

Finding a Place of Profound Healing

by Alex S. and Theresa Prabucki, MSSA, LSW

Caring, gentle-spirited and kind, 28-year-old Alex S. exudes an infectious sense of warmth and optimism. This didn't always come easily to him, however. Alex has struggled with symptoms of mental illness for much of his life.



Photo by Theresa Prabucki

"I couldn't function," he says. "I got really angry and riled up by little things. Paranoia would cause me to conceive that something was happening when it wasn't."

In high school, Alex was given a diagnosis of schizoaffective disorder. "It was very scary," he explains. "I felt like I had been to a billion treatment centers." He came to Hopewell last autumn, following a week-long psychiatric hospitalization.

When he first arrived at Hopewell, he didn't know what to expect. "I was like 'What is this place?' I thought it might be another hospital or something like that." He quickly realized that Hopewell was different. "I was surprised. I thought, 'Awesome! I'll be working with animals and going to therapy classes.' Everyone was just really nice, and it is so beautiful here."

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Photo by Janine Shear

Residents Create a Memorable Gift for Hopewell's Founder

To express the Hopewell community's appreciation for its founder during the year-long celebration of Hopewell's 20 years of service, residents were commissioned to create a work of art to be presented to Clara T. Rankin at the Annual Meeting of the Board of Directors on June 8th.

With encouragement and guidance from Art Therapist Mary Cassidy, residents chose to produce a painting. They decided on an idyllic landscape scene of the front pond and cottages. They began the project by photographing the scene, then proceeded to create the painting.

Most of the canvases utilized in the art studio are made on the farm in the wood shop. Several residents worked together to build the frame and stretch it with raw canvas. They spent several days priming the canvas and preparing it for paint. From that point, the canvas was left available in the art studio for several weeks as residents took turns adding their own individual touches, stopping by for a few minutes or for an hour or two to add a portion here and there. All in all, at least ten residents were involved in the project from start to finish. It truly was a collaborative and meaningful effort put forth by the community to show appreciation to Mrs. Rankin.

In the Spirit of the 2016 Olympic Games: We Are All Our Own Heroes



During this year's Olympic Games, we celebrated the spirit of challenge, teamwork and individual achievement. We recognized, supported and promoted those Olympians who face competitive challenges even when the odds may not be in their favor. We not only celebrate their accomplishments and admire the sacrifices they have endured to achieve their goals, we may even seek to emulate their spirit and their will.

With this in mind, I ask you to consider that perhaps we are all our own heroes.

At Hopewell, our team of clinicians, support staff, volunteers, Board members and friends are our own kind of heroes. We work together to help our residents reach their personal goals and aspirations, and we focus on maximizing each individual's potential for achievement. Our rewards are in seeing our residents experience success and move on to more independent and self-satisfying positions in life.

Our residents are not unlike Olympic athletes. They, too, map out a course for personal achievement, usually against difficult odds. Each has made a positive commitment to recovery and healing. They reach their goals by meeting and overcoming their own mental health challenges, and their efforts often lead to remarkable results. They are to be admired and appreciated.

Our residents' families and our donors also are true champions. They believe in our mission and provide social, emotional, in-kind and financial support to ensure Hopewell's current and future success. They are our advocates who have committed their time and energy to help make a positive difference in the lives of our residents every day. With their help, Hopewell is able to provide the highest quality, most comprehensive level of residential mental health care possible.

The 2016 Olympic Games are over, but we recognize, appreciate and celebrate the everyday heroes among us, for all they do to enrich our lives.

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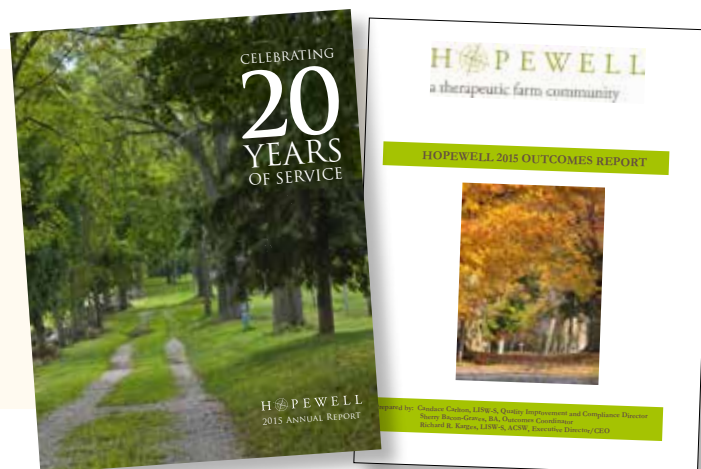
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www.hopewellcommunity.org

View Hopewell's 2015 Annual
Report and 2015 Outcomes Report
at www.hopewellcommunity.org.



Hopewell honors Sally Cutler

On May 25th, Clara Rankin hosted “Hors d’oeuvres and Updates” at the Chagrin Valley Hunt Club. The cocktail reception honored Sally Cutler, Honorary Chair of The Campaign for Hopewell – *Planting Seeds of Promise*, and all the individuals who generously donated to the campaign. Mrs. Cutler and her husband, Alexander M. (Sandy) Cutler, were recognized for their extraordinary efforts that helped to secure more than \$7 million for Hopewell’s endowment and other priorities.

More than 70 attendees were welcomed by Hopewell’s Board President, Mark W. Teague. Campaign Chair Susan LaPine presented Mrs. Cutler with a special commemorative gift. Rick Karges, Executive Director/CEO, also thanked Mrs. LaPine and Mrs. Rankin for their leadership. He then provided updates regarding Hopewell activities and accomplishments, and introduced individuals who provided key insights during the festive “round-robin” Q&A session that followed the program.

Hopewell’s Research Consultant, Dr. Sana Loue from CWRU, brought her newest book, *Therapeutic Farms: Recovery from Mental Illness*. Dr. Loue, Dr. Martha Schinagle, Hopewell’s Resident Psychiatrist (from University Hospitals), and staff members Colleen Welder and Candace Carlton answered questions about Hopewell’s programming, outcomes and research.

Jonathan Kurtz, Principal with the architectural firm of Westlake Reed Leskosky, and Hopewell trustee Phil Wasserstrom reviewed renderings of a proposed renovation of Hopewell’s Main House.



Hopewell’s First 20 Years of Service



In 2015, Clara T. Rankin commissioned Joanne Fenton Humphrey to write a book about Hopewell’s first twenty years as a residential therapeutic farm community for adults with mental illness. The result is *HOPEWELL, A Place of Healing 1996-2016*, now available via the Hopewell website at www.hopewellcommunity.org/support-us/store.

“It was a privilege to work with Clara and also meet residents and staff at Hopewell,” states the author. As a writer and editor for Windjammer Adventure Publishing in Chagrin Falls, Ohio, Ms. Humphrey has spent the past ten years working on a large number of book projects including memoirs for Cleveland-area notables, historical novels and historical non-fiction, a book about living with bipolar disorder, books about travel to exotic places, and books that delve into contemporary artists’ lives and work.



Ms. Humphrey’s partner at Windjammer is her husband, Ron, whose work includes book design and printing. Both Joanne and Ron take great pride in giving individual attention to each client, especially first-time authors. To contact them, phone 440.247.6610 or email rmhumphrey@roadrunner.com.



Anonymous Donors Give \$1 Million for Endowment

Hopewell’s Board of Directors has announced the receipt of a donation of stock valued at more than \$1 million, from a very generous couple who wish to remain anonymous. At the donors’ request, the entire gift has been designated for Hopewell’s endowment.

The beneficent couple have been actively involved with Hopewell since 1994. As well as volunteer engagement, they have donated yearly to the Annual Fund and supported the construction of the new Sugar House. Additionally, they made a significant pledge in 2012 to The Campaign for Hopewell – *Planting Seeds of Promise*. As they prepared to make their final pledge payment this summer, they decided to increase their commitment to over \$1 million!

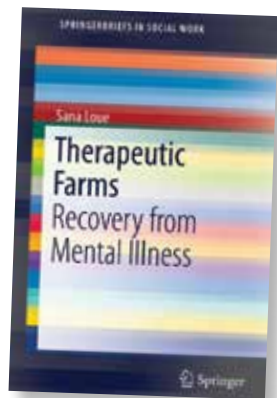
The decision to support Hopewell’s endowment, they said, was based on their long friendship with Hopewell founder Clara T. Rankin. **According to Mrs. Rankin, “A healthy endowment is fundamental to the success of an organization.”**

A New Book from Hopewell's Research Consultant



Therapeutic Farms: Recovery from Mental Illness is the newest book by Sana Loue, JD, PhD, MPH, MSSA, Vice Dean, Faculty Development and Diversity, Case Western Reserve University School of Medicine; Hopewell's Research Consultant and ex-officio member of the Research Committee of Hopewell's Board of Directors.

According to Springer Publishing, the book serves as a reference for social workers, psychologists, counselors and other mental health professionals and also is valuable for policy makers who determine funding for mental health care. Chapters focus on the development of the therapeutic farm approach, specific models of therapeutic farms and case studies. An entire chapter is devoted to Hopewell. The book is available from amazon.com.



For more information about Dr. Loue and her role as Hopewell's Research Consultant, visit www.hopewellcommunity.org/outcomes/overview. An article about Dr. Loue in our Summer 2015 newsletter may be accessed via www.hopewellcommunity.org/files/news/0599summerfinal.pdf.

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. Thank you!

- Golf cart with space on the back to carry items
- Conga drums with stands
- Drum set drum shield
- Mini refrigerator with freezer
- Keurig® coffee maker
- New or gently used dining room table, preferably with six chairs
- Art room supplies (glass bottles, baby food jars, brown paper bags and gently used knit sweaters)

“Hopewell has affected all these parts of me, spiritually and emotionally. I am so happy I came to Hopewell.”

(continued from cover)

It quickly became apparent that Alex has a unique bond with animals, and he took particular joy in spending time with the chickens. “They’re amazing,” he observes. “They make me feel happy.” Alex works with Bruce McAllester, Hopewell’s farm crew leader, to feed, water and care for the animals each morning. “Bruce is a good mentor and teacher,” Alex explains, “and the daily routine is steady.”

A talented artist and musician, Alex also takes part in creative initiatives at Hopewell, including art therapy groups and open studio time. “I like art because it’s complicated and simple at the same time,” he says. He expresses himself through drawing, painting and sculpting. He is a skilled pianist who trained at the Cleveland Institute of Music and the Oberlin Conservatory. Of his piano playing, he says, “It can be illuminating sometimes.” Shy and reserved by nature, it took Alex several months to become comfortable enough to play in front of residents and staff, but now his playing may be heard frequently and is enjoyed by the entire Hopewell community.

After spending six months in the residential program, Alex moved to Lyman House, Hopewell’s adult family home for residents transitioning to more independent living. When speaking of his time at Lyman House, he says, “I’ve grown more appreciative, definitely. I’ve grown more responsible for my belongings, and I’ve grown more respectful.” As he reflects further on his experience, he says that his time in the Hopewell community has had a profound effect on him. “It has affected all these parts of me, spiritually and emotionally. I am so happy I came to Hopewell.”



Theresa Prabucki, MSSA, LSW, has spent the past five years living and working in therapeutic agricultural communities, where she has come to cherish the rich value of community-based life and work. She was first acquainted with Hopewell’s healing presence when she came to serve the farm as a volunteer. Seeking to more skillfully accompany and empower individuals on their journey of healing, Theresa earned a Master of Science in Social Administration from CWRU. Theresa’s responsibilities as a clinician

include conducting intake assessments, providing counseling and case management for the residents on her caseload, and facilitating therapy groups. It brings her great joy to witness the growth and healing that happens at Hopewell each day.

New Visiting Artist Program

by Mary Cassidy, AT, LPC

Liza Rifkin is a Cleveland-based professional jewelry artist who has a passion for nature, sustainability and simple living, which she incorporates into her lifestyle and her craft. After learning about Hopewell, she was intrigued by the opportunity to visit the farm and provide workshop experiences for our residents. We arranged for her to stay on property while she led a two-day workshop in the art studio.

The first day we focused on technical skills of soldering metal with copper and sterling silver. Liza provided a tutorial for cutting, stamping and adhering metal jewelry pieces. On the second day, residents were able to experiment more independently.

One thing that stood out about the workshop experience was the enthusiasm and intrigue expressed by staff and residents alike. Most of the community visited the art room over the course of the two days to see what all the bustle was about. Many residents who didn't initially plan to attend the workshop showed up to participate after hearing about others' experiences. It truly was a community-building event. One resident provided the most succinct explanation of her involvement with the workshop when she said, "I would simply say that art heals."

Liza observed how residents had the opportunity to take a break from their normal routine and try something fresh. "I'll never forget one



resident's enthusiasm after feeling discouraged at first. It is remarkable what learning a new skill can do for one's confidence and happiness."

Of her time at Hopewell, Liza said, "It really was such a rewarding experience. Taking a break from the bench to teach is always a grounding and inspiring process. To work with individuals completely new to the process shows me new ways of doing things."

The visiting artist experience provided many residents with the same confidence, happiness and support that are so essential to our therapeutic community. It was an experience we won't soon forget and a trend we are eager to continue in the future.

If you are an artist interested in sharing your skills with the Hopewell community, contact Art Therapist Mary Cassidy at mcassidy@hopewell.cc or 440.426.2097.

Thanks and Good Luck to Our Development Interns!

by Audrey Katzman, Development Assistant

For the past several years, Hopewell has offered a paid summer internship to a qualifying high school graduate or college student interested in a future career in fund raising or, more precisely, event planning. The intern becomes an integral part of the Development Office team, especially lending support to the Summer Solstice Steering Committee. This year, we were fortunate enough to hire two outstanding individuals.

From early May through the weeks of post-event work, Nicole "Nikki" Hollis from Highland Heights and Janine Shear from Solon joined the Hopewell community. Their flexible schedule ranged from 20 hours a week to well over 40 hours during the final preparations for Summer Solstice.

Peggy Barnes Szpatura, Director of Development, notes, "Hopewell's internship provides opportunities for students to experience the daily behind-the-scenes work of a nonprofit organization's development office. While the primary focus during their tenure is the Summer Solstice event, the interns are involved in all aspects of our fundraising efforts."

Nikki has returned to The Ohio State University as a junior majoring in Integrated Strategic Communications and Public Relations. Janine has returned to Ohio University as a senior majoring in Studio Arts (graphic design and photography). Both young women enjoyed their experiences at Hopewell.



Nikki Hollis and Janine Shear at Summer Solstice

According to Janine, "We were included in everything from regular team meetings to working with vendors to staging the Silent Auction. We really felt valued. Having two interns was very beneficial because we were able to throw ideas back and forth to achieve the best end results."

"Playing a role in the process and execution of Summer Solstice was not only inspirational but also humbling," Nikki reflected. "My dream job is to become an event planner, and my Hopewell internship gave me a taste of what planning a large benefit entails."

Creative, hard-working and always fun, Janine and Nikki became invaluable members of the Hopewell Development Office team. We wish them well!

Summer Solstice 2016: Celebrating 20 Years of Service

Fondly called “The Hunting Valley Block Party,” Hopewell’s 16th annual Summer Solstice benefit was held Friday, June 24. More than 400 guests celebrated Hopewell’s first twenty years of service with an elegant outdoor dinner catered by Chris Hodgson’s Driftwood Catering. The event was held at the beautiful estate owned by *Brian and Gretchen Colleran*, whose foundation served as the event’s Gold Sponsor.

This year’s event honored Hopewell trustee **Al Kantra, Jr.** and **Hawthorn, PNC Family Wealth®**. Kantra is the Executive Vice President and Managing Director of PNC Asset Management Group. We offer special thanks to Hawthorn for serving as the premier Presenting Sponsor of Summer Solstice for the sixteenth consecutive year. **David Legeay**, Senior Vice President and Managing Director of the Cleveland market for Hawthorn, announced during the program that Hawthorn, PNC Family Wealth® will be the Presenting Sponsor again in 2017.

We thank event chair **Mary Joyce** and her husband, **Peter Joyce**, who kept the program moving as our masterful emcee. Mary’s Steering Committee worked tirelessly since January to ensure Summer Solstice 2016 would be a smashing success. Trustee **Susan Silverberg-Bewie** served as auction chair, **Lindsay Steinbrink** as table host chair and **Sharon Swagger** as decorations chair. We are especially grateful to the Corporate Committee, led by **Joseph F. Verciglio** of BakerHostetler, which secured \$125,000 in sponsorships.

Two large barns overflowed with silent auction items including antiques, jewelry, household items and entertainment packages. Auctioneer **Bob Hale** whipped up excitement as guests bid on vacation packages and exclusive experiences in the live auction. Highlights of the evening also included remarks by Hopewell’s founder, **Clara T. Rankin**. Guests were captivated as former resident **Cynthia Lauren** shared her personal journey through mental illness toward wellness found at Hopewell. Her moving, heartfelt speech was greeted with a standing ovation, and the Fund-a-Need that followed produced nearly \$60,000.

Proceeds from the annual event enable Hopewell to offer fee assistance to 95% of its residents’ families each year. With a very generous pledge from an anonymous donor at the end of the evening, Summer Solstice 2016’s net proceeds exceeded \$300,000!

Save the date: June 16, 2017!

Photos by Justina Roberts Photography



Clay and Beth Rankin with Brinton Lincoln



Guests supporting Fund-a-Need



John Makley with Susan and Hal LaPine



Cynthia Lauren

Guest speaker **Cynthia Lauren**, a former Hopewell resident, told Summer Solstice guests, “I am keenly aware that I could have been one of the unfortunate people who fall through the cracks despite our great hospital systems. As far as I’m concerned, there should be more facilities like Hopewell all over the country. Hopewell provides precious time so that people like me have the ability to stop running — and to turn and face their fears — and to find for the very first time that the light at the end of the tunnel is not an oncoming train but a light of love and support. That is what Hopewell provides.”



Craig and Lindsay Steinbrink with Elizabeth and Ethan Spencer



David Landever and Keely O'Bryan with Andrea and George Holt



Gail Kichler with Auction Chair Susan Silverberg-Bewie



Mark and Carole Obernesser



Clara T. Rankin, founder of Hopewell



Chip and Melissa Knuth



Kathy and Tom Leiden with Event Chair Mary Joyce



Walter Chapman wins the bid!



Rahul and Rebecca Wadhawan

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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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mental health services

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Hiking for Health

(Editor's note: As reported in earlier editions of this newsletter, the five leading therapeutic farm communities – Gould Farm (MA), CooperRiis (NC), Rose Hill (MI), Spring Lake Ranch (VT) and Hopewell – are actively engaged in an initiative to study and share outcomes measurement and research tools and practices. They also enjoy each other's publications. The following is an excerpt from Gould Farm's summer 2016 newsletter.)

Long before scientists studied hiking's positive effects on the brain and body, transcendentalists had the same advice to offer: **Get outside and interact with nature.** Look at it, breathe it in, feel it under your feet. Move through nature and it will move you.

Research shows that hiking:

- Decreases symptoms of depression
- Reduces stress and anxiety
- Increases strength and fitness
- Improves creative problem-solving performance
- Increases pro-social behaviors such as generosity and trust

"I went for a walk in the woods and came out taller than the trees."

– HENRY DAVID THOREAU