

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

FALL 2013 NEWS FOR FAMILY & FRIENDS



Horses Help Us Heal

by Cheryl Meister, RN, BSN

This is a story about the natural power of animals to impact healing, and how a very special horse changed the life of a young woman in pain.

Adrienne came to Hopewell at age 19 with a diagnosis of depression. Her illness caused her to hear voices that told her she was worthless, that no one wanted her around them, and that it would be better if she would just die. Adrienne had been cutting her arms (superficially) for three years prior to coming to Hopewell.

Hopewell offers equine-assisted therapy on a weekly basis to appropriate residents, and Adrienne navigated naturally toward the horses.

One day, the only horse in the pasture was a 22-year-old retired Percheron named Jerry. Jerry is a big boy, standing at 18+ hands. Adrienne's task that day was to try to bring Jerry in. She attached the lead to his halter and asked him to step up. Jerry wasn't about to budge. He just stood there, despite Adrienne's efforts with the lead rope and patiently trying to talk him into complying.

Adrienne's right forearm was completely bandaged. As she talked to Jerry and petted his face, Jerry started nibbling on her bandages, moving his lips gently up and down the covered wounds. This went on for several minutes, and tears began to run down Adrienne's cheeks. When prompted with the question, "What is the horse doing?" Adrienne said, "Jerry doesn't want me to cut myself anymore."

When Adrienne asked Jerry to step up, this time he obliged. **And Adrienne did not cut herself again during her entire stay at Hopewell.**

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SUMMER SOLSTICE HONORARY CHAIR: RONN RICHARD/ THE CLEVELAND FOUNDATION

On Friday, June 21, 2013, Hopewell welcomed Ronald B. Richard, President and CEO of the Cleveland Foundation, and members of his staff to the 13th annual Summer Solstice benefit event. The following is an excerpt from Mr. Richard's remarks during the program:



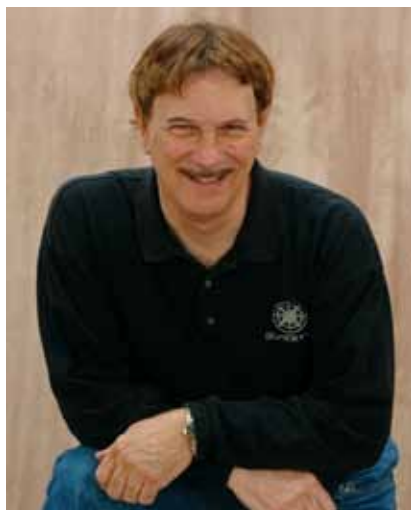
The Cleveland Foundation and Hopewell have sustained a mutually rewarding relationship since 1995, when we made our first grant of \$187,500 to help Clara Rankin launch her dream.

The Foundation has fully embraced Hopewell's vision, as shown by our total grant support to date, which exceeds \$780,000. This support includes board-authorized grants as well as gifts from our donors who give to Hopewell through their own family funds, which we manage. And we are delighted that Hopewell has established an organizational endowment fund at the Cleveland Foundation.

To Clara Rankin and to Hopewell's dedicated board and staff, we pledge that the Cleveland Foundation will always honor your trust. ■



New Research Initiatives Underway



A primary focus for Hopewell has been to increase our involvement in relevant research and outcomes studies.

Our program evaluation efforts will be expanded further through a collaborative research project with the Case Western Reserve University (CWRU) School of Medicine.

The project is led by Sana Loue, PhD, JD, MPH, MSSA, Vice Dean for Faculty Development and Diversity and Professor of Bioethics at the CWRU School of Medicine. Dr. Loue will coordinate the request for proposals process and the review of research applications. CWRU researchers will submit proposals for projects to be conducted at Hopewell.

Submitted proposals may be premised on any discipline, with faculty representation from the University (e.g., Psychiatry, Psychology, Social Work, Medical Humanities and Bioethics). They must address issues relating to the mental health and treatment of residents at Hopewell. Preference will be given to proposals most likely to lead to the production of findings and data that will provide the basis for publication, future funding proposals and/or Hopewell program development.

Hopewell has been at the forefront of outcomes data collection since 2006 with funding support from The Margaret Clark Morgan Foundation and in conjunction with Hiram College. Our new relationship with CWRU will expand our formal research efforts in order (a) to offer a better understanding of the efficacy of Hopewell's "moral treatment"-based model, and (b) seek to clarify the basic nature of mental illness and the factors that affect the quality of life and health of persons with mental illness.

This three-year project is being managed and partially funded through CWRU's Department of Medicine in conjunction with Hopewell's Research Committee. Acceptance of the first research proposals will begin on October 15, 2013. I look forward to reporting on the project's progress in the next issue!

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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 147 Bell Street, #303, Chagrin Falls, OH 44022 or call 440.247.0912.

Thank you!



Summer Solstice Sets New Record

This year's Summer Solstice benefit event for Hopewell was held on Friday, June 21. Nearly 450 guests were welcomed with music by The Hopewell Band and served drinks and hors d'oeuvres by Columbus-based Cameron Mitchell Catering.

Hopewell is truly grateful to the Summer Solstice sponsors, including Hawthorn, PNC Family Wealth – our Presenting Sponsor for 13 years – and Gold Sponsor, Penske Cleveland-Jed Hunter. Thanks to the generosity of all our corporate sponsors, donors and guests, we raised more than \$220,000 – well over our fundraising goal!

The program was led by Honorary Chair, **Ronald B. Richard**, President and CEO of the Cleveland Foundation. Auctioneer **Bob Hale** produced a very lively live auction, including a Fund-a-Need portion to support the final renovations of Lyman House. Located on Mesopotamia Commons, Lyman House is Hopewell's new family home for residents transitioning from life on the farm to more independent living situations.

Former resident **Joel Budzar**, who spoke at last year's Summer Solstice, has graduated from Hopewell's program and is currently an independent contractor helping to oversee the work at Lyman House. Joel shared his experiences – and gratitude – and introduced current resident, **Mike H.** There was not another sound in the large tent as Mike described his life before coming to Hopewell, his respect for his mentor, Joel, and his anticipation of moving into Lyman House. Following Joel's and Mike's remarks, the Fund-a-Need raised an unprecedented \$80,000!

The evening flowed, thanks to the hard work of Steering Committee members led by **Susan Locke**, **Melissa Block** and **Mary Joyce**. The Rankin barns were beautifully appointed with auction items arranged by **Rory Beck**, **April Mapes** and auction mastermind **Stacy Hunter**. The gorgeous floral arrangements were produced – and donated – by 15-year-old **William Lynch**, owner of Lynch Design. ■



Save the date for next year's Summer Solstice:
Friday, June 20, 2014!



Dear Friends,

On behalf of everyone at Hopewell, I want to thank you for helping to raise \$80,000 to support Lyman House. As the first resident at the new family home, I can tell you that leaving the security blanket of Hopewell and re-entering society can be scary. But living at Lyman House, and with the support of the Hopewell staff, I have been given a second chance at life. I am working, and I am doing my own banking, shopping, cooking, self-medicating and scheduling of medical appointments. This has truly been a transitional living experience for me.

Hopewell has given me the opportunity to think about and experience the important things: life, hope, love, family, community, forgiveness, integrity and recovery. The goal of Hopewell is to make a difference in the world of mental illness. With the help of supporters like you, Hopewell will continue to see improvements in the lives of those they serve. Thanks again for your generous support.

Sincerely,
Joel Budzar

Thanks to the extraordinary generosity of our Fund-a-Need donors, Lyman House now boasts a new roof, septic system, siding, gutters and windows. And the new heating system will be installed soon!

Thank You to Our Sponsors!

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Horses Help Us Heal

(continued from cover)

Shortly after this incident, Adrienne was participating in a grooming session with Jerry. They had formed quite a bond and, as Adrienne began to pet his face, Jerry grabbed a sleeve of her sweater with his lips – the same arm that had been bandaged earlier – and pulled up her sleeve. To Adrienne, Jerry was checking to make sure she had not cut herself again. She smiled and told her beloved Jerry, “I’m okay now.”

Will Rogers once said, “There is nothing better for the inside of a person than the outside of a horse.” For Adrienne and other residents at Hopewell, this is true. ■



Cheryl Meister, RN, BSN, has been a Nurse Manager at Hopewell for three years. She brings thirty years of broadly based psychiatric nursing experience, and is certified in equine-assisted learning and psychotherapy through Equine Assisted Growth and Learning Association (EAGALA), as is Colleen Welder, RN, Hopewell’s Director of Program Services. Cheryl and Colleen facilitate Hopewell’s horsemanship and equine-assisted learning groups.

FAST FORWARD TO THE PRESENT: A Report from Adrienne’s Mother



If you had told me last August that Adrienne would be in college now, I honestly would not have believed it. I am so grateful to the staff at Hopewell who were supportive of Adrienne even when she was very difficult to support. I hope you all see the great work you do through her accomplishments.

Adrienne has gotten through the first weeks of college with an ability to handle situations that would have sent her down a very different road in the past. **She was assigned her horse on Tuesday and called me to say that she had had one of the best days of her life.** She felt confident riding her assigned horse, and she is making lots of new friends who enjoy the same things she does.

There is a ceremony where all the new students walk into campus and parents let go of balloons at the end, symbolizing letting go of your child. Only I knew what a profound symbol this was for Adrienne and me. I wish you all could have been there.

With much gratitude,
Adrienne’s Mom

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“Living at Hopewell makes me feel part of a community. I no longer feel isolated and alone. I have friends close by who are going through similar situations, and the staff is always willing to listen to my ideas and to help. Because of my stay at Hopewell, I have aspirations. I have hope for my future.”

– Mike H. (in blue shirt, above)

Using the power of nature, meaningful work, therapeutic community and a highly skilled and caring staff, Hopewell treats the whole person – body, mind and spirit.

Sometimes a great notion...

Hopewell is in need of new or gently-owned trucks. Of the five trucks currently used at Hopewell, the newest is 12 years old. Only one is safe enough to carry passengers off the property. All of them need costly repairs each year. WANTED:

- A 4-door “crew truck” to be used by the farm crew and to carry residents on field trips
- One mid-size “plow truck” with 4-wheel drive (and the plow!)

Contact Hopewell’s Development Office at 440.247.0912. Thank you for thinking of Hopewell!