

# HOPWELL COMPASS POINTS

SPRING 2021 NEWS FOR FAMILY & FRIENDS

## LOOK BEYOND FOR HOPE

Ever since Dana can remember, she wanted to do two things: help people and create art. She grew up in Cincinnati, Ohio, and graduated from Mount St. Joseph University. It was there that her passion for art blossomed. She graduated with a bachelor's degree in Fine Arts, a minor in Psychology, and a concentration in Art Therapy.

Dana considered an art therapy career but encountered a lot of personal struggles along the way. After many painful years, at the age of 23, she was diagnosed with bipolar disorder.

In 2015, after three stays in mental health facilities in less than a year, a doctor suggested Dana should be in a long-term residential facility. Dana said, "I took a deep breath, summoned every ounce of courage and vulnerability I had and took the plunge. I signed myself up for three months at Hopewell. Those three months turned into six months, which turned into me regaining control of my life in a way I never thought possible."

Dana was attracted to Hopewell because she could stay longer than 30 days and she fell in love with "the big farm in the middle of nowhere." She said, **"I had nothing to lose, so I went. Best decision I ever made. When your life is encompassed by mental illness, you feel hopeless. It utterly changed my life."**

Hopewell's art studio kept her grounded and allowed her to explore more of her creative side. Painting made her happy, pulling string beans with the garden crew did not. Dialectical Behavior Therapy (DBT) skills taught her how to be gentle with herself. When it came time for Dana to leave, she was sad. Hopewell was safe. She said, "I realized it isn't possible to be free of mental illness. I just had to learn to live with it."

After returning to Cincinnati, Dana was introduced to Madi's House, a community center offering support and activities for young adults battling addiction and mental health issues. After volunteering to decorate an unoccupied retail space that was gifted to this new nonprofit, she quickly fell in love with the organization and is now their Program Director.

Dana also shares her time with Joseph House, residential housing for veterans who are suffering from mental illness and addiction, and with Women of Alabaster Ministries, a nonprofit that meets the needs of those caught in human trafficking. She brings her love of art to these organizations, teaching a step-by-step program, emphasizing that art, and life, are not about immediate



gratification. Dana said, "Everyone can make art. Your art does not have to be in the art museum. Your art is yours. You do not have to do it for anyone but you. If you do not have the words to explain your feelings, art is the perfect way to express anything."

Dana is grateful to her family and friends who have helped her on her journey. She said, **"No one ever explained to me that asking for help was going to be one of the greatest challenges of my mental illness. However, by having that continuous courage and support from everyone who loved me, asking for help has gotten easier. I learned the most valuable lesson: Asking for help doesn't make you weak. It helps sculpt you into a survivor."**



A THERAPEUTIC FARM COMMUNITY



# Mental Health Awareness



In the last year, we have faced not one, but two global pandemics— COVID and an accompanying pandemic in mental health.

A recent meta-analysis of 68 studies from across the globe of mental health during COVID found five-fold increases in the prevalence of PTSD, four-fold increases in anxiety, and three-fold increases in depression.

Or, put more humanely by a podcaster I follow most closely, Vinay Prasad MD, MPH, “It is likely that this last year has been the loneliest year in human history...”

The virus has created anxiety about medical outcomes, our own risk, and the risks we pose to others. On top of those, our social responses to the pandemic have led to additional mental health stresses from isolation, job losses, wage losses, and uncertainty about the future. While all of these are deeply challenging, isolation and loneliness are troubling—all by themselves, they are contributors to declines in mental health.

Dr. Prasad continues his thought on “the loneliest year” with the following: “The greatest number of people have declined social interaction for the longest period of time in human history. Many are suffering anguish from this, and some may be slow to admit that.”

My request to my readers this month is simple: when it comes to your mental health, don't be “slow to admit that.”

May is Mental Health Awareness month. Every May we focus on reducing the stigmas about struggles with mental health that all too often keep people from seeking help.

At Hopewell we know these stigmas very well. We routinely hear about the stigmatization that our residents have had to deal with in their lives before joining our therapeutic community.

But these stigmas can be anywhere and can even be in the minds of people who generally think they are in tune with their own mental health, and open to seeking care.

You most likely have seen levels of stress, uncertainty, loss of control, isolation, and loneliness in the last year that you have never seen before. Even if you feel like you are handling things, be open to the possibility that you may simply have gotten used to a new and higher level of baseline distress.

Check in with yourself more deeply. Consider doing a mental health screen—a quick, free, and private set of tools are at [MHAscreening.org](http://MHAscreening.org). And if you discover a challenge, there are all kinds of tools that can help. Some are self-help tools, and working with a professional is also an option if self-help does not work for you. Seeking help that works for you is a sign of strength, not of weakness.

David H. Shute  
Executive Director

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9637 State Route 534  
Middlefield, OH 44062  
440.426.2000

## COMPASS POINTS

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Don Bernardo, CFRE, *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](http://www.hopewellcommunity.org)

**OUR MISSION** Hopewell's mission is “to provide an opportunity for adults with mental illness to experience a self-reliant and satisfying life through participation in a vibrant residential therapeutic community.”





Please join us to celebrate Hopewell's 25th Anniversary on Friday, June 25, 7:00-8:00pm. There will be silent and live auctions, Fund-A-Need, and brief informative videos of Hopewell services. For more information and to register for the event, visit [one.bidpal.net/25party](http://one.bidpal.net/25party) or scan this code.



*"Congratulations to all staff and founding members of Hopewell. Many individuals and families have benefited from your dream that has become a reality. May your good work continue to enrich the lives of many challenged by mental illness."*  
 – Barb C.

*"Wow, 25 years!!! Congratulations to the entire Hopewell organization. May God bless Hopewell for saving my son's life."*  
 – Mike H.

*"Congrats on the significant anniversary of healing and hope provided at Hopewell!"*  
 – Steve

*"Congratulations to all at Hopewell for the amazing things you do everyday! God speed."*  
 – Jim Z.

## Live Auction Highlights

### Hilton Head Island, Sea Pines Resort Oceanfront Home

Imagine yourself lounging on a sprawling, sun-dappled patio with water cascading into a resort-style swimming pool. Just over the dunes, a short walk down your own private boardwalk, the sounds of the ocean are calling you to relax. As the sun sets, you can bask in the luxury of a Jacuzzi spa, and warm up by an outdoor fireplace stocked with firewood to enhance your nighttime enjoyment. This home features 6 bedrooms, 6.5 baths, and sleeps 16. A one-week rental can be used between April 1, 2022 and November 1, 2022.



*Thank you to Paul and Suzanne Westlake.*

### Eddy Fruit Farm to Table Event

Spend a day in the country and top it off with a farm to table dinner for twelve (12) at Eddy Fruit Farm in Gauga County.



Renowned Sara's Place Restaurant will customize a menu using the freshest locally harvested foods provided by Eddy. 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 15 to October 17, 2021.

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

### A Vermilion Experience

A unique fall day and night for two in Historic Downtown Vermilion. Check into the Captain Bell House Bed and



Breakfast where a special champagne gift basket awaits and prepare for a romantic sunset, antique boat ride along the Vermilion River. You will be dropped off at the Chez Francois docks and enjoy an incredible five course wine dinner with guest vintner Hugh Davies of Napa's Schramsberg Vineyards. Enjoy a nightcap at Touché Bar before retiring for the night. Good for Thursday, September 23, 2021 only.

*Thank you to Chez Francois, Schramsberg Vineyards, Captain Bell House Bed and Breakfast, and Walter Wirth.*

# Recycled Seating

Hopewell staff and residents helped Cortland, Ohio, Girl Scout Troop 80011 with their Girl Scout Silver Project. Kylie Allen, staff members **Lynn and Jack Childers's** granddaughter, collected bottle caps and lids to give to Plastics-R-Unique. This company in Wadsworth, Ohio, makes many recycled products including benches, tables, and safety items. The troop received so many caps and lids from Hopewell that they made two benches, donating one to Hopewell, which rests on the main entrance porch.



*Ryanne Beach, Kylie Allen, and Lynn Childers*



*Members of Girl Scout Troop 80011*

## OCD Treatment at the Farm

Hopewell has been exploring the viability of treating **Obsessive Compulsive Disorder (OCD)** and related disorders utilizing the treatment modality of Exposure & Response Prevention therapy (ERP). This initiative came out of our discussions with Dr. Paul Keck from the Lindner Center of Hope during his evaluation of our clinical program and capabilities in November of 2018. Subsequently, we contracted with Charles Brady, PhD to consult with us. Dr. Brady was the Clinical Director of Outpatient Services and the Director of the OCD & Anxiety Program at Lindner Center of Hope and is now the Director of Kitsap Peninsula OCD & Anxiety Services in Washington State.

After Dr. Brady visited the farm on a couple of occasions it was determined that including individuals with OCD and related disorders would be an excellent fit for our therapeutic community model of residential treatment.

Dr. Brady has worked with our clinical team to implement a comprehensive ERP program at Hopewell including providing three hours of ERP therapy a day. There are five ERP groups per week, individual ERP sessions, and ERP opportunities during work crews and on their own as homework assignments. We have implemented this new program with four of our current residents who have co-occurring OCD diagnoses or traits.

This pilot program was initiated with our first ERP group on March 2, 2021 and will continue for 90 days. It has been going very well and we anticipate being ready to formally start admitting individuals with a primary diagnosis of OCD and related disorders by early summer.

**“I have seen a lot of benefit from the ERP. There are things I am still working on but I have made so much progress. It’s hard work, but it works, I am proof of that.”**

– Wes H, Hopewell Resident

**“At first it seemed it was unnecessarily difficult, and I didn’t like it. But then over time as the habituation process took hold, my anxiety reactions slowly became less intense, and I could see and feel the benefit immensely!”**

– Jackson B, Hopewell Resident

## HOPEWELL VIRTUAL SPRING SUMMIT

INCORPORATING OCD TREATMENT ON THE FARM › TUESDAY, MAY 25

This free workshop will lead participants through Hopewell’s OCD treatment program, diagnosis, and current best practices for treatment. It will also track the journey Hopewell has undertaken to incorporate OCD treatment in a therapeutic farm environment. Attendees will leave with a thorough

understanding of the diagnosis and treatment of OCD as well as examples of implementation in a novel setting.

For more information and to register, visit [www.hopewellcommunity.org/events/hopewell-virtual-spring-summit](http://www.hopewellcommunity.org/events/hopewell-virtual-spring-summit) or scan this code.





## The Overture to the “Hopewell Masterpiece”

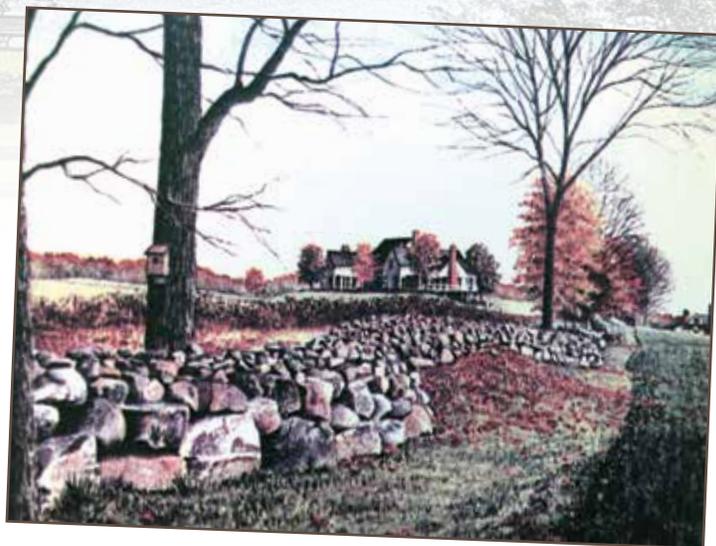
Built in the mid-1800s by Hiram Bowers in Mesopotamia, Ohio, the 325-acre Hopewell property has many stories. The farm was in the Bowers family for nearly 100 years. Hiram’s only child, Nettie, was born in the old farmhouse and lived there until she died at age 93.

Fast forward to 1960, when Jonathan “Jock” and Judith Collens purchased the farm for \$17,000. While walking the property, stepping over the barn’s stone foundation as it lay scattered in the pasture and viewing broken siding, filthy windows and broken roofs, Judith fell madly in love with it. At last, Jock fulfilled his promise that he would “buy Judith a farm someday.”

Jock was always finding stones throughout the property and built the stone wall shown in the painting to the right. It is 1/3 mile long and took him 30 years. The painting was done by Jock and Judith’s son, Edmund, who still lives near the farm in Mesopotamia.

In 1975, Richard Fleishman, a Cleveland architect, was hired to design a new house for the Collens family. Over a handshake and a beer, the deal was complete. A 10,000 square foot home was built upon Butterfly Hill, named after all the butterflies seen in the pastures. The barn, named Nettie’s Barn, was advertised as a “farm vacation opportunity for a place for city people to relax.” It was used for 15 years and many new friends were found. In their spare time, Jock and Judith worked with the historical society and local museum, making Mesopotamia a beautiful village.

Throughout the years, the property continued to be a working farm and family retreat until the Collens family moved in 1990. The new owner converted it to the Truebrooke Inn, a bed and breakfast. The



Hopewell Board of Directors was formed in 1993 and the organization purchased the farm in 1994. Staff were hired and the therapeutic farm community was established - the only such facility of its kind in Ohio and one of only five in the United States. On February 3, 1996, the first resident was welcomed, leading to a quarter century of residential treatment of adults with mental illness.



**Judith Collens, who lives in Medina and rides her bike daily to the grocery store, loves sharing her farm stories. She said, “The farm was the overture to the Hopewell Masterpiece. It is an amazing and beautiful place for restoring troubled lives. Nothing could please me more.”**



# OUR TEAM, OUR PASSIONS

## ASHLEY GREEN

Meet clinician **Ashley Green, MSW, LSW**, who joined Hopewell as an intern in 2018 and then came aboard as a full-time clinician. Born in Houston, Ashley and her family lived mostly in Texas, Arizona, and Colorado. “Living in different communities enabled me to be more insightful and resilient. I have experienced cultures other than my own, which helped me develop more empathy and understanding of people who are different,” Ashley said.



Before Hopewell, Ashley worked for ten years with teens and young adults with developmental disabilities and mental illness. She is trained in several treatment modalities, including trauma-informed therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, mindfulness, and somatic therapy.

Ashley pursues several creative hobbies, including playing music and writing. She plays the djembe (an African drum) in a weekly drum circle that meets on the beach at Lake Erie. “In the drum circle, one person starts a beat and others pick up on it. Sometimes dancers join us. It’s not a performance, but a way to build connections by making music together.”

“Hopewell is the best place I have ever worked,” Ashley remarked. “Staff are empathetic, supportive of each other, and understanding. I learn something new from staff and residents almost every day.” She continued, “The property is like an oasis with gorgeous scenery. I can take a walk in the middle of the workday if I need to clear my head.”

The serene surroundings on the farm property have been especially important during the past year. **“This has been a challenging time for residents. I’m pleased that from a therapeutic standpoint, I have seen a lot of growth,”** Ashley remarked. **“Fewer distractions allow residents to focus on developing skills and facing new challenges as they move toward independence.** I’m impressed by the respect they give to the rules, such as wearing masks and social distancing. This is just one example of the Hopewell community as healer. Staff and residents support each other in doing what is necessary to get through the pandemic.”

## HOPEWELL FARM & CRAFT MARKET

Residents and staff love spending time in the art studio making spices, candles, soaps, and many other creative items. Proceeds are donated to support other local mental health organizations. Mark your calendars to visit these local craft and farmer’s markets and experience Hopewell Farm & Craft Market products.

### WEST WOODS WEDNESDAYS

July 14, August 11, and September 8, 4:00-7:00pm  
The West Woods, 9465 Kinsman Road, Novelty, Ohio

### FARM ARTISAN MARKET

August 8, 10:00am-5:00pm  
Big Creek Park, 9160 Robinson Road, Chardon, Ohio

### HOMESPUN MARKET DAYS

October 2 and 3, 1:00-5:00pm  
Swine Creek Reservation, 16004 Hayes Road, Middlefield, Ohio

If you cannot attend the markets, please order items from our website. [www.hopewellcommunity.org/support-us/store](http://www.hopewellcommunity.org/support-us/store) or scan this code



## Pony Cart

A pony cart was recently donated by **Jeannie and Greg Langdon** for a therapeutic driving program. Residents will learn to drive the pony cart around the farm with an equine-assisted psychotherapist.



# University Circle Ecotherapy

Ecotherapy, a formal type of therapeutic treatment which involves doing outdoor activities in nature, is thriving at University Circle Transition Program (UCT). Clients created “Impermasculptures” at the lagoon near the UCT apartments. Impermasculptures help explore life’s ups and downs, guiding to a deeper understanding and appreciation of lived experiences. The cherry blossoms in the University Circle area added to the experience.



## HONORARY AND MEMORIAL GIFTS

FEBRUARY 1 – APRIL 23, 2021

### IN HONOR OF

**Maura Barber**  
Donna Rogers

**Don Bernardo**  
Mr. and Mrs. David Schubert

**Celeste Hein**  
Karen and Joe Beran  
Frances Buccilli  
Lynn Childers  
Nancy Fantozzi  
Cecelia Futch  
Susan Galewood  
Victoria Noss Nappi  
Michael Rosenlieb  
Rene Marie Skelly  
Gerri Smith

**Clara T. Rankin and in recognition of Hopewell’s 25th anniversary**  
Lydia Bruner Oppmann  
George H. L. and Carol A. Porter from the Frank H. and Nancy L. Porter Fund B at the Cleveland Foundation

**Walter Wirth’s birthday**  
Suzette Ward  
Steve Winter  
Walter Wirth

### IN MEMORY OF

**Joel Budzar**  
Mr. and Mrs. Thomas Murray

**David Cutler**  
Anonymus

**Arlene Durastanti**  
Audrey Katzman and Timothy McParland

**Helen Hart Grima**  
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Chantelle Snyder  
Trumbull County Medical Society Alliance

**Daniel Schweid, MD**  
Richard and Megan Karges

*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.*

## FROM THE WISHING WELL

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

### Can you grant one of these wishes?

- Computers: Through an arrangement with TechSoup, we can purchase Dell laptops and desktop models for \$880 and \$690 respectively. We are in desperate need of a laptop for one of our clinicians and two desktops are very old and in need of replacement.
- Rocking chairs for clinicians’ offices
- Electric pole chain saw with adjustable head (\$99)
- Portable electric roto-tiller (\$110)
- Board games, kickballs, baseball equipment, soccer balls, footballs, frisbees
- Bonfire equipment for s’mores and hot dog forks

### ITEMS ON HOPEWELL’S AMAZON.COM WISH LIST:

- Outdoor rocking chairs (6 needed, \$199 each) and end tables (2 needed, \$69 each)
- Life skills books for Transition Services Program
- Weighted blankets (anti-anxiety aids)

Please visit [www.hopewellcommunity.org/support-us/wishing-well](http://www.hopewellcommunity.org/support-us/wishing-well) for more information and to connect 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.

### WISHES GRANTED

- Tonnya Adams – coffee maker
- Susan Harris White/Harris Realty Co. – two 4-drawer steel filing cabinets
- Roberta Katzman – indoor seed starting kit and seeds
- Dana Langenbrunner – full-size plush weighted blanket and ten-inch wall clock

*Donations of gifts-in-kind are tax deductible to the extent allowed by law. Donors will receive written acknowledgments for their records.*

# HOPEWELL COMPASS POINTS

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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

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## 25TH ANNIVERSARY CELEBRATION VIRTUAL EVENT

### PRESENTING SPONSOR



We thank the generous individuals and companies who committed to sponsoring Hopewell's 25th Anniversary Celebration Virtual Event!

*See page 3 for additional information*

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