

HOPEWELL COMPASS POINTS

FALL 2014 NEWS FOR FAMILY & FRIENDS

Gaining the skills to manage one's life

by Daniel Horne, PCC-S, LSW



Casey P. is excitedly planning to move from her home in Ohio to pursue her dream of becoming a professional actress. Acting is her passion, and anyone who spends even just a few minutes with her would be sure she will succeed. At age 26, Casey is vivacious, bubbly, bright and beautiful. She exudes a warm and open self-confidence that she believes has grown from her experiences as a resident at Hopewell.

Casey has bipolar disorder. Like others with this condition, she began showing symptoms of mood changes and erratic behavior around age 20. Her life seemed overly joyful one moment and hopelessly sad the next. Casey says an abusive relationship triggered her bipolar disorder and caused her to believe she was having a nervous breakdown. One day, in desperation, she swallowed an entire bottle of Vicodin.

Luckily, Casey's best friend found her in time. Her life was saved, but after discharge from the hospital she continued to unravel. Finally she called for a "reverse family intervention." Instead of being the person confronted by loved ones, Casey was the one forcing the issue.

"I knew I couldn't continue to live the way I was," she says. That was when her counselor recommended Hopewell.

CONTINUED ON PAGE 5

FROM HOPEWELL'S BOARD PRESIDENT, MARK W. TEAGUE

\$1 Million Challenge Grant Update

At the end of 2013, Susan LaPine, Chair of Hopewell's Development Committee, announced that an anonymous donor had given Hopewell a \$1 million challenge grant to support the endowment. New gifts to programs, operations or endowment would be matched, dollar-for-dollar.

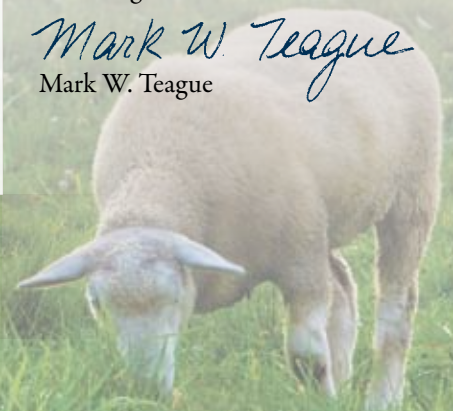
To-date, more than \$390,000 has been matched through this unique challenge grant. Because it is so vital that Hopewell build its endowment fund to support future programming, **the terms of the challenge grant have been expanded to include Annual Fund gifts.** Income from the endowment continues to provide financial assistance for families who otherwise could not afford Hopewell's care.

Any Annual Fund gift of \$1,000 or more received by December 31, 2014, will be matched with an equal amount to our endowment. We hope that this opportunity will encourage you to increase your annual fund gift this year-end.

We are grateful for your support and for this unique opportunity to double the value of your gift.

Warm regards,

Mark W. Teague
Mark W. Teague



Mental Health and the Media



At Hopewell's recent Exploring Mental Health Series event held on October 8, 2014, at Squire Valleevue Farm in Hunting Valley, the topic of Mental Health and the Media was discussed by a panel of media and mental health professionals. Addressing the stigma associated with mental illness as sometimes portrayed in the media brought forth a number of valuable perspectives.

Notable was an awareness that advances in communications technologies offer a unique opportunity for mental health stakeholders to further promote and place a positive focus on mental health care, prevention and treatment to a larger audience. The negativity associated with mental illness and its causes, which has been known to be misrepresented by some less-informed newspaper, TV and cinema productions over the years, can now be accurately portrayed and explained through a variety of on-line and/or cloud-based alternatives. Ready access to "platforms" such as Facebook, Twitter, LinkedIn, Pinterest and YouTube, as well as cellular telephone capabilities to talk, text, voice command, take and send photos

and videos, allow us to advance the message that "mental health treatment works and people get better." These are but a few of the technological avenues mental health providers, supporters and advocates have to carry the message that mental illness is a not only a primary health care issue, but a treatable condition, much like other less stigmatized health concerns such as diabetes, cystic fibrosis, heart disease, kidney disease and cancer.

New and expanding media options allow us to rapidly network to dispel misrepresentations and unfounded rumors, while at the same time promoting the success achieved and contributions made by people who also happen to have a mental illness. **The key to promoting this positive perspective is for stakeholders to embrace and use the range of newer media options and avenues available along with reliable traditional media resources to consistently get out the right and correct message.**

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Double the value of
your Annual Fund gift
this year-end!

See page 4 for the exciting
details!

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Hopewell's Residents Form Creative Writing Group

by Laura Scarnecchia, LPC-CR

It is early evening in October. A colorful, overcast Friday. Just before supper. The farm work week is complete. The day's chores have been tended. So it is that Hopewell's writers are free to assemble in the cozy armchairs and couch cushions of Cottage Two to craft tales and pen poems, to scribble song and to write rhyme. There is an excitable energy in the room when the writers first gather, discussing the day's activities, making coffee and small talk. It soon falls into the sacred hush of common purpose as the group begins the task at hand: To Write!

The Hopewell Creative Writing Group is a team of individuals who seek, in an environment that fosters non-critical listening and positive regard for the expression of others, to speak through pen and paper. The rules are simple. The Creative Writing Group is meant to support and encourage, thus sharing is required and criticism of any sort is prohibited. The group receives a creative writing prompt provided by a clinician group leader, writes for thirty minutes and then shares with each other both the product and any observations that arose during the process of creating. Often, group members are astonished at the insights and surprises they gain both from their own creations and the writings of others. Each member brings a unique style, flavor, flow and language to the room, and inspiration abounds as the writers share tricks of the trade.

Part of the process of this group is to suspend criticism not only for each other but for one's

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This group is a
testimony to the
dynamic nature of the
Hopewell community
and the ability of
residents to empower
themselves.

.....

own writing, and to learn to face the fear of sharing one's deeper self. It is often difficult to overcome the fear of reading out loud one's own writing. The peer support in the community is present in group as individuals

encourage and offer positive feedback as writers tackle the feeling of vulnerability as they share their work.

The Creative Writing Group is extraordinary for another reason, too. It is an idea shared by two residents who, along with support from staff and clinicians, decided to channel their need for a creative outlet into creating a group for the whole community. Eventually, other members of the group decided to begin producing a weekly resident bulletin, *We the People*, to highlight their writing and report on the community. This group is a testimony to the dynamic nature of the Hopewell community and the ability of residents to empower themselves to advocate for what they need and to enact positive change for themselves and others. Each week I am astounded by the quality, honesty and talent I hear as people read in group. My hope is each member is astounded, too, not only by each other, but by themselves.



*Hermès cashmere and silk scarf donated by CUFFS
Cashmere poncho donated by ACCENTS*

Moving, downsizing or simply changing your home's décor? Please keep Hopewell in mind as we prepare for next year's Summer Solstice auction! Your donations will help continue the tradition of our unique auction at our annual benefit. Your donation is 100% tax-deductible. All proceeds from our auction support Hopewell's mission as a residential therapeutic farm community for adults with mental illness.

Our wish list includes:

- Artwork and antiques
- Garden items
- Furniture, rugs, china, crystal and linens
- Children's items (books, new clothes, cooking or art classes)
- Handmade items (quilts, wooden furniture)
- High-end jewelry, gorgeous costume jewelry, chic handbags, furs or vintage couture
- New sports equipment
- Kitchen appliances, cookbooks or outdoor grills
- Wine, whiskey and bourbon

We also appreciate "non-collectibles" such as:

- Unique (priceless) experiences locally and nationally, e.g., behind the scenes at a cultural institution or professional athletic facility, cooking with a chef, wine tasting in California
- Airline tickets and travel vouchers
- Tickets to sporting events (including rounds of golf), lectures, plays and concerts
- Gift cards to restaurants, spas and clothing stores

It's never too early to donate to Summer Solstice! Call our Development Office at 440.247.0912 or email Hyatt Bolden at hbolden@hopewell.cc.

Support Nature, Community and Meaningful Work

Dear Hopewell's Family of Supporters,

By now, you most likely have received our Annual Fund appeal that was mailed in early November. If you were moved by Casey's story and decided to make a gift, thank you. Your gift is at work right now helping other residents like Casey. It is allowing us to provide financial assistance to 95% of our families who otherwise would not be able to afford and experience our proven holistic model of mental health care.

Our Board, staff and, most important, the residents and families served by Hopewell deeply appreciate your financial support. If you have yet to make a gift and are considering your giving this season, we want you to know that an anonymous donor has expanded the terms of a challenge grant. Any gift to the Annual Fund of \$1,000 or more received by December 31, 2014, will be matched with an equal amount for our endowment.

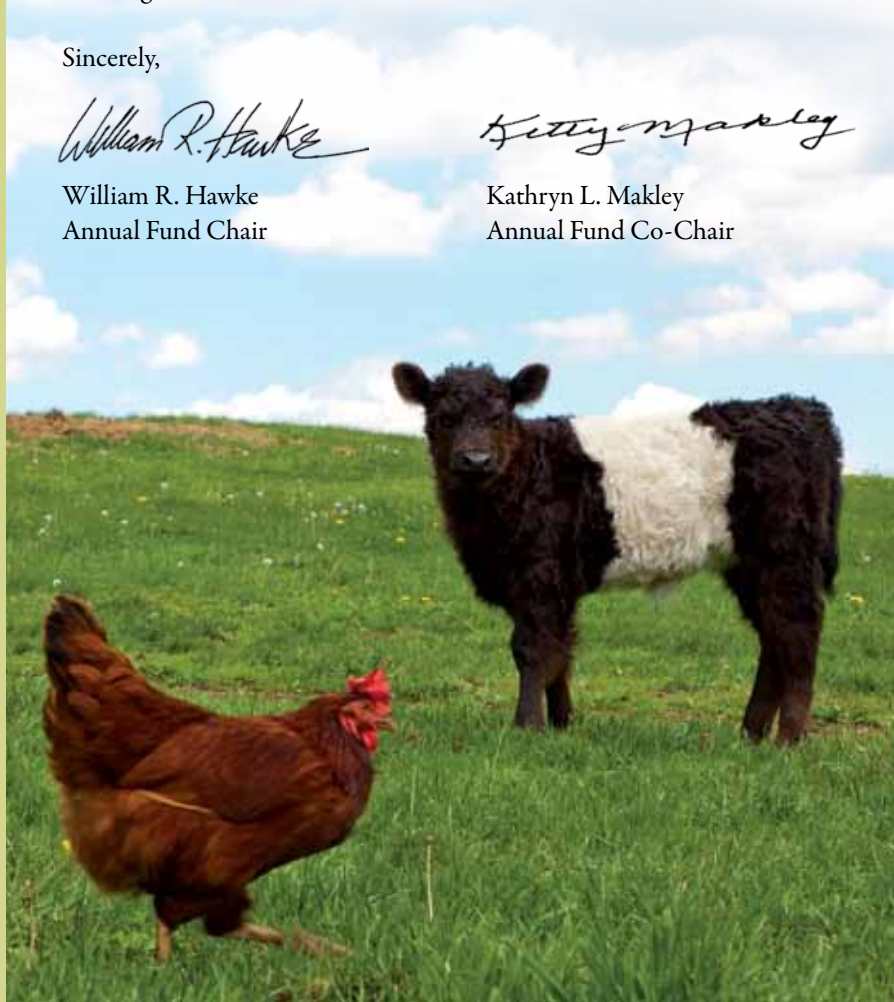
We hope you will want to double the value of your charitable contribution.

Thank you for supporting the healing power of nature, community and meaningful work.

Sincerely,

William R. Hawke
Annual Fund Chair

Kathryn L. Makley
Annual Fund Co-Chair



Clara Rankin Receives Inaugural Founder's Award

On November 20, 2014, Hopewell's founder and Life Trustee, Clara T. Rankin, was awarded the first Founder's Award at The Margaret Clark Morgan Foundation's Impact Awards dinner held at Northeast Ohio Medical University.

The Founder's Award, named in honor of Margaret "Peg" Morgan, recognizes an individual who embodies the qualities of creativity, discovery and steadfastness, and who is committed to family and has a spirit of selfless giving, as did the Foundation's founder, Peg Morgan.

The event celebrated individuals whose significant contributions and exceptional commitment promote the Foundation's vision of supporting the nourishment of the human mind through the promotion of mental wellness, the arts and education.

Rick Kellar, President of The Margaret Clark Morgan Foundation, said "We are excited to honor one of Peg's good friends with our first ever Founder's Award. Clara and Peg shared a wonderful friendship that enabled them to make a difference, together, in the lives of individuals and their families who suffer from serious mental illness. If Peg were here today, she would say, "Thank you, Clara, my good friend."



Victoria Romanda, Clara Rankin and Rick Kellar

Gaining the skills to manage one's life

continued from cover

Here, Casey found herself involved in daily work and other activities that provided enjoyable experiences and opportunities to feel she was an important part of a community. She recalls, "Everyone on the staff at Hopewell was great at making me feel I was an equal. They never treated me like I was someone with a problem."

"My clinician was the best. He would let me cry it out then say, 'Okay. You're done. Now let's move forward.' He helped me understand my emotions and focus on my goals. **Most important, he helped me learn that I am not defined by my diagnosis.**"

Casey remembers it was not easy to transition home after being at Hopewell. "I relapsed a little. But because of the coping skills I learned at Hopewell, I could get through it."

She is managing her bipolar disorder – and preparing for her big career move. "I need to know for myself that I can do this, no matter how hard or scary it is. I know I am supported by my mother and my faith, and that I am a strong individual. **Without Hopewell, I wouldn't be the person I am today.**"



Daniel Horne is a Licensed Social Worker and a Licensed Professional Clinical Counselor Supervisor. In April 2014, he celebrated the completion of his third year as the

Clinical Manager at Hopewell. Daniel has an eclectic background in milieu and community-based programs. As a working sculptor, he creates delicately balanced kinetic steel and rock sculptures. His work may be seen at DanielHorneStudio.com. He says his sculptures directly reflect his professional clinical philosophy that it is both necessary and possible to find balance in all things in life, even in the face of the chaos and fear that initially come when facing life with a mental illness.

Visit the Foundation's website at mcmfdn.org to learn more about the Impact Awards and the Founder's Award.

Exploring Mental Health Series Fosters Important Discussion



Clara Rankin and Audrey Knight



Panelists Loree Vick, Ed Stevens, Rick Karges and Dr. Fred Frese



Moderator, Dr. Martha Schinagle and Dr. Fred Frese

Thank you to Hopewell's supporters, Board and staff who attended the fourth annual "The David Cutler Conservatory Exploring Mental Health Series" on October 8, 2014, at Case Western Reserve University's Squire Valleevue Farm.

This year's event focused on "Mental Illness and the Media," a timely topic given the recent death of comedian Robin Williams. Moderated by Hopewell's Resident Psychiatrist, Martha Schinagle, MD, our expert panel featured **Frederick J. Frese, PhD, Loree Vick, Edward M. Stevens, APR+M, and Richard R. Karges, LISW-S, ACSW.**

Mental illness suffers from a major image problem. The media, the general public and even families who are dealing with mental illness have a difficult time talking about it responsibly and respectfully. Stigma and discrimination are two of the greatest obstacles when it comes to productive dialogue about mental illness.

So we asked four local mental health and media experts: How can the media increase or diminish the stigma of mental illness? How can the media help large and grassroots organizations build positive awareness of current treatment innovations? How can the media influence statewide and national advocacy and legislative efforts to expand access to and funding for mental health care services?

- **Avoid correlations between crimes and mental illness**
- **Continue promotion of health care and mental health care integration**
- **Don't define a person by his/her diagnosis**
- **Promote dialogue – reach out, support people and talk about your emotions**
- **Avoid mental illness clichés like "crazy" and "psycho"**
- **Advocate for the "Helping Families in Mental Health Crisis Act" (H.R. 3717)**

Are you looking for ways to be part of the discussion? Be sure to "like" us on Facebook, follow us on Twitter and visit our blog at www.hopewell.cc/blog.

Hopewell Receives Honor Project Award

At a ceremony in Cleveland on September 4, 2014, Executive Director/CEO Rick Karges accepted an award to Hopewell in the amount of \$39,750. More than \$6 million was distributed that evening to 226 charities from throughout Ohio by The Honor Project Trust.

If there are unclaimed funds in a class action settlement, a judge can use the cypres doctrine to distribute the remaining funds for beneficial use. The Honor Project Trust emanated from litigation pursued by the Ohio Attorney General's Office. The Presiding Judge in the case was Judge John J. Russo, who created The Honor Project Cy Pres Initiative and mounted a competitive state-wide application process.

Hopewell's award is providing scholarship aid for one mentally ill indigent adult who needs occupational rehabilitation as well as residential treatment. Care includes a 90-day residential stay followed by a 120-day stay at Hopewell's nearby family home. Throughout his stay, the resident is learning hard and soft skills necessary to become successfully employed.

Hopewell and Whole Foods' "Nickels for Non-Profits" Partnership

In July, Hopewell partnered with Whole Foods Chagrin and the organic grocer's "Nickels for Non-Profits" initiative. Between July 7 and September 28, 2014, customers who visited the Chagrin store and utilized their reusable bags at checkout had the option of donating five cents per bag to Hopewell.

Hailee Dorflinger, Whole Foods' Marketing Team Leader, recently announced that Hopewell's campaign raised \$545.62. This is the equivalent of nearly 11,000 reusable bags – a great savings to our environment and a great nod to Hopewell's importance to the community!



Hopewell's Development Manager, Hyatt Bolden, said, "This partnership is two-fold. Not only did we have the opportunity to raise needed funds for Hopewell's gardening program, but we had a wonderful opportunity to reach out to hundreds of Whole Foods shoppers who have never heard about Hopewell. It's important that people know about the unique work that our therapeutic farm community does, and we accomplished that with this partnership."

FROM THE WISHING WELL

Hopewell is thankful this season for the generous support of our donors. We are currently in need of the following items for our farm and residents:

- Farm tractor with bucket
- 24" wood planer for woodshop
- 24" sander
- Scroll saw
- (20) tickets to the Rock-n-Roll Hall of Fame and Museum
- Backpack leaf blower
- Indoor American flag with stand
- Twin sized "bed-in-a-bag" sets
- Pillows
- Cotton socks for men and women
- Work gloves
- Composition books
- Bath towel sets

Thank you to our friends Sharon Swagger, for the donation of the flat screen television for our dining room, and Cedar Brooke Financial Partners, for the donation of computers! Our staff and residents are appreciative.

If you are able to help with any of our current needs, please call the Development Office at 440.247.0912.

THANK YOU!

HOPEWELL COMPASSPOINTS

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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.

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- Like us on Facebook at www.facebook.com/hopewelltc
- Follow us on Twitter at www.twitter.com/hopewellFarm
- Visit the blog on our website www.hopewell.cc

You will discover more about our unique program, mental health advocacy and how Hopewell is making a difference today.



2015 Summer Solstice Committee Already Making 15th Anniversary Plans

Hopewell's 2015 Summer Solstice Event Chair, **Erin Hobey**, is pleased to announce our 15th anniversary Summer Solstice will be held on **Friday, June 19, 2015!** **Jed Hunter**, Area Vice President of Penske Automotive Group, is Chair of the Corporate Committee. Subcommittee chairs are **Susan Silverberg** (Auction), **Kitty Makley** (Table Hosts) and **Melissa Block** (Décor).

Next year's Summer Solstice will be catered by **Marigold**. A staple in Cleveland, Marigold was voted #1 "Best On-Site Caterer" in Northeast Ohio by CBC Magazine in 2013 and "Best Off-Site Caterer" for five years. It is the first caterer in the state of Ohio to earn the designation of Certified Green Restaurant®.

Hopewell once again is thrilled to have **Bob Hale** conducting the event's auction and Will Lynch of **Lynch Design** designing and donating his time to create memorable floral centerpieces.

This milestone event is sure to be an evening to remember.

