

HOPEWELL COMPASS POINTS

FALL 2025 NEWS for FAMILY and FRIENDS

Exploring Mental Health

Hopewell's 14th annual *Exploring Mental Health* program returned on October 8 with a compelling panel discussion titled "*Substances, Symptoms, and Stigma: A Clinical Discussion on Psychosis and Addiction.*" Sponsored by **Sally and Sandy Cutler**, the event brought together leading mental health experts to explore the rising intersection of substance use and psychosis—especially among young adults.

Dr. David Baron, Medical Director of Yellowbrick Consultation and Treatment Center in Chicago, opened with a critical look at the increasing link between cannabis use and psychosis among young adults. Based on his work with individuals aged 18–30, he noted that cannabis—especially when used heavily and from a young age—can trigger paranoia and psychosis.

Dr. Chris Tuell, Clinical Director of Addiction Services at Lindner Center of HOPE, stressed the importance of treating mental illness and substance use disorder (SUD) concurrently. He sees the roles of trauma, emotional pain, and family history as key risk factors. Dr. Tuell warned that about 10% of early cannabis users may go

on to develop schizophrenia, reinforcing the urgency of early intervention.

Dr. Andrew Hunt, Hopewell Consulting Psychiatrist, discussed the significant rise in young adults experiencing psychosis alongside cannabis use, particularly in states with legalized marijuana. He noted a troubling trend: cannabis now has a stronger correlation with schizophrenia onset than methamphetamines, opioids, or cocaine.

Sami Petty, Hopewell Consulting Nurse Practitioner, shifted the focus to hope and recovery. She emphasized that recovery is a process, often non-linear, marked by setbacks and small victories. She stressed the importance of abstinence from substances, as further episodes could become increasingly severe or irreversible.

Daniel Horne, Hopewell Clinical Director, led the discussions and question session. All panelists agreed: the most effective path forward is *integrated care*—treating psychosis and addiction as interconnected conditions. As this year's event highlighted, understanding and addressing the



*Colleen Welder, Chief Executive Officer,
and Daniel Horne, Clinical Director*

complexity of dual diagnoses is key to offering effective, compassionate care.

Hopewell remains committed to advancing these crucial conversations and supporting those on their journey toward healing and recovery. To view the series, visit hopewellcommunity.org/events/exploring-mental-health or scan the QR code.



COLLEEN WELDER, Chief Executive Officer



Dear Hopewell Community,

This fall has been a truly special season at the farm. From our successful Outreach Open House and the staff and resident Family Day to the Full Moon Hike and festive Halloween celebration, the energy and connection across our community have been inspiring. Each event reminds us of the joy that comes from gathering together and celebrating the spirit of our mission.

On the cover of this issue, you'll find a feature on our *Exploring Mental Health* event — a highlight of our fall calendar.

We are deeply grateful to **Sally and Sandy Cutler** for their continued support, which allows this meaningful event to thrive each year.

In October, I had the privilege of attending the Fall Meeting of the American Residential Treatment Association. It's always an inspiring experience to step away from the farm for a few days, connect with colleagues from across the country, and exchange ideas about best practices and innovations in residential treatment. These gatherings remind me that while our work at the farm is unique, we are part of a much larger network of people committed to healing, learning, and growth.

On a personal note, September is always a special month for my family. We spent time at the Great Geauga County Fair showing our 4-H animals. I was delighted to see that many of our staff were there, too, supporting their own children and animals. It struck me how deeply our shared connection to the land and to meaningful work runs throughout our Hopewell community. The farm isn't just a place of employment for so many of us — it's a way of life that we embrace both professionally and personally.

Most recently, we launched our strategic planning process with an energizing kickoff meeting that brought together Board and staff leadership. We reviewed the incredible progress made on our 2023–2025 Strategic Plan — and it's truly remarkable how much has been accomplished in such a short time. You can view the current plan on our website.

As we look ahead, our conversations are filled with hope, ambition, and possibility. Together, we are envisioning big goals for the future and building on the momentum that has carried us this far. The future is bright, and I'm grateful to be on this journey with all of you.

Warmly,

Colleen Welder, RN-BC, MBA
Chief Executive Officer



View Hopewell's
2024 Annual Report
and 2024 Outcomes Report
at hopewellcommunity.org/news
or scan this QR code.



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COMPASS POINTS

IS A QUARTERLY PUBLICATION FOR THE
FRIENDS AND DONORS OF HOPEWELL.

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Remembering Roger Rankin

Hopewell is saddened to share the unexpected passing of **Roger Farnham Rankin** on August 25, 2025, at the age of 72. Roger had been involved with Hopewell since it was founded by his mother, Clara, in 1993. Since then, he has been our longest-serving Board member and a steadfast leader, most notably as Chair of our Investment Committee from the very beginning. He gave generously of his time, wisdom, and care in support of Hopewell's mission.

Roger's early education at Hawken School, where he attended from kindergarten through twelfth grade, and later his studies at the University of Denver, laid the foundation for a career grounded in financial insight and integrity. He became a private investor with a deep understanding of business and markets and served as a trusted advisor on numerous corporate boards, including NACCO Natural Resources and Hamilton Beach Brands.

Beyond business, Roger's dedication to the greater Cleveland community was profound. In addition to Hopewell, he contributed his leadership to institutions including the Cleveland Zoological Society, The Chagrin Valley Hunt Club, and his alma mater, Hawken School.

Roger's appreciation for the natural world began in childhood and stayed with him throughout life. Whether walking in Gates Mills,

Ohio, or planning future travels, nature was both a sanctuary and source of inspiration. Known for his sharp mind, playful wit, and warmth, Roger had the rare ability to connect deeply with people from all walks of life. His laughter was infectious, and his friendships enduring.

He is survived by his beloved wife of 36 years, Alison Albert Rankin, and their daughters, Anne Farnham Rankin and Elisabeth Marshall Rankin. He was a cherished member of a large and close-knit family, including his brothers Alfred, Thomas, Claiborne, and Bruce.

Roger lived with integrity, curiosity, and compassion. He will be deeply missed, but his spirit—bright, kind, and full of life—will continue to inspire all who had the privilege to know him. A lifelong Clevelander and steadfast supporter of the community, Roger will be remembered for his humor, humility, and unwavering commitment to the people and causes he held dear.



Save the DATE Friday, June 26, 2026

CHAGRIN VALLEY HUNT CLUB, GATES MILLS, OHIO

PRESENTING SPONSOR:

For sponsorship information or to join our steering committee, please contact Ann Thompson at athompson@hopewell.cc.



**PNC
PRIVATE
BANK**

HAWTHORN

Join us for an evening dedicated to raising funds to provide an opportunity for adults with serious mental illness to experience a self-reliant and satisfying life through participation in a vibrant residential therapeutic community.

*Mark your calendar to attend our
Summer Solstice celebration!
See you Under the Tent!*

Cornerstone OF HEALING

At Hopewell, community building is a cornerstone of healing. Beyond clinical care, our groups offer residents the opportunity to connect, explore, move, and express themselves in meaningful ways. Each group reflects Hopewell's mission: to nurture healing through community, nature, creativity, and shared experience. These moments—big and small—help residents rediscover their place in the world and within themselves.

Facilitated by **Celeste Hein, Environmental Care Manager**, residents gather weekly to read and reflect on a wide range of genres. Together, they explore stories, share insights, and sometimes just enjoy the calm of shared silence.

Book Group

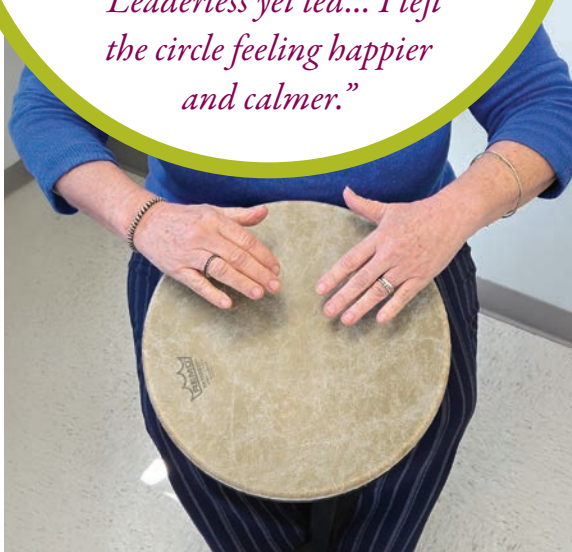
"Book Group offers a low-key way of socializing... we talk about how the book makes us feel."



Drum Circle

Whether it's the soft tippy taps of a bongo or the deep beat of a buffalo drum, our drum circle brings rhythm and release. Led by residents and supported by **Jodi Dobos, Music Therapist**, this group boosts mood, reduces stress, and helps participants sync into something bigger than themselves.

"Leaderless yet led... I left the circle feeling happier and calmer."



Movement Group

From frisbees and ping pong to spontaneous indoor dance parties, Movement Group is all about joy and laughter through physical activity. No skills required—just a willingness to play.

"Get moving and get laughing!"



Bird Walk

Led by **Annie Melinz, Clinician**, and **Theresa Merten, Farm Animal Manager**, this quiet, reflective walk invites residents to explore the grounds, listen for birds, and experience the restorative hush of nature.

"This quiet isn't empty; it's restorative."



Open Art Studio

With endless materials and endless imagination, residents express themselves through painting, pottery, knitting, tie dye, and more. Some projects are collaborative—like making gifts for discharged residents or auction pieces for Summer Solstice.

“One art therapy project involved sculpting clay anxiety monsters—creative and cathartic!”

Wood Shop

Started over a decade ago by **Paul Johnson, Woodshop Manager**, it remains a space of craftsmanship and confidence. Residents build benches, cornhole sets, cutting boards, and more—projects that showcase skill and pride.

“Residents gain confidence by creating something entirely new.”



Community Walk

Four days a week, residents and clinicians walk the grounds or nature trails together. Some go fast, others slow. Conversations spark, or moments of quiet settle in.

“You never know what you might find—or who might walk beside you.”



Women's Group

A safe space for Hopewell's women to support one another and have fun. Whether it's baking cookies or running a “Virtues Lemonade Stand” (where drinks are earned through kind notes), this group blends creativity and care.

“Virtues were read aloud the next day at morning meeting—uplifting for all.”

from the WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs.

SMALL KILN (\$3,194): The art studio needs a new smaller kiln. **Clinician Kala Mansfield** said, “The large kiln we have works great but because of how big it is, I can’t fire it very often because I can’t fill it with enough pieces. A smaller kiln would allow us to fire pieces more frequently.”

POPCORN MAKER (\$285): Staff and residents would love a commercial popcorn maker for community gatherings and movie nights. A perfect addition for their winter hibernation.



Please contact Director of Development Ann Thompson (athompson@hopewell.cc or 440-247-0912) in the Development office if you are interested in donating these items.

AMAZON WISH LIST



Visit our website at hopewellcommunity.org/support-us/wishing-well or click on this QR code with a smart device to see items on our Amazon Wishing Well list. Purchases will be shipped directly to the farm.

If it is more convenient, please make a monetary contribution and indicate which item(s) you would like us to purchase on your behalf.

WELCOME, Jodi

Welcome **Jodi Dobos**, Hopewell’s new music therapist, who holds a music degree in voice performance from Baldwin Wallace Conservatory and a degree in psychology and post baccalaureate music therapy certification from Cleveland State University. Prior to coming to Hopewell, she held positions in hospice and behavioral health facilities.



Jodi Dobos

Though Hopewell had both music performance and education programs, this is the first time we have had a music therapist on staff. Jodi explained, “Music therapy uses music for non-musical goals. Maybe you want to express yourself with an instrument, learn a particular piece, or perform, but there is more going on here. Music engagement allows individuals to develop coping skills, improve communication and improve emotional regulation. Music therapy is effective because it stimulates various regions of the brain. Engaging in a musical activity requires focus and coordination. It also can distract us from negative thoughts, and it encourages mindfulness and being in the moment.”

She continued, “Music can help people relax, reduce symptoms of anxiety and depression, reduce stress, explore and process emotions and regulate mood. Music can help someone communicate nonverbally and work on socialization skills such as maintaining eye contact. We reinforce positive behaviors and build self-esteem. Music brings isolated people together to learn a song, sing or perform together. We’re creating positive experiences.”

Jodi had an upbringing full of classical music (piano and violin) but her “instrument” of choice is her voice. She performs jazz, pop, and soul tunes, and has a residency at The Standard Restaurant twice a month. She loves to hear live and choral music. “I have found a community with my music people,” she said.

FAREWELL, Rick

After more than two decades in the construction trades across Oklahoma, Texas, and Kansas, **Rick Polch** brought his expertise and deep sense of responsibility to Hopewell—first as a contractor, and soon after as our Superintendent of Buildings and Grounds. Now, after years of steadfast service, we bid a fond farewell to Rick as he relocates south with his wife to begin a new chapter closer to their family’s cabin.



Rick Polch

Rick has been an integral part of the Hopewell community, serving not only on the Leadership Team but also as our Safety Officer and a member of numerous committees. His role went far beyond the job title: from developing the policies and procedures that continue to guide our compliance with CARF and ODMHAS, to mentoring staff, maintaining our facilities, and ensuring the safety of all who live and work at Hopewell.

“When Hopewell was very new,” Rick recalled, “I was a combination sheriff, first responder, animal control, property liaison, maintenance director, and landlord of the homes on the property. I always helped in all the programs and had my team do things as well. Everyone who works here should always pitch in and help others.” He even lent a hand as a program facilitator—leading bowling outings and hosting fishing tournaments for residents. His hands-on, can-do spirit helped shape the culture of service that defines Hopewell today.

Though Rick never claimed to be a writer or typist, his legacy is written in every safe building, every emergency plan, and every thoughtful policy he helped craft. He leaves the role in good hands, having spent months training his two successors, **Andy Hunt** and **David Wolff**.

“My main goal for 24 years was to make Hopewell the best and safest place for residents and staff,” Rick said. Thank you, Rick, for accomplishing that—and so much more. You will be deeply missed.

MAKE AN IMPACT

Through Your DAF or Family Foundation

Did you know you can support Hopewell's 2025 Annual Fund through a Donor-Advised Fund (DAF), family foundation, or charitable trust? These giving tools offer a meaningful way to make a lasting impact while aligning with your philanthropic goals.

To recommend a gift from your DAF or foundation, simply use the following information:

Hopewell EIN: 34-1739967

Mailing Address: Hopewell, 147 Bell Street, Suite 303, Chagrin Falls, OH 44022

Fund Designation: 2025 Annual Fund

If you have questions or would like assistance, please contact Ann Thompson at athompson@hopewell.cc or 440-247-0912



Donate from your IRA to get tax benefits, fulfill your Required Minimum Distribution, and support Hopewell!

HONORARY & MEMORIAL GIFTS

AUGUST 1 – NOVEMBER 14, 2025

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Nancy and Bill Seelbach

IN MEMORY OF

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Blackbaud Giving Fund

The Lozick Family Foundation

Kelvin and Eleanor Smith Foundation

GIFTS IN KIND

Audrey Katzman –

birdfeeder and birdseed

Thomas and Kelly Morley – Bird Buddy

We apologize for any errors or omissions. Please contact the Development office at 440-247-0912 so that we may correct our records.

HOPEWELL COMPASS POINTS

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At Hopewell, we empower individuals to function at their highest level of effectiveness, leading to a more satisfying, self-reliant, and independent life, both during and after their stay.

Using the healing powers of clinical engagement, our therapeutic community, nature, and meaningful work, Hopewell's program transforms the whole person: mind, body, and spirit.

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Opening the Door TO HEALING AND HOPE

In 1993, Clara T. Rankin founded Hopewell, inspired by her unwavering belief that adults living with serious mental illness could find healing through nature, meaningful work, and a compassionate community. More than 30 years later, her vision continues to be true today.

We invite you to join us in carrying forward Clara's extraordinary vision. Your support of the 2025 Annual Fund ensures that more people can access the life-changing care that Hopewell provides.

Together, we can carry her legacy forward and continue to change lives.

*Thank you for
your generosity and
ongoing support.*

SUPPORT
US

