

HOPEWELL COMPASS POINTS

SPRING 2019 NEWS FOR FAMILY & FRIENDS



Tribute to Hopewell Farms

I remember my days at Hopewell Farms
No one had to twist my arm

I didn't always feel like goin' to groups
Sometimes I just had to shoot some hoops

I remember my days at Hopewell Farms

I didn't always feel like a doin' a thing
But there was always breakfast where I could sing

I wasn't always used to bein' free
They always had a way of encouragin' me

So I sang at Hopewell Farms,
Sang at Hopewell Farms,
Oh yeah, Hopewell Farms

I was asked if I'd like to play in the garden to start
When I got too tired, they said go enjoy some art

Oh how I came to love Hopewell Farms

Hopewell Farms woke up my senses
They broke down my walls and they had no fences

I highly recommend Hopewell Farms
They'll fix you right up and do you no harm

Mesopotamia is the place to be
Come to Hopewell so you can see

Tuning In

"I've been in over thirty mental health and lockdown facilities over the last twenty years and I can honestly say that Hopewell was a beacon of light compared to all of the others."

Evan Curtin discovered Hopewell in 2012, after a long road of mental health challenges. He grew up in Springfield, Ohio, graduating from Shawnee High School in 1995. He studied landscape architecture for two years at The Ohio State University, but started to experience signs of depression. After a suicide attempt in 1997, Evan took a break from OSU.

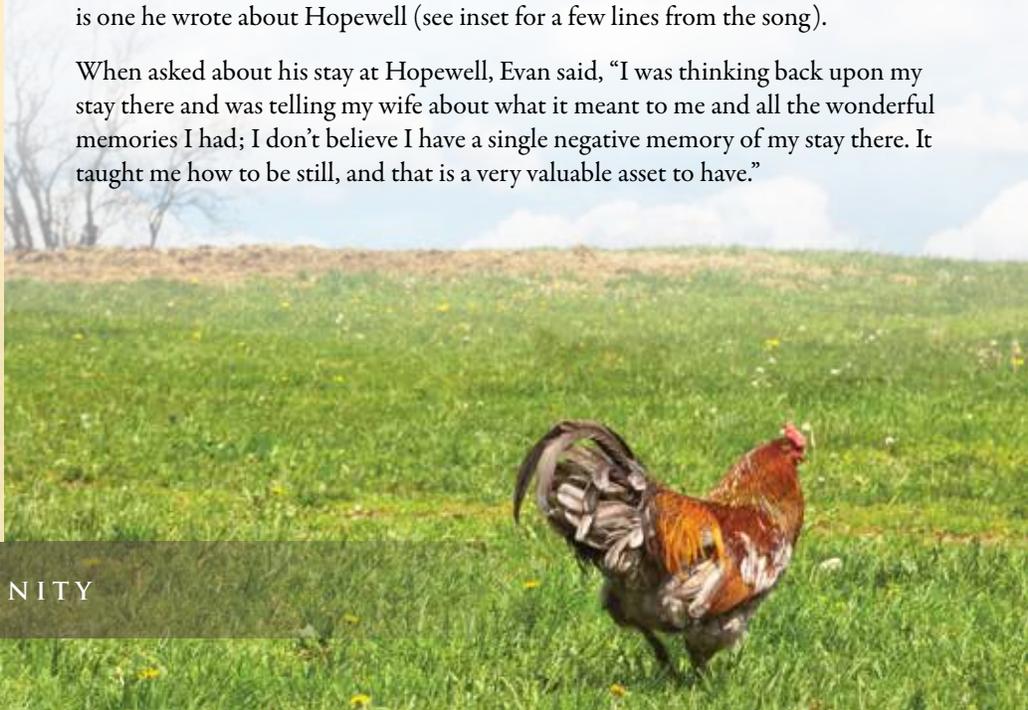
It was difficult for Evan to be on his own. A friend recommended the Bureau of Vocational Rehabilitation and with their financial help, Evan was able to graduate from Wright State University in 2001 with a Bachelor of Arts in Psychology.

The post-college years were rough. "I had some issues and run-ins with the law and some homelessness down in Florida for about a year," Evan said. "I am now able to sit still and be okay, not always needing that empty euphoria I used to crave. I still keep relatively busy and write music to fill most of my time."

Besides his love of music, he volunteers at the Clark State Police Academy and is involved with the Crisis Intervention Team (CIT). Evan said, "I talk to cadets so they can find a better approach to deal with the mentally ill, and so they can also see someone who lives successfully with mental illness."

Evan, his wife Angie, and their cat, Boston, live in Springfield. He plays guitar, harmonica and sings around town. His music can be found at www.heavymentalmusings.com and www.jamminbible.com. His favorite song is one he wrote about Hopewell (see inset for a few lines from the song).

When asked about his stay at Hopewell, Evan said, "I was thinking back upon my stay there and was telling my wife about what it meant to me and all the wonderful memories I had; I don't believe I have a single negative memory of my stay there. It taught me how to be still, and that is a very valuable asset to have."



Progress

Since we last wrote, activities at Hopewell have followed the usual rhythm of winter and early spring on the farm, supplemented by over thirty individual projects to implement the updated Strategic Plan approved by the Board of Directors late in 2018.

The projects have included ongoing facilities improvements. Our renovated art room is fully completed and its capabilities expanded with new equipment including several pottery wheels. The maple syrup harvest and production were particularly good this year, both in the yield from our trees and the quality of the end product!

On the strategic front, we implemented the steps recommended by Dr. Paul Keck to enhance Hopewell's therapeutic program. These included training all of our clinicians in a strengthened Cognitive Behavior Therapy discipline (CBT – Psychosis) and recruiting an additional consulting psychiatrist to our staff. We aggressively expanded our contacts with potential sources of referrals by meeting with the leadership and discharge planners of eight institutions (such as the Cleveland Clinic, the Lindner Center for Hope in Cincinnati, and the Menninger Clinic in Houston) and five behavioral consulting firms from New York to San Diego, and Columbus in between.

To develop still deeper ties among our residents, in early April we launched the Hopewell Online Residents Community, and have invited all residents who have been discharged in the last year to join. Among the benefits of the latter, we hope this helps meet our strategic commitment to better document the longer term benefits and outcomes of Hopewell's powerful Healing Model.



Dave Shute and Jim Bennett

Consistent with the strategic priority to enhance Hopewell's facilities, the Mullet Company is on site and work on the new Richard J. Swadey Community Center has physically begun. If the fates of weather and materials availability are favorable, we will have a joyous October dedication of this important new center for our Mesopotamia facilities.

The above are just a handful of the strategy implementation projects underway, and we hope that they give you a sense that this remarkable organization is on the move. As always, our warm thanks for your help and support in this noble effort to benefit our residents and their families, and to contribute important knowledge and practice to treating serious mental illness in this country.

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9637 State Route 534
Middlefield, OH 44062
440.426.2000

COMPASS POINTS

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Don Bernardo, *Director of Development*
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

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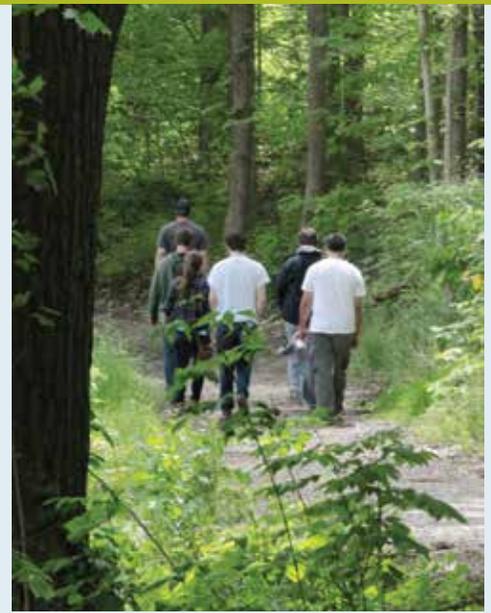
Exercise the Body and the Mind

Exercise is proven to make people feel better, alleviating feelings and symptoms of depression and anxiety. The levels of chemicals in the brain, such as serotonin, stress hormones and endorphins, change during exercise. This can improve self-esteem, coping ability and sense of control while distracting from negative thoughts. Long term effects of exercise include better sleep and more social support and interaction with others.

Jennifer Miller, CPT (Certified Personal Trainer), is Hopewell's **Food Service Manager and Health and Wellness Educator**. She leads the weekly Healthy Living Group where residents discuss nutrition, the effects of sugar on the body, self-motivation and other wellness topics. Time is also spent in the cottage recreation room which houses free weights, a treadmill and other machines.

Many residents visit the Gauga County YMCA three days a week, finding their own form of exercise. Some stay very active walking or swimming while others ground themselves in yoga classes. Lucas, a resident who works out at the YMCA at least five days a week, said, "It feels good to see the progression. I like being able to measure the improvements I am making to my health."

Jennifer notices a big difference in residents who are getting out and breathing fresh air and being active with other people. "I see an increase in their energy and concentration and the residents agree," she said.



Christina, another Hopewell resident, said, "After I go walking, my head is clearer and I'm calmer. It lifts my spirits every time. It is good for managing my depression and anxiety."

Staff and residents are excited for the new Richard J. Swadey Community Center to break ground in the spring. Hopewell's therapeutic community farm works to keep the body and mind active, contributing to healing and personal growth. Thank you Jennifer for leading the residents.

ON THE ROAD TO KENT



Ann at Kent

Ann Thompson and **Samantha Rufo**, from the Development Office, along with **Executive Director Jim Bennett** and **Admissions Director Laura Scarnecchia, LPC**, attended the 2019 Larry Pollock Kent State of Wellness Summit.

The keynote speaker, Alison Malmon, is founder and executive director of Active

Minds, a leading nonprofit organization for mental health awareness and education for students. She talked about empowering students to speak openly about mental health and encouraged them to seek help. Following Ms. Malmon, three panels comprised of students, wellness administrators from the university, and community leaders offered insight regarding mental health experiences of college students.

It was an evening full of hope and a call to action to continue fighting stigma and ensuring that students receive the care they need to cope with mental illness. Hopewell staff shared a message of healing and hope with attendees who received information about our programs.



Connecting Residents

Hopewell has started an online community for former and current residents, which will be overseen by two staff moderators. This forum allows residents to showcase their hobbies, communicate thoughts and ideas, and allows residents to stay in touch after leaving Hopewell. Callan Soukenik, Administrative Assistant and site designer, said, "This is really exciting. More and more of our residents are very technologically inclined, and I think this will add a new level of support that other communities currently do not have."

19th Annual Summer Solstice

Lilly Pulitzer

Find the perfect dress for Summer Solstice and support Hopewell twice! Visit Lilly Pulitzer on **Saturday, June 1, 11:00-4:00**, at their Legacy Village Store in Lyndhurst. 10% of proceeds will be donated to Hopewell. Last year, this event raised \$1,600. Thank you Lilly Pulitzer for sharing your love with Hopewell!



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 and their families. 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."

A Few Silent Auction HIGHLIGHTS



Family Memories

Preserve your family memories with a two-hour photo session, including a consultation with Rachel. Receive 25 fully edited high resolution digital images.

Thank you to Rachel Brookes Photography.



Tea, Talk & Toppers

Indulge in a royally couture experience. Treat yourself to tea and crumpets and design your own tunic, choosing from a variety of "chinoiserie" prints.

Thank you to My Misplaced Crown.



Take Me Out to the Ballgame

Grab your best friends and head to Progressive Field, Suite 139, on Sunday, August 4, 2019 at 1:10 pm to root for the Indians as they take on the Los Angeles Angels. Includes 18 tickets, 4 parking passes, an assortment of beverages and \$250 food credit.

Thank you to BakerHostetler.



A View of Cleveland

A private tour of One University Circle and lunch with Chris Ronayne, President, University Circle. Learn about this beautiful building and see many spectacular views.

Thank you to Chris Ronayne.

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. House Manager will assist with pre-arrival planning and during your stay. Il Mandorlo is located near Pienza, Montepulciano and Siena. Visit www.mandorloitaly.com for more information. This trip can be experienced in 2020.

Thank you to Michael Liebeskind.



Nosh Creative Dinner

Impress your friends and dine in luxury with a Nosh Creative Catering dinner for 10 at your home or other location of your choice. Nosh will provide all food, ingredients, wines and pay for the service staff. All dinnerware will be supplied, you only need to provide glassware and flatware!

Thank you to Nosh Creative Catering.

Shaker Village of Pleasant Hill

Trot on over to horse country in Harrodsburg, Kentucky, for a two-night stay at the Inn of Shaker Village. Enjoy their cuisine, a riverboat cruise, a visit to a local horse farm and a bourbon tour. This charming National Historic Landmark destination shares 3,000 acres of discovery in the spirit of the Kentucky Shakers.



Thank you to Shaker Village and Horse Country Tours.

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 Shafan Planetary 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! This fabulous event is exclusive and only offered to Hopewell.

Thank you to the Cleveland Museum of Natural History.

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 20, 2019.**

Thank you to Eddy Fruit Farm and Sara's Place.

Support the Hopewell Annual Fund



One in five adults in the United States experiences some form of mental illness. We all know someone whose life has been touched by it. My wife and I have family, friends and business associates who have dealt with mental illness. The issue is very personal to us, and I have been involved at Hopewell for more than twenty years because I see the enormous positive impact the Hopewell healing model has on residents and their families.

While the cost of care at Hopewell is less than a third of a traditional inpatient facility, the expense would remain out of reach of many families without the charitable support of the community. Hopewell is able to subsidize nearly 40% of the average resident's fees due to the generosity of people like you.

Please join me by making a gift to the Hopewell Annual Fund. Your donation will help someone you may know find a life of purpose and hope.

Sincerely,

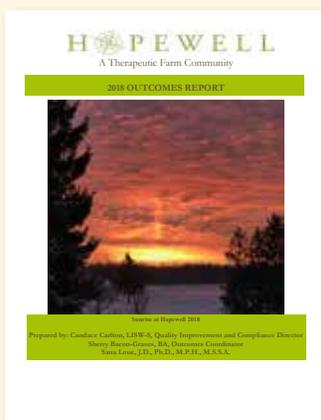
Joe Mahovlic
Member, Hopewell Board of Directors
Chairman, 2019 Annual Fund

Research Notes – The Effectiveness of the Therapeutic Community

In late December, Hopewell received the summary findings of three separate research studies conducted by **Case Western Reserve University professor Dr. Sana Loue**. The studies were designed to demonstrate the positive outcomes experienced by our residents. Two of these studies involved different groups of prior Hopewell residents, while a third was a collaborative project including a sample of past residents from both Hopewell and Rose Hill Center, a therapeutic farm community located in Michigan.

The combined Hopewell-Rose Hill study (entitled ARCH – “Assessment of Recovery through Community Healing”), reviewed data from 157 former residents who received services for more than ninety days from 2010 to early 2015. The ARCH study demonstrated that more than three-quarters of the residents in the sample showed improvement in functioning between admission and discharge. Forty-five percent of residents returned to live with their families following discharge, nearly thirty-one percent went on to live independently. Nearly nine percent were able to live successfully in a group home setting, while the balance were discharged to another setting such as a hospital or nursing home.

Two other studies (REACH – “Resident Evaluation and Assessment of Community Healing” and FUTURES – “Follow-up to Understand Resident Evaluations”) evaluated a comparatively smaller sample of Hopewell residents, but still demonstrated the significant value of the Hopewell Healing Model. The data showed that more



than a third of the Hopewell residents studied were able to return to full or part-time employment. Nearly ninety percent of residents were able to return to living independently, with their families or significant others, or with a roommate.

In addition to the above studies, Hopewell conducts internal research and assessment designed to demonstrate our effectiveness and inform our programs. Led by **Candace Carlton, LISW-S, Hopewell's Quality Improvement and Compliance Director**, this ongoing evaluation process collects a baseline of information from

residents during admission including diagnostic information, individual goals, medication regimen and the individual's living situation. A wide variety of clinical evaluation and assessment tools are used by Hopewell's clinical team throughout a resident's stay to gauge their progress and help adjust their participation in programs and activities to best support their recovery.

The above research shows that Hopewell offers a financially-advantageous and powerful alternative for delivering highly-effective treatment to those with serious mental illness.

The full text of Hopewell's 2018 Outcomes Report (including information on the above-mentioned ARCH, REACH and FUTURES studies) will be accessible soon on the Hopewell website, at <http://www.hopewellcommunity.org/outcomes/measuring-success>.

Our Team, Our Passions

Meet the new face of human resources, **Kellie Durr**. Rather, she's a familiar face in a new role.

Our former Human Resources Director, Carol Evans, retired this winter, and Hopewell knew just the right person to step in. Kellie has been with Hopewell since 2014 as a part-time administrative assistant supporting Human Resources and the Finance Department. A seasoned member of the team, Kellie was a natural fit for the big shoes Carol left to fill. A new position was created, Human Resources Manager, which combines HR functions and financial support.

"Hopewell is really interested in my professional development. For the past two years, I have been training on the job and taking classes on human resource law, benefits administration, FMLA, and more," Kellie said. "Carol brought the HR Department into the digital age and we

worked together on electronic employee records and benefits administration. There's still a lot to learn," Kellie said.

Some might call moving 50 feet away to a new office a "lateral move," but for Kellie it's a big move up. "I'm excited about the new role. It's a big responsibility!" she said.

Kellie mentioned that Hopewell feels like an extended family. "I feel fortunate that I get to work in such a welcoming environment. Everyone – staff and residents – pulls together to create this healing community. Some of my favorite experiences have been collecting maple syrup and field days when staff and residents do activities and play games outside. Spending time with residents puts life into perspective. They are pretty special."



When asked about her passions, Kellie was quick to respond. "Passionate motherhood! Family is so important to me. My husband and I love to do activities with our five-year-old – being with her and watching her grow is fantastic."

Congratulations and best of luck in your new position, Kellie!

FROM THE WISHING WELL

HIGHEST PRIORITY NEED

Currently all staff use computers that were donated or handed down from another employee and new desktop models are sorely needed. Through our IT provider, Ashton Technology Solutions, we may purchase desktops for approximately \$700 with set-up and installation. For more information, please contact Lynn Childers, Chief Financial Officer (lchilders@hopewell.cc or 440.426.2089).

MISCELLANEOUS WISHES

- Super Trip tickets for the Cleveland Museum of Natural History, Great Lakes Science Center, Zoo, Cleveland Indians, Cavaliers, Lake County Captains
- One 40" LG smart TV (or larger) for a residential cottage
- Cordless high quality outdoor tools for Hopewell work crews (hedge trimmers, leaf blowers, and weed whackers)
- Phonic Powerpod 780/S715 PA System (\$399) for the Hopewell Band and five Toca Freestyle Lightweight Djembe Drums with 12" drum head for Experiential Music program (\$99 each). For ordering information, contact Bob Weirich, Education Program coordinator (bweirich@hopewell.cc or 440.426.2000 ext. 116). Prices are from MusiciansFriend.com
- Waring 7" Quik Stik 2 speed standard immersion blender (\$84 on wesbstaurotore.com)
- Magimix 16-cup Food Processor CS5200 XL (\$499 on williamsonoma.com)
- Stock trailer (12 feet)
- Walmart gift cards to purchase outdoor seating

THANK YOU

Susan and Rich Bewie

HP office 6700 premium color printer and cartridge

Helen and J.C. Butler

Hamilton Beach 6-quart programmable slow cooker and a Hamilton Beach rice cooker

Christine Cowan-Gascoigne

"Resilience: The Full Movie"

Betty and Michael Heisler, Sr.

Dell Optiplex 3000 3060 desktop computer

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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

Facebook: <https://www.facebook.com/Hopewelltc>
Twitter: @Hopewellfarm
Instagram: @hopewellfarm
Blog: www.hopewellcommunity.org/blog

Please join us Friday, June 14th, for Hopewell's 19th Annual Summer Solstice

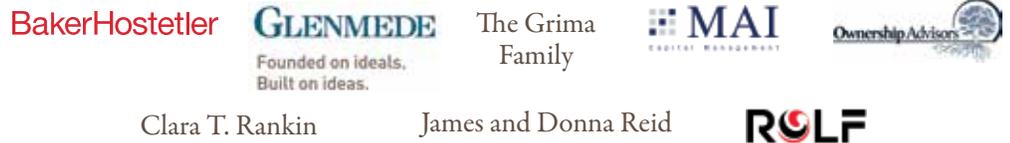
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