

H O P E W E L L C O M P A S S P O I N T S

WINTER 2011 NEWS FOR FAMILY & FRIENDS



SUMMER SOLSTICE HELPS VETS RECOVER

This summer, guests of the Summer Solstice raised \$26,000 to help war veterans afford care at Hopewell. We are happy to report that a vet is benefitting from the exceptional generosity of our party goers.

David, a young man of 25, who is with us now is a veteran of the Iraq war. He suffers from Post Traumatic Stress Disorder (PTSD) as a result of his 15 month tour of duty. David feels that Hopewell is helping him "in every way." He is active on the maintenance work crew and enjoys the different therapy groups Hopewell offers.

Thank you to all the Summer Solstice donors who are making David's treatment at Hopewell possible. ■

Sarah Finds Her Way at Hopewell



"I wouldn't be as high-functioning today if I hadn't gone to Hopewell," says Sarah M., a former resident and the author of this year's annual fund appeal.

Sarah's ability to manage her schizoaffective disorder was hard won and due in large part to her fighting spirit and her mother's determination.

In the fall of 2006, Sarah was a happy, artist-college student living in San Francisco, the city of her dreams. That is when she experienced the first episode of the disease that would eventually bring her to Hopewell.

"I was at my wit's end," says Darla, Sarah's mother. "This was not the daughter I knew. I brought her home and took her to doctor after doctor. I couldn't even get in to talk with some of them let alone get a diagnosis. Without a diagnosis, I couldn't find treatment for Sarah."

Meanwhile, Sarah's paranoia worsened, escalating to the point where she lived in fear of everyone and kept knives in her bedside table for protection. Sarah was frequently hospitalized, restrained and injected with medication, but she did not experience improvement or relief from her symptoms.

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A THERAPEUTIC FARM COMMUNITY FOR ADULTS WITH MENTAL ILLNESS



Hopewell's Treatment Is a Good Investment



AT THIS TIME OF YEAR, our donors have many worthy nonprofits asking for their help. At any time of the year, psychiatrists and social workers have many organizations to which they can refer their clients.

That is why it's important for you to know that your consideration of Hopewell is very deserving, because Hopewell's treatment works.

Outcome data for our residents collected over a three year period indicates significant and measureable improvement in at least three major life areas. Those areas are:

- > Life Management Skills. These include more effective mood management and problem-solving skills, enhanced self-esteem and medication compliance.
- > Housing. After receiving treatment at Hopewell, residents have a wider range of living options available to them which contribute to their self-sufficiency, autonomy and independence.
- > Education and Job Training. Residents are better equipped to continue their education or find and keep jobs after participation in Hopewell's program.

This information affirms our belief that a holistic mind-body-spirit approach within the context of a natural, work-oriented environment promotes lasting recovery for many individuals dealing with serious mental illness.

We can confidently say "lasting recovery," because our data also demonstrates that once residents leave us, their rate of hospital readmissions and relapse episodes, if they do occur, are measurably less when compared to their pre-Hopewell experience.

So, while Hopewell's cost of care may be higher (mainly due to a longer length of stay than other treatment settings), the outcome is better than alternative, possibly less expensive, treatment options.

Thank you for the belief you've placed in us over the years as a donor, family member, volunteer or referral source. I'm happy to say that the data — not to mention the smiling faces of our residents — demonstrates your trust is well earned.

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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, write the Development office at 139 Bell Street, Chagrin Falls, OH 44022 or call 440.247.0912.

Thank you!



Residents Randy (left) and J.T. (right) joined in to help install new walkways at the farm. They worked so hard that Dennis, our contractor (middle), decided to pay them!

New Walkways Installed

The second phase of Hopewell's accessibility project was completed this fall thanks to the Harry K. Fox and Emma R. Fox Charitable Foundation and Mrs. Herbert McBride.

While Hopewell's scenic surroundings provide a sense of beauty and peace, residents had to walk on uneven ground or a gravel driveway to get to the main building or residence cottages. In the evening and in inclement weather, it was very difficult to walk from building to building.

Added to this challenge is the fact that often people with a mental illness would rather be alone. When they make the effort to join the community, it is important to make it as easy as possible.

Gifts from the Fox Foundation and Mrs. McBride made it possible to install walkways from the basketball court to our main building, including a new improved stairway.

Last year, support from the Louise H. and David S. Ingalls Foundation and the Higley Fund completed phase one of the project. This improvement reduced slips and falls to zero in this part of our campus!

Thank you to these very generous people for making Hopewell a safer place for our residents. ■

NEW MARKETING MANAGER GENERATES ADMISSIONS

Even with the financial support we provide to the majority of residents, most cannot afford to stay at Hopewell for very long. As a result, in the last two years the average length of a resident's stay has decreased by 50 percent from 9-12 months to 3-6 months.

This means that we are challenged to find and admit twice as many residents in order to meet our budgeted goals.



Hopewell's Board of Directors has responded by creating a full-time Marketing Manager position, a first for Hopewell.

Enter Amy Mould, our new Marketing Manager, who is designing and implementing a comprehensive outreach program to a wide variety of referral sources. Amy's interest in working at Hopewell stems from her personal beliefs. "I believe in the mind/body/spirit connection — the use of yoga, hiking, preparing nutritious meals from home-grown produce, creative expression through art and music — all supporting good mental health and promoting healing," she says.

Through her work, Amy will develop and cultivate relationships with mental health professionals so that more people know about Hopewell's unique healing environment.

To reach Amy, call 440.567.8798 or email amould@hopewell.cc. ■

Volunteers Add to the Community

Hopewell is fortunate enough to have volunteers who join us for a year living and working on the farm. Our new “class” met recently to talk about how they came to Hopewell and what the experience of living in this unique therapeutic community means to them.

Hans Martin decided to volunteer this year after having been a resident at Hopewell eight years ago. He wanted to be a part of the community to show the residents that recovery is possible. “There is always healing there if you reach out,” Hans says. A carpenter from Virginia, he’s been able to use his talents in many ways, including helping renovate the barn.

Also from Virginia is **Chris Collins**. Chris was a philosophy professor, but found the abstraction of his field didn’t allow him to help others as much as he wished. He found Hopewell through friends who worked in similar therapeutic communities.

Bob Bayko is a 2010 Cleveland State graduate. He had an interest in the mental health field and a degree in psychology, but was unsure of his career direction. Once he visited Hopewell, he thought it was perfect. “I fell in love with the concept of how people can become better through the community setting and natural environment,” he says.

Hopewell has part-time volunteer opportunities and projects for businesses or groups interested in a day of service. For more information, please call the Development Office at 440.247.0912. ■

Sarah Finds Her Way at Hopewell

continued from cover

Then, in the midst of this family’s suffering, a friend mentioned Hopewell.

Although Sarah wasn’t convinced Hopewell was the place for her, she joined the community and soon her situation started to change. Hopewell’s psychiatrist diagnosed her schizoaffective disorder and put her on medication that began to work. Sarah willingly took the medication — a first for her — and she began to feel safe.

“I regained consciousness,” she explains. “Walking outside calmed me and I started to talk to people, which I definitely hadn’t wanted to do before.” Sarah worked on the kitchen and garden crews, took pottery classes, and created her own art again.

The best benefit of Hopewell, according to Sarah, was the “stigma-free environment, where I was treated like a person. Hopewell’s staff has a genuine caring for all people,” she says, and this environment allowed her to put down her guard. “There was no place more safe or more helpful at that point in my life.”

Now, Sarah is moving forward.

She lives in an apartment in Lakewood, has a car and stays on her medication regimen. She is working on creating a nonprofit of her own that combines mental health and art.

Sarah hopes that others will be able to experience the safe haven and medical help Hopewell provided her. Your support of our annual fund will make Sarah’s wish come true — thank you for giving the gift of recovery this year. ■

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!

- Car GPS system
- IVAC thermometer (electronic portable thermometer)
- Mud boots (any size)
- Heavy duty rain gear
- Umbrellas

Thank you for your recent donations:

- Academy Graphic Communication, Inc. – Printing services
- Lezlie Ankrom – Blankets
- Natalie & Mort Epstein - Computer equipment
- Jordan Truthan – Clothing
- Leslie & Al Kantra – Furniture and household goods



Holiday Shopping at Farm & Craft Market

Hopewell's Farm and Craft Market will be open this holiday season for shoppers looking for handmade crafts and unique gifts for friends and family. Shop for snowman figures, bird houses, dried floral arrangements and Hopewell's award-winning maple syrup, all made by staff and residents. Market hours are Thursday through Saturday, 10am to 2pm.



Your Treasures Help Our Residents

Do you have an antique chair languishing in a back room, a beautiful painting in the closet or a silver tray gathering dust in the pantry? Please consider donating it to Hopewell's Summer Solstice auction.

Home furnishings, antiques, art and collectibles are what make the Summer Solstice the very unique event it is. We have the ability to pick up and store your treasures at any point in the year, so don't wait until spring to think of us!

Please call the Development Office at 440.247.0912 to inquire.



TO SEE PHOTOS FROM THIS YEAR'S EVENT, VISIT
WWW.HOPEWELL.CC/ABOUT-US/PHOTOS/SUMMER-SOLSTICE-2011

Hopewell Welcomes New Board Members

We are delighted to introduce Albert S. Kantra and Jeffrey R. Nicolosi as Hopewell's newest board members.



Al Kantra is the Managing Director of Hawthorn, PNC's family wealth management firm. He is closely acquainted with Hopewell through the Summer Solstice. Hawthorn, formerly Sterling, has been the presenting sponsor of our benefit since its inception in 2001.



Jeff Nicolosi currently serves as a Director in KeyBanc Capital Markets' Mergers & Acquisitions group. Hopewell's farming environment resonated with Jeff when he became acquainted with us through a friend. He attended the Summer Solstice in 2010 and wanted to become more involved.

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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 Winners Hit Fashion Week



Tom enjoyed three days of shopping, fine dining, celebrity spotting and, of course, fashion!

“We saw four runway shows, including Jill Stewart and Project Runway and enjoyed time in the Mercedes Benz VIP lounge,” said Nicky. “Mercedes staff helped us get into two extra shows, which was great.”

Find your next adventure at the 2012 Summer Solstice Friday, June 22nd! ■

Nicky and Tom Turco were the lucky high bidders of one of the Summer Solstice’s most desired auction packages – an exclusive trip to New York City for Mercedes Benz Fashion Week, courtesy of Jed Hunter and the Penske Automotive Group.

Whisked to the Cleveland airport in a fashionable Mercedes sedan, Nicky and

Hopewell Has a Winning Website



This summer, Hopewell’s website (www.hopewell.cc) took top honors in the Interactive category of the Cleveland American Institute of Graphic Arts (AIGA) annual design competition. The competition is judged by a panel of designers from across the country.

Our site, created by FORM, also won a “Judges Choice” award. Eric Roderick, a member of the judging panel, praised the site saying, “The whole thing just sings with life and hope and spark and love and strength in the face of adversity.” ■