

HOPWELL COMPASS POINTS

SPRING 2025 NEWS for FAMILY and FRIENDS

Hopewell Changed our Family's Journey

Written by a Hopewell Parent

My son is a resident at Hopewell. He has been in 13 different hospitals throughout the last 12 years, struggling to control his mental illness challenges. The journey has brought us to many kinds of facilities in many different states. I found Hopewell online and loved that staff would tailor a plan that would be helpful to him and deal with his specific roadblocks. Though when I mentioned Hopewell to him, he dismissed it.

My husband and I wanted to learn more about Hopewell. After a long drive from West Virginia, it was love at first sight. We wandered around the ponds, through the barns, pastures, gardens, and meadows and realized what a positive healing environment Hopewell gives to their staff and residents. I said, "This is it. This is where he needs to be."

We left Hopewell and drove to Philadelphia to tell my son about this remarkable place. He was very excited to hear about living in a residential community and when Hopewell had an opening, my son moved in.

He has been at Hopewell for one year. He trusts his clinician and has been able to build



a strong relationship with her. She meets him where he is on his mental health journey and treats him so respectfully.

Currently on a new medication, he may leave in a few months. He is so much better than he was a year ago. It is comforting to know that if he needs to go back for respite, he will feel safe there, and Hopewell will have a place for him.

Hopewell has been a life-changer for my family. Never has a place ever treated my son or me with such kindness and dignity. I go to sleep every night knowing he is at peace.

No one intends or wants to travel on this difficult path of mental health struggles but with Hopewell, my son and my family no longer travel alone. We now have support and hope. Thank you.

COLLEEN WELDER, Executive Director



Dear Hopewell Community,

This past month, I had the privilege of attending the American Residential Treatment Association (ARTA) Conference. The 29 member facilities of ARTA provide extraordinary care to adults with mental illness. They help families and clinicians find the residential treatment facility that provides the optimal setting in which an adult with psychiatric illness can restore their mental health.

I came away deeply inspired. Surrounded by dedicated professionals from across the country, all committed to transformative behavioral health work, I was reminded just how powerful connection and collaboration can be. It was also the first time that Hopewell's Program Director, **Jonathan Holmes**, attended the conference.

The conference was not just an opportunity to share Hopewell's mission; it was also a space to learn from peers who are equally passionate about providing compassionate, effective care. Whether we were discussing innovative programming, sharing challenges, or celebrating success stories, the conversations were rich with insight and grounded in a shared desire to improve lives. It was an excellent opportunity to learn from each other.

One of the most rewarding aspects of the conference was the chance to collaborate with others in the behavioral health field. These partnerships are more than professional alliances—they are opportunities to build a network of support,

share best practices, and continue growing both as organizations and as individuals. It is through these relationships that we all move forward and do more for the people we serve.

Looking ahead, I am excited to share that a collaborative of therapeutic farm-based programs, including Hopewell, will be presenting at the Independent Educational Consultants Association (IECA) Conference in May. By sharing the results of a pilot outcome project, our session will explore the unique healing potential of therapeutic communities rooted in nature and work, and how our shared model supports individuals in their recovery. We are proud to highlight the value of nature-based therapeutic work.

Thank you for your continued support of Hopewell. We are stronger because of this community, and we are energized by the opportunities ahead.

Kind regards,

Executive Director

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COMPASS POINTS

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hopewellcommunity.org

PLEASE SUPPORT
THOSE STRUGGLING
WITH MENTAL ILLNESS.



summer SOLSTICE

Friday, June 20, 2025 at 6 pm

THE CHAGRIN VALLEY HUNT CLUB | 7620 OLD MILL ROAD, GATES MILLS, OH

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Join us!

For 25 years, Summer Solstice has been Hopewell's signature fundraising event. Join us at The Chagrin Valley Hunt Club on Friday, June 20, to support Hopewell and raise funds to provide mental health services to adults in need of therapeutic residential care.

Tickets will sell out! See you under the tent as we give a festive welcome to Summer 2025!



To purchase individual tickets (\$250) or Blue Hat Club tickets (\$500), please visit hopewellcommunity.org/events/summer-solstice-2025 or click the QR code with your smart device.

A sneak peek at a few of our **SILENT AND LIVE AUCTION ITEMS!**

A week in Bozeman,
Montana near Ulery's Lake
Thank you Steve and Denise Kestner

Playhouse Square tickets (4)
to "Kimberly Akimbo"

Breakfast for 10 at the
Chagrin Valley Fire House

\$3,000 gift certificate for
landscape design by
Native Landscape and Gardens

Fighting Irish Notre Dame Football game with Hotel
Thank you John and Allyn Davies

Cleveland Browns VIP Training Camp Experience

Cornhole game made by Hopewell Woodshop Program
Director Paul Johnson

Car detailing service by *Nathan's Automotive Detailing*

Custom watercolor painting of your pet by
Josie Anderson



Dr. Andrew Hunt and Dr. Chris Tuell

KARAOKE *as* THERAPY?

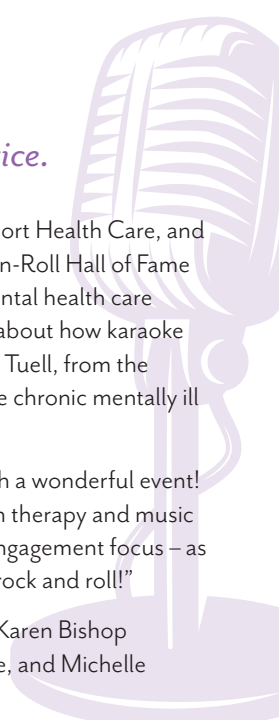
Yes!

Thinking outside the box lets clinicians bring new forms of music therapy into their practice.

On March 20, Hopewell partnered with the Lindner Center of HOPE, Newport Health Care, and Recreate Ohio to present “The Transformative Power of Music” at the Rock-n-Roll Hall of Fame in Cleveland, Ohio. At this private event, over 40 clinicians, doctors, and mental health care providers heard from Hopewell psychiatrist, **Dr. Andrew Hunt**, who spoke about how karaoke is an accessible, therapeutic way to incorporate music into therapy. Dr. Chris Tuell, from the Lindner Center, discussed his own experiences using music as therapy for the chronic mentally ill including a fun story about The Beatles.

Attendees raved about the program. One wrote, “Thank you for hosting such a wonderful event! Seeing so many passionate people come together to support healing through therapy and music was truly inspiring.” Another enthused, “I loved the creativity, passion, and engagement focus – as well as meeting new colleagues and putting names to faces. . . And long live rock and roll!”

Thank you to **Rachel McDonald**, Hopewell’s Regional Outreach Manager, Karen Bishop from the Lindner Center of HOPE, Lauryn Gossett from Newport Healthcare, and Michelle Westerkamp from Recreate Ohio for putting this exciting program together.



Artist in Residence Jessica McDonough

Hopewell’s visiting artists program fosters an alliance between creative arts and wellness. Several times a year, we welcome artists to the farm who value the connection between mental health and artistic expression, and who are interested in exploring this intersection through instruction, collaboration, and community engagement. Through this program, we hope to connect individuals experiencing mental illness with creative and innovative approaches to healing and recovery.

In early April, we welcomed artist-in-residence Jessica McDonough, LPC, ATR-P, CMP, C-DBT, who led us in a textural el-duende style painting workshop. El-duende is an art therapy technique in which you create on a single canvas over the course of time, adding a new layer each time you work on it. The new layer can be an addition to the previous one, or you can completely paint over the layer and start anew.



Jessica enjoys making textured pieces with a paste she creates herself. She showed us how to make and use it during the workshop. The piece is always changing and growing each time you work on it. Several residents shared that they enjoyed the process.

HOPEWELL

Happenings

OUTREACH TEAM

on the Move

The goal of Hopewell's Outreach Team is to spread awareness about our program as a treatment option for individuals in need of long-term residential mental health care. This is done by building and maintaining professional referral relationships with other providers through networking opportunities and partnerships both regionally and nationally. Outreach is vital to inquiring families, census/admissions, clinical, and the reputation of the program in general.



In the first quarter of the year, **Tim Bitting, National Outreach Manager**, exhibited at three large conferences: the National Association of Therapeutic Schools and Programs (NATSAP) conference in San Diego, School Connections in New York City, and the American Counseling Association national

conference in Orlando, Florida. At these conferences, Hopewell connected with outpatient therapists, mental health students, and therapeutic consultants. Tim also conducted two week-long networking trips, San Diego/South Los Angeles and Kentucky, meeting with 17 different organizations and individuals. Tim continues to look for continuing education partnership opportunities and is currently working on a collaboration with The Bridge to Recovery in Kentucky.

Rachel McDonald, Regional Outreach Manager, completed 50 meetings over the past three months, including virtual meetings, Hopewell tours, and lunches. She organized a Give Connect Receive (GCR) lunch in Pittsburgh (photo below) and Hopewell sponsored lunches in Cincinnati and Stark County/Canton. These lunches are a terrific way for mental health professionals to connect, share resources, and network. The next GCR event in May will be held at the farm.

Rachel participated in Quarterly Speed Networking with Newport Healthcare and the Renfrew Center which allows providers in Pennsylvania to connect in a fun and unique way. On her first outreach trip to Michigan, Rachel visited our friends at Rose Hill, one of the four other therapeutic farms in the United States. The Rose Hill leadership team also visited Hopewell for a tour, ceramic experience in our art room, and dinner.



THE CAT WATCHES OVER THE BARN



NEW PIGLETS



STAFF AND RESIDENTS COLLECT THE SAP FOR SYRUP PROCESSING

OUR TEAM, OUR PASSIONS:

Sarah Turner

SARAH TURNER



“ I really like having a front row seat to people’s healing,” says Clinical Services Coordinator **Sarah Turner**.

Families first encounter Sarah when they consider Hopewell for their loved one’s residential mental health care. “Talking to families in crisis makes this a tough job on some days,” Sarah said. “These conversations are crucial to determine whether potential residents would be a good fit for Hopewell, and to be sure we can meet their needs.”

By the time someone is admitted to Hopewell, Sarah and the admissions team know their whole story. Sarah shared, “I love it when I get to meet someone face to face and admit them, and they are so grateful for what we have done to get them here. Over time it’s very satisfying to see their success. I have a desire to help make a positive impact on the lives of those with mental health issues and find fulfillment in witnessing their progress and healing.”

Some aspects of Sarah’s job are administrative in nature. She helps residents qualify for Medicaid to cover the cost of prescriptions and other medical services, assesses them for disability benefits, and works with the clinical team on discharge planning.

The family environment at Hopewell means a lot to Sarah. “My favorite memory is Family Fun Day. Residents, staff, and their families made apple cider and s’mores. It was neat to watch my little girl interact with everyone. Hopewell is home for many residents, and they aren’t around children often. Seeing how interested they were was heartwarming. That day wasn’t about their illnesses – it was about having fun.”

Sarah’s passion project is somewhat surprising. She devotes spare time to being a resource for families of children who have a cleft lip or cleft palate. “I belong to a lot of online forums for parents of these children, where I try to answer questions from the standpoint of someone with experience.”

Sarah was born in 1981 when there was no ultrasound technology to show that she had a cleft. This shocked her young parents, barely out of their teens – here was a baby with a facial deformity. There were no support resources.

Sadly, Sarah was bullied at school and things were difficult. “A turning point came after I graduated high school and I felt empowered to say I was done after roughly 25 surgeries. I chose to accept how I looked and start moving forward with life rather than focusing on what surgery would happen next.” Talk about turning pain into promise!

Some of Sarah’s future plans include traveling out west. She would love to do a family RV trip where they can stop whenever they want to look around. Given her energy and drive, we have no doubt that will happen someday soon.

Thank you, Sarah, for everything you do!

from the WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs.



AMAZON WISH LIST

Visit our website at hopewellcommunity.org/support-us/wishing-well or click on this QR code with a smart device to see items on our Amazon Wishing Well list. Purchases will be shipped directly to the farm.

If it is more convenient, please make a monetary contribution and indicate which item(s) you would like us to purchase on your behalf.



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Michael and Betty Heisler

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At Hopewell, we empower individuals to function at their highest level of effectiveness, leading to a more satisfying, self-reliant, and independent life, both during and after their stay.

Using the healing powers of clinical engagement, our therapeutic community, nature, and meaningful work, Hopewell's program transforms the whole person: mind, body, and spirit.

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