

HOPWELL COMPASS POINTS

SUMMER 2019 NEWS FOR FAMILY & FRIENDS

New Beginnings

Chad grew up in Solon, Ohio, graduating from high school in 2009. In his second year at Kenyon College, he started to feel that his brain was not functioning correctly. After graduating in 2013 with a degree in American Studies and English, Chad worked for *The Chautauquan Daily* newspaper. He was still having trouble keeping his thoughts from wandering and entered a local hospital. In 2014, he went to Ohio University for graduate school and soon after, he experienced psychosis and was hospitalized again.

In 2015, Chad received a diagnosis of Bipolar 1, a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. He was introduced to Hopewell by a family member, who thought this “safe, secure place with a remarkable staff of caring people” would be a stabilizing place for him. And this turned out to be true.

Chad fell into the daily routine at Hopewell, experiencing the openness of the residents and staff, embracing the comradery he encountered there. Work crew routines helped the flow of his days, though his allergy to animals kept him away from some farm activities. He said, “I felt like my head was broken and Hopewell was the cast. I was able to heal.”

Two years after leaving Hopewell, Chad graduated with his Masters in Journalism from Ohio University, completing his 108 page thesis on media coverage of the 2014 conflict in the Gaza Strip. He worked for a political consulting agency and now is employed at a grocery store near his Cleveland Heights apartment.

For Chad, the key to everything is to derive pleasure from the present moment. At Hopewell, he learned ways to keep his life together: sleep, medicine compliancy, structured daily schedules, and therapy. Chad stated, “Without Hopewell, I would be nowhere.”



“To me, Hopewell is a place of hope and new beginnings. I believe the most remarkable thing about my personal Hopewell experience was that Chad never once expressed the interest to leave. He knew that Hopewell was helping him and that it was simply where he needed to be.”

– Chad’s dad

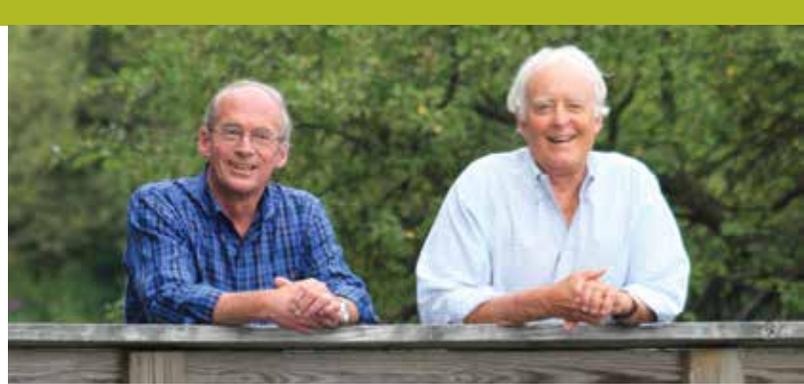


Sharing the Promise of Hopewell

While serving our residents and their families every day, over the last year Hopewell has sharply increased its efforts to positively impact a growing number of people in Northeast Ohio, as well as to contribute to the treatment of serious mental illness in the United States.

We have met with mental health leaders and front line professionals of organizations including the Cleveland Clinic, Highland Springs, Glenbeigh, University Hospitals, Kent State University and Eaton Corporation to discuss our distinctive Healing Model and determine how we can work together for the benefit of their constituents. We assisted journalists and online audiences in communicating mental health stories and specific suggestions for readers, listeners, and viewers. We improved our website and have written several blogs with insights for individuals and families struggling with mental health challenges. We provided guidance and perspectives to families from our clinical staff in articles in the *Cleveland Jewish News*, *Balanced Family Magazine*, an extended e-Parenting podcast, and the *Cleveland Plain Dealer*. On July 21, ideastream ran an extended story on Hopewell moderated by Rick Jackson.

Hopewell has also taken steps to expand our national reach, assisted by a generous grant from the Cleveland Foundation. Among other actions, we have established relationships with national mental health institutions and leaders, including field trips to three institutions recognized for their leadership in diagnosis and treatment of mental illness: the Lindner Center for HOPE in Cincinnati, McLean Hospital in Boston, and Menninger Clinic in Houston. Similarly, we have established ongoing dialogue with seven of the country's most highly regarded Behavioral Health Consulting firms.



Dave Shute and Jim Bennett

In early 2019, we launched a nationwide approach to reach college students with serious mental illness. Mental illness among college students has reached new highs, with most estimates in the 30 percent range. Hopewell is determined to be a resource to students who require an Academic Leave of Absence with required mental illness treatment. Early in 2019, we interviewed counselors on eight campuses to determine what would be most helpful to them.

We have actively deepened Hopewell's relationships with the other four therapeutic farms and the 30 members of the American Residential Treatment Association (ARTA). We believe there is much to be gained by interchange of clinical knowledge and business practices among our peers. In the last year, we have attended two therapeutic farm meetings and two ARTA conferences and have hosted two farm CEOs at Hopewell. In addition, we sponsored and led a joint two-year outcomes research project with Rose Hill Center in Holly, Michigan for which we together engaged Dr. Sana Loue of Case Western Reserve University.

Your confidence and financial support enables us to take these and many other steps for Hopewell to increase both its direct service and contribution to the severely mentally ill. All of us on the Board and staff thank you so much, and hope to make you proud of what we accomplish together!

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COMPASS POINTS

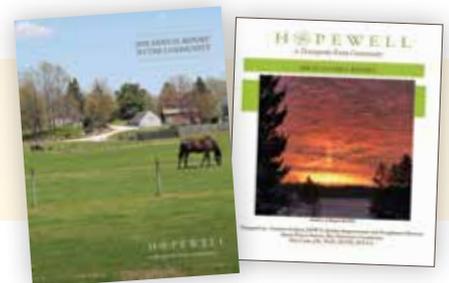
IS A QUARTERLY PUBLICATION FOR THE FRIENDS AND DONORS OF HOPEWELL.

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

View Hopewell's 2018 Annual Report and 2018 Outcomes Report at www.hopewellcommunity.org/news.

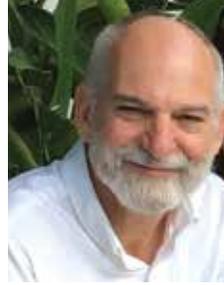


Welcome, New Board Members



Leslie Mapes is the Chief Operating Officer and PATH Certified Therapeutic Riding Instructor at Fieldstone Farm Therapeutic Riding Center in Chagrin Falls. She has more than 30 years of experience in public relations, marketing and fundraising. Leslie received her Bachelor of Arts degree from St. Lawrence University and participated in a Nonprofit Performance Measurement Program at Harvard Kennedy School of Government.

As a former Hopewell Director of Development (2007 to 2013), Leslie has an in-depth understanding of Hopewell's strengths and challenges and looks forward to being a part of Hopewell's continued growth. Leslie is also a volunteer with CollegeNow and enjoys birding, traveling and walking with her dog.



Dr. David Vincent is a chiropractic physician and director at University Hospitals Connor Integrative Health Network. He received his Doctor of Chiropractic from Logan University in St. Louis, Missouri, and completed his undergraduate work in neuropsychology at SUNY Albany. He brings over thirty years of experience in health care to the Hopewell Board of Directors. As

past director of complementary medicine for Kaiser Northeast and Director of the Dartmouth-Hitchcock alliance hospitals, Dr. Vincent was involved in early healthcare policy, credentialing, contacting and development of Integrative Health as we know it today. He is an active member of the Academic Consortium for Integrative Medicine and Health.

Dr. Vincent hopes to assist the Hopewell leadership and staff in finding ways to continue to grow and provide effective evidence-based treatments that are aligned with the current Hopewell mission of caring for the whole person. David is a father of five and lives in Cleveland with his life partner, Dr. Fran Bisselle. They enjoy family, gardening, strolls in the cultural gardens, and travel.

PLEASE JOIN US

“The Healing Power of the Creative Arts”

Speaker **William J. Doan, Ph.D.**

Tuesday, October 29, 2019

Hors d'oeuvres and wine reception at 5:30 pm

Program promptly at 6:15 pm

**Westfield Insurance Studio Theater
at WVIZ ideastream**

Playhouse Square
1375 Euclid Avenue
Cleveland, OH 44103

The event is free but reservations are required.
Seating is limited.

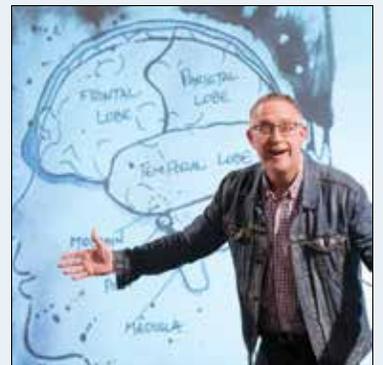
Kindly reserve your seats by **October 18, 2019.**
Call (440) 247-0912 or email akatzman@hopewell.cc.

William J. Doan, Ph.D., a professor in the School of Theatre at Penn State University, is a visual and performing artist who uses his original drawings and an accompanying narrative to embrace and help him live with his own anxiety.

Co-author of three books and the sole author of multiple articles and plays, Professor Doan, earned his doctorate from Case Western Reserve University and was named Penn State Laureate for 2019-2020.

Doan combines story-telling, theater, and artistic expression as he explores living with anxiety and mood disorders. His solo performances have been featured at national venues and several of his graphic based performance works have been published in the *Annals of Internal Medicine/Graphic Medicine*.

The evening will include a discussion by Hopewell clinician and art therapist **Mary Cassidy** on how Hopewell uses the arts as a therapeutic tool.



Summer Solstice 2019

Hopewell's 19th annual Summer Solstice benefit was held Friday, June 14, at a beautiful estate in Hunting Valley. Under a gorgeous sky, more than 500 guests sipped cocktails and enjoyed hors d'oeuvres and dinner prepared by **Nosh Creative Catering**.

Hawthorn, PNC Family Wealth® was the Presenting Sponsor of Summer Solstice for the 19th consecutive year. Our Corporate Committee, led by **Joseph F. Verciglio** of BakerHostetler, broke all records, securing \$164,500 in sponsorships.

We thank event co-chairs **Susan Silverberg Bewie** and **Susan Locke** for leading the dedicated Steering Committee to accomplish such an outstanding event. Trustee **Mary Joyce** served as auction chair, filling two large barns with furniture, jewelry, household items, antiques and entertainment packages. The Hopewell Gallery showcased items

made by Hopewell residents including photographs, crafts, candles, placemats and scarves. **Aileen Sexton Kopfinger** served as table host chair and **Kathy Mahovlic** as decorations chair.

Guests were captivated as **Evan Curtin**, a former Hopewell resident, shared his story of the impact Hopewell had on his life. A Fund-A-Need led by auctioneer **Mark Schroeder** produced more than \$80,000. All proceeds from the annual event enable Hopewell to offer reduced fees to many residents' families each year. Summer Solstice 2019's net proceeds exceeded \$325,000!



*Rahul Wadhawan, Bill and Kathy Osborne,
Rebecca Wadhawan*



Uday and Anu Yadav



Jason and Jackie Hess, Ron and Janet Hess



Beverly and Taylor Eisner



Peter Sussen, Peg and Richard Gift



Adam and Shari Stern, Scott Seelbach and Matt Embrescia



Ohio State Senator John Eklund and Clara T. Rankin

**SAVE THE DATE:
Summer Solstice
Friday, June 19, 2020!**



Susan and Todd Locke

*Julie Brandenburg, Kendra Howley
and Leigh Gale*



Hopewell Supporters enjoying the evening

Photos by Genevieve Adelman, Facebook.com/relicsbygenevieve

Summer Solstice Speaker Inspires Guests

Guest speaker Evan Curtin, a former Hopewell resident, told Summer Solstice guests, “In 1997, I was diagnosed with Bipolar 1 Disorder. In 2012, after about 30 mental health hospitalizations, I ended up at Hopewell. When I arrived, I was in disbelief. I was expecting fences to hold patients in so they couldn’t escape but that was not even close to what I found there.... I summed up my experience about Hopewell in a song –

I wasn’t always use to being bein’ free
but they always had a way of encouraging me
(the Hopewell staff)

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

Though I only spent a few months at Hopewell,
I can honestly say that Hopewell’s impact on me
will last a lifetime!”



THANK YOU to our Summer Solstice volunteers.

Erin Aldrich
Kate Bernardo
Mary Cassidy
Jack Childers
Lynn Childers
Clare Conway
Marie Day
Kellie Durr

Dora Faron
Barbara Hawk
Ashley Joyce
Bridget Joyce
Cyndi Klecha
Tim McParland
Martha Sivertson
Ann Marie Webster



Hopewell “Breaks Ground” on a New Community Center

On June 5th, 2019, at the Annual Meeting of the Board of Directors, members of Hopewell’s board and staff celebrated a groundbreaking for the new **Richard J. Swadey Community Center**. This facility will provide opportunities for year-round recreation, exercise, and Hopewell community gatherings for music and live performances, movie nights, dances, basketball, volleyball and other sports.

Due to inclement weather, the “groundbreaking” was symbolically conducted in the Hopewell dining room, using a sandplay therapy tray from the office of Hopewell clinician and Director of Quality Improvement and Compliance **Candace Carlton**. Sandplay therapy is a nonverbal, therapeutic intervention that makes use of a sandbox, toy figures, and sometimes water to create scenes of miniature worlds that reflect a person’s inner thoughts, struggles, and concerns. This form of play therapy is practiced along with talk therapy, using the sandbox and figures as communication tools.

Amid smiles and laughs, Hopewell founder and life trustee **Clara T. Rankin** and several others enjoyed “turning over a shovelful of sand” to commemorate the start of construction, which occurred earlier this year. The Swadey Community Center is currently scheduled for completion in Fall 2019.

Thank You to Development Intern Missy McDonnell

by Audrey Katzman, Development Assistant

To mount a successful Summer Solstice benefit, the Development staff depends on a paid intern to join the team every spring. This year we welcomed Melissa (Missy) McDonnell, a Chagrin Falls High School 2018 graduate who is a rising sophomore at Miami University.

“I had heard of Hopewell but I didn’t know about the benefit,” Missy recalled. “During my interview, I learned that I’d be participating in a huge event: 500 people under a tent raising hundreds of thousands of dollars in one night. It sounded a bit overwhelming but I was ready for the challenge.”

Development Manager Ann Thompson said, “Don’t let the term ‘intern’ fool you – Missy did not sit at a desk while staff did the hard work. She contributed from day one, coordinating and packaging auction items, participating in committee meetings, creating materials, and organizing displays in the auction barns. She’s a quick learner and approached every task with a positive attitude, lots of energy and a smile.”

On her second day, Director of Development Don Bernardo took Missy to Mesopotamia to tour the farm. “Spending an afternoon

at Hopewell showed me what makes the community special,” Missy said. “Solstice has a greater purpose than raising money to help the budget. We are helping people heal.”

The highlight of the internship is, of course, the night of the benefit. “I loved seeing everything come together. It was eye opening to hear the speaker, Evan Curtin, talk about how Hopewell helped him overcome his illness.”

The internship was Missy’s first experience in a professional setting. “I loved working behind the scenes and I realized how many details add up to make Summer Solstice successful. Even better, I learned how good it feels to work for something you are passionate about.”

Thank you again for everything, Missy. We wish you the best of luck in the year ahead.



HONORARY AND MEMORIAL GIFTS

FEBRUARY 1 – JULY 30, 2019

IN HONOR OF

Taylor Barton

Lynn and Jack Childers

Anna Braun

Mr. and Mrs. Robert Fitz

Clara T. Rankin

Elizabeth Porter Daane and

Charles E. Daane

Dr. and Mrs. Gösta Pettersson

Caroline Taplin Ruschell

John and Mary Lane Sullivan

Phillip and Peggy Wasserstrom

Dr. Daniel T. Weidenthal

IN MEMORY OF

Dr. Douglas Lenkoski

John and Mary Lane Sullivan

Alec O'Neill

Kathy and Joe Mahovlic

Lee Ong

Clara T. Rankin

IN APPRECIATION OF

A tour of Hopewell gardens and grounds

The Garden Club of Cleveland

Lilly Pulitzer

Local Love Day donation

TO SUPPORT SUMMER SOLSTICE 2019

IN HONOR OF

Bruce Rankin

Clara Williams Company

Clara T. Rankin

Frances and Peter Buttenheim

Clara Williams Company

Marshall Rankin

Ann K. Thompson

Ann Pollins Thompson

IN MEMORY OF

David Cutler and in honor of the great work Hopewell does for young adults

Terence and Ellen Collier

RECENT FOUNDATION GRANTS

AHS Foundation

The Harry K. and Emma R. Fox Charitable Foundation

The Cleveland Foundation

The Sam J. Frankino Foundation

Eric and Jane Nord Family Fund

O'Neill Brothers Foundation

Shaker Lakes Garden Club

We apologize for any errors or omissions. Please contact the Development Office (440.247.0912 or akatzman@hopewell.cc) so that we may correct our records.

FROM THE WISHING WELL

HIGHEST PRIORITY NEED

Currently all staff use computers that were donated or handed down. 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).

ON HOPEWELL'S AMAZON.COM WISH LIST

- Four 48" smart TVs (or larger) for residential cottages and main house (\$525 each)
- Two packs of four life vests for the pond (\$61 per pack)
- Two cabin tents for residents who would like to try camping (\$219 per tent)
- Tickets for resident outings: Rock-n-Roll Hall of Fame, Natural History Museum, Great Lakes Science Center, Cleveland Metroparks Zoo, sporting events (Indians, Cavaliers, Lake County Captains), Holden Arboretum, water parks, summer concerts, movie passes
- Walmart gift cards to purchase outdoor seating
- 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 (rweirich@hopewell.cc or 440.426.2000 ext. 116). Prices are from MusiciansFriend.com
- Trailer to haul farm animals (12 feet long)
- Off-road utility vehicle for hauling – new or used in good condition. Contact Jack Childers for more information (jchilders@hopewell.cc).
- Magimix 16-cup Food Processor CS5200 XL (\$499 on williamsonoma.com)

THANK YOU

Taylor Eisner – Lunch for volunteers and staff at auction barns

Heather and William Stewart – Ice cream maker

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 (440.247.0912 or akatzman@hopewell.cc).



Field Day

On Wednesday, July 24, residents and staff gathered together for field day. A delicious lunch was served under the pavilion and everyone played games, including water relay races, pool noodle field hockey, and a water balloon launch. Finishing off this entertaining day was homemade ice cream, made possible by the generous donation of an ice cream maker. Resident Amanda said that the event was “well planned and a lot of fun” and her favorite part of the day was the ice cream! Hopewell field day 2019 was a success!

HOPWELL COMPASS POINTS

Hopewell
9637 State Route 534
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

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



Support Our Residents Through the Hopewell Annual Fund

One in five adults in the United States experiences some form of mental illness, representing more than 40 million Americans; more than the populations of New York and Florida combined. We all know someone whose life has been touched by mental illness.

Using the combined healing powers of nature, meaningful work and skilled clinical engagement, all within the environment of a supportive therapeutic community, Hopewell's program treats the whole person: mind, body and spirit. Residents live in an atmosphere of respect and acceptance, allowing them to develop the outlook and skills they need for a healthier, independent life. 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.

Please consider helping our residents with a gift to the 2019 Hopewell Annual Fund. Your generosity will make a meaningful difference in the lives of people recovering from mental illness. Gifts may be made securely online at <https://www.hopewellcommunity.org> (click on the "Support Us" button) or mailed to the following address:

Hopewell - Development Office
147 Bell Street, Suite 303
Chagrin Falls, OH 44022

*Thank you for supporting the
Hopewell Annual Fund!*