

# 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 4    N E W S   F O R   F A M I L Y   &   F R I E N D S



## How Hopewell Helps Build Coping Skills

*By Candace Carlton, LISW-S*

Schizophrenia is a mental disorder that affects about one percent of the population worldwide. It can affect anyone at any time, but typically strikes in the early adult years. People with active schizophrenic symptoms often will interpret reality abnormally.

Symptoms may include hallucinations such as hearing voices, delusions, difficulty in organizing thoughts, social withdrawal or loss of interest in everyday activities, and cognitive symptoms such as memory problems or difficulty paying attention. The causes are not fully known or understood, so treatments focus on eliminating symptoms and enhancing life management skills. Everyone's experience with schizophrenia is different, and nobody chooses to have schizophrenia or its symptoms.

At Hopewell, 26-year-old Liza is learning to manage this disease.

As a college student living with her family in Texas, Liza began hearing voices that told her to hurt herself and others. "I lost count of how many times I was hospitalized," she says, "then my parents learned about Hopewell."

At Hopewell, residents are helped to take an active role in managing their own illness. They learn coping mechanisms that allow them to socialize, attend school and work. These coping skills help them deal with persistent symptoms and to recognize early warning signs of relapse.

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## Hopewell's Residents Have a Clear(er) Path to Healing



In 2010, Hopewell embarked upon a multi-year project to create paved walkways and install lighting between key buildings.

Now, for the first time in Hopewell's history, the walkways that connect the main campus buildings, the outdoor stairway that leads from the Inn to the walkways, and the central parking area are fully lit by nine beautiful lampposts.

Hopewell is grateful to the following generous friends who made this project possible: Harry K. Fox and Emma R. Fox Charitable Foundation, The Higley Fund, Home Savings Charitable Foundation, George M. and Pamela S. Humphrey Fund, The Louise H. and David S. Ingalls Foundation, Mrs. Herbert McBride, Samuel H. and Maria Miller Foundation, The Sherwick Fund and The Kelvin and Eleanor Smith Foundation. ■

A THERAPEUTIC FARM COMMUNITY FOR ADULTS WITH MENTAL ILLNESS



## Strategic Plan Completed



Hopewell's recently completed three-year strategic plan (2014-2016) provides a roadmap and timeline to guide Hopewell's future as an organization committed to fostering and promoting excellence in the delivery of mental health services.

The energy, expertise and wisdom of the Board, staff and others who contributed to our strategic plan assure that a well thought out, practical guide for Hopewell's future success is in place. The plan will serve as a "working document" for the months and years ahead.

We believe that Hopewell is uniquely positioned to deliver mental health services respectfully, professionally and comprehensively. Our integrated, moral treatment-based model of holistic care places an emphasis on sustained recovery and healing for persons experiencing serious mental illness. Hopewell's outcomes data continues to show the "Hopewell model" is highly effective.

Our newly formed research collaboration with Case Western Reserve University (CWRU) will offer further opportunities for more

in-depth, comparative research. The project is under the direction of Dr. Sana Loue, who is a professor in the Department of Bioethics and serves as the Vice Dean for Faculty Development and Diversity in CWRU's School of Medicine. We anticipate this next level of research will advance our professional knowledge and practice, and will suggest how Hopewell's principles may be applied within other mental health care settings.

*Our 2012 Outcomes Report and an overview of our 2014-2016 Strategic Plan are available on our website at [www.hopewell.cc](http://www.hopewell.cc).*

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Peggy Barnes Szpatura, *Editor*  
Hyatt N. Bolden, *Writer*

9637 State Route 534 P.O. Box 193  
Mesopotamia, OH 44439  
440.693.4074

**Development Office**  
147 Bell Street, #303  
Chagrin Falls, OH 44022  
440.247.0912  
[www.hopewell.cc](http://www.hopewell.cc)

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- 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. A gift made in memory or in honor of a family member or friend is a generous way to memorialize an individual's life, accomplishments and association with Hopewell. We will notify the honoree or their family of the names and the addresses of those making the gift.

Please visit [www.hopewell.cc](http://www.hopewell.cc) to make your donation today.



# From Hopewell's Psychiatrist, Martha Schinagle, MD

AFTER MY FIRST YEAR+ AS HOPEWELL'S PSYCHIATRIST, I WANT TO SHARE MY IMPRESSIONS – AND MY GRATITUDE FOR THE OPPORTUNITY TO WORK HERE.



When I learned that Hopewell was looking for a psychiatrist, I was very excited. I had never heard of Hopewell, but I was familiar with the concept of a therapeutic farm and for many years had hoped to become part of such a community. I quickly learned as much as I could about Hopewell, visited the farm and met with the staff. It seemed to be a good fit, and suddenly I was here.

The Hopewell community was welcoming from the start. The residents were warm and kind, and the staff was supportive and patient. I am part of the team here. During the last year and a half, I have seen residents come and go. Some have made Hopewell their home while others stay for only a few months. The “old timers” welcome the “newbies” and help them integrate into the community, learn the routines and ease their anxieties.

New residents often are anxious about being far from home. They miss their families, their pets and their friends. Many feel they don't belong at a place like Hopewell. But typically within two weeks they are comfortable and busy with farm work, therapy groups and new friends. When it comes time to go home, they are anxious about leaving. We do our best to ease their transitions, helping them to make good plans so every step of the way

goes smoothly. During their stays, we help residents develop coping mechanisms so that when setbacks occur (and they always do; it's just part of life) they can manage them.

My background includes many years of experience in community mental health, including at the Massachusetts Mental Health Center and the Cambridge Hospital, both in the Boston area. I am now at University Hospitals of Cleveland. Three days a week I work in the Mood Disorder Program where the focus is on health and wellness and neuroscience. I also work in the Mood and Metabolic Disorder Clinic where we study the relationship between obesity, diabetes and mood disorders.

**My goal with each resident is to stabilize and improve their mental health and also to help them find and stay on the path to overall good health.**

When I meet with residents at Hopewell, we talk about their mental illness and how they may manage their symptoms. We also discuss their general health and wellness issues. My approach to medication is to maximize effectiveness and minimize side effects.

Managing medical conditions, nutrition and exercise also is critical to the residents' wellbeing. My goal with each resident is to stabilize and improve their mental health and also to help them find and stay on the path to overall good health.

Life at Hopewell supports healthy eating, healthy activity and healthy relationships. I feel privileged to be part of this community. ■

## INTRODUCING HOPEWELL'S NEWEST BOARD MEMBERS



**ERIN K. M. HOBEY** is an active community volunteer who has been instrumental in Hopewell's Summer Solstice since 2009. After

an experience with a close friend, Erin knew that better therapeutic options must exist. Erin's hope is to heighten the awareness of treatment possibilities that may help others support loved ones who live with mental illness. Erin and her husband, Mike, have two children and reside in Shaker Heights.

community, and has been an active volunteer with the Marine Corps Reserves' Toys for Tots campaign, the Cleveland Foodbank and Habitat for Humanity. Hopewell's mission and work resonate with Todd because of its use of more compassionate and effective therapies. He and his wife, Sara, and their daughter live in Lyndhurst.



**SUSAN LOCKE, MD**, is Medical Director for Healthnetwork Foundation in Chagrin Falls. As a practicing psychiatrist for almost

20 years, Susan has treated many patients with chronic mental illness. She understands that, even on an optimal medication regimen, many people continue to struggle. A therapeutic community often can provide

the missing piece. Her belief in the importance of living in a healing environment and being part of a community led her to Hopewell. Susan and her husband, Todd Locke, MD, have been longtime supporters of Hopewell.



**DICK PAULSON** is President of the Woodruff Foundation. He has served as Executive Director of The Child Guidance Center, CEO of

Applewood Centers and in leadership capacities in other local, state and national mental health organizations. As a non-profit management consultant, he has been Interim Director of seven organizations in the Greater Cleveland area, including PLAN of Northeast Ohio. Dick and his wife, Marilyn, reside in Sagamore Hills.



**TODD HURST** is Vice President and Relationship Manager with Wells Fargo & Company. He is dedicated to serving the Greater Cleveland

# Best-selling Author Speaks at Hopewell Event

Nearly 100 Hopewell supporters, Board and staff had the opportunity to hear Stephen G. Post, PhD, at the third annual “The David Cutler Conservatory Exploring Mental Health Series” on October 15, 2013, at Squire Valleevue Farm.

Dr. Post is a philosopher, public speaker, professor of preventive medicine and best-selling author who has taught at the University of Chicago Medical School, Fordham University-Marymount, Case Western Reserve University School of Medicine and Stony Brook University School of Medicine. He is Founding Director of the Center for Medical Humanities, Compassionate Care and Bioethics at Stony Brook University School of Medicine in the Department of Preventive Medicine.

Dr. Post shared his insights that are the foundation for his latest book, *The Hidden Gifts of Helping: How the Power of Giving, Compassion, and Hope Can Get Us Through Hard Times*.



He notes in his book that the benefits of helping others who have the same chronic problem as oneself extend to mental illness, and refers to the concept of “moral treatment,” which Hopewell embodies. Like Hopewell, he maintains that recovery from serious mental illness must involve the whole person in a vital and culturally sensitive community. ■



Stephen Post, Ann Gillespie, Nancy Johnson



Mark Teague, Rick Karges, Stephen Post



Susan LaPine and Susan Wentz

## Support Hope and Healing Today

Dear Hopewell's Family of Supporters,

On behalf of Hopewell's residents, staff, volunteers and Board of Directors, we would like to thank you for considering a gift or an additional gift to our Annual Fund.



Your donations allow Hopewell to continue to offer our unique approach to treating mind, body and spirit through the healing power of community, nature and meaningful work.

Your gifts also make financial aid possible for 95% of our residents, whose families need financial support.

As Adrienne, the resident who was featured in our Annual Fund appeal, said, “Two years ago, I wanted to die. Today I am on my way to becoming a therapeutic riding instructor. I believe Hopewell saved my life.”

Thank you for supporting the healing and independence of wonderful individuals like Adrienne.

Sincerely,

William R. Hawke  
Annual Fund Chair

Kathryn L. Makley  
Annual Fund Co-chair

## Hopewell Receives a Unique \$1 Million Challenge Grant

Mental illness is a growing concern in our country and state. As Ohio's only therapeutic farm community for adults with serious mental illness, Hopewell provides a holistic treatment approach aimed at helping its residents. It is of utmost importance that Hopewell has a healthy endowment to support its programs in the coming years.

At the Exploring Mental Health event on October 15, 2013, Susan LaPine, Chair of the Development Committee of Hopewell's Board of Directors, announced that an anonymous donor has given Hopewell a \$1 million challenge grant to support the endowment.

The terms of this challenge grant are unique. New gifts to programs, operations or endowment received before June 30, 2014, will be matched, dollar-for-dollar, to the endowment.

Hopewell's trustees believe this challenge grant offers individuals – and corporations and foundations – an opportunity to provide programmatic, capital or operational support that automatically will be matched with funds to ensure Hopewell's long-term sustainability. For more information, please contact Peggy Barnes Szpatura, Director of Development, at 440.247.0912 or [pszpatura@hopewell.cc](mailto:pszpatura@hopewell.cc).



# How Hopewell Helps Build Coping Skills

(continued from cover)

“...I’ve learned so many new things at Hopewell.”

Liza first came to Hopewell at age 23. After little more than a year, she was able to return to home and school in Texas. But one morning she awoke frightened and unsteady. She knew she needed help. The coping skills Liza had learned at Hopewell helped her to recognize her situation. She asked her parents if she could return to Hopewell.

**Living far from home requires courage. “I feel safe here,” says Liza, smiling. “I am with people who really care about me. I enjoy being treated with respect and being part of this community. It’s fun to take field trips and work on projects like making maple syrup. And I’ve learned so many new things at Hopewell.”**

Liza’s new skills include drumming and painting. Her paintings have been sold at Hopewell’s Farm & Craft Market, and she is proud that several have been purchased by her fellow residents. (She is pictured on the cover with a painting she created as a surprise for her clinician.)

While the symptoms of schizophrenia may not disappear entirely, Liza works hard to manage them. Her greatest cause of stress in December was studying for the final exam of an on-line Pharmacology class through a community college in Texas. She says, “My goals are to pass my college classes – and to keep myself safe. Because of Hopewell, I have learned that I can get through hard times.” ■



Candace Carlton, LISW-S, has worked at Hopewell for 13 years. As Quality Improvement and Compliance Director, she oversees the regulatory licensures, certifications and accreditations through CARE, ODMH and other bodies. Candace also oversees Hopewell’s outcomes measurement process and produces the annual Outcomes Report. In 2014, she will be working with Dr. Sana Loue from Case Western Reserve University on research projects at Hopewell. Candace is a clinician with a caseload of residents, including Liza. Each week she facilitates Spirituality Group, Interpersonal Relationship Skills and the Hopewell Resident Council. She received a Master of Social Work from Youngstown State University in 2006 and will receive the YSU Bitonte College of Health and Human Services Social Work Alumni of Year Award on February 21, 2014.

## Hopewell Residents Learn the Art of Flower Arranging

Thanks to the generosity of University School sophomore Will Lynch and his floral design business, Lynch Design, Hopewell residents learned to create beautiful floral arrangements. Will and his team led two classes this fall.

Lynch Design once again will provide stunning floral centerpieces for the 2014 Summer Solstice.



[www.lynchdesignflorist.com](http://www.lynchdesignflorist.com)

## FROM THE WISHING WELL

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. Needed:

- 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!)

Other items of need include:

- New color laser printer for the Development Office
- Conga and bongo drums
- Horse-drawn sleigh

If you are able to help, please call the Development Office at 440.247.0912. Thank you!

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

Hopewell  
9637 State Route 534  
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## 2014 Summer Solstice Committee Announces Caterer and Emcee



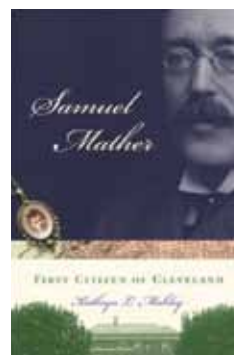
Hopewell's 2014 Summer Solstice Committee is pleased to announce our June 20, 2014, event will be catered by **Pura Vida** by **Brandt Evans** and emceed by **Loree Vick**.

As one of Ohio's top chefs, Brandt has received numerous honors since opening his first restaurant, Blue Canyon Kitchen and Tavern, in Twinsburg. He teaches at Tri-C's Hospital Management Center and proudly employs graduate chefs at his restaurants. Pura Vida is located on Cleveland's Public Square and offers cuisine created to highlight locally grown produce. Pura Vida is also the preferred caterer for PlayhouseSquare.



Loree Vick will serve as emcee. Loree is Senior Public Relations Advisor for University Hospitals, where she is the voice and face of the hospital system.

Hopewell is thrilled to have **Bob Hale** conducting the event's auction, and Will Lynch of **Lynch Design** designing – and donating – the beautiful floral centerpieces.



Hopewell is pleased to announce the publication of *Samuel Mather, First Citizen of Cleveland*, by Board Member Kathryn L. "Kitty" Makley. The biography

captures a significant amount of Cleveland history and tells of Mather's business, philanthropic and civic contributions. The book can be found at Fireside Book Shop in Chagrin Falls and Amazon.com.



Downsizing or moving? It's not too early to begin donating "treasures" for the Summer Solstice silent auction. Please call the Development Office at 440.247.0912.