

# HOPWELL COMPASS POINTS

WINTER 2017 NEWS FOR FAMILY & FRIENDS

## From Desperation to Inspiration

by Mary Cassidy, AT, LPC

*When Christine Montross, MD, spoke at Hopewell's 2015 Exploring Mental Health Series, she said, "We all live beneath a veil of invulnerability. Mental illness pierces that veil." It may strike at any age. Few people know that to be true more than 50-year-old Craig R.*



Craig had practiced law in Arizona for more than 20 years when he became a full-time judge. A loving husband with two teenaged children, his life was good. Then the economy changed and he lost his job. A new position in the attorney general's office demanded he manage 140 cases instead of the allowable maximum of 70. Craig began to "break down." He became a criminal defense attorney, but within four months was overwhelmed by extreme anxiety every day. After a stay in a Kansas facility that proved not to be a good fit, Craig learned about Hopewell from a sister-in-law who lived in the Cleveland area. He was admitted in September 2016.

Like many other residents, Craig found the adjustment to life at Hopewell to be challenging. "Living conditions here can be difficult," he says. "After living in a big house with a family, you are suddenly sharing a bathroom with a stranger."

Craig chose to use the challenges as tools. He believes, "If someone else isn't considerate, it's because they, too, are suffering. I thought my condition was bad until I met other residents. At Hopewell, we learn to give each other 'grace.'"

CONTINUED ON PAGE 3

## Hopewell Featured on HBO

Last fall, the producers of HBO's weekly "VICE News Tonight" program contacted Hopewell, asking to make a documentary about our therapeutic farm community. They spent two full days at the farm, interviewing residents and staff. The program aired Friday, January 13, 2017.

Subscribers to HBO may look at their TV menu for HBO Series and click on "VICE News Tonight," select episode 59 (original air date 1/13/17). Our story begins at approximately the 16'50" mark. Subscribers also may log into their HBO accounts on a computer at HBO GO and select the same program. (On TV, there is an additional post-segment interview with a resident.)

VICE News Tonight also has prepared a stand-alone piece accessible by anyone by computer. Go to <https://news.vice.com/story/living-on-the-farm-is-an-alternative-to-psychiatric-care>.

**VICE News Tonight**  
**HBO**

# The Helping Families in Mental Health Crisis Act



On December 13, 2016, the 21st Century Cures Act was signed into law by President Obama. Incorporated within this legislation is H.R. 2646, the Helping Families in Mental Health Crisis Act initiated by U.S. Representative Tim Murphy (R.-PA-18) in 2015. H.R. 2646 has been called the most transformative mental health law since John F. Kennedy was U.S. President.

Recent tragedies have opened our eyes to the fact that we are in the midst of a mental health crisis in the United States. Our largest populations of persons with mental illness are no longer in mental hospitals. They are now in prisons because we have too often criminalized mental illness. We lack many hundreds of thousands of psychiatric beds. There are more than 350,000 deaths in the U.S. each year related to mental illness. More than 43,000 of these deaths are suicides. Over 11 million individuals in this country live with schizophrenia, bipolar disorder or major depression with psychosis.

The new legislation is designed to help seriously mentally ill persons receive the care and treatment they require before their illnesses spiral into crises. Additional research and data collection are expected to provide the mental health community with new and more effective treatments and improved clinical outcomes. Another key component of the legislation is the option to offer assisted outpatient treatment.

The new law establishes for the first time an Assistant Secretary for Mental Health and Substance Use Disorders within the U.S. Department of Health and Human Services. This is a major step forward in making services available for the most difficult-to-treat cases. It also ensures that families are an integral part of the care-delivery team. Further, law enforcement officers and other first responders will be better prepared to respond to abnormal or potentially intense situations or unusual behaviors.

While the new law is not a panacea, it will help millions of individuals who need the assistance that has not been readily available to them until now.

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[www.hopewellcommunity.org](http://www.hopewellcommunity.org)

## OUR MISSION

Hopewell's mission is "to provide an opportunity for adults with mental illness to experience a self-reliant and satisfying life through participation in a vibrant residential therapeutic community."



**DO YOU KNOW A  
FAMILY THAT MAY  
NEED HELP?**

*Ask them to call Hopewell's  
Admissions Team at  
440.426.2009.*

# From Desperation to Inspiration

*(continued from cover)*

“One of the clinicians told me I would get better when I allow myself to be here,” he adds. “That has been difficult, but she was right. It is hard work. Early on here at Hopewell, I had many moments of crisis and self-doubt. I still do at times. But I am getting better. I want to be well enough again to be a good father and to support my family.”

A man of deep religious faith, Craig believes God created his path to Hopewell and provided the inspiration for him to find a new direction for this future.

A Hopewell staff member who is also a practicing pastor for a nearby congregation offers weekly Bible study. At a recent meeting, a resident shared his story for the first time after many years at Hopewell. That had a profound effect on Craig. He found himself beside the pastor, encouraging the other resident to believe in himself. As a result of the experience that evening, Craig feels he is ready to begin his transition away from Hopewell.

He reflects, “I went from being a successful but arrogant prosecuting attorney to a depressed person dealing with PTSD. I couldn’t get out of bed. I had to phone my father every morning. My family life came apart. Then I came to Hopewell. Here I talk with the clinicians instead of my father. I feel supported by all the staff. I work hard at understanding my situation.”

Craig adds enthusiastically, “I have realized I cannot return to the practice of law as I knew it before. But as an advocate with a law license, I could work in a public defender’s office helping

individuals with mental illness. I am ready to say, ‘Okay, God, I have been humbled enough. You make the decision about how I should be.’”

(Note: Craig’s admitting diagnoses were major depressive disorder and complex post-traumatic stress syndrome. Anyone who has experienced trauma may suffer from PTSD.)



Mary Cassidy, AT, LPC: *With a passion for thinking outside the box, Mary is grateful to have the opportunity to impart creative approaches to wellness and recovery at Hopewell. After earning her master’s degree in Art Therapy and Counseling from Ursuline College, Mary was immediately taken by Hopewell’s communal and holistic model of treatment and honored to join the team as an art therapist. In this role, Mary has the opportunity to plan and implement therapeutic art opportunities for residents to participate daily in a variety of ways which include providing individual and group art therapy sessions, facilitating work opportunities to produce art and craft wares for the Hopewell Farm & Craft Market, and running daily Open Studio for residents to explore, experiment with and build new skills via artistic mediums. As a Licensed Professional Counselor, Mary also serves as a member of the clinical team and carries a small caseload of residents for whom she provides individual counseling and case management. She believes that Hopewell’s idyllic and serene environment offers a safe and nurturing backdrop for creative expression to impact healing in meaningful ways.*



## Artist-in-Residence Applications Invited

Thanks to funding from the Veale Foundation, Hopewell launched an Artist-in-Residence Program. Each quarter, a practicing artist is invited to spend two days at Hopewell, providing instruction to the residents in his/her medium. Applications are being accepted for the fall quarter. For information, contact Hopewell’s art therapist, Mary Cassidy, at [mcassidy@hopewell.cc](mailto:mcassidy@hopewell.cc).

# Welcome, New Directors



*Christopher Brookes*

## Christopher Brookes

Four years ago, Christopher Brookes was invited to join the Building & Grounds Committee, which oversees maintenance of all Hopewell buildings and monitors our land conversation plan. He happily joined, having learned about Hopewell from Clara Rankin. In December 2016, Chris joined the Board of Directors. He is currently an active member of an ad hoc committee formed to study the feasibility of a major capital improvement project aimed at enriching the lives of Hopewell's residents. Chris is co-owner of Brookes & Henderson Building Company, which specializes in high-end residential projects. He lives in Russell with his wife Rachel and children Luke, Mary and Lauren.



*Uday Yadav*

## Uday Yadav

Joining Hopewell's Board is Uday Yadav. Uday is the Chief Operating Officer - Industrial Sector for Eaton Corporation, located in Beachwood, Ohio. He has a great interest in collaborating with the Board and sharing his knowledge and business acumen to help develop Hopewell's new strategic vision. Uday believes that better understanding of the causes of mental illness and finding innovative solutions will help create a more productive world. Uday is also deeply interested in improving the environment and developing the next generation of leaders. In his downtime, Uday enjoys traveling, reading, sports and, along with his wife Anu, watching his sons Dhruv and Vid play tennis.

## FROM THE WISHING WELL

Hopewell residents and staff appreciate donations of materials and equipment that enhance their work and other activities.

Currently we need the following items:

- Good used ½ ton or ¾ ton farm trucks (preferably Fords)
- A commercial, zero-turn, heavy duty lawn mower
- A 20" Dewalt scroll saw and stand for the Wood Shop
- A sturdy dining room table and chairs (suitable for 4 to 6 people)
- Table and floor lamps (preferably with good shades) for the common areas of the residents' cottages
- A glass display case for the Farm & Craft Market (ideally 48" w x 26" h x 20" d or larger, with two adjustable shelves)

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

## SUPPORT HOPEWELL EVERY TIME YOU SHOP WITH AMAZON!

Hopewell is a registered AmazonSmile organization. This is a simple and automatic way for you to support Hopewell every time you shop on-line. Simply visit smile.amazon.com and choose "Hopewell Inn" as your charity. The AmazonSmile Foundation will donate .5% of the purchase price from your eligible AmazonSmile purchases.





## New President-Elect: Chloe Rankin Seelbach

As a member of Hopewell's Board of Directors since 2007, Chloe is honored to be selected as Hopewell's new President-Elect. In addition to her familial connection to the organization (she is founder Clara T. Rankin's granddaughter), Chloe recognizes the rising need for substantive, holistic mental healthcare and understands the intrinsic healing power of work within a residential farm community. A strong supporter of Hopewell's mission and vision, she has led Hopewell's past three strategic plans, chaired Hopewell's Summer Solstice benefit and is currently acting Secretary of the Board of Directors and Chair of the Governance Committee. In addition, Chloe is a Sustainer of the Sunbeam Board and is a member of Hathaway Brown's Advisory Council. She lives in Shaker Heights with her husband Scott and children Taplin, Isabelle and Thomas.

## Dear Friends of Hopewell,

*Your responses to our year-end 2016 Annual Fund appeal were overwhelmingly generous. On behalf of Hopewell's Board of Directors, staff – and especially our residents and their families – thank you for your extraordinary support. The Annual Fund for all of 2016 boasts a record-breaking total of more than \$240,000.*

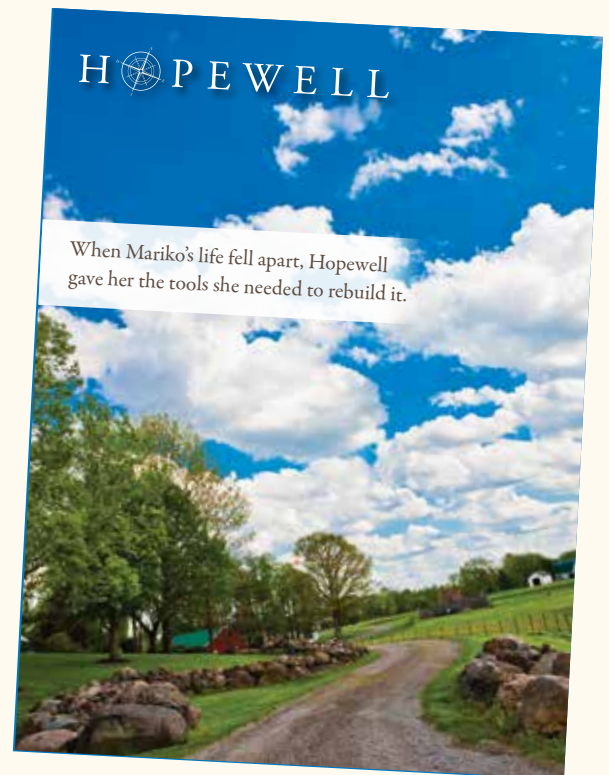
Your gifts to our Annual Fund appeals allow Hopewell to provide fee assistance to families in need. In other words, they allow us to not only fulfill our mission but to strengthen it in the best way possible: allowing more individuals to receive Hopewell's care.

We wish to thank the individual donors, foundations, businesses – and our own Hopewell staff, Board of Directors and Council of Advisors – for endorsing and generously supporting Hopewell's unique and very successful form of mental healthcare.

Warmly,

William R. Hawke  
Annual Fund Chair

Kathryn L. Makley  
Annual Fund Co-Chair



by Langston Wesley and Peggy Barnes Szpatura

COPULA  
 COPULA  
 COPULA  
 BLACK  
 COPULA  
 HAITIAN  
 BARACK OBAMA  
 TOUSSAINT  
 SIDNEY POSEY  
 JESUS CHRIST  
 TRIBE OF JUDAH  
 JOSEPH BOULET  
 DUKE ELLINGTON  
 BOLT  
 SANS  
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Since then, Langston has lived independently in Cleveland, Ohio. He is working hard, preparing for the first major exhibition of his works as a professional artist. James Corcoran, owner of Corcoran Fine Arts, one of the region's most prestigious galleries, says, "Langston is the first living Cleveland artist I have shown in 20 years. His work is particularly interesting and meritorious. I wanted to be the one to give him his break."



## Post-Black



200020



Chicago



Langston Wesley (photo credit: John Quinn)

By age four, Langston already was working in acrylics. By 4th grade, he was winning art contests. By high school, though, his interests were elsewhere. It was not until he came to Hopewell that his love of creating art was rekindled. When he walked into the Art Room, he felt “at home again.”

“At Hopewell, painting was a means for catharsis for me,” he remembers. He could devote as much time as he wanted to reconnecting with and exploring his talent. After his time at Hopewell, he continued to paint, developing his technique and devoting himself ever more strongly to his work.

Like his favorite artist, Jean-Michel Basquiat, Langston Wesley’s pieces often contain autobiographical information along with text and images, codes, numbers, symbols, abstraction, historical references and reflections on current social, political, religious or cultural trends. Also like Basquiat’s works, they often resemble graffiti, fused with evocative images in beautiful colors. They depart from Basquiat in their compelling juxtapositions and personal expressions that are unique to Langston’s “catharsis.”

Langston was born in 1988. (That number appears in his paintings.) It was also in 1988 that Jean-Michel Basquiat died, at age 27. A Basquiat exhibition opened at the Cleveland Museum of Art on January 22, 2017, and will be on view through April 23. By coincidence, an exhibition entitled “New Directions: Langston Wesley” will open a short distance away, from March 16 through May 10 at Corcoran Fine Arts. One of the pieces for sale in the exhibition is a multi-media collage that was created by Langston while at Hopewell.

At Hopewell, everyone is encouraged to believe in and work toward their highest potential.

When asked to comment on his stay at Hopewell, Langston responded:

When I got to Hopewell, my life was in shambles. Almost five years later, I’m making headway, doing things I never thought I could do.

Mental illness is a very difficult circumstance. It is often misdiagnosed and almost always misunderstood. I have been hospitalized about a million times and given about a million prescribed medications. It makes you feel like a lab rat. Now I take only one medication, and I live on my own.

I want to tell people out there who are going through things with their mental health, and their loved ones, that there really is a way out. I had to advocate for myself and communicate about my problems. **Ultimately, I became the greatest factor in eliminating my symptoms.**

Hopewell helped Langston re-find the tools he needed to take control of his life and to pursue a fulfilling career. He shares his name with Langston Hughes (1902-1967), the great American poet, activist, novelist and playwright from Cleveland, who wrote, “*An artist must be free to choose what he does, certainly, but he must also never be afraid to do what he might choose.*” At Hopewell, everyone is encouraged to believe in and work toward their highest potential.

The staff and his former fellow residents at Hopewell are proud of Langston Wesley. We will be at his exhibition opening on March 16th (4pm to 8pm), and invite all our supporters – and collectors of fine art – to join with us.

Look for an article about Langston and his work in the next quarterly publication of the [CAN](#) (Collective Arts Network) [Journal](#), to be distributed in March. To learn more about CAN, visit [CANjournal.org](#).

(Of special note: James Corcoran has been a friend of Hopewell for many years. In fact, he has staged the silent auction for Summer Solstice! **Corcoran Fine Arts** is located at 12610 Larchmere Boulevard, Cleveland, OH 44120, just off Shaker Square. Visit [www.corcoranfinearts.com](#). **A portion of the gallery’s proceeds from this exhibition will benefit Hopewell.**)

 **Corcoran Fine Arts**



*Cindy Ream*

## In 20 years, she has seen it all.

*by Audrey Katzman*

In December 2016, the Hopewell staff recognized Cindy Ream for 20 years of service. She is Hopewell's longest-serving staff member.

Cindy had earned an Associate's Degree in Nutrition and was working in food service when she was hired as a Cook in 1996. She recalls, "Hopewell was so different twenty years ago. We had only one building – the Main House – and all the residents were men. Every day we fed 30 people including staff, but everyone was doing physical work, so we actually cooked for 50!"

Over the past two decades, Cindy has seen the stigma of mental illness lessen. "At first, families were embarrassed and ashamed when their loved ones came to Hopewell. Some kept it a secret. Now people are more accepting."

Today, Cindy is a full-time Program Facilitator, a role she finds fulfilling. She assists residents with activities of daily living as well as with activities such as crafts and Spirituality Group. "As Facilitators," she says, "we don't do things *for* the residents. We direct them to resources and help them become the best they can be."

For Cindy, like the residents and other staff, the Hopewell community is like a family. Everyone is accepted. Cindy says proudly, "We help residents to understand themselves and to develop the strengths to address their problems in more effective ways."

(Contributing Writer Audrey Katzman is Hopewell's Development Assistant.)

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## Keeping Us Healthy!

For more than five years, Jennifer Miller was Hopewell's Head Cook. In December, she became our Food Service Manager and Wellness Educator.

As Food Service Manager, Jennifer plans the daily menus, orders food supplies and oversees the kitchen. Her focus is on providing whole foods, including produce raised at Hopewell. She also ensures any special dietary needs of the residents are met. To feed Hopewell's 30-40 residents and as many as 25 employees each day requires a kitchen staff of six. These employees currently are aided by two residents who choose to work on the "kitchen crew."

As Wellness Educator, Jennifer helps residents understand why it is important to eat well and exercise regularly. Residents learn how caring for one's body affects overall well-being. Jennifer meets with residents who want to improve their eating habits. She also has initiated work-out groups to help residents understand the proper way to exercise for maximum results. She looks at activities that can involve the entire Hopewell community, such as hiking or group dancing. She says, "It's all about keeping moving."

Currently Jennifer is developing a support group for residents who need extra, ongoing encouragement.

She says, "I enjoy being with our residents and I am excited to embrace my new role. Hopewell is such a rewarding place to work. I love being here."



*Jennifer Miller*



*Donna H., circa 2004*

## “Bow Day” at Hopewell



*Donna H., 2016*

When the Hopewell community mourns the loss of one of its own, everyone gathers to celebrate their friend’s life and remember that friend’s uniqueness.

On January 21, Donna H., age 61, passed away after a too-brief battle with cancer. She had been a resident at Hopewell for nearly 14 years. Donna was loved by everyone. Aside from her excellent record of participation on the housekeeping crew, she was known for her enjoyment of water color painting, flower arranging and decorating the dining room (and her own room) for holidays. Donna also was a “fashionista” who adored clothes and especially ribbons and bows, which she wore daily as jewelry and hair ornaments.

On January 26, in Donna’s memory, Hopewell celebrated “Bow Day.” Every resident and staff member wore some sort of bow or ribbon.

In a time of tremendous grief, everyone’s spirits were lifted by sharing a practice Donna enjoyed. At Hopewell, “community” truly embraces everyone. On Bow Day, Donna was celebrated as the loving, caring, remarkable person everyone at Hopewell misses.



*Program Facilitator Bruce McAllester*



**At Hopewell, we accept  
everyone who joins our  
community just as they are.**



## A Sure Sign of Spring

Punxsutawney Phil may claim all the credit for announcing the coming of spring, but we at Hopewell know better. For us, it's the arrival of baby lambs!

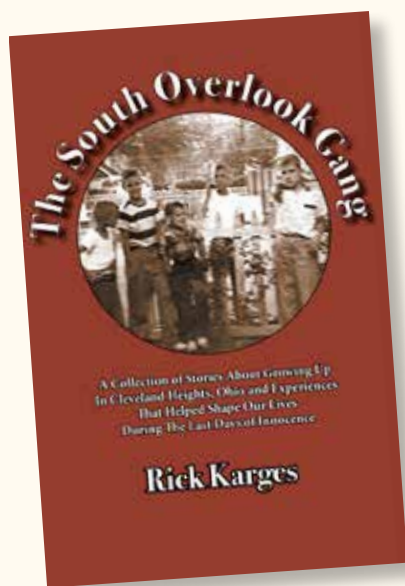
Sure enough, these little furries were welcomed the end of January. (They didn't bother to wait for Groundhog Day.)



## Sunrise at Hopewell, January 2017



*Photo credit: Daniel B. Horne*



## Author! Author!

Rick Karges, Hopewell's Executive Director/CEO, grew up in Cleveland Heights, Ohio. Having spent his most formative years in the South Overlook neighborhood of that eastern Cleveland suburb – and having spent the last 10 years in the close-knit Hopewell community – he decided to record and publish his memories. The result is The South Overlook Gang, published in December by Windjammer Adventure Publishing. A light-hearted and humorous coming-of-age memoir, the book is filled with fascinating historical trivia about Cleveland Heights. It also has generated a great deal of interest about Hopewell. Copies of the book are available at [amazon.com](http://amazon.com) and at Appletree Books and Mac's Backs, both in Cleveland Heights.

## Hopewell Represented in Cleveland Heights – Be there!



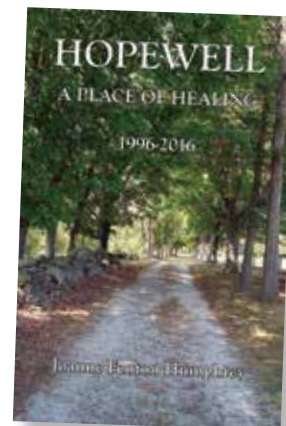
Appletree Books will host a book signing of Rick Karges's The South Overlook Gang at Nighttown (12383 Cedar Road) from 2:00 to 4:00pm on Sunday, March 12. Meet the author, mingle with friends and enjoy the delightful, eclectic atmosphere of one of Cleveland's most popular landmark restaurants/jazz clubs. (Visit [www.nighttowncleveland.com](http://www.nighttowncleveland.com).)



Each month throughout the year, the storefront windows of Appletree Books (12419 Cedar Road) are filled with displays from different worthy nonprofit organizations. Hopewell will be featured this May, which happens to be National Mental Health Month.

Throughout May, you may purchase items displayed in Appletree Books' windows. These will include crafts created by Hopewell residents (generally for sale at Hopewell's Farm & Craft Market) and – if this year's "sugaring" goes well – Hopewell's famous maple syrup. You also may purchase copies of Rick Karges's book and copies of Joanne Fenton Humphrey's book, HOPEWELL A Place of Healing 1996-2016.

Commissioned by Hopewell's founder, Clara T. Rankin, Joanne's book was published by Windjammer Adventure Publishing (Chagrin Falls, OH) to commemorate the 20th anniversary of Hopewell's service to adults with serious mental illness. Visit Appletree's website at [www.appletree-books.com](http://www.appletree-books.com) to **make sure you attend a special Friday evening reception/book signing during May in honor of Hopewell**. (Note: The store is closed Sundays and Mondays.) Special thanks to Appletree Books owner Lynn Quintrell for her continued support of Hopewell.



# 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](http://www.hopewellcommunity.org/blog)

## Save the Date: June 16, 2017



Please join us for the 17th annual Summer Solstice  
benefit event in beautiful Hunting Valley.

**Honoring**  
**Sandy and Sally Cutler**

Honorary Chairs: Brian and Gretchen Colleran  
Mary Joyce, Chair      Peter Joyce, Emcee  
Marigold Catering, Caterer

**Hopewell wishes to thank**



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Founded by Brian & Gretchen Colleran

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