

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

FALL 2012 NEWS FOR FAMILY & FRIENDS



Hopewell Adds New Facility

*Local home to provide
independent living*

Hopewell recently purchased a home located on the Mesopotamia commons to use as supervised, independent living housing.

With this new transitional house, Hopewell will be able to offer residents increased independence and vocational training. Residents will participate in Hopewell's regular programming during the day and be involved in the broader community of Mesopotamia through work, volunteer projects or continuing education.

After making some improvements and gaining the proper licensure, we anticipate accepting residents in early 2013. There will be room for up to five individuals with a live-in staff member.

In addition to the main house, which was built in 1850, the three-acre property includes three rental apartments, a garden, small barn and a pasture.

"We are very excited about this new venture," says Rick Karges, Executive Director. "It will help our residents move toward greater independence in a safe, supported environment and its proximity to Hopewell's main campus is ideal." ■

HELP OUTFIT OUR NEW HOUSE

We are need of living and bedroom furniture, lamps, rugs, major appliances kitchenware – everything to make our new five-bedroom house a home for the residents who will be living there. If you are interested in making a donation, please contact the Development Office at 440.247.0912. Thank you. ■

REFLECTIONS

Adrienne C., a resident, recently wrote this poem about Hopewell as a kind of meditation. It is evocative of the peace and beauty we experience on the farm.

Close your eyes and listen to the sound
One

The sound of clouds passing by

Two

Birds soaring high, their song
throughout the sky

Three

Wind rustling through the trees

Four

Drip, drip, drip, drip, drop, drip
from the gutters to the ground

Five

Your heart beats like the sound of drums
or
The soft gallop of horses through meadows

Six

The in, out of your breathing from nose
to mouth
Slow and steady

Seven

A beat

Eight

Open your eyes

Nine

Ten

Feel alive ■

Helping to Heal

BY RICK KARGES, EXECUTIVE DIRECTOR



Opinions about the most effective approaches to treating individuals with a serious mental illness are many.

At Hopewell, we focus on what is called milieu therapy. This means that the community at Hopewell serves as an important and affirming resource for giving and receiving emotional support. It is the primary healing agent.

In my experience, there are four essential elements that are key to understanding and fostering this healing process. They are:

SAFE ENVIRONMENT

Having a feeling of safety and security allows individuals to work on their inner self and personal goals. They are able to trust others which then allows for greater learning and growing. Providing a safe, peaceful and therapeutic environment is why Hopewell's rural location was chosen.

TIME TO HEAL

There are few shortcuts to healing from most serious injuries or illnesses. The same holds true for mental illness. Expecting a miracle technique or magical pills to "cure" a mental illness is not realistic. Hopewell holds that sustained holistic treatment is the most effective means to achieving recovery.

SUPPORT SYSTEM

It is essential that individuals with serious mental illness have active professional, peer and family support in order to achieve optimum results. Support can be rendered in many ways, but most importantly, the recovering individual needs to feel valued,

respected and actively engaged in the treatment process.

KNOWING THE DIFFERENCE BETWEEN HEALING AND COPING

Both are important and necessary for recovery and wellness. Finding ways to cope helps individuals manage their symptoms and maintains their sense of well-being. For some people, however, coping may only serve as temporary solution to a more complex condition. At Hopewell we offer the opportunity for these individuals to truly "heal" through the integration of a holistic mind, body, spirit approach. Our goal is to help residents have the time to achieve and realize a more sustained recovery and to experience more of their unique potential and sense of personal fulfillment.

Thanks to the active support of our Board, staff, volunteers and friends, Hopewell has been able to develop the resources and expertise to help make a positive difference in the lives of the individuals we serve.

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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!



Summer Solstice Exceeds Funding Goal

This year's Summer Solstice benefit for Hopewell was held on Friday, June 22, and what a glorious evening it was! With perfect weather, good friends, and beautifully decorated barns holding silent auction treasures, we couldn't have asked for a better event.

Best of all, thanks to the generosity of our corporate sponsors, donors, and more than 450 guests, we raised \$192,000 exceeding our fundraising goal!

The highlight of the evening was a moving talk by Joel, a Hopewell resident, who spoke about how Hopewell's farm and community have helped him recover. Joel's speech led off the Fund-a-Need portion of the auction, where we blasted through our goal of \$10,000 to raise an incredible \$30,000 to support one of Hopewell's most valuable assets—the farm.

We are grateful to our volunteer committee who worked so hard to make this year's event a memorable one.

Auction chair **Stacy Hunter** worked tirelessly with auction committee members to secure our impressive array of auction items. **Rory Beck**, **Lucy Brown**, and **April Mapes** created the gorgeous displays that showcased those auction treasures, and **Kathy Mahovlic** beautified the barns and dinner tables with her lovely floral displays. ■



Special thanks to our presenting sponsor, Hawthorn, PNC Family Wealth. They have been with us for 12 years, and what an impact their significant support has made!





Thank You to Our Summer Solstice Sponsors

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Affordable Health Care Act Impacts Individuals with Mental Illness

Though the Affordable Health Care Act is controversial, we felt it was important to point out the significant benefits people with a mental illness will now have. This article does not represent a position on the legislation.

It can be difficult for people with a mental illness to find affordable, quality insurance coverage. Estimates show that one-fifth to one-third of the uninsured in the U.S. are people with mental illness and substance abuse disorders.

The Affordable Health Care Act takes steps to change this situation:

- One of the act's most significant components is prohibiting the exclusion of people with a pre-existing illness from medical coverage.
- It allows young people to remain on their parents' insurance until they are 26. The majority of mental illnesses have developed by age 24, so this change will allow for early treatment.
- The act grants an estimated 3.7 million more people with severe mental illness access to care through provisions to expand Medicaid, subsidize private insurance for those who are ineligible for Medicaid and require employers to offer insurance.

At Hopewell, we know that people can recover from mental illness and that treatment works, but only if you receive it. As Dr. Dilip V. Jeste, president of the American Psychiatric Association, stated, "This law has the potential to change the course of life for psychiatric patients for the better." ■

**Source: Richard A. Friedman, M.D., "Good News for Mental Illness in Health Law."
The New York Times, July 10, 2012*



Living Generously *Helen and Geof Greenleaf*

Geoffrey Greenleaf has been a long-time member of Hopewell's Board of Directors. His commitment to our organization has been steadfast, and we were delighted when he and his wife, Helen, made a planned gift to Hopewell.

Geof originally became involved with Hopewell through another Board member, Bill Wortzman, who felt the Investment Committee could benefit from Geof's expertise (which it has!).

Then, according to Geof, "over the next year or two, I became intrigued by the type of care delivered in such a beautiful, relaxed setting that seemed to be ideal for treating mental health issues." He became a Board member in 2003.

About choosing to make a gift to Hopewell's endowment, Geof says, "Helen and I wanted to make a gift that would last a long time to help cover some of the cost of care for those who could not fully afford it, but who could really benefit from Hopewell's wonderful farm/country setting."

The Greenleafs' generosity will help ensure that Hopewell's transformative care will be there for residents in the years to come. We are grateful for their commitment to our mission.

If you are interested in learning more about Hopewell's planned giving program, please contact Leslie Mapes, Director of Development, at 440.247.0912 or lmapes@hopewell.cc. ■



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Rob Galloway is New Board Member



An outdoor enthusiast, Rob Galloway was drawn to Hopewell because of our belief in nature as a powerful healing tool. We are fortunate to benefit from Rob's expertise as a seasoned partner at Baker Hostetler where he specializes in estate planning and land conservation. In addition to Hopewell, Rob serves on the boards of the Holden Arboretum, Great Lakes Science Center and the Gates Mills Land Conservancy. Welcome!

SWEET SUCCESS

Hopewell maple syrup is the best—and we're not the only ones who think so!

This spring we won first and second place at the famous Geauga County Maple Syrup Festival. If you'd like to taste some for yourself, stop by our Farm & Craft Market Fridays and Saturdays from 9am to 5pm. ■

2011 Annual Report is Online

In an effort to help our budget and the environment, we have chosen not to print our annual report. It is available on our website (www.hopewell.cc) in the About Us section. Please read it online and find out how you helped us grow better every day in 2011. Thank you.



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.