

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

W I N T E R 2 0 1 2 N E W S F O R F A M I L Y & F R I E N D S



Work is Recovery for Joel

My name is Joel Budzar. I was a resident at Hopewell for 10 months and it has been my honor to be a part of this year's annual fund campaign.

I wanted to tell you a little bit about what the farm means to me and how Hopewell helps people recover from mental illness.

When people come to the farm, some only see the surface of the farm, and it is of course beautiful. What they don't see is the healing that farm life brings. Like Rex Harrison in the movie *Doctor Doolittle*, we really can talk to the animals and they listen.

Interacting with the animals and the beauty of the landscape is very healing. On the farm there is always a project or area that needs attention. It might be weeding, raking leaves, harvesting, collecting sap, feeding animals, painting and so much more.

Working hard, taking care of the animals and the garden and watching them grow is very rewarding, both physically and mentally. Participating in maintaining Hopewell gave me a sense of accomplishment. It really made my soul flourish with happiness.

For me Hopewell has been the pot of gold at the end of the rainbow.

When I arrived at Hopewell, I experienced for the first time in years a culture of kindness, peacefulness and a sense of calm. No matter what the problem, the staff gave us the help we so desperately need.

Now, I'm happy to report, I have a new role at Hopewell. I work in the maintenance department. I love staying connected with my friends, encouraging residents who need an extra boost and, of course, I enjoy the work.

I wish everyone who has mental issues could have the chance I have had to get better. I know Hopewell saved my life. When I first came to Hopewell I was hopeless, depressed and stressed out. Now I feel like there is a plan for my life. ■



ANNUAL APPEAL

Hopewell's 2012 annual fund goal was \$190,000. This money will be targeted exclusively for residents who need financial help in order to join our community, so there is no doubt that your gift will literally change a life.

Last year, 51 out of the 62 residents who have been at Hopewell received financial assistance. The demand for greater help grows at an unprecedented rate due in large part to recent cuts in mental health funding.

Thank you for choosing to give the gift of recovery to a Hopewell resident. ■

A THERAPEUTIC FARM COMMUNITY FOR ADULTS WITH MENTAL ILLNESS

Reflections on 2012

BY RICK KARGES, EXECUTIVE DIRECTOR



As 2012 draws to a close, I'm inspired and encouraged by all that we have accomplished this year. Hopewell and the residents we serve have grown stronger.

I share the highlights below with you knowing that your friendship has made many of these things possible.

- Purchased a house in Mesopotamia for the creation of a family home setting for recently-graduated residents. This program will begin in the first quarter of 2013.
- Hopewell cared for more than 60 individuals in 2012 and provided financial assistance to 80% of those people thanks to our generous donor community.
- Said goodbye to our psychiatrist of many years, Dr. Gary Pagano, and welcomed Dr. Martha Schinagle.
- Completed renovation of our horse barn and purchased a team of draft horses for our equine program.

- Sold Hopewell's delicious maple syrup at Yours Truly restaurants in the Cleveland area.
- Completed our two-year plan of integrating electronic medical records into daily clinical activity.
- Created a new and beautiful Hopewell video.
- Exceeded sales projections at our popular Farm & Craft Market.
- Generated a record level of corporate sponsorships for our annual Summer Solstice event.

Thank you for generous support of our work. From Hopewell's family to yours, best wishes for a happy, healthy New Year.

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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!

Group Therapies Support Recovery

EACH WEEK THROUGHOUT THE AFTERNOONS AT HOPEWELL, RESIDENTS HAVE THE OPPORTUNITY TO CHOOSE FROM GROUPS THAT SUPPORT THEIR RECOVERY IN MANY DIFFERENT WAYS.

MENTAL HEALTH EDUCATION group is a forum for information and peer support. When residents understand their diagnosis and symptoms, they are more apt to be active in their treatment and consistently take their medication.

Ben (resident): *This group helps me understand my diagnosis better, which in turn helps me manage it better.*

DIALECTICAL BEHAVIORAL THERAPY uses mindfulness, emotion regulation and distress tolerance to help residents develop an awareness and sense of control over their emotions and behavior.

Adrienne (resident): *We go through four sets of skills and when we've completed each one we get a laminated card to take with us. I have all four cards but continue to go because the group is always fresh and engaging.*

EQUINE ASSISTS PROGRAM helps residents explore their emotions and behavior through planned activities with horses. Hopewell staff is certified through the Equine Assisted Growth and Learning Association (EAGALA).

Cassie (resident): *It helps me relate. How I act around animals gives me a deeper understanding of my emotions and behaviors.*

MINDFULNESS MEDITATION teaches people how to be present and aware. Residents use this practice to increase their ability to heal and shift away from depression and anxiety towards happiness, relaxation and emotional balance

Cathy (resident): *I've learned to use my mind to relax my body and my spirit.*

NATURE-BASED THERAPY members take to Hopewell's beautiful woods and fields to learn about how nature's changes can mirror our own and how we can find insight and understanding through this knowledge.

Langston (resident): *It reinforces that I'm a part of a bigger macrocosm. You look at a problem in a different light and see how big things are and how small your problems are.*

RESIDENT COUNCIL was established to engage residents in how the Hopewell community functions. Three to five residents, who qualify for membership, make decisions about trips and activities and address community issues as they arise.

Candace (staff): *Resident council gives council members the opportunity to provide feedback on what's happening at Hopewell and to engage their fellow residents in activities everyone enjoys.*

MOOD MANAGEMENT teaches residents the skills to have greater control over their moods. This very useful group uses cognitive behavioral strategies to help people identify the thoughts and behaviors that influence their moods.

Daniel (staff): *Mood Management helps residents explore their emotional reactions to life circumstances and learn to regulate the more intense of these reactions that negatively impact their functioning and relationships.*

POST-TRAUMATIC STRESS DISORDER EDUCATION helps residents identify, evaluate and change inaccurate thoughts and beliefs that lead to negative feelings. This group teaches self-management skills that help residents address negative emotions like anxiety, depression, guilt, shame and anger.

Rachel (staff): *We all have experienced trauma in some way and need to learn skills that lessen the impact of this ongoing stress in our lives.*

SPIRITUALITY GROUP encourages spiritual awareness and celebrates our spiritual/cultural differences. Activities like poetry, art, reading and field trips support residents in finding meaning and purpose in their lives.

Antonio (resident): *It is fun, discovering about ourselves and others and it relaxes me.*

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A Bovine Bounty

In 2009, Hopewell was fortunate enough to receive a generous gift from Rob Briggs of some very special cows. Several Belted Galloways joined our herd and immediately became favorites of our community.

Belties, as they are known, are easy keepers producing very lean, grass fed meat. They are also striking in appearance (often known as the oreo cow).

This summer, fortune and Rob Briggs smiled on us again.

Rob was moving and needed to find a home for his entire herd of more than 20 Belties. Thanks to some very generous guests at our Summer Solstice event in June, we were able to create new pasture space and fencing for the entire herd.

We are very grateful to Rob for making our bovine dreams come true with this generous gift! ■



A Welcoming Space

The Fox Foundation helps Hopewell create a new reception area

First impressions are important when you are considering sending your family member to a place that will help him or her recover from a serious mental illness.

A welcoming entrance sets the tone.

Before the Harry K. Fox and Emma R. Fox Charitable Foundation stepped in this year, Hopewell did not have such an entrance. When guests opened our front door, they walked into a long hallway which made it unclear where to go next. Turn right? Turn left? It was confusing.

Now, thanks to the Fox Foundation, we have a welcoming, professional reception area.

Large picture windows (recycled sliding doors from the hallway) look out onto the Hopewell property and a reception desk, soon to be staffed by an able assistant, is clearly the place to receive assistance.

Since 1995, The Fox Foundation has helped Hopewell change the lives of people with a serious mental illness. They are a true partner in every sense of the word and we are very thankful for their involvement. ■

