

# HOPWELL COMPASS POINTS

FALL 2023 NEWS FOR FAMILY & FRIENDS

## Navigating the Mental Health Crisis in Young Adults

Hopewell's 12th Annual David M. Cutler Conservatory Exploring Mental Health series was held on October 19. Therapeutic consultant Joanna Lilley provided an eye-opening look at navigating the choppy waters of young adulthood. Over 70 people gathered at Glidden House and another 30 joined via Zoom. We extend a hearty "thank you" to event sponsors Sally and Sandy Cutler.

"Launching into adulthood is the time for personal growth, individuation, increasing independence, and new social and potentially academic experiences. Yet a sense of ambiguity and excitement can also include fear and trepidation," Joanna stated. Young adults face expectations to become independent and make "adult" decisions, while encountering challenges that may lead to anxiety and depression.

### Joanna painted a vivid picture of the mental health issues we are seeing in young adults:

- 1 in 5 youth and young adults experience a mental health condition.
- 75% of all lifetime mental health conditions begin by age 24.
- Suicidal behavior is a risk for college students, especially when mental health conditions are undetected and untreated.
- Anxiety and depression are the most common mental health concerns.

- 8% decrease in college enrollment: almost one million 18–24-year-olds aren't accounted for. What are they doing?

### She cited numerous causes, among them:

- Dependence on smart phones and problematic internet usage.
- Use of marijuana and other drugs of abuse.
- Standardized testing, boredom at school, and struggling with critical thinking.
- The pressure to excel, one-up their peers, and focus on perfection.
- Doing better than their parents seems impossible in the current economic climate.
- COVID fallout: grief, loss, developmental impacts/milestones, losing sight of a future, social isolation, and losing educational motivation.

*continued on page 3*



*Joanna Lilley*



*Dave Shute and Chloe Seelbach*



# A Special Place



David Shute

I'm a lucky guy. When people ask me about Hopewell, I invariably tell them what a special place it is to work. I love the ability to make a difference and the opportunity to work with astonishing people. Maybe one of those people is you, or someone you know.

The Hopewell staff is remarkable in their capability, empathy, caring, experience, and commitment. No one feels alone; each of us feels fortunate to contribute to such a strong and mutually supportive team. Our person-centered clinical model informs our approach and our values. We are free to view one another deeply as human beings attempting to be and feel better, with all the foibles, disasters, capabilities, and joys that such can bring.

The beauty and serenity of our working farm, with miles of trails and hundreds of acres of forest, are other reasons why I love my job. A nature walk with a resident, weeding the garden, or joining a work crew can soothe the soul on a tough day. Joining together for communal meals and morning resident-staff meetings, creating art and music together, celebrating and learning with each other all add to the sense of community.

Working with adults struggling with serious mental health issues and other challenges is not easy. . . but. There's a meaningful positive

“but” at the end of that sentence because helping people on their path to recovery and well-being provides a sense of purpose that is so fundamental to personal fulfillment.

At Hopewell, staff and residents co-create a therapeutic community that is essential to the healing process, along with excellent clinical care, the healing powers of nature, and meaningful work. Hopewell's model doesn't just help our residents become their best selves and thrive – it has the same powerful effect on our staff.

Hopewell is truly an exceptional place to work. At times, we are looking for great people who can help contribute to our unique community. If you know anyone within an hour or so of Mesopotamia, Ohio looking for a deeply fulfilling job, have them visit [www.hopewellcommunity.org/careers](http://www.hopewellcommunity.org/careers) or click this QR code.



Thank you for your continued support of the Hopewell community. Best wishes for a happy and healthy holiday season.

David H. Shute  
Executive Director

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Hopewell is an Organizational Fund Partner of the Cleveland Foundation. All gifts to the Hopewell Endowment Fund are tax-deductible. Interested individuals may contact the Cleveland Foundation Advancement Team at 216-685-2006 or Hopewell Director of Development, Ann Thompson at 440-247-0912.

SAVE THE DATE:  
JUNE 21, 2024

# summer SOLSTICE

THE ORCHID  
HOUSE WINERY  
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Experience the harmonious blend of nature's beauty and modern-rustic architecture at The Orchid House Winery where warmth and comfort await you. Indulge your senses with exquisite wines, delicious cuisine and stunning surroundings. Please mark your calendars for June 21, 2024 to support Hopewell and raise funds to provide mental health services to adults in need of residential care.

For sponsorship information or to join our steering committee, please contact Ann Thompson at [athompson@hopewell.cc](mailto:athompson@hopewell.cc).

## Navigating the Mental Health Crisis in Young Adults *continued*



Scott Seelbach, Tom Morley, and Dave Vincent

### How can we help?

Focusing on dimensions of wellness, Joanna made several recommendations that may help young adults navigate these challenges.

**Emotional:** Connect with a support network (therapist, group therapy, etc.).

**Physical:** Focus on healthy eating, exercise, sleep hygiene, and avoiding self-medication with alcohol and other drugs of abuse.

**Occupational:** Job coaching and assessment tools can help illuminate education and career choices. Volunteer work and job shadowing can be great places to start exploring career options.

**Spiritual:** Many young adults struggle to find purpose or meaning in their lives whether or not they practice a religion. Opportunities for community service, volunteering, and giving back help young adults step outside themselves and reflect on their place in the world.

**Intellectual:** Young adults struggle with critical thinking, brainstorming, and boredom that drives disconnection and dissatisfaction. Joanna advises a break from school as well as experiences where the mind is stretched. "Find the spark that brings curiosity and interest," she said.

*"Connections to the community, a support network, and peer relationships are vital to mental wellness," Joanna stressed. "Balance in wellness will help with the young adult mental health crisis. The efforts of parents, professionals, and programs [like Hopewell] will all be needed to help this population. It will take a village."*

To view Joanna's presentation, go to [www.hopewellcommunity.org/photos-videos](http://www.hopewellcommunity.org/photos-videos) or click this QR code.



# Maximize Your Tax Advantages

End of the year tax planning is upon us!  
Maximize your tax advantages for 2023 with a gift to our Annual Fund by December 31.

Have you considered these tax-smart giving opportunities?

- Transfer **appreciated securities** to Hopewell. For instructions, contact [akatzman@hopewell.cc](mailto:akatzman@hopewell.cc).
- Give through your **Donor-Advised Fund**.
- Ask your employer to make a **corporate matching gift** to increase the impact of your donation.
- Make a **Required Minimum Distribution from your IRA**.



**Plan today for Hopewell's tomorrow. You'll be glad you did... and we will be so grateful for your support.**

Hopewell is a 501(c)(3) nonprofit organization. Donations are tax-deductible to the extent allowed by law. Please consult your tax professional about your gift's impact on your taxes. For more information, please contact Ann Thompson, Director of Development ([athompson@hopewell.cc](mailto:athompson@hopewell.cc) or 440-247-0912).

## Growing our Gardens

Hopewell's beautiful gardens are overseen by **Kelly Flynn, Master Gardener and Landscape Manager**. She works year-round planting the gardens, harvesting, and preparing them for winter rest. This past summer, over 13 different vegetables grew, including 129 pounds of tomatoes, 60 pounds of lettuce, and 17 pounds of broccoli, all of which were used in the Hopewell kitchen after harvesting.

As winter approaches, the gardens are planted with cover crops which include oats, buckwheat, and winter peas. Cover crops benefit the successful growth of future crops, prevent soil erosion, cover weeds, and control pests.

As part of the garden work crew, residents and staff find that gardening routines, like watering and weeding, can create a soothing rhythm to ease stress. Kelly said, "It is very gratifying to plant, tend, harvest and share our food with each other."



# ART THERAPY

Hopewell's Art Therapy program is led by clinicians **Clare Conway, LPC, ATR-P**, **Connor Costanzo, MA, LPC, ATR-P** and **Maya Eisenberg, LPC, ATR-P**. They develop programming in the art studio with the goal of helping residents improve their mental health

via artistic expression. Through art, residents can express emotions without words, feel a sense of accomplishment, face fears, and relax the mind and body. This fall, the Hopewell community explored their creative sides in many ways:

## SGRAFFITO PORTRAIT WORKSHOP

Sgraffito means "to scratch" in Italian. It is a decorating ceramics technique produced by applying layers of colors to leather hard clay and then scratching off layers to create contrasting images, revealing the color of the clay underneath. Residents and staff used this process to make self-portraits.



## SPOOKY PAINTING

Residents and staff purchased artwork from resale shops for our First Annual Spooky Painting Competition. Teams were formed and everyone worked together to change their original painting to a Halloween version. The winning design featured a ghost town filled with many scary creatures, by staff artists **Celeste Hein**, **Dave Shute**, and **Sarah Turner**.

## PUMPKIN CARVING

Residents emptied and carved fresh pumpkins from the garden the day before Halloween. The finished pumpkins were displayed outside of the community center to welcome Halloween party attendees.



## PRESSING NEWS: APPLE CIDER BREWS!

On a warm fall day, apples were picked from our trees and prepared for the cider press. The day's activities helped staff and residents practice the act of patience, mindfulness, communication, and helped raise self-esteem, as everyone felt good about doing something positive for the Hopewell community.



# Our Team, Our Passions: Martha Schinagle, MD

“Working at a place like Hopewell has been a goal ever since I was a medical resident in Boston,” says **Martha Schinagle, MD, Hopewell’s psychiatrist.** “I heard about Gould Farm (one of the four other residential farms for adults with mental illness in the United States) and it sounded like a wonderful place to recover and a great place to work.”

An experience as a medical student cemented Martha’s decision to specialize in psychiatry. She worked on a mental health inpatient unit studying the effectiveness of a drug that treats schizophrenia. “One of my patients had a very difficult time with her illness,” she recalled. “When she reached a therapeutic dose of the medication, she said, ‘Thank you for giving me my life back!’ Where else in medicine can you hear that? Bringing her back from far away was so satisfying.”

Martha pursued a career in community mental health before returning to Cleveland

to be closer to family. In 2013, she joined the staff at Hopewell, and that long ago dream that had stayed in the back of her mind was realized. Her duties include assessing residents’ needs, consulting with clinicians about treatment plans and medication, and counseling residents.

“One of the important aspects of Hopewell is the opportunity to be in nature. It’s so healing,” Martha said. She loves to garden and spend time outside with family and her dogs. During the summer, she visits Lake Chautauqua and enjoys boating.

When asked what makes working at Hopewell meaningful, Martha stated, “I like making a difference in people’s lives and seeing people get better. It is a privilege to work with our remarkably dedicated clinicians. Also, it’s inspiring to see the healing community in action!” She continued, “Recently, as a resident came out of a depression, she started motivating



people to get more involved, asking them to sit with her at dinner or join her at a group. She helped a lot of her peers.”

Thank you, Martha, for fulfilling your dream at Hopewell!

## Visiting Artist Opportunity

Hopewell is **currently seeking applicants for our 2024 Visiting Artist Program.**

Our visiting artist program is designed to foster an alliance between creative arts and wellness. We are seeking artists who value the connection between mental health and artistic expression, and who are interested in exploring this intersection through instruction, collaboration, and community engagement. Through this program, it is our vision to connect individuals experiencing mental illness with creative and innovative approaches to healing and recovery.

As a visiting artist, you will be invited to stay on the farm in a private apartment for the

duration of your artist workshop. Meals with the community will be provided, and artists will have access to studio space as well as the rest of our 325-acre working farm, including hiking trails, ponds, and natural sanctuaries. Artists will be expected to run a minimum 2-day workshop that will provide instruction of their craft to our residents. Projects may be tailored to individual or group work. Artists will also be asked to donate a creative piece of their own making that will reflect the visiting artist’s experience. Cost of supplies, up to \$500, for running the workshop will be covered by Hopewell and artists will receive an additional \$500 stipend at the completion

of their stay. To learn more about the type of work we do at Hopewell, please visit our website at [www.hopewellcommunity.org](http://www.hopewellcommunity.org).



**To apply for our visiting artist program, please submit to Clare Conway at [cconway@hopewell.cc](mailto:cconway@hopewell.cc):**

- Resume or CV
- Letter of intent stating your specific interest in working with Hopewell and how involvement will influence your work
- Three professional references
- Portfolio work that clearly demonstrates what you will provide for the workshop

# OUR WISHING WELL

## Amazon Wish List

Visit our website at [www.hopewellcommunity.org/support-us/wishing-well](http://www.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.



## Special Request Honda Utility Vehicle \$23,000



Hopewell maintains over 100 acres of wooded walking trails in a dedicated nature preserve. A Utility Terrain Vehicle (UTV) would allow motorized access to the trails, gardens, and other areas of the property inaccessible by car or truck. A UTV will be used to haul tools, plow snow, help with garden operations, and trail upkeep.

### Can you grant this wish?

Please contact Audrey Katzman, Development Assistant ([akatzman@hopewell.cc](mailto:akatzman@hopewell.cc)) for more information.

*We appreciate non-monetary gifts-in-kind which enhance our activities and programs. Please contact Ann Thompson, Director of Development ([athompson@hopewell.cc](mailto:athompson@hopewell.cc)) or call 440-247-0912 for more information. Donations of gifts-in-kind are tax deductible to the extent allowed by law. Donors will receive written acknowledgments for their records.*

## HONORARY & MEMORIAL GIFTS

AUGUST 1 – NOVEMBER 10, 2023

### IN HONOR OF

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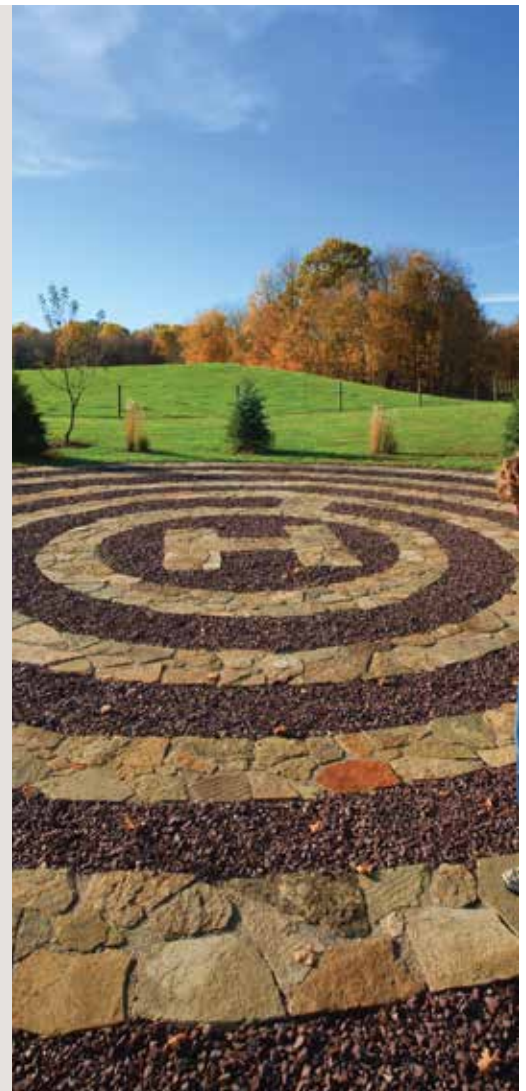
### RECENT FOUNDATION GRANTS

The Kelvin and Eleanor Smith

Foundation

All tribute gifts are added to the 2023 Annual Fund. To make a gift in honor or in memory of someone, please visit [www.hopewellcommunity.org/support-us/donate](http://www.hopewellcommunity.org/support-us/donate).

*We apologize for any errors or omissions. Please email [akatzman@hopewell.cc](mailto:akatzman@hopewell.cc) or contact the Development Office at 440.247.0912 so that we may correct our records.*



# 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.

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

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Instagram: @hopewellfarm  
Blog: [www.hopewellcommunity.org/blog](http://www.hopewellcommunity.org/blog)

## Your Gifts to the 2023 Annual Fund Give Hope to People Like Liz

Liz came to Hopewell after being treated at the Mayo Clinic for bipolar disorder. During her months on the farm, she learned to manage her illness as her mind and body healed. Liz participated in individual and group therapy, explored her creative side in the art studio, joined farm work groups, and became an integral part of the therapeutic community. After leaving Hopewell, she completed her college degree and returned to her hometown to continue her career. She said, "Hopewell gave me the day-to-day tools to integrate back into society and provided me with the skills I needed to live independently."

That's your Annual Fund donation at work.

Many residents live at Hopewell for six to seven months or more. Unfortunately, residential mental health treatment is rarely covered by insurance and is often out of reach for families. Every dollar donated to the Annual Fund allows us to offer fee assistance to 90% of all residents who struggle to afford our care.



**Mental illness is not a choice. . . but hope is. Your generous gift will make a meaningful difference by giving hope to so many. Thank you for your consideration!**

To donate to the 2023 Annual Fund, visit [www.hopewellcommunity.org/support-us/](http://www.hopewellcommunity.org/support-us/) donate, click on the QR code, or send your contribution to the Hopewell Development Office using the envelope attached to the center of this newsletter. For information about other giving options, contact Audrey Katzman at [akatzman@hopewell.cc](mailto:akatzman@hopewell.cc) or 440-247-0912.

