Jr. and Associates,  
Architects / Planners

## IN MEMORY OF

### **David Cutler**

Tamara and Stephen Simone

## 2018 ANNUAL APPEAL

AmazonSmile  
William and Patricia Butler  
Peter and Joanna Carfagna  
William and Mary Conway  
Sally Futrell and Thomas Reid  
Jenifer Garfield  
Barbara Hartford  
Henry H. Hawley and  
George S. Vassos  
Richard Kawalek  
Linda Kelly  
Knights of Columbus Council #5589

Lawrence and Barbara Kronick  
Carolyn and Arthur J. Lafave, Jr.  
Lemon Falls  
Susan and Todd Locke  
Network for Good  
Robert Oldenburg  
Tony Oliverio  
Paul and Connie Omelsky

## SUMMER SOLSTICE 2018

Lubrizol Foundation

## BUILDING EXCELLENCE

Susan and Todd Locke  
Suzanne Morgan

## THE DAVID CUTLER CONSERVATORY 2018 EXPLORING MENTAL HEALTH SERIES

Bruce and Barbara Akers  
Geofrey and Helen Greenleaf  
Bill and Connie Hawke  
Susan and Todd Locke  
Mr. and Mrs. August A. Napoli, Jr.  
Clara T. Rankin  
Roger F. and Alison A. Rankin  
Donna and James S. Reid  
Robert and Margo Roth  
Daniel E. Schweid, MD and  
Carolee K. Lesyk, Ph.D.  
Chloe and Scott Seelbach  
Mark Teague and Anne Marie  
Kollander  
Todd Welki  
Suzanne and Paul E. Westlake, Jr.  
William Wortzman  
Uday and Anuradha Yadav

## OUR FOUNDATION PARTNERS

Bicknell Fund  
The George W. Codrington  
Charitable Foundation  
P.K. Ranney Fund of the American  
Endowment Foundation

The Kelvin and Eleanor Smith  
Foundation  
Wells Fargo

*We apologize for any errors or omissions. Please contact the Development office at 440.247.0912 so that we may correct our records.*

**December 31 is coming, and with it the end of Hopewell's Annual Appeal and the 2018 tax year. Maximize your tax advantages with a gift of appreciated stocks or a distribution from your IRA.**

**Consider making a matching gift through your employer.**

**For more information, contact:  
Don Bernardo  
Director of Development  
dbernardo@hopewell.cc  
440.247.0912 ext. 206**



*Autumn showing her colors around Hopewell's David Cutler Conservatory*

# Crisis Intervention Team Training

The Trumbull County Mental Health and Recovery Board (TCMHRB) and the Ohio Chapter of the National Alliance on Mental Illness sponsored Crisis Intervention Team (CIT) training for 21 law enforcement officers in early October. **Candace Carlton, our Quality Improvement and Compliance Director**, and John Myers, CIT Program Coordinator, arranged for four deputies who cover our jurisdiction to visit Hopewell as part of their training.

CIT programs educate law enforcement about local resources, treatment, and supportive services for people experiencing mental health crises. Trainees learn about helping people with mental illness, addiction, and developmental disabilities, and learn and practice skills needed to de-escalate different situations. According to Mr. Myers, “Research has established CIT’s effectiveness in developing better understanding of mental illness, improved crisis response, increased jail diversion, increased continuity with treatment providers in the community, and improved safety for officers as well as the persons they are called upon to deal with, and the larger community.”

Hopewell staff have been thoroughly trained in CIT responses, including verbal de-escalation. Candace explained, “When someone is in crisis, our policy is not to physically restrain residents unless someone’s life is in danger. If a resident is not responding to staff intervention, we follow established protocols and call for law enforcement when necessary. We must keep the other residents and staff safe.”

After an incident, staff members debrief the witnesses and anyone else involved. Candace said, “Some residents have had previous negative experiences with the police and we



*Thank you to Officer John Mosora, Deputy Wesley Washington, Deputy John Hughes, Deputy Noah Day and Candace Carlton*

encourage them to process their feelings. We have observed that when a CIT trained deputy is involved, the aftermath is less traumatic for everyone.”

The site visit was a win-win situation for everyone. Of the four visitors, only one had been to Hopewell in the past. Candace explained our treatment approach and the

population we serve, and took the deputies on a tour of the farm to familiarize them with our facilities. “The deputies now know what to expect when they respond to a call from Hopewell,” said Candace. “More importantly, when we ask for a CIT trained deputy, we know that residents will be treated with compassion and respect.”

## CARF



Hopewell received a Three-Year Accreditation from CARF, the Commission on Accreditation of Rehabilitation Facilities. Hopewell’s **Quality Improvement & Compliance Director Candice Carlton, MSW, LISW-S**, oversees that Hopewell is following the CARF standards.

She said, “**Hopewell is the only therapeutic community farm in the country with a Three-Year Accreditation for Therapeutic Communities for adults with mental illness.**”

CARF is an independent, nonprofit accreditor of health and human services, enhancing the lives of persons served worldwide. The accreditation process applies CARF’s internationally recognized standards during an on-site survey conducted by peer surveyors. This accreditation distinguishes Hopewell service delivery and signals to the public that Hopewell is committed to continuous performance improvement and accountable to the community and its other stakeholders.



# EXPLORING MENTAL HEALTH 2018

## “Public Perception of Mental Illness and Violence”

*On Wednesday, October 10, Hopewell presented the 8th annual David Cutler Conservatory Exploring Mental Health Series at the Cleveland Racquet Club. Sponsored by Alexander (Sandy) and Sally Cutler in honor of their son, the series addresses timely topics to increase public awareness of mental illness. This year’s speaker was Dr. Phillip J. Resnick, a professor of psychiatry and Director of Forensic Psychology at Case School of Medicine.*

Dr. Resnick was introduced by **Board President Chloe Rankin Seelbach** who extended her thanks to the Cutlers for their generous support as well as the Board of Directors and **Hopewell founder, Clara T. Rankin.**



*Chloe Rankin Seelbach*



*Dr. Phillip J. Resnick*

Dr. Resnick explained there is a relationship between violence and mental illness. In the face of violent crimes and tragedies such as mass shootings, the media is often quick to label suspects as mentally ill. He pointed out people with mental illness are responsible for only three to five percent of crimes and it is more likely that they will be victims rather than perpetrators. He then involved the audience in discussions which

illuminated some of difficulties psychologists face when assessing violent crimes carried out by people with mental illness.

Despite the continuing stigma and the popular association between violence and mental illness, there is hope. Treatment can drastically reduce the

number of violent acts. Advocates for people with mental illness are pushing for increased education and more sensitivity in addressing mental illness in the media. Dr. Resnick stressed that more treatment options must be made available for those who do not pose serious risk to themselves or others.

After Dr. Resnick’s presentation, **Hopewell clinician and admissions counselor Laura Scarnecchia, LPC**, connected this topic back to our residents. Laura said, “Hopewell does not exist in a bubble. Our residents want to be advocates for mental health but are afraid the public will judge them.” Through programs such as Exploring Mental Health, Hopewell educates our community to reduce stigma and explore the myths and realities of living with mental illness.

*To increase awareness and understanding among law enforcement officers, Hopewell has recently become involved in a program to train them in crisis intervention. Please see the article on page 4.*



*Clara T. Rankin and Dr. Phillip Resnick*



*Mary Cassidy, Hopewell Clinician and Art Therapist, and Laura Scarnecchia*

# FROM THE WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Can you grant one of these wishes?

## HIGHEST PRIORITY NEED:

### Lenovo Computers - Available at Special Discount

Currently all staff use computers that were donated or handed down from another employee. Some of them are very outdated.

Through a partnership with TechSoup, Hopewell has access to great discounts on technology. Your donation of a Lenovo desktop computer will be most appreciated! For more information, please contact Lynn Childers, Chief Financial Officer (lchilders@hopewell.cc or 440.426.2089).

## ON HOPEWELL'S AMAZON WISH LIST

Check out our **Amazon Wish List** at [www.hopewellcommunity.org/support-us/wishing-well](http://www.hopewellcommunity.org/support-us/wishing-well). Purchases will be shipped directly to the farm. It's quick and convenient!

- Janome quilting and sewing machine
- Ice cream maker
- 2 Vizio 48" TVs for cottages
- Display case for Farm & Craft Market

## MISCELLANEOUS WISHES

- Cordless high quality outdoor tools for Hopewell work crews, such as hedge trimmers, leaf blowers, and weed whackers.
- A Yamaha acoustic guitar (\$130) and a Phonic Powerpod 780/S715 PA System (\$399) for the Hopewell Band and Experiential Music program. Prices are from MusiciansFriend.com.
- Avamix 10" Variable Speed Medium Duty Immersion Blender (\$150 on [webstaurantstore.com](http://webstaurantstore.com))
- Stock trailer (12 feet)
- Magimix 16-cup Food Processor CS5200 XL (\$499 on [williamsonoma.com](http://williamsonoma.com))
- Walmart gift cards to purchase outdoor seating

Donations of gifts-in-kind are tax deductible to the extent allowed by law. Donors will receive written acknowledgments for their records. For more information, please contact the Development Office ([akatzman@hopewell.cc](mailto:akatzman@hopewell.cc) or 440.247.0912).

## THANK YOU

**Lynn Cameron** for donating a Yamaha portable electronic keyboard, stand, and music books. Residents use the keyboard in morning jam sessions and in the Musical Journey Group.



## Save the Date: Summer Solstice – June 14, 2019

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 Ann Thompson at [athompson@hopewell.cc](mailto:athompson@hopewell.cc).**

# Our Team, Our Passions

Meet Matt Kalas, Hopewell's new farm manager, who joined our staff in August. You could say that farming is in his blood.

"I grew up on a dairy farm with 125 cows in North Bloomfield," said Matt. "Now that my dad has retired from farming, my two brothers and I grow corn, soy, and wheat. We've got 300 acres, about half of which is used for hunting and fishing."

After 22 years at KraftMaid, Matt was looking for a change and a new challenge. He has immersed himself in learning all aspects of the farm and the Hopewell community. As part of the treatment program, resident work crews assume the major responsibilities for daily operations. "What's new for me is putting the residents' needs at the forefront of decision making. If they don't benefit from something we're doing on the farm, we may have to do things differently. We really want residents to be more involved in work crews, but the most important thing is to enjoy what they're doing."

He continued, "We have made some changes to make it easier for residents to participate. We had a small flock of sheep – the lambs are cute but as sheep mature they tend to avoid people. We sold the sheep and purchased some miniature goats and residents love them! We have traditionally used draft horses

to help with farm work but we no longer have enough work for them to stay healthy. Residents were afraid of them because they are so big. We found new homes for the draft horses and are bringing in smaller horses or ponies, which will be easier for residents to work with. The pigs have moved to the barn and the residents are finding them easier to deal with."

Residents enjoy working with baby animals, but they know that they are not pets. Some are raised for food, such as our Belted Galloway cows, which have been iconic at Hopewell. But according to Matt, Belted Galloway are slow to mature and their meat is not as flavorful. Over time we will substitute Angus beef cattle to provide better quality meat.

Matt also oversees the gardens, which provide produce for the Hopewell kitchen. Residents enjoy working together in the gardens, harvesting and using the vegetables. Expanded gardens and more types of produce are planned for the spring.

Maple sugaring, a favorite winter activity, will continue. "We have a great sugar house



and we will still produce Hopewell's famous maple syrup, just on a smaller scale. It will be for sale to the public at the Hopewell Farm and Craft Market," said Matt.

Matt is very pleased that he joined the Hopewell staff. "All day, I get to do what I love – farming – and working with residents is new for me. I am impressed with how they want to learn and how much they enjoy working as a team." At the end of a long hard day, you would think it's time for a nap, but not for Matt. He goes home to his family, second job and first love. . . working on his family farm.

Thanks, Matt, for joining our team and bringing your passion and inspiration to Hopewell.

## OTHER NEW FACES AT HOPEWELL



*Blackjack*



*Aunt Bea*



*Little Pigs*



*Noah*

# HOPWELL COMPASS POINTS

Hopewell  
9637 State Route 534  
Middlefield, OH 44062  
[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)

## Shop Locally this Holiday Season at Hopewell's Farm & Craft Market

Open Thursday-Friday 12 – 6 p.m.  
and Saturday 12 – 4 p.m.



All of the wares available are handmade by or with assistance from Hopewell residents. Natural materials from the farm are used as much as possible. These include dried herbs, flowers, rock, slate, wood, feathers, and more.

A holiday shopping trip to the Hopewell Farm & Craft Market will not be something you will soon forget. Please take a scenic drive and visit this market for one-of-a-kind gifts that teach invaluable skills and healing.



## Dear Friends of Hopewell,

*By now, you have received our year-end Annual Fund appeal. If you have made a gift, thank you. Your support helps nourish the spirits and heal the minds of Hopewell residents. If you are considering making a gift, visit us at [www.hopewellcommunity.org/support-us/donate](http://www.hopewellcommunity.org/support-us/donate).*

Your donation allows Hopewell 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.

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.**