My Name is Liz, and I am Going to Change the World

Written by a former resident

When I first arrived at Hopewell in August 2021, I was a hot mess. I had been in and out of the hospital for months and doing electroconvulsive therapy which was harming my memory. My family thought I would never be able to live independently again, and I had run out of hope. A Michigan hospital recommended a residential program and we discovered Hopewell.

In the first month, Hopewell was hard but then I started to slowly make progress. During Christmas break, I discovered my desire to go back to Michigan and live a successful, independent life. After returning to Hopewell, I was determined to get the most I could out of the program.

I wrote my own goals and focused on which Hopewell groups would be the most beneficial to me. I started co-leading the Dialectical Behavior Therapy (DBT) group and organizing weekend game nights.

Jennifer Miller, Food Service Manager and Wellness Educator, helped me discover that exercise was my best coping skill.

By the end of February 2022, I was thriving and ready to go home, finally feeling good again. Though after returning home, I became medication resistant, and sometimes my coping skills were just not enough. I ended up in the hospital a few times, discovering that in southeast Michigan, the more money you have the better treatment you get, which seemed unfair. I am determined to make change in the mental health system, so that everyone can get excellent care no matter their financial capacity.

Currently, I am writing a simplified DBT Curriculum for people with serious mental illness, with pictures, lesson plans for activities, and personal experiences, which hopefully will be published next year. I am also working on a DBT book for people with Autism Spectrum Disorder (ASD) written in symbols.

I have a master’s degree in Applied Behavior Analysis from Arizona State University and I was a Board Certified Behavior Analyst. As a passionate, powerful speaker, I hope all my gifts will allow me to make a difference in the world. I am thankful to Hopewell and the incredible staff for getting me on a path to success and helping me realize my full potential. I have never felt better, and I am so grateful.
Summer Milestones

This summer at Hopewell we’ve seen a number of milestones. Each individually is perhaps small, but together they sum to a sense of moving forward and getting better.

- The annual Summer Solstice benefit was held in person for the first time since June 2019. The event was a wonderful success, raising almost $195,000 to help defray the costs of Hopewell for our residents. Former resident Chad Weisman did a wonderful job telling his amazing story. It was great to see all of you who attended, and thanks so much for your support.

- Our principal accrediting body, the Commission on Accreditation of Rehabilitation Facilities (CARF), reviewed our compliance with more than 2,000 quality standards. Hopewell was awarded another full three-year accreditation, the highest approval CARF can give, demonstrating that we strive to offer the highest quality services.

- Our Board of Directors met in person for the first time in more than two years. We gathered at Hopewell, dined on the fruits of our farm, and then conducted our formal Annual Meeting.

We said goodbye to some wonderful board members rotating off our board, Mary Joyce, Paula Pikus, and Uday Yadav. We also said goodbye to our long-time Director of Finance, Lynn Childers, and welcomed her successor, Darlene Pennington. It was a delight to see everyone in person on such a lovely summer evening.

- Our new Obsessive Compulsive Disorder (OCD) program has been very well received by families and referral sources. While we have been delivering OCD therapy for more than a year for residents who have OCD as a co-morbidity, we have admitted this summer our first two residents for whom it is the primary diagnosis. Given our deep skills, Hopewell is a particularly appropriate setting for those with both OCD and another serious mental illness.

The best part of all these milestones has been seeing so many of you in person after so much time away from one another.

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Compass Points
is a quarterly publication for the friends and donors of Hopewell.

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In *Fighting for Recovery*, Phyllis Vine reveals how grassroots activists confronted medical authority, entrenched politicians, and the stigma associated with a psychiatric diagnosis while they built alternatives to replace stagnant services. Pointing to their own lived experiences, which included success, achievement, and opportunities, they spread hope through their example. Among the new models of peer services, crisis services, and community support, people with lived experience have opened doors to wellness and well-being.

Phyllis has focused on advocacy, writing and reporting about mental illness throughout her career. With a master’s degree in public health, she taught the history of health care for over two decades to graduate students studying health advocacy. She has published three previous books, including *Families in Pain*, which describes the experiences of families seeking a better life for relatives with mental illness. Her work has appeared in many diverse peer-reviewed journals.
We wish to thank Hawthorn, PNC Family Wealth for serving as the Presenting Sponsor for 22 consecutive years, and acknowledge John P. Beer, Hawthorn’s Managing Director of the Cleveland market, for facilitating this long-term relationship.

Summer Solstice was organized by our dedicated Steering Committee, led by event co-chairs Suzanne Westlake and Walt Wirth. Silent and live auction items were coordinated by auction chair Mary Joyce, and beautiful table décor and decorations were designed by décor chair Susan Locke, MD. Thank you to Hopewell residents and staff who made items for the Hopewell Gallery displayed at the silent auction.

Guests were captivated as Chad Weisman, 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 $85,000, including donations of $105 in honor of founder Clara Rankin’s 105th birthday. All proceeds from the benefit enable Hopewell to offer reduced fees to many residents’ families each year. Summer Solstice 2022 raised almost $195,000!

Photos by David Petkiewicz, www.petkiewicz.com

THANK YOU to our Summer Solstice volunteers.

Marie Day
Robert Fatica
Barbara Hawk
Tim McParland
Martha Sivertson
Anne Marie Webster
Summer Solstice
Speaker Inspires Guests

Guest speaker Chad Weisman, former Hopewell resident, was introduced by his father, Mark Weisman, stating, “Seven years ago, my boy Chad was in a lot of trouble. It was a confusing time for our whole family. Somehow, the young man who we had watched grow up had become a different person. The confusion that we experienced as a family was transformed into clarity through the process of healing and growth Chad underwent at Hopewell. Despite a diagnosis of schizoaffective disorder, Chad is in law school at CWRU, he has been sober for three years, and he is symptom free of mania and psychosis. None of this would have been possible without Hopewell and the help this community has given to Chad and our family.”

Chad told Summer Solstice guests, “Hopewell’s model of treatment is profoundly effective. The stillness and serenity of the farm was like a cast that I put on my brain so that it could heal. Having the beauty of nature as a source of perspective on one’s condition; having the room to move about, unconfined by the walls that come with a small psych ward; having healthy and whole food options; access to world class medical care; work crews; activities to engage in. All these things feed the soul and heal the body and the mind.

“Your generous gifts to Hopewell will secure its role as a model of psychiatric treatment, and your generosity will have ripple effects as Hopewell residents move through the world, empowered by Hopewell’s spirit of healing, to make the world a better place. Thanks so very much for being here tonight, and for your enduring support. It means the world. Without it, I don’t know where I would be.”
Lynn and Jack Childers Retire, But Their Journey Continues

After a combined 28 years at Hopewell, Lynn Childers, Director of Finance and Administration, and Jack Childers, Program Services Supervisor, have retired. More than a workplace, Hopewell was their home for 13 years while they lived on the farm. Lynn and Jack leave big boots to fill and they will be sorely missed.

“This has been the most rewarding, meaningful, and fulfilling job I have ever had,” Jack reflected. Over the years he has held a number of roles, including program facilitator, facilities maintenance, and staff photographer. “The property is so beautiful and I enjoyed being outside. Working with residents made me feel that what I did here made a difference in somebody’s life.”

Lynn added, “All of the staff are wonderful – accepting, empathetic and kind. It has been gratifying to work closely with the Leadership Team as Hopewell grew and faced many challenges. Also, getting to know residents has enriched my life.”

Hopewell treasurer Bill Wortzman spoke highly of Lynn at the 2022 Annual Meeting. “I have great admiration for her as a person and as a professional and can only speak in superlatives about her performance at Hopewell... When I think of Lynn, I think of a special person – someone who is more than just a finance person – she is dedicated to the mission of Hopewell, someone who was anxious to learn and excel in her performance.”

Their new home base is in nearby Mecca, Ohio. Lynn and Jack are active in their church, where Jack is the pastor, and they have been asked to join the board of the Harriet Tubman Movement, which helps victims of human trafficking. As to what’s ahead, they have big plans. “Traveling is number one,” said Lynn. “At Hopewell, we have seen how getting out into the woods is great for mental health. We love to hike and our bucket list has over 60 national parks. We have visited 20 of them, so only 43 more to go!”

Hopewell recently honored Lynn and Jack by naming one of our nature trails the Childers Trail – a fitting tribute to a couple on a never-ending journey. We wish them the best of luck on their future adventures.

Thank you to Jennifer O’Donnell, Summer Solstice Intern

Every spring, the Development Department adds a paid college intern to the team organizing Summer Solstice. With the ink barely dry on her diploma from Ohio University, Jennifer O’Donnell arrived at the Development Office the day after graduation. Soon afterwards, Taylor Eisner Huffman returned to Hopewell for several weeks as a seasoned benefit assistant.

Jennifer holds a B.S. in Human and Consumer Services with a concentration on hotel management and tourism. She said, “My career goal is to work on large-scale event planning. The Summer Solstice internship allowed me to get involved in the nitty gritty behind-the-scenes preparations.” She continued, “It was very rewarding to see how everything came together the night of the benefit. My parents and siblings bought tickets and it was great to share the evening with them.”

Development and Communications Manager Ann Thompson remarked, “We depended on Jennifer to coordinate the silent auction with Taylor, master the online auction system, and much more. She was a great addition to the Development staff – she’s a quick learner and she has a great attitude. I don’t think she ever said no!”

Jennifer will head off to the University of Roehampton in London this fall to pursue a master’s degree in project management. Thank you, Jennifer, and good luck in London!
VISITING ARTIST

In June, Pam Spremulli, from Chagrin Falls, Ohio, led Hopewell residents and staff in a Nature Inspired Art Workshop. She is known for her bright, bold colors, taking the familiar and making it exceptional. Her colorful, geometric work is collected around the world and she has won numerous awards.

Artwork was made outside, connecting residents with nature and Hopewell’s beautiful surroundings. Pam said, “It truly was an honor to create with the community at Hopewell. We painted en plein air and worked with clay, absorbing the natural elements and beauty of Hopewell’s grounds. This raw connection to nature resulted in a symphony of creativity from the heart. It touched the soul on many levels. It was a beautiful experience and I would love to visit again.”

FROM THE WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Please contact Don Bernardo, Director of Development (dberardo@hopewell.cc) for more information.

CAN YOU GRANT ONE OF THESE WISHES?

- Gift card of $150 or more for Dick’s Sporting Goods to allow us to purchase outdoor sports equipment (kickballs, baseball equipment, soccer balls, footballs, frisbees)
- Binoculars for birding

ITEMS ON HOPEWELL’S AMAZON.COM WISH LIST:

- Outdoor rocking chairs ($249 each) and end tables ($75 each)
- Spikeball set ($59)
- Portable plein air easels ($85) – need 10

Please visit www.hopewellcommunity.org/support-us/wishing-well for more information and to connect to our Amazon Wish List. Hopewell is a registered AmazonSmile Organization. Choose “Hopewell Inn” as your charity and Hopewell will receive .5% of the purchase price from your eligible AmazonSmile purchase.

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 at 440.247.0912.

HONORARY AND MEMORIAL GIFTS

MAY 1 – AUGUST 10, 2022

IN HONOR OF

Lynn and Jack Childers
Audrey Katzman
William Hawke
Dr. and Mrs. Richards D. Robins
Clara T. Rankin
Frances and Peter Buttenheim
Mrs. Louise Franke and Dr. Hans Franke
Thomas and Beatrice Taplin Fund at The Denver Foundation
Chloe Seelbach
Flannery Becker
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Janet Kramer
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Leslie M. Koblenz, MD
Uday Yadav
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IN MEMORY OF

David Cutler
Mr. and Mrs. August A. Napoli, Jr.
Justin, Richard, and Joela Weiss
Barbara Hoyt
Clara T. Rankin
Bud and Jacqui McLellan
Reed McLellan

RECENT FOUNDATION GRANTS

February 12 – August 10, 2022
AHS Foundation
The Betcher Foundation
Jewish Federation of Omaha Foundation
The Catherine L. & Edward A. Lozick Foundation
O’Neill Brothers Foundation
The Stefanski Family Foundation
Third Federal Foundation

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

Hopewell Renews Three-year CARF Accreditation

This summer, under the leadership of Quality Improvement and Compliance Director Candace Carlton, Hopewell renewed its three-year accreditation with the Commission on Accreditation of Rehabilitation Facilities (CARF).

Founded in 1966, CARF International is an independent, nonprofit accreditor of health and human services organizations. Achieving accreditation requires a service provider to commit to quality improvement, focus on the unique needs of each person the provider serves, and monitor the results of services. While there are five therapeutic residential farms in the United States for adults with serious mental illness, Hopewell is the only facility certified by CARF under the “therapeutic community” category.

“Our CARF accreditation is important, because it demonstrates the quality of Hopewell’s programs and services, and the commitment of our entire staff to serving the needs of our residents,” said Dave Shute, Hopewell Executive Director. “Candace and several members of our team work hard on achieving our periodic re-accreditation,” he said.
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
LinkedIn: www.linkedin.com/hopewell-therapeutic-farm-community
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 2022 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 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!