

# HOPEWELL COMPASS POINTS

SPRING 2011 NEWS FOR FAMILY & FRIENDS



## Helping Young People Heal

A frequently asked question here at Hopewell is, “What is the average age of the people you serve?”

It’s always hard to say because as long as someone is 18, they are eligible for admission. Ages have ranged all the way up to the mid-70s.

Lately, however, the average age of our residents has trended down.

Currently, we have a number of residents who are young (in their 20s), smart and active. Many were in college when they first experienced problems. At Hopewell, they are finding acceptance, community, meaningful work and the confidence that they can learn to include their mental illness in a “normal” life.

A recent *New York Times* article (January 27, 2011) entitled, “Record Level of Stress Found in College Freshman” supports what we are seeing at Hopewell. A study surveying more than 200,000 college freshmen, reports that their emotional health has declined to the lowest level in 25 years.

Campus counselors are seeing “students who are depressed, under stress and are using psychiatric medication, prescribed even before they came to college.”

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## Dan’s Story

When Dan arrived at Hopewell in December, he was withdrawn, scared and worried about his future.

In high school, he had been an A student, but after a year at Denison, his grades had fallen to D level. He was unable to complete assignments, stopped seeing friends and rarely went to the dining hall.

Dan’s parents were concerned and encouraged him to see campus counselors. The situation quickly worsened and he was hospitalized for major depression.

After learning of Hopewell from the hospital staff, Dan’s parents contacted us and he was admitted upon discharge from the hospital. Though he is improving, Dan is still struggling to understand his illness.

His family feels that Hopewell is the best place for him now. They are hopeful that once he is feeling better, he can begin taking college classes and find his way back to a happier, healthier path.

If you know of a young person who might benefit from our healing environment, please contact Betsie Arvin at 440.693.4074 x103 or [barvin@hopewell.cc](mailto:barvin@hopewell.cc)

## Looking Ahead



**HOPEWELL'S GOALS FOR 2011** and beyond focus on providing expanded living opportunities and offering greater therapeutic options for adults experiencing serious mental illness. These initiatives include opening our new Hopewell Farm and Craft Market (see p. 6), expanding our Club Hope daily activities program participation and increasing our residential census to full capacity.

Additionally in 2011, Hopewell will be converting to an electronic health records system, making physical improvements to our horse barn and equine therapy areas, and improving and mapping our extensive network of hiking trails.

Plans to establish an off-campus community-based housing program and on-campus respite services are well underway and will allow for a "step-down" level of care for many of our residents who are ready to transition to a more independent living arrangement. Our Research Committee will continue to guide our clinical outcomes initiatives and we are furthering our outreach efforts to veterans, young adults and financially in need individuals.

As we implement our strategic plan initiatives in 2011, we look forward to the opportunities and challenges ahead. We know that it all contributes to improving the lives of individuals experiencing serious mental illness.

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Leslie Mapes, *Editor*  
Julia Donovan, *Writer*

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

## FOLLOW HOPEWELL ON FACEBOOK AND TWITTER!



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- Follow us on Twitter at [www.twitter.com/hopewellFarm](http://www.twitter.com/hopewellFarm)
- Visit the blog on our website [www.hopewell.cc](http://www.hopewell.cc)

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

## DONATE ONLINE

Your support helps nourish the spirits and heal the minds of Hopewell residents. To make your donation, please visit [www.hopewell.cc](http://www.hopewell.cc), write the Development office at 139 Bell Street, Chagrin Falls, OH 44022 or call 440.247.0912.

Thank you!





## The Sweet Anticipation of Spring

### MAPLE SUGAR SEASON BEGINS AT HOPEWELL

While many of us might feel like we are still in the dormancy of winter, the trees know that spring is on the way and have started producing sap.

This is a time of great anticipation at the farm. Not only is it a sure sign of spring, but the residents and staff enjoy the sweet rewards of maple sugaring.

With a team of horses and six to eight residents, farm manager, Norman Wengerd, and his crew put in over 1,100 taps and start collecting the sap. They collect from red maples and sugar maples almost daily during the five week sugar season. Wood is collected all year round in preparation for boiling 17,200 gallons of sap into 200 gallons of maple syrup.

Hopewell's traditionally made maple syrup makes our pancakes the envy of many. This year, you can enjoy our maple syrup too! It is available for purchase at our newly opened Farm & Craft Market (see page six). ■



## OUR FOUNDATION PARTNERS

Hopewell would like to extend a special thank you to these generous foundations for their support. (November 18, 2010 – February 3, 2011)

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Thank you for your recent donations:

- **Kitty and John Makley** – Cleveland Racquet Club space for meetings
- **Carol Evans** – Clothing and household goods
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- **Bill Seelbach** – Tickets to the Great Lakes Science Center



## OHIO'S BEHAVIORAL HEALTH SYSTEM IS STRUGGLING

As mental health needs in Ohio increase, state funding is being decreased. This will result in a crisis vs. prevention situation — costs will rise for state psychiatric hospitals, emergency rooms and prisons.

- In a recent statewide poll, 2 out of every 3 Ohioans were impacted by a friend or family member with an addiction and/or mental illness.
- Based on the most recent statistics, suicides in Ohio are at a 10 year high.

Please do what you can to let your government representatives know that mental health is important to you and to the future of our state.

*Statistics provided by the Ohio Association of County Behavioral Health Authorities.*

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## Hopewell's Horses are Therapeutic

One of the more unique therapeutic experiences Hopewell has to offer is its equine program.

During weekly equine sessions, residents typically work on a variety of personal growth issues like assertiveness, coping skills, facing fears, and overcoming obstacles. Following an activity, residents discuss their feelings and talk with staff about what they learned.

The advantage of working with horses is that they react honestly to each situation giving residents a fresh perspective.

The program is based on the Equine Assisted Growth and Learning Association (EAGALA) model. EAGALA has two main components: psychotherapy, which incorporates horses for emotional growth, and learning, which focuses on educational goals.

According to Colleen Welder, program service director and the founder of Hopewell's equine program, "Residents

often say they are afraid of horses but we soon see their confidence grow as they learn more about them and from them."

We are hoping to locate funding this year for barn renovations which will allow us to expand our therapeutic horse herd and create a safer space in which to conduct therapy sessions. ■



## 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!

- For the equine program: 2' tall rubber cones, PVC poles, tarps, hula hoops, large exercise balls, pool noodles
- Commercial-grade backpack leaf blower (2)
- Gas-powered, commercial-grade weed eaters (2)
- Heavy duty rain gear
- Umbrellas
- Mud boots (any size)
- 14-volt cordless drill
- Notebooks
- Binders
- Folders
- Pens
- Highlighters

## HOPEWELL EXCEEDS ANNUAL FUND GOAL

*You said yes!*

Your thoughtful gift to our 2010 annual fund made it possible for us to say yes to families who need our care, but cannot afford it.

Because of you, we exceeded our goal and raised \$184,000. Thank you for so generously supporting our residents' recovery.



## Endowment Fund Improves Lives in 2010

At the close of 2010, Hopewell's endowment grew to \$6,581,281. Here is how income and earnings from that fund changed lives last year:

- We helped 70 residents throughout the year work to sustain each other, learn about the importance of medication and reconnect with their family.
- Income from Hopewell's endowment generated the equivalent of a full year of free treatment for almost three residents.
- We admitted a record number of residents (39 people). Though we still had to turn many people away for financial reasons, this is quite an achievement!

Thank you to the many generous donors who contributed to our endowment. Hopewell's transformative care will be there for residents in the years to come because of you. ■

## Helping Young People Heal *continued from cover*

At Hopewell, these young people arrive looking for answers to many questions about their mental illness. Our educational and holistic approach addresses their concerns. We help them understand how the right medication can change their lives and they have the time they need to become stable on medication and experience the positive results.

We are especially well-suited to treat young people because, in good or bad weather, there is a lot to do to keep our farm thriving.

“Hopewell meets many of these young residents' needs,” explains Christine Cowan-Gascoigne, Hopewell's marketing manager. “It's an active place and because our focus is on community and relationship

building, there are many opportunities for making friends and socializing.”

The power of living, working, crying, laughing and learning with peers and staff – our community – is transformative. We believe it gives these young people the tools and hope they need to create a life of meaning after Hopewell. ■



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Hopewell  
9637 State Route 534  
P.O. Box 193  
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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.

## summer solstice

SAVE THE DATE > JUNE 17, 2011

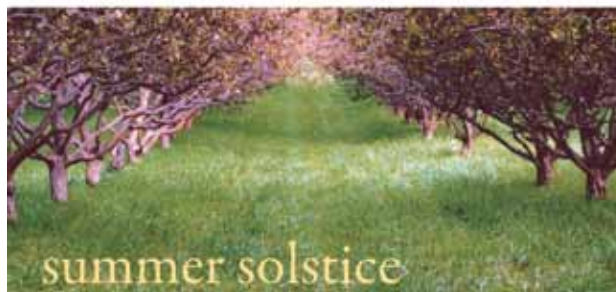
MARK YOUR CALENDARS FOR HOPEWELL'S ANNUAL SUMMER SOLSTICE CELEBRATION to be held Friday, June 17th at the Rankin family's apple barn in Hunting Valley. Join us for a special evening of great friends, food and auction items! Please call Hopewell's Development Office at 440.247.0912 for sponsorship or guest information.

Our sincere thanks to our 2011 sponsors  
(as of February 10, 2011)

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SAVE THE DATE > JUNE 17, 2011

## Hopewell Farm & Craft Market Opens!

The Hopewell Farm & Craft Market opens Thursday, March 10th, just in time for Geauga County's March Maple Madness Tour on March 12th.

The Farm & Craft Market offers a selection of Hopewell produced maple syrup and crafts and is operated by residents and staff. During the growing season a large variety of Hopewell eggs, fruits and vegetables will also be available. Store hours are Thursday through Saturday, 10am – 2pm.

Many thanks to the Fred A. Lennon Charitable Trust, KeyBank Foundation and John P. Murphy Foundation for their support in creating the Farm & Craft Market.

We can't wait to see you!