

HOPWELL COMPASS POINTS

WINTER 2023 NEWS FOR FAMILY & FRIENDS

Where Are They Now?

CHAD

Chad left Hopewell in 2017 after working through his schizoaffective bipolar diagnosis. Two years later, he received his master's degree in journalism from Ohio University. Currently, Chad is working towards a law degree at Case Western Reserve University, and plans to graduate in May, 2024. He made the Dean's List for fall semester 2022!



Chad said, "I am drawn to community development, public policy, and land use laws. Access to affordable housing is a priority in the Cleveland area and I would love to use my degree to help move that forward." He spent this past summer

working with the Cuyahoga County legal department writing memos for the county government and answering a wide variety of legal questions.

In his spare time, Chad attends AA meetings and organizes them at several locations around the city. He also satisfies his love of music by visiting Beachland Ballroom and other local music venues.

Chad looks back to his Hopewell days saying, "At Hopewell, I learned to keep my life together: sleep, medicine compliance, structured daily schedules and therapy. Without Hopewell, I would be nowhere."

CASEY

Casey was a resident at Hopewell in 2013 after being diagnosed with type 2 bipolar disorder and said, "Hopewell really saved my life. Without it, I have no idea where I would be now."

After leaving Hopewell, Casey worked a few full-time jobs but couldn't find her rhythm. After turning 30, she realized Ohio wasn't where she wanted to be and moved to New York a few months later. She said, "I knew I needed to upend my life because I was



getting nowhere in Ohio, and it was too comfortable."

In New York, Casey worked as an event planner and then in medical device sales, shining brightly as a salesperson. The best part of her move was meeting her fiancé, Brian. They are planning their July 2023 wedding in Pennsylvania, a midpoint between Casey's Ohio family and Brian's New York family and friends.

In their spare time, Casey and Brian travel, hike, and hang out with a large group of friends. Casey said, "Life is so good that sometimes I have to pinch myself. I am surrounded by so much love."



Supporting the Mental Health Professional Community



Dave Shute

Hopewell lives within a set of intersecting circles, one of which is the community of mental health practitioners. We try to do our duty as a good citizen in this professional community in several ways, including providing training and supervision for interns and new-to-practice clinicians.

Licensed health care professionals—like professionals in many other fields—are required to earn Continuing Education Units (CEUs) to maintain their professional licensure and certification.

Hopewell began offering training sessions with free CEU credits in 2020. Zoom was the critical enabler, as it allowed people to be trained without having to travel to Mesopotamia. From 2020 through 2022, Hopewell offered more than a half dozen trainings on a variety of clinical and clinical-supervision topics, conducted by several different members of our clinical team, with between 15 and 30 participants in each session.

For 2023 we are doing something different, presenting a four-part training series on Obsessive-Compulsive Disorder (OCD) for free CEU credit with two partners: the Obsessive-Compulsive Disorder Treatment Center at the Cincinnati-based **Lindner Center of HOPE**, and **Charles Brady PhD**, a nationally recognized OCD clinician who formerly directed the OCD and Anxiety Services at Lindner and also consults at Hopewell. The first two sessions were attended by more than 130 attendees each, demonstrating their

commitment to becoming better OCD clinicians by the variety and depth of questions they asked.

Our first session, on January 20, 2023, was kicked off by **Tim Bitting, Hopewell's National Outreach Manager**, who along with Dr. Brady conceived and designed this set of sessions. Dr. Brady then delivered the keynote, followed by further presentations on specific OCD topics (see page 5 for more information).

We were especially pleased to offer this training to the mental health clinical community with Dr. Brady and the professionals from the Lindner Center for HOPE, as Hopewell would not have a residential OCD program today if not for Lindner. Hopewell's program was initially suggested by Paul Keck MD, then-CEO of the Lindner Center, and co-created with the aid of Dr. Brady and others from Lindner who advised on program design, trained our clinicians on OCD treatment, and who remain frequent consultants on OCD clinical matters.

We will continue to give back to the clinical community through free CEU sessions, with more scheduled with our partners on OCD into the spring, and other topics the rest of the year.

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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."



Summer Solstice

Friday, June 23, 2023, 6:00 pm

ThornCreek Winery & Gardens, 155 Treat Road, Aurora, Ohio



PRESENTING
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OUR NEW VENUE



Nestled among eight acres of nationally awarded gardens, ThornCreek Winery & Gardens is a magical, authentic winery and tasting room with stunning gathering spaces. Please join us in June to support Hopewell and give a festive welcome to Summer 2023!

For more than twenty years, Summer Solstice has been Hopewell's signature fundraising event. Proceeds provide fee assistance to a majority of our residents' families who otherwise could not afford our care.

EVENT CHAIRS



Jennifer Hartford, Auction Chair, and **Suzanne Westlake**, Event Chair, look forward to seeing you under the tent at Summer Solstice 2023.

BECOME A SPONSOR



Entertain your customers, colleagues, and friends at one of Northeast Ohio's premiere benefits. Sponsorship packages are \$10,000 (Gold), \$6,000 (Silver), \$3,000 (Bronze) and \$1,000 (Copper).

DONATE AN AUCTION ITEM



For the Summer Solstice silent and live auctions, we need eye-catching, unusual, and exclusive experiences.

Do you have a vacation home to donate? A meal with a celebrity? Top-shelf whiskey or a case of wine? *Use your imagination.* We are excited to sell auction items to raise funds for Hopewell.

To purchase tickets (\$250) and for details about the event, please visit www.hopewellcommunity.org/events/summer-solstice-2023 or click the QR code with your smartphone.



WELCOME TO

NEW HOPEWELL CLINICIANS



ANNE BOYLE, LPC

Anne Boyle appreciates the holistic approach Hopewell takes to understanding mental health. As a clinician, Annie employs this approach in her work with Hopewell residents as they and their families navigate their healing and recovery journeys individually and in group settings. She achieved her BA in Psychology from Malone University and a M.Ed. in Clinical Mental Health Counseling from Kent State University. Prior to her transition into Hopewell's community, she provided in-home therapeutic services to children, adolescents, and adults. In her free time, Annie enjoys watching and playing soccer, listening to podcasts, spending time with her family and animals, and refinishing furniture.



**JENNIFER FRANCK,
LISW-S, CCM**

Jennifer Franck believes in the healing power of nature and animals, having experienced it herself growing up on a farm. She earned a bachelor's degree in health care administration from Lake Erie College, a master's degree in social work from Case Western Reserve University, and a master's degree in business administration from Western Governors University. Jennifer is trained in Eye Movement Desensitization and Reprocessing therapy (EMDR), and skilled in cognitive behavior therapy, mindfulness, and motivational interviewing. In her spare time, Jennifer enjoys spending time with her family, two rescued Siamese cats, and two rescued Golden Retrievers.



ANNIE MELINZ, LPC

Annie Melinz finds Hopewell's therapeutic community to be a profound healing environment and appreciates the holistic and person-centered approach Hopewell embodies. She earned a bachelor's degree in psychology from John Carroll University and a master's degree in clinical mental health counseling from Cleveland State University. Before joining Hopewell, she worked in a private practice providing individual psychotherapy to children, adolescents, adults, couples, and families. In her free time, Annie enjoys hiking, horseback riding, yoga, and spending time with loved ones.



METALSMITHING WORKSHOP

In February, residents and staff learned metalsmithing and jewelry making in Hopewell's art studio. **Kelly Flynn, Garden and Landscape Manager**, taught how to cut copper sheets, stamp textures, shape the metal, and finish and seal the final product.

Kelly came to Hopewell in November 2021. She has a master's degree in agricultural education and communication and a dual bachelor's degree in art therapy and studio arts. In her spare time, Kelly is a master gardener volunteer in Cuyahoga County and creates jewelry at home as a hobby and a small business.



HOPEWELL ANNUAL FUND EXCEEDS GOAL

The Hopewell Annual Fund exceeded its budgeted goal by six percent, raising \$409,481 in donations in 2022.

“This represents the seventh straight year that we have exceeded our goals,” said Hopewell director of development **Don Bernardo**. The organization’s Annual Fund has grown by 62% since 2017, with support from all sources (including grants and the annual Summer Solstice benefit) growing by 44% in the same period. Hopewell received \$1,043,722 from all funding sources in 2022.

Fees paid by residents represent roughly 75% of Hopewell’s operating costs, and the organization relies on philanthropy to make up the difference.

“Hopewell’s treatment model is significantly less expensive than most institutional care,” Bernardo said, “but many families still find the cost to be burdensome. We raise funds to help subsidize and reduce the cost. Ninety percent of our families receive some form of fee assistance, and this is made possible by the generosity of the community.”

Hopewell is very grateful to all our donors who help provide highly effective care for adults with mental illness.

HOPEWELL WINTER AND SPRING VIRTUAL SUMMITS

A Four-Part Series

OCD ESSENTIALS: Diagnosing and Treating Obsessive-Compulsive Disorder

SESSION 3 - FRIDAY, MARCH 17 1:00-3:30 PM EST
SESSION 4 - FRIDAY, APRIL 21 1:00-3:30 PM EST

Ohio CSWMFT Board approved for 2 FREE CEUs (for each summit) for counselors and social workers.

Hopewell is an approved provider through the Ohio CSWMFT board. Provider number RCS052003.

Our January and February Summit Sessions each had over 130 virtual attendees! Join us for the remaining educational series discussing obsessive-compulsive disorder. Whether you are a seasoned treatment veteran, new to the mental health field, or want to learn more, this series aims to lift the veil of OCD.

Clinicians from **Hopewell Therapeutic Community and the Lindner Center of HOPE** will partner with **Dr. Charles Brady** to discuss the essentials of OCD. Dr. Brady is a nationally recognized board-certified clinical psychologist who worked as an associate professor at University of Cincinnati’s Department of Psychiatry, served as the Director of the OCD and Anxiety Services program at Lindner, helped to launch OCD Mid-West, and was instrumental in developing the OCD treatment program at Hopewell.

For more information and to register for this ZOOM meeting, visit www.hopewellcommunity.org/events/hopewell-virtual-ocd-summits or scan the QR code with your smartphone.



Our Team, Our Passions:

Darlene Pennington

When hiring a finance manager, you need someone who is good with numbers, sharp as a tack, and right on the money. Fortunately, **Darlene Pennington** came to Hopewell in spring 2022 with those qualifications and more.

Working in finance and teaching math are lifelong pursuits. Darlene attended Kent State University and worked in accounting before moving to Pennsylvania to raise a family. She returned to school at age 36, earning a BS in education specializing in math and an MS in math and reading.

“I taught business, accounting, and personal finance to middle and high school students for the last twelve years. Sadly, I realized that mental health is one of the ‘side issues’ that you deal with in teaching.” Warm and compassionate, she created a safe place in her classroom. “I feel like I have a calling to help people. Students came to me when they had

concerns and problems. They were like my kids and I advocated for them.”

Circumstances brought Darlene back to Ohio in 2022, and the opening at Hopewell caught her eye. “I was intrigued by the opportunity to return to finance at such a caring place. Besides, where else can you see our Belted Galloway cows out for a walk while you crunch the numbers?”

Not one to hide out in her office, Darlene has gotten to know some of the residents by joining a farm work crew. On Christmas Day, she visited the farm to play cards with those who did not go home for a break. “I thought it would be hard for residents to spend Christmas away from their families.”

Asked to sum up a “best day” at Hopewell, Darlene paused and said, “A best day is when I can work on the farm in the morning and the books balance in the afternoon.”



Thank You **Cindy Ream**



Hopewell recently said goodbye to **Cindy Ream**, our longest serving employee, who arrived on staff six months after we welcomed our first residents. Cindy was an essential member of the Hopewell community for 26 years, first in food service and later as a program facilitator. Cindy retired from Hopewell in November 2022.

“Hopewell has been like a family,” she said. “I’ll miss the residents and I’m proud to have been a part of their recovery. I have a lot of memories, like when the snow came up to our knees and we brought meals to the cottages.”

Cindy reflected, “I’m so pleased that over the years the stigma of mental illness has lessened. People are more willing to talk about it and families are more accepting of treatment.”

Cindy and her husband moved to Wilmington, North Carolina to be near their daughter and first grandchild. Cindy, we wish you a fond farewell and warm wishes. You will be missed!

HONORARY AND MEMORIAL GIFTS

NOVEMBER 4, 2022 – FEBRUARY 28, 2023

IN HONOR OF

Peter Anagnostos
Deborah Glosserman

Jackson Barber
Wendy Gray

Maura Barber's birthday
Randolph B. Miles

Jan Nordstrom Carr
Charles Carr

Michael Grima
Erin Mackenzie
Dr. Natalie Smith

Hopewell staff
Mr. Andrew Fogel and
Ms. Patricia Abts
Kurt Kirchoff

Daniel Horne and Laura Scarnecchia
Michael and Betty Heisler

Dan Mistak
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Karen Shellgren
Mr. and Mrs. Courtenay O. Taplin
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Marcia Schreibman's birthday
Tom Goodman

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Mr. and Mrs. William R. Seelbach

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Steven Macintyre
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IN MEMORY OF

Penny and Harvey Buchanan
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Richard, Joela and Justin Weiss

Helen Grima
Louis and JoAnn Grima MacKenzie
Jane Pollis

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Mr. and Mrs. William C. Killgallon

Kathryn "Kitty" Makley
Kathy Keare Leavenworth

David Wasserstrom
Daniel Tilles Weidenthal, MD

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Mark Weisman

Nate Woodring
Mr. and Mrs. Robert Woodring

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November 4, 2022 – February 28, 2023
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Please email akatzman@hopewell.cc
or contact the Development Office at
440.247.0912 so that we may correct
our records.*

FROM THE WISHING WELL

We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Please contact **Don Bernardo, Director of Development** (dbernardo@hopewell.cc) for more information.

CAN YOU GRANT ONE OF THESE WISHES?

- Gift card of \$150 or more for Dick's Sporting Goods to purchase outdoor sports equipment (kickballs, baseball equipment, soccer balls, footballs, frisbees)
- Tickets for field trips (concerts, museums, sporting events)
- Binoculars for birding

ITEMS ON HOPEWELL'S AMAZON.COM WISH LIST

- Outdoor rocking chairs (\$249 each) and end tables (\$75 each)
- Spikeball set (\$59)
- Portable plein air easels (\$85) – need 10
- Drafting table easel (\$33)
- Large floor easel (\$140)

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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.

DISCOVER MORE
about Hopewell's unique program and
mental health services

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See page 3 for additional information.

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