

HOPEWELL COMPASS POINTS

FALL 2015 NEWS FOR FAMILY & FRIENDS

Self-Expression: The Art of Healing

by *Laura Scarnecchia, LPC, and Dana L.*



*Art Therapist Mary Cassidy (left)
and Hopewell resident Dana L.*

"I came to Hopewell thinking that I am defined by my mental illness. By being here, I became aware that I am so much more than that," says Dana, age 24.

Dana arrived at Hopewell in late August 2015 after a two-week hospitalization. "I felt like I could finally breathe again. It was like a breath of fresh air, literally."

In 2013, Dana graduated from Mount Saint Joseph University in Cincinnati with a Bachelor's degree in Fine Arts. She had a particular passion for fabrics and textiles, and did a great deal of fabric dying and screen printing. Eventually, though, she decided to concentrate on art therapy, and envisioned herself pursuing a master's degree in that field.

"Even in college I struggled so much with being depressed," says Dana. "That is why I absolutely loved my art classes. I was able to express things in a way I was not able to express verbally."

After graduation, Dana held two jobs, one at a museum and another at an after-school program. "I became overwhelmed with my jobs, with just the basic day-to-day functions," Dana explains. "My emotions were out of control. I was elated one moment and then dropping straight down into a horrible non-functioning depression."

Dana was hospitalized in January 2015 after expressing suicidal thoughts. She received a diagnosis of bipolar disorder. "It was a double-edged sword," says Dana of receiving her diagnosis. "I was finally able to put a label on what my symptoms were. But it was very hindering because then I became that diagnosis."

After her hospitalization, Dana attended an intensive outpatient program and received counseling. However, she continued to experience instability and again was hospitalized. It was then she learned about Hopewell.

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HOPEWELL RE-ACCREDITED BY CARF

Hopewell has been re-accredited by CARF International for another three-year period. CARF is the Commission on Accreditation of Rehabilitation Facilities. Hopewell is accredited for the following services: Therapeutic Communities: Mental Health (Adults); Community Housing: Mental Health (Adults); and Respite Services.

In 2006, Hopewell became the first therapeutic community in the United States to be accredited by CARF in the Mental Health (Adults) category. The accreditation has continued. The robust re-accreditation process was managed by Candace Carlton, LISW-S, Hopewell's Quality Improvement and Compliance Director. In his letter to Candace, CARF President/CEO Brian J. Boon, PhD, wrote:

This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served. Services, personnel and documentation clearly indicate an established pattern of practice excellence.



Expressive Arts at Hopewell



Hopewell is committed to serving the “whole person” within a safe, nurturing and supportive environment. We recognize the importance of integrating the power of nature with current state-of-the-art therapies to help individuals with mental illness recover and experience sustained healing. We value each individual as unique, creative and gifted in their own way.

A key component of Hopewell’s program is the incorporation of expressive arts. Using such media as painting, psychodrama, dance, sculpting, music, journaling and sketching, expressive arts are geared to help “bridge the gap between the conscious and the unconscious mind.” They can bring insight to areas of therapy that are blocked, inhibited and stuck, and bring greater focus to those areas of need and or concern.

Expressive arts can spark creative imagination, problem-solving and integrative learning through a

variety of sensory experiences. The deepening and enriching experiences offered through expressive arts therapy support a richer and more vibrant therapeutic community.

Hopewell’s professional commitment to the expressive arts has been enhanced further through the recent hire of an individual who is both a certified Art Therapist and a Licensed Professional Counselor. Her position was made possible through a generous multi-year grant from the Nord Family Foundation.

The creation of a formal art therapy program has increased our residents’ exposure to a wider range of treatment options and techniques, and is contributing significantly to their overall healing and recovery.

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The Nord Family Foundation Establishes an Art Therapy Program at Hopewell

On December 31st last year, Hopewell received an extraordinary grant from the Nord Family Foundation. The award included generous support of The Campaign for Hopewell – *Planting Seeds of Promise* plus funding to support the salary of a part-time Art Therapist for three full years. Hopewell immediately began a search for a highly qualified individual to create an Art Therapy program. Mary Cassidy joined our staff this past summer. Mary is both a certified Art Therapist and a Licensed Professional Counselor – a double bonus for Hopewell's residents! Hopewell wishes to thank the trustees of the Nord Family Foundation for their compassion, vision and generosity.

From Hopewell's New Art Therapist

by Mary Cassidy, AT, LPC

There are many different ways that art is able to be utilized in therapy, and Hopewell has a rich history of providing creative arts activities for residents. In its simplest sense, art is a wonderful way to evoke relaxation, mindfulness and awareness. The very act of engaging in art has been shown to reduce anxiety and provide structure. It's a great way to cope, calm, distract and balance. It is also helpful for skill building, supporting self-esteem, promoting balance and developing autonomy.

In a deeper sense, engaging in creative expression carries the task of uncovering one's meaning and purpose through art. The artistic process is one which allows individuals to explore thoughts, feelings and experiences that exist beyond language, in a space that is set apart and intended for the purpose of healing.

We all must sort through life's challenges, difficulties, confusions and chaos, and my own purpose is to help our residents with that sorting.

As an art therapist, it is my responsibility to serve as a companion and a guide for individuals as they embark on this healing journey. We all must sort through life's challenges, difficulties, confusions and chaos, and my own purpose is to help our residents with that sorting. I strive to provide a space that is sacred and intentional for them to enter into and feel safe making meaning out of their non-verbal expressions as they connect their creativity with their larger story.



We have been hard at work during our morning work crew time in the art studio. Residents are learning new skills and are developing new projects to sell in our Farm & Craft Market. We also have begun regular open studio and independent studio times for personal projects. Residents are engaged in a weekly art therapy group which focuses on connecting the personal experience to the communal by way of artistic expression. With many different opportunities for residents to take part in, there is something for everyone to contribute.

Moving forward, we hope the art studio will become a place residents are able to take ownership of and make their own. As the program continues to grow and develop, we can build a strong artistic healing space for the community at Hopewell.

A note from Daniel B. Horne, LPCC-S, LSW, Clinical Manager:



"Mary received her undergraduate degree in Art History from John Carroll University and a master's degree in Art Therapy and Counseling from Ursuline College. She decided to pursue art therapy to find holistic and creative approaches to healing. While in school, she worked on research projects related to creativity and mental illness. She enjoyed internships at the Cleveland Clinic and the Cleveland Clinic Children's Hospital for Rehabilitation, working with adults and children. She is also a ceramics instructor at a studio in Lakewood.

"In a very short time, Mary already has established herself as an integral and highly valued member of the Clinical Team and the greater Hopewell therapeutic community. As both a certified Art Therapist and a Licensed Professional Counselor, Mary brings a unique perspective to our residents' healing process. Currently she is focusing her efforts on designing and implementing Hopewell's Art Therapy program, including both individual and group work. As this becomes established, Mary also will carry her own caseload of residents, and will take on the duties of a full Clinician. These duties include completing intake assessments, diagnostic assessments, treatment planning, individual, family and group therapy and transition planning."

Christine Montross, MD

Christine Montross, MD, is Assistant Professor of Psychiatry and Human Behavior and the Director of Counseling Resources at the Warren Alpert Medical School of Brown University. She is also an inpatient staff psychiatrist at Butler Hospital in Providence, Rhode Island. She completed medical school and residency training at Brown University, where she received the Isaac Ray Award in Psychiatry and the Martin B. Keller Outstanding Brown Psychiatry Resident Award.

A 2015 Guggenheim Fellow in Nonfiction, Dr. Montross earned undergraduate degrees and a Master of Fine Arts in poetry from the University of Michigan, where she also taught writing classes as a lecturer following graduation. She was born and raised in Indianapolis.

Dr. Montross was named a 2010 MacColl Johnson fellow in Poetry, and the winner of the 2009 Eugene and Marilyn Glick Emerging Indiana Authors Award. She has had several poems published in literary journals, and her manuscript *Embouchure* was a finalist for the National Poetry Series. She also has written for many national publications including *The New York Times*, *The Washington Post*, *Book World*, *Good Housekeeping* and *O, The Oprah Magazine*.

Her first book, *Body of Work: Meditations on Mortality from the Human Anatomy Lab*, was named an Editors' Choice by *The New York Times* and one of *The Washington Post's* best nonfiction books of 2007. Her second book, *Falling Into the Fire: A Psychiatrist's Encounters with the Mind in Crisis* (2013), was named a Book to Watch Out For by *The New Yorker*.

Dr. Montross and her partner, the playwright Deborah Salem Smith, live in Rhode Island with their two young children.

To learn more about Dr. Montross and to read her articles, visit www.christinemontross.com.

“Exploring Mental Health”

Hopewell's 5th Annual “The David Cutler Conservatory Exploring Mental Health Series” event took place at the Cleveland Racquet Club on Thursday, October 8, 2015. Guest speaker was Christine Montross, MD, an inpatient staff psychiatrist at Butler Hospital and Assistant Professor of Psychiatry and Human Behavior and Director of Counseling Resources at the Warren Alpert Medical School of Brown University in Providence, Rhode Island.

Dr. Montross first came to the attention of Hopewell's Executive Director/CEO Richard R. Karges, LISW-S, ACSW, when her op-ed piece, “The Modern Asylum,” was published in *The New York Times* on February 18, 2015. The piece was reprinted as a full-page article in *The Plain Dealer* on February 22, 2015, entitled “Modern Asylums: Improving the Treatment of Mentally Ill People.”

We all live beneath a
veil of invulnerability.
Mental illness pierces that veil.

In the article, Dr. Montross wrote, “Modern asylums would be nothing like the one in ‘One Flew Over the Cuckoo's Nest.’ Asylums for the severely mentally disabled would provide stability and structure. Vocational skills would be incorporated when possible, and each patient would have responsibilities, even if they were carried out with staff assistance.”

“Hopewell seems to have the most
important elements of healing:
peace, beauty, work, empathy and,
most of all, kindness.”

~ from a donor, writing to Hopewell's founder,
Clara T. Rankin



Speaker Delivers Stimulating and Insightful Program



Christine Montross, MD

Because her description of the modern asylum so closely resembles the Hopewell Model of therapeutic community, Rick invited Dr. Montross to visit the farm and to speak at our Exploring Mental Health Series event.

Dr. Montross opened her presentation by stating, “The mental health care system in the United States is broken. The deinstitutionalization movement has not worked. It was based on a desire to provide outpatient community-based care, but that has been insufficient. People end up institutionalized in

non-therapeutic settings such as jails. We need aftercare plans to break the cycle.”

“The tendency today is to be efficient, to do things quickly,” she said. “But how do we determine when people need more care? Individuals dealing with mental illness will not improve if they are seen by professionals for only twenty minutes four times a year. This trend is what Hopewell is trying to work against.”

Hopewell is an anchoring place.
Residents may feel they
have fallen through the ice.
Hopewell brings them back to shore.

Dr. Montross read excerpts from her most recent book, Falling Into the Fire: A Psychiatrist's Encounters with the Mind in Crisis. The book describes her experiences with her patients. She said, “We all live beneath a veil of invulnerability. Mental illness pierces that veil.”

“It is the role of the psychiatrist to help patients hope. When they feel they are on thin ice, we must go out to them. We must be with them on that thin ice. Hopewell is an anchoring place. Residents may feel they have fallen through the ice. Hopewell brings them back to shore.”

Finally, Dr. Montross said, “Hopewell is a perfect example of the need for more than medication to help someone with mental illness. Hopewell deals with the whole individual.”

(“The David Cutler Conservatory Exploring Mental Health Series” is generously underwritten each year by the Alexander M. Cutler Family and the Board of Directors of Hopewell.)



Hopewell wishes to thank Lynn and Lute Quintrell, owners of Appletree Books, for providing a book-signing opportunity for our Exploring Mental Health Series guests. To order your copies of Dr. Montross’ books, please contact the store at 216.791.2665. Appletree Books is located at 12419 Cedar Road, Cleveland Heights, OH 44106. Visit www.appletreebooks.com.

(continued from cover)

By living in a community with other people with mental illness, I have seen that we are defined not by our diagnosis but by our character.

"I'm glad I ended up coming to Hopewell. I get to learn different things and have different experiences with all these amazing people. I have met some of the most creative and talented people here."

Dana is particularly passionate about Hopewell's art groups. "I get to do art for two hours every day. I get to start off the day expressing myself and with a positive light."

In addition, she values the support she receives both from staff and from peers. "We have formed a tight-knit group and feel we can lean on each other," says Dana of her experience in the Hopewell community.

"I have seen how art is used in a therapeutic sense rather than as a college course. I have seen how both have been very beneficial." Dana imagines a future in which she is an art therapist "who is content with life."

"By living in a community with other people with mental illness, I have seen that we are defined not by our diagnoses but by our character."



Laura Scarnecchia, LPC, was first impressed by the serenity of the farm and the power of the community when she served as a Hopewell intern while completing her master's degree work in Clinical Mental Health Counseling at Kent State University. As a Licensed Professional Counselor and Hopewell Clinician, she provides individual counseling and facilitates therapeutic groups. She believes in working with both residents and their families to cooperatively and creatively nurture personal change in a holistic manner that respects the dignity and value of each person.

FROM THE WISHING WELL

Our staff and residents are grateful to Mort Schubert, Dr. Martha Schinagle, Beth Rankin and Paul and Lorraine Sykes for their recent donations of items needed at the farm.

We are currently in need of the following items:

- End tables
- Multi-directional floor lamps
- Garden tools (shovels, rakes and hoes)
- Baskets of all sizes

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

Hopewell's Farm & Craft Market Receives a Boost from BVU



William L. Aamoth

In August, Hopewell submitted an application to Business Volunteers Unlimited (BVU)'s Pro Bono Corps Consulting Project. We hoped a retired business executive would agree to donate his/her time and expertise to assess Hopewell's Farm & Craft Market. If appropriately impressed with the Market's viability, the volunteer would be asked to assist in the preparation of a business and marketing plan.

Judy Tobin, BVU's Senior Director of the Pro Bono Consulting program, shared Hopewell's application with Corps volunteers, and a match was made.

Beginning in August, William (Bill) L. Aamoth met with Hopewell staff, surveyed the Market and reviewed its history. On October 15, he presented a detailed, two-tiered business and marketing plan. Implementation will begin in early 2016 with completion of a Market renovation plan.

Bill is the former Vice President and Corporate Treasurer and the Interim Co-Chief Financial Officer of STERIS Corporation. He is a member of the Audit Committee of the Board of the Cleveland Foundation; Chair of the Finance Committee of the Board of Directors of the MetroHealth Foundation; and a past member of the Board of Trustees of Hiram College.

BVU is a wonderful resource for nonprofit organizations, and we at Hopewell are deeply grateful for our partnership. Special thanks to Bill Aamoth and Judy Tobin!



Hopewell's Farm & Craft Market was opened in 2012 as the cornerstone of our job-readiness training program. It was not created as a revenue-generating asset.

Since its inception,

however, the Market has added a Wood Shop that offers vocational training for our residents and beautifully hand-crafted wooden items for sale in the Market. Hopewell's residents consistently enjoy creating arts and crafts to be sold at the Market. As well, the local community has found the Market to be an excellent source of fresh eggs, produce in season and our award-winning maple syrup.

The Farm & Craft Market is open Wednesday through Friday from noon to 4:00pm and Saturdays from 10:00am to 2:00pm. The Market is closed during January and February.

Dear Friends of Hopewell,

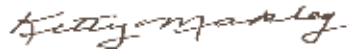
By now, you have received our year-end Annual Fund appeal. If you were touched by Mike's story and have made a contribution, thank you. If you are considering making a gift, please remember that your gifts allow us to provide financial assistance to 95% of our families who otherwise would not be able to afford Hopewell's unique model of care. You may donate now at www.hopewellcommunity.org/donate.

Our Board, staff, residents and their families deeply appreciate your generosity. Thank you for helping Hopewell provide hope and healing for adults with mental illness.

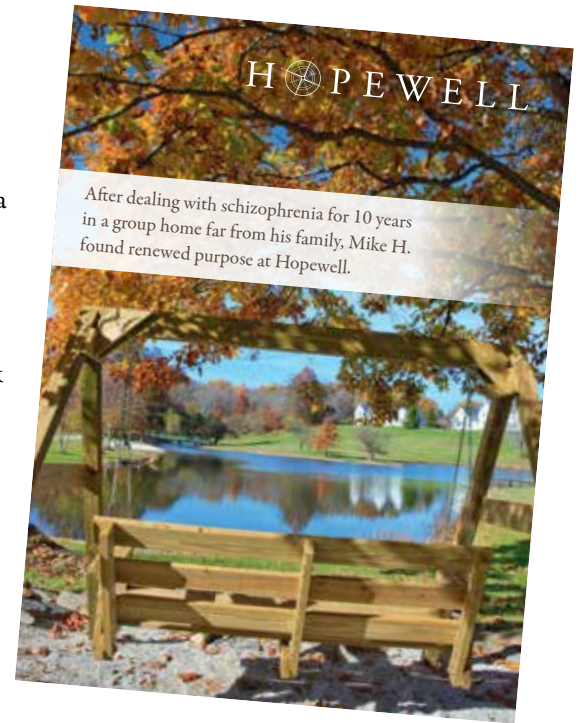
Warmly,



William R. Hawke
Annual Fund Chair



Kathryn L. Makley
Annual Fund Co-Chair



Well Done, Candace!

On October 29, 2015, at Windows on the River in Cleveland, Candace Carlton, LISW-S, Hopewell's Quality Improvement and Compliance Director, received a "Bright Star" Award from the Northern Ohio Area Chambers of Commerce (NOACC).

About 40 chambers of commerce across Northeast Ohio nominated one person each from their chambers to receive this award. We at Hopewell are very proud of Candace. She has been a member of the Middlefield Chamber of Commerce since 2007. She served as a Director on the Board 2012-2014, as Vice President 2014-2015 and was re-elected Vice President for 2015-2016.

*Vicky Hawke, Executive Director of NOACC; Candace Carlton;
Tony Gallo, Chairman of NOACC*

Check Out Hopewell's Award-Winning Website

Thanks to the dedicated and skilled team at FORM Creative Group in Shaker Heights, Hopewell's website was transformed into a completely new mobile-friendly site. The new website recently won a Silver W3 Award in the Health category. The W3 Awards honor creative excellence on the web, and recognize the creative and marketing professionals behind award-winning websites, web video and online marketing programs. To see Hopewell's award-winning website, visit www.hopewellcommunity.org.



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Hopewell
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www.hopewellcommunity.org

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.

DISCOVER MORE

about Hopewell's unique program and
mental health services

Facebook: <https://www.facebook.com/Hopewelltc>
Twitter: @Hopewellfarm
Instagram: @hopewellfarm
Blog: www.hopewellcommunity.org/blog

16th Annual Summer Solstice to honor PNC/Hawthorn Family Wealth Save the Date! – Friday, June 24, 2016



Hopewell's 2016 Summer Solstice benefit will honor **PNC/Hawthorn Family Wealth**, our **Presenting Sponsor** for 16 consecutive years. What a record! Thank you to PNC President Paul Clark, Hawthorn Executive Vice President Albert S. Kantra, Jr. and the PNC Foundation for their continued endorsement and generous support.

We are pleased to announce that **Mary Joyce** will serve as Event Chair, and **Brian and Gretchen Colleran** will serve as **Honorary Chairs**. The Collerans have graciously offered their beautiful Hunting Valley property, the former Rankin Estate, as the site of our event again next year.



Summer Solstice 2016 will be catered by Chris Hodgson's **Driftwood Catering**. **Loree Vick** will return as Mistress of Ceremonies and **Bob Hale** as our Auctioneer. **Lynch Design** will provide floral décor for the fourth consecutive year. Mark your calendars now.

If you have a passion for event planning and would like to be part of the Steering Committee, please contact **Kassandra Scheeff** at 440.247.0912, ext. 201. Our meetings will begin in January.