

HOPEWELL COMPASS POINTS

SUMMER 2015 NEWS FOR FAMILY & FRIENDS

When Your World Turns Upside Down

by Candace Carlton, LISW-S

Left at an orphanage in Korea at six months of age, beautiful, healthy little Mariko was adopted a year later by a loving couple who brought her home to Northeast Ohio. Throughout her school years, she excelled at everything. She studied in France during high school and became fluent in four languages. In 2007, she graduated with honors from American University in Washington, DC, with a degree in International Studies and an eye on law school. Mariko's future was bright.



Mariko, seated second left, in a flower arranging class

Then her behavior changed drastically. She began to withdraw from her close-knit family and was often agitated and even hostile. Paranoid thoughts of being watched and photographed became frequent and more intense. As the situation worsened, she was unable to go to work. Finally, her psychotic symptoms intensified and impacted all areas of her life.

The cause of Mariko's psychosis is difficult to determine. Her six-year relationship with her boyfriend had ended, and she was unable to find a job in her chosen field. She was living with her mother and sister, and working at Starbuck's. The

orphanage in Korea had provided no medical history of her birth parents, but Mariko received a disturbing letter from her birth family shortly before the onset of her psychotic symptoms. In 2011, she was hospitalized and given a diagnosis of schizoaffective disorder. Medication was prescribed.

Schizoaffective disorder is a mental health condition characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as mania and depression. The exact cause is unknown, but a combination of causes may

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THE HOPEWELL SOCIETY

Create a legacy
today to sustain
Hopewell tomorrow

Gift planning allows individuals and families to create special opportunities while ensuring lasting resources into the future.

Invest in the future of Hopewell by becoming a member of
The Hopewell Society.

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Donors who designate planned gifts for Hopewell's endowment also are recognized as members of *The Evergreen Society*. (See page 5 for a listing of donors to **The Campaign for Hopewell – Planting Seeds of Promise.**)

For more information, contact the Development Office at 440.247.0912. To learn about our endowment fund with the Cleveland Foundation, visit our website at www.hopewellcommunity.org/support-us/planned-giving.

Summit of the Therapeutic/Healing Communities



Hopewell participated in the first ever Summit of the five primary therapeutic/healing mental health communities in the United States on April 9-11, 2015. Mark Teague, Board President, and I represented Hopewell. Additional members of the Summit group included CEOs and board representatives from Cooper-Riis Healing Community in North Carolina, Spring Lake Ranch in Vermont, Gould Farm in Massachusetts and Rose Hill Center in Michigan. The event took place at the mountain top home of the Cooper-Riis family near Asheville, North Carolina.

The focus of the two-and-a-half day Summit was exploring opportunities and ideas to ensure that therapeutic communities and the effective application of moral care and treatment will continue to evolve and grow in the ever-changing world of mental health care.

The group completed a SWOT (strengths, weaknesses, opportunities, threats) analysis to help identify areas/issues of interest. They included:

- Board Succession
- Executive Leadership Succession
- Regulatory Pressures
- Research and Outcomes
- Financial Issues/Affordability

- Public Policy
- Preserving Therapeutic Committee Values and Mission

Among the group was an affirmation that our five organizations, indeed, share common values, interests and philosophies in our commitment to providing a comprehensive, integrated level of care for all those we serve. We ascribe to taking a “whole person” approach in helping our residential clients experience and realize sustained mental health recovery and therapeutic healing.

Additionally, there was a consensus among members that we engage Sana Loue, JD, PhD, MPH, MSSA, MA, Vice Dean and faculty member at Case Western Reserve University (who also attended the Summit), to conduct a feasibility study to determine how our five organizations may join together effectively to conduct shared research/outcome study initiatives.

With the exciting momentum created during our April 2015 Summit, all agreed to reconvene in November 2015 to continue our work together. We will keep our stakeholders informed of our progress as we move our ideas forward.

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COMPASS POINTS

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FRIENDS AND DONORS OF HOPEWELL.

Peggy Barnes Szpatura, *Editor*

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www.hopewellcommunity.org

View Hopewell's 2014 Annual Report and 2014 Outcomes Report at our new, mobile-friendly website. Our new web address is www.hopewellcommunity.org.

Our website was designed by FORM. Check out www.theformgroup.com



Hopewell's Research Consultant, Dr. Sana Loue

Sana Loue, JD, PhD, MPH, MSSA, MA, is a professor in the Department of Bioethics and serves as the Vice Dean for Faculty Development and Diversity in the School of Medicine of Case Western Reserve University, Cleveland, Ohio. She has secondary appointments in the Departments of Epidemiology and Biostatistics, Psychiatry and Global Health and at MSASS, the Mandel School of Applied Social Sciences. Dr. Loue holds graduate degrees in law (JD), epidemiology (PhD), medical anthropology (PhD), social work (MSSA), and secondary education (MA). She is also ordained as an interfaith minister. She has authored over 70 peer-reviewed articles and 58 book chapters, and has authored and/or edited 27 books.

Dr. Loue has worked with Hopewell's Research Committee and, for the past year, has been our Research Consultant. She works closely with Candace Carlton, LISW-S, Hopewell's Quality Improvement and Compliance Director, focusing on outcomes measurements. Dr. Loue currently is conducting a research project that involves interviewing former residents. The purpose of the project is to determine which programs were most helpful and what improvements might be made. As well, she is conducting

research with current residents, involving Sandplay Therapy, a technique developed by a Swiss psychologist Dora Kalff. Sandplay is a nonverbal form of psychotherapy that uses miniature figures and sand boxes. Clients (e.g., Hopewell residents) create a scene in the sand and then explain the story behind the scene. Dr. Loue photographs the sand box made in each resident's session, and her notes are part of the research record as well as the resident's record.



Dr. Loue presented at the Summit of the five leading therapeutic farm communities in April of this year (see Rick Karges's letter on page 2). In early 2016, her newest book will be released. Its focus is therapeutic community, and an entire chapter is devoted to Hopewell.

Our Newest Trustee, Dr. Martha Sajatovic

Hopewell is proud to welcome the newest member of its Board of Directors. Martha N. Sajatovic, MD, has served as a member of Hopewell's Research Committee for several years, and is Professor of Psychiatry and of Neurology at Case Western Reserve University School of Medicine. She is a researcher, educator and clinician devoted to the study and treatment of traditionally hard-to-treat populations with serious mental illness. Dr. Sajatovic is Director of Geropsychiatry at University Hospitals Case Medical Center and holds the Willard Brown Chair in Neurological and Behavioral Outcomes. She is a recognized expert in the treatment of bipolar disorder.

Over the last two decades, Dr. Sajatovic has been the recipient of numerous research grants to study mental illness, and has published

widely on treatments and health services delivery among individuals with mental illness, including geriatric and mixed-age individuals with bipolar disorder, schizophrenia, and depression. She has authored or co-authored over 140 peer-reviewed publications, and has published over 40 book chapters or books on mental illness topics.



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Will is back!

On July 14, 2015, Will Lynch and his expert crew from Lynch Design led a class in flower arranging for Hopewell residents and staff. This was Will's third such class – always a great favorite at Hopewell. (See the class photo on the cover.) Lynch Design has been the floral designer for Summer Solstice for the past three years. Thank you, Will! (Visit www.lynchdesignflorist.com)



Will Lynch and Mariko

A Dream Comes True



In July, Hopewell resident Bill G., who was featured on the cover of our Winter 2015 Compass Points, completed a project he has worked on for years, a book of his own poetry. With assistance from Education Director Bob Wierich, Bill's book, entitled *Windy*, has been published. At the August 5 Board meeting, Bill personally signed copies of his book as gifts for our trustees. All of us at Hopewell are proud of you, Bill!

FROM THE WISHING WELL

Hopewell residents and staff appreciate donations of materials and equipment that enhance their work and other activities. Currently we are in need of the following items. If you are able to help with any of these needs, please call the Development Office at 440.247.0912. And thank you!

- An electric reverse osmosis machine (flow capacity of 500 to 3,600 gph) to help with our production of award-winning maple syrup. (This machine would mean using less wood and will cut boiling time in half or more.)
- A commercial-strength swing set (for adults)
- Lawn chairs and outdoor patio furniture
- New or gently used living room furniture for the Cottages
- Art Room supplies (paints, glue, construction paper, etc.)

When Your World Turns Upside Down

(continued from cover)

contribute to the development of schizoaffective disorder. These include genetics, brain chemistry and structure, stress (such as a death in the family, the end of a marriage or the loss of a job) and drug use.

“Hopewell helped me when I was struggling.”

Mariko's condition worsened. She stopped taking her medication, and was more convinced than ever that she was being watched, even in the shower. She was hospitalized again. Finally, in June 2012, she became a resident at Hopewell. She did very well and was discharged home that August. When her symptoms recurred, her mother brought her back to Hopewell in December 2014.

Hopewell's therapeutic program, staff and the other residents have helped Mariko learn to manage her condition. She says, “The staff give me responsibilities I enjoy. I work in the garden, picking the vegetables then bringing them to the kitchen. I have regular duties like washing fruit, filling small containers with raisins and nuts for cereal or salad, and restocking. I really like working with the kitchen crew. Susan (Susan Dacek, Hopewell's Food Services Manager) says we are a good team.”

Mariko also enjoys working in the Art Room, taking part in Spirituality Group, and leading the Morning Meeting. Mariko will be discharged home again the end of September, and will participate in Hopewell's Club Hope program every Tuesday.

“Hopewell helped me when I was struggling. I love Hopewell. I'm looking forward to going home, but I don't want to lose my connection to Hopewell. I have been in lock-down in hospitals. Thinking of ever doing that again is like a threat. My mom and I have agreed that if anything happens, I will come back to Hopewell. That makes me very happy.”

Her clinician, Candace Carlton, smiles as she says, “Mariko has an amazingly strong spirit. She is an inspiration for all of us here at Hopewell.”



Candace Carlton, LISW-S, has worked at Hopewell for 14 years. As Quality Improvement and Compliance Director, she oversees the regulatory licensures, certifications and accreditations through CARE, ODMHAS and other bodies. Candace also oversees Hopewell's outcomes measurement process and produces the annual Outcomes Report. In 2014, she began 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 Mariko. Each week she facilitates Spirituality Group, Interpersonal Relationship Skills and the Hopewell Resident Council. She received her Masters of Social Work from Youngstown State University in 2006 and received the YSU Bitonte College of Health and Human Services Social Work Alumni of Year Award in 2014.



On behalf of Campaign Chair Susan LaPine and Honorary Chair Sally Cutler, the Board and staff of Hopewell wish to thank everyone who has so generously donated to the comprehensive campaign that has raised more than \$5 million. Of primary importance is our endowment. Interest income from the endowment is used each year to provide fee assistance for residents' families in need. To make a gift to the campaign, or for any information about how to support Hopewell, please call the Development Office at 440.247.0912.

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Sugar House Groundbreaking

On May 6, donors, Board members, residents and staff gathered at the site of the soon-to-be new Sugar House, next to the Pavilion. Everyone admired the model of the structure, created by Norman Wengerd, our Farm Manager. Following a lovely luncheon prepared by Susan Dacek and the kitchen crew, key donors were given commemorative shovels which were used to break ground for the new building. Construction is well underway now, and Hopewell's award-winning maple syrup will be produced in the new Sugar House next spring.

We are grateful to the following donors whose generosity made this construction possible:

The Harry K. Fox and Emma R. Fox Charitable Foundation	Todd and Susan Locke
The Fred A. Lennon Charitable Trust	Joe and Kathy Mahovlic
Home Savings Charitable Foundation	Dick and Marilyn Paulson
Ted and Mary Fabyan	Clara T. Rankin
Hal and Susan LaPine	Jim and Donna Reid
Doug and Jeannette Lenkoski	Scott and Chloe Seelbach



And to current Hopewell employees who donated toward this project:

Anonymous	Rick Karges
Betsy Arvin	Bruce McAllester
Jack Childers	Beth Orr
Lynn Childers	Cindy Ream
Carol Evans	Nicole Shuster
Daniel Horne	Peggy Barnes Szpatura

15th ANNIVERSARY summer solstice

A Memorable Evening Honoring our Founder

Hopewell's 15th Anniversary Summer Solstice benefit event, held Friday, June 19th, honored our Founder, Clara T. Rankin. As a special surprise for her, the Mayor of Hunting Valley proclaimed the date "Clara T. Rankin Day." In celebration of the milestone anniversary, Forest City lit the Terminal Tower in downtown Cleveland bright blue, the color of Mrs. Rankin's signature blue hat.

More than 530 guests enjoyed cocktails, hors d'oeuvres and dinner prepared by Marigold Catering. The beautiful evening was made even brighter by yellow rose centerpieces created by Lynch Design. Music during the cocktail reception was provided by The Hopewell Band, with none other than Hopewell's Executive Director/CEO, Rick Karges, on guitar.

The Corporate Committee, led by Jed Hunter and Bill Hawke, broke all records, securing more than \$142,000 in sponsorships. Special thanks are offered to **Hawthorn**, **PNC Family Wealth** for serving as Presenting Sponsor for the 15th consecutive year, and to **Penske Cleveland** for serving as the event's Gold Sponsor. Penske's donations to the Summer Solstice live auction have become an anticipated tradition!

Event Chair Erin Hobey and her committee outdid themselves. The silent auction, chaired and staged by Stacy Hunter, was magnificent. Loree Vick served as emcee again this year, and Bob Hale was a masterful auctioneer once again. Former Hopewell resident Casey Pantalone was the guest resident speaker. Her vivacious and self-aware nature moved the audience to both tears and uproarious laughter during her speech, and the Fund-a-Need that followed brought more than \$77,000! Those funds, as well as all proceeds from Summer Solstice, will be used to provide fee assistance for residents' families in need. This is Hopewell's #1 fundraising priority.

Our anniversary event was the most successful one yet. Our net proceeds exceeded \$295,000!

Of special note: For 14 years, Summer Solstice was held at the beautiful Hunting Valley estate owned by the Rankin family. In 2015, the property was sold to Brian and Gretchen Collieran. Hopewell's Board of Directors wishes to express profound gratitude to the Collierans for graciously hosting our event this year – and for inviting us to return next year for Summer Solstice 2016.



Clara Rankin, Brian and Gretchen Collieran



Party of the summer!



*Robert and Alyssa Briggs, Jon Adams and Pam Conover,
Clay and Beth Rankin*

Save the date:
June 24, 2016!



.....
Guest resident speaker Casey Pantalone told the Summer Solstice guests, "The major thing Hopewell taught me was, 'How we sit with the broken speaks louder than how we stand with the great.' The second thing Hopewell taught me was, 'Bravery isn't about fearlessness. Bravery is about knowing your fears and choosing to overcome them.'"
.....



James Hambrick wins the bid!



George and Andrea Holt, Elia Pestana-Knight and Stuart Youngner



Darrah Parsons



Megan and Rick Karges



Clara Rankin and Bill Blair



Tyler Burrows, Casey Pantalone and Anthony Russo during Fund-a-Need



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HOPWELL COMPASS POINTS

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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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about Hopewell's unique program and mental health services.

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Blog: www.hopewellcommunity.org/blog



Gigi's "Magnificent Mondays" Support Hopewell

Hopewell wishes to thank Gia Ilijasic and Jim Patsch, the owners of **Gigi's on Fairmount**, a wonderful restaurant in Cleveland Heights. Each month, they choose a charity to be the beneficiary of their "Magnificent Mondays" program. The chosen charity receives ten percent (10%) of all proceeds from each Monday that month. Hopewell was chosen for the month of June 2015. Our Magnificent Mondays donation totaled \$1,160. As well as receiving the monetary donation – which will be used to provide fee assistance for Hopewell residents whose families are in need – Hopewell received immeasurable public awareness of its mission and programming. Thank you, Gigi's!

3477 Fairmount Boulevard
Cleveland Heights, OH 44118
216.291.7237
www.gigisonfairmount.com

Third-party fundraisers such as Gigi's program are extremely helpful to nonprofit organizations. And they allow the host company to be creative. Often, companies will allow employees to nominate nonprofits they feel are worthy. Competitions may be held, votes taken, etc. and the chosen nonprofits receive revenue from activities ranging from bake sales, dress-down day dues and in-house raffles to golf outings, walks/runs and black-tie benefits. Families, too, often create third-party fundraisers. If you or your company is interested in mounting a third-party fundraiser to benefit Hopewell, contact the Development Office at 440.247.0912.