

HOPEWELL COMPASSPOINTS

SPRING 2010 • NEWS FOR FAMILY & FRIENDS

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HELPING HOPEWELL

SPREAD THE WORD



Many of the people who need Hopewell find us through you. That's right, we receive a great number of inquiries because you suggested someone call us for more information.

We can't thank you enough! Your support of our unique and effective treatment for people with schizophrenia, bipolar disorder and major depression makes a difference. We hope the facts below are useful as you help us spread the word.

Hopewell's cost is comparable with other options. Any kind of residential, long-term, 24-hour a day care is costly. However, options other than a place like Hopewell for someone with a very serious mental illness cost about the same, but lack the promising outcome.

As an example, caring for your family member with schizophrenia at home might be as much as \$4,500 - \$6,000 a

month for a home health aide who is there when you are at work. A month's cost at a group home is slightly less (\$3,000 - \$5,000).

Hopewell's cost is comparable at \$4,600 - \$7,000 a month, but we offer comprehensive treatment with life-changing outcomes.

People of all income levels join our community. At any given point, 100% of residents receive some level of financial aid (thanks to our caring donors). Families recognize the life-changing difference treatment at Hopewell offers their brother, sister, wife or husband and they are willing to access savings, retirement accounts – whatever it takes. These are middle-income people making heroic efforts to get help for someone they love.

Hopewell needs your support. Our residents need your help. Your gifts

(among more than 700 others in 2009) to our annual fund and to our Summer Solstice benefit make our treatment accessible to people with limited financial resources (most everyone who comes to us).

Because of your caring spirit, people with schizophrenia, bipolar disorder and major depression have a place to go where they can begin to rebuild their lives – what a gift you give them. Thank you.

STRONGER BECAUSE OF YOU

Your gift to Hopewell's 2009 Annual Fund campaign helped us raise more than \$185,000 – *exceeding* our \$170,000 goal.

Annual Fund support makes it possible for people who cannot afford our full daily fee to receive some amount of financial aid.

In 2009, the total amount of financial aid provided to Hopewell residents was more than \$980,000.

However you chose to become involved with Hopewell last year – a gift to our Annual Fund, Summer Solstice ticket or auction purchase, foundation grant or endowment gift – you helped people with a serious mental illness grow stronger.

As a former resident says, "Hopewell changed my life and I thank you. Keep up the good work because it does matter."

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COMPASS POINTS

Is a periodic publication for the friends and donors of Hopewell.

LESLIE MAPES, EDITOR
HYATT BOLDEN, WRITER

Hopewell
9637 State Route 534
P.O. Box 193
Mesopotamia, OH 44439
440.693.4074
440.247.0912 Development Office
www.hopewell.cc



HOPEWELL'S DIRECTION

BY RICK KARGES, EXECUTIVE DIRECTOR

In 2006, Hopewell achieved a landmark designation – we were the first therapeutic community in the country to be accredited by the Commission on Accreditation for Rehabilitation Facilities (CARF). This accreditation is a human services industry standard that reflects excellence and dedication to delivering the highest quality care in our field.

I am proud to announce that in late 2009, we were re-certified for an additional three years. Being CARF certified is similar to ISO certification known widely in the business sector. It is another reason that families, donors, staff and referring organizations can be certain that the trust you place in us is well earned.

Additional significant 2009 developments and improvements at Hopewell include:

- **Strategic plan created.** The Board of Directors and staff completed a comprehensive three-year strategic plan which will guide our work through 2012.
- **Insurance accepted.** We expanded our payer base to include contracts with several national insurance carriers. The ability to offer third party reimbursement for our services to families is a significant factor in making Hopewell's treatment financially accessible.
- **New building opened.** The David Cutler Conservatory opened in May. This greenhouse, meditation garden and meeting space is a beautiful new addition to our campus and is used daily by residents and outside organizations.
- **New programs launched.** Club Hope, our daily activities program for people who do not require residential treatment, welcomed its first members in 2009. A second new program, the Intensive Assistance Program, was created to provide 30-day one-on-one assistance to people transitioning from hospitalization to Hopewell's less structured environment.

I want to extend my thanks to all of our staff, board, donors and friends of Hopewell for their extraordinary work in helping Hopewell achieve not only the prestigious CARF certification, but for the positive difference you are making in the lives of our residents and their families.

CONNECT WITH HOPEWELL

It's easy to stay up-to-date on Hopewell doings. Check out our:

- Website (www.hopewell.cc) – visit our blog for the most current information

facebook

- Facebook page – www.facebook.com/HopewellTC

- E-Letter – click on the “Sign Up” button on our home page

You will discover more about our unique program, mental health advocacy and how Hopewell is making a difference today.



MAKE A DIFFERENCE

Your support helps nourish the spirits and heal the minds of Hopewell residents who have a serious mental illness. If you are interested in making a contribution, please call the Development Office at 440.247.0912 or email Leslie Mapes at lmapes@hopewell.cc. Thank you!

Thank you to Academy Graphic Communication (AGC) for donating some of their costs involved in this newsletter's design and printing.

OUR SUPERIOR STAFF

Hopewell's staff is fundamental to the success of our residents and program. Our remarkable team cares for and challenges residents every day as they work together in our farming community.

Direct care staff is made up of licensed professionals, called clinicians, and non-professionals, called program facilitators. This mix allows us to have a low staff to resident ratio (the average is 1 to 5), yet remain cost-effective because clinicians' time is charged at a higher rate.

Hopewell clinicians, including our executive director, are:

- Board certified
- Master's level
- Licensed independent social workers
- Experienced in a variety of mental health settings

Every day clinicians provide counseling to residents and families and supervise case coordination and psychiatric and medication management.

Any group activity that is therapy-based, like anger management or Dialectical Behavior Therapy, which teaches techniques for emotion regulation, is led by a clinician.

Program facilitators are the glue that holds our program together.

They help residents throughout the day and evening with everything from work crews to off-campus trips to community meetings. Program facilitators are aware of residents' personal goals and keep clinicians apprised of each person's achievements and challenges.

"Our staff consistently goes above and beyond what is expected of them," says Rick Karges, Executive Director. "Their level of caring and expertise is what makes Hopewell's treatment so unique and effective."

Learn more about our staff by visiting our website: www.hopewell.cc/our-staff.



A TYPICAL DAY AT HOPEWELL

You may be familiar with Hopewell's mission, but have you ever wondered what we do on the farm every day? Here's your inside look.

Schedules change each month, but the general structure remains essentially the same. Weekends are less structured and often include off-campus trips, including opportunities to attend local church services on Sunday.

7:30am Breakfast – Staff and residents sit down for a healthy breakfast that could feature eggs from our own free-range chickens.

8:30am Morning meeting – Everyone learns about the day's activities and has a chance to ask questions, resolve problems and meet new community members. Morning meetings end with songs from the Hopewell song book.

9:00am Exercise – The community gets moving through walking or light stretching.

9:30am Work crews – From gardening to cooking to animal care, vocational opportunities at Hopewell help residents find strengths they didn't know they had, experience new roles, learn new skills, gain job readiness and build self-esteem.

12:00pm Lunch – Everyone gathers for a nutritious midday meal.

1:00pm Activities – Depending on the day, residents choose from afternoon work crews, music, creative expressions, sports activities and more.

EAGLE SCOUT PROJECT HELPS HOPEWELL

Last fall, Wilson Taylor, Eagle Scout candidate, helped Hopewell residents “be prepared” by creating a series of trail markers for our beautiful woodland paths.

We are happy to report that Wilson became an Eagle Scout in December. In his own words, he describes the project:

“This Eagle project has been a great learning experience for me because of the number of times that I visited Hopewell. Also, I enjoyed getting to know the staff and the residents and know that they get along really well together. I was very proud of knowing that my project will be a good help to the trail system for Hopewell and its residents. My favorite part about this whole project was meeting Norm Wengerd (Hopewell’s farm manager) because he was the greatest help that any scout working on the Eagle Scout project could have. Thanks again for allowing me to make the trail markers.”



Wilson Taylor (left) successfully solicited Lowe’s for a donation of materials for his trail marker project.



The finished product. Wilson and friends from Troop/Crew 309 install the markers which will help residents navigate our trails.

ALUMNI DINNER – APRIL 16TH

If you are a former Hopewell resident, please join a small group of Hopewell staff and alumni for an enjoyable evening out on Friday, April 16 at 5pm (restaurant location to be determined). Please contact Colleen Welder at 440.693.4074 x 107 or cwelder@hopewell.cc if you are interested in attending or would like more information.

3:00pm Group Sessions – This afternoon period is filled with cottage meetings and groups addressing topics like social skills, equine therapy, anger management and addiction.

5:30pm Dinner – Vegetables from our garden, Hopewell-raised meat and homemade bread are typical evening fare.

6:00pm Recreation time, off campus trips – Residents relax in cottage living rooms, work on the computer, walk in the woods or participate in off-campus outings.

9:00pm Quiet time

Would you like to experience Hopewell’s mission in person? We would love for you to join our community for a morning or afternoon. Please call Leslie Mapes in the Development Office at 440.247.0912 to arrange a date.

FROM THE HOPE “WELL”

Hopewell is in need of the following items. If you are able to help, please call the Development Office at 440.247.0912. Thank you!

- All terrain, 4-person golf cart for guest tours
- New 12 volt cordless Dewalt or Makita drill
- Commercial-grade backpack leaf blower (2)
- Gas-powered, commercial-grade weed eaters (2)
- Heavy-duty rain gear
- Umbrellas
- Mud boots (any size)
- Digital camera (600 megapixels or better)
- Books and DVDs for our Hopewell library

Thank you for your recent donations:

Trader Joe’s (Woodmere)
Larabars for the Hopewell store

Wal-Mart (Middlefield)
Christmas decorations & health/beauty products

Chagrin Pet & Garden Supply
Muck Boot clogs

Park Seed Co. (Greenwood, SC)
Plants seeds for bird sanctuary

Shady Oak Butterfly Farm
(Brooker, FL)
Butterflies for the Conservatory

Carol Evans
Women’s clothing

Eleanor McCoy
Cross-country skis, boots and poles

Margaret R. Mueller
Easy chairs and cabinet

Whole Foods (Woodmere)
Health and beauty supplies



OUR FOUNDATION PARTNERS

Hopewell would like to extend a special thank you to these generous foundations for their support. (October 17, 2009 – January 25, 2010)

- The Cleveland Foundation
- Robert R. and Gay C. Cull Family Foundation
- The Forhan Family Foundation
- GAR Foundation
- Home Savings Charitable Foundation
- The Gilbert W. and Louise Ireland Humphrey Foundation
- George M. and Pamela S. Humphrey Fund
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- RIG III Family Foundation
- The Dudley P. & Barbara K. Sheffler Foundation
- The Kelvin & Eleanor Smith Foundation
- George B. Storer Foundation.
- Michael Talty & Helen Talty Charitable Trust
- The Triple T Foundation
- The Veale Foundation
- The Allayne & Douglas Wick Foundation

Research Data INDICATES SUCCESS

Prove it. It's not always easy to prove what you're doing is working. At Hopewell, we've been collecting data on our program since 2006 in an effort to show whether our unique treatment is effective.



A recent look at one of our measurement tools – the Global Assessment of Functioning (GAF) score – demonstrated quantitative progress.

The GAF is a 0-100 point scale that assesses an individual's level of functioning. A higher score indicates improved functioning. It is widely used with people who have a serious mental illness.

We have admission and discharge GAF scores for 55 residents in our bank of data. The table below demonstrates that for these 55 people, *GAF scores improved significantly during their stay at Hopewell.*

RESIDENTS	NUMBER	ADMISSION GAF	DISCHARGE GAF
Female	17	44.29	50.94
Male	38	43.66	52.92
Total	55	43.44	52.31

HOPEWELL'S ENDOWMENT – A SIGN OF STRENGTH

Last year, income from Hopewell's Endowment generated the equivalent of a full year of free treatment for almost three people with a serious mental illness. That's amazing!

From a high in early 2008 of \$6.7 million, our endowment is nudging its way back up after the economic challenges of last year. It is currently valued at \$5.8 million as we pursue our goal of \$10 million.

The importance of Hopewell's endowment cannot be understated – it generates income today that reduces our


dependence on annual giving and ensures that residents will continue to benefit from our special farm in the future.

Thank you to the many special friends who have created this strong foundation for Hopewell.

If you are interested in learning how you can strengthen Hopewell's future through an endowment or planned gift, please contact Leslie Mapes, Director of Development, at 440.247.0912 or lmapes@hopewell.cc.

OUR MISSION

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.



Mark your calendars for Hopewell's 10th anniversary Summer Solstice celebration to be held Friday, June 18th at the Rankin family's apple barn in Hunting Valley.

Thank you to Chloe Rankin Seelbach, Chair; Marcia Schumann, Auction Chair; and Kitty Makley and Jenifer Garfield, Table Host Chairs, for their leadership roles.

Visit www.hopewell.cc/events for event information or to purchase tickets.

Our sincere thanks to our 2010 sponsors.

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Information current as of March 25, 2010.

