



# TEND TO HOPE NEWSLETTER



Summer 2021

Issue VI

*Tend to Hope is a 501(c)(3) nonprofit corporation dedicated to inspiring hope, restoring dignity and providing comfort to individuals during times of crisis.*

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*Sophia, Sahan and Sahil Bains —  
the kids behind the "Candy Shop Project"*

## *A Letter from Tend to Hope*

After a year of anxieties and adjustments, we're happy to be back! We've been working steadily behind the scenes to fulfill our mission of donating Seeds of Hope Boxes while also exploring ways to adapt to the changing times and be a more effective organization. As we heal from the worst of the pandemic, we feel more committed than ever to addressing the widespread mental health crisis in our country, starting with our community members in Bucks and Montgomery Counties.

*We hope you've been enjoying a wonderful summer and invite you to spend a few minutes catching up with us!*

*The Tend to Hope Newsletter is a forum for sharing information to help shed light on our common human struggles and make a difference in the lives of individuals experiencing mental health difficulties.*

*We have no vested interest other than spreading kindness and compassion.*

*We believe that the more community members join our cause, the more humane our society will become.*

## INTERVIEW WITH: Sophia, Sahil, Sahan and Sonny Bains

Recently we received a \$500 check for Tend to Hope from the Bains family. Turns out that when the family's three children – Sophia, Sahil and Sahan – learned about our organization from their parents, they all chipped in for a unique fundraiser:



**Annie:** Thank you so much for contributing to our organization with your Candy Shop Project!! We're really interested in finding out how you managed the whole thing. We heard that your mother helped with the candy shop items. Is that true?

*Yes, she helped us make the food.*

**Sonny (their father):** Why don't you tell them how the whole process went; how did it start?

*We thought about it, and then we wrote it down, and then we made everything. We had the neighbors tell us what they wanted and the next day we gave it to them.*

**Sonny:** So you guys made a menu, and you thought about what you wanted to make, and then you wrote it up, went door to door to all of our neighbors, you asked them what they wanted, and then you told them what you were going to do with the money. After you made up all

these orders of what the people wanted, then you came home and you made a shopping list, and then that night you went shopping with Mommy.

**Tricia:** What kind of things did you make?

*We made candy necklaces and bracelets.*

**Sonny:** And Mommy made everything else.

**Tricia:** What did the neighbors think of the Candy Shop Project?

*They thought it was good!*

**Tricia:** Do you have any idea what you want to be when you grow up, Sophia?

*I think a teacher.*

**Tricia:** How about you, Sahil?

*A pet keeper ... for lizards.*

**Sonny:** Do you guys want to volunteer and do more work with them?

*Mm, hmmm. What could we help with?*

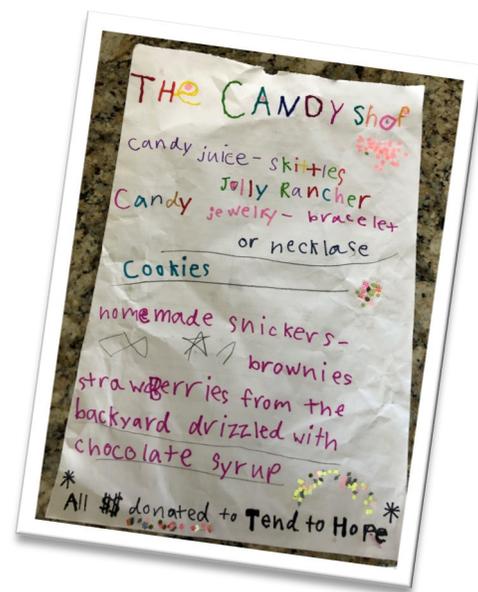
**Annie:** Well, we could use your help with art projects, maybe making cards and decorating them, drawing nice pictures on them, wishing people a nice day, saying you hope they feel better, things like that. We put those in our boxes and bags and they make people feel good when they read them.

**Tricia:** You could also come over and we could show you how to put the items in our boxes and bags.

**Sonny:** I think they would enjoy that. Do you guys want to do something else this summer?

*Let's do a juice stand!*

*(Sophia, Sahil and Sahan raised \$250, which was matched by their parents. Thus, \$500 came our way from this charitable, community-minded family. We thank them for this tremendous effort!)*



# Hatboro-Horsham High School's Key Club Joins the Tend to Hope Mission



In the winter of 2021, when we reached out to the Hatboro-Horsham Key Club in hopes of student engagement, we received an immediate enthusiastic response.

Connor Baun, the club's faculty advisor, quickly arranged for us to work with Mahdia Ahmed, the Key Club's vice president. Despite the difficulties of Covid and remote learning, within three days of Mahdia's call to action, members of the club had collected over 200 items for our boxes and also created dozens of beautiful, encouraging cards of hope. These items were placed in our Seeds of Hope Boxes and distributed to local mental health crisis facilities.

Mahdia said she "was instantly eager to help" when she heard of Tend to Hope's mission and has offered to continue to assist us in any way she can in the future. Thanks, Mahdia!



We were heartened that our mission resonated with this young population, particularly because many high school and middle school students struggle with their own mental health challenges. Many have also been hospitalized, which can be a scary, though brave step toward recovery. With the right kind of help, inpatient hospitalizations can be a turning point on the journey to better mental health. This is also the time we hope our boxes can make a difference. We provide this package to gently inspire individuals to "tend to hope," even in their darkest days.

Mahdia and the other members of the Hatboro-Horsham High School Key Club united in a way that exactly embodied the essence of what Tend to Hope is all about, reminding this vulnerable population that their community cares about them.



*We sincerely thank Hatboro-Horsham for their contribution to Tend to Hope's mission!*

  
Thank You

# Notes on Some Outstanding Reads from this Past Year

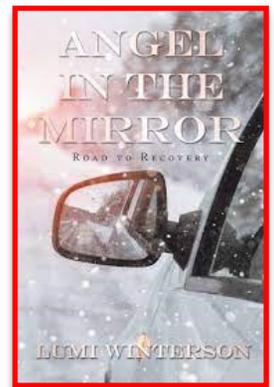
## Everything is Fine, by Vince Granata



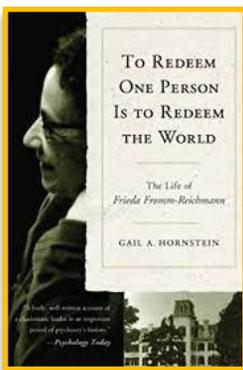
Vince Granata's poignant memoir tells the story of his brother Tim, who was diagnosed with schizophrenia in his early college years. In the depth of psychosis, Tim commits a heartbreaking crime; the book is Vince's attempt to come to terms with his shattered family, understand his brother's illness and ultimately find peace. The Granata family was caring and privileged. As Vince states, "Yes, my parents had networks, knew doctors who could advise them, refer them to the best mental health professionals. Yes, my parents had means, and would have, without hesitating, used all their savings if it meant helping Tim. But it still happened. We still lost, even though so much was rigged in our favor." *Everything Is Fine* brought home to me the meaning of family in the deepest way.

## Angel in the Mirror: Road to Recovery by Lumi Winterson

Lumi's honest, down-to-earth account of her mental health journey is illuminating not only in its exploration of her inner world, but in its critique of modern-day psychiatry. The discovery of Open Dialogue was the crucial crossroads for Lumi. Her mother, a psychologist, became an activist for Open Dialogue, spreading the word around the globe. Lumi laments that anxiety, depression, mood and addiction disorders are almost acceptable brands of mental illness by today's standards, whereas the psychotic disorders she suffers from are still misunderstood and feared. Lumi states, "We need to strip down the black curtains that hide us from the world. ... We need to be unashamed and proud of what we are able to do as human beings, not only for ourselves, but for those around us who are suffering." An Afterward by Lumi's mother focuses on her own experience with Lumi and is a valuable educational piece for all parents.



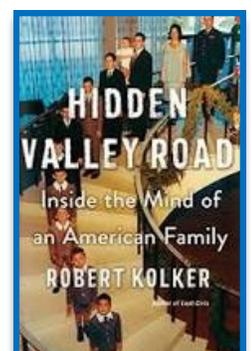
## To Redeem One Person is to Redeem the World by Gail Hornstein



Gail Hornstein's masterful biography of the 20th century's famous psychotherapist Frieda Fromm-Reichmann is a deep and riveting work. Frieda was devoted to her patients and believed that even the most challenging cases of schizophrenia could be ameliorated through the practice of psychotherapy. Her methods were powerful and unorthodox, and she had tremendous respect for her patients. As Hornstein writes, "Frieda empathized with colleagues who thought psychosis had a biological cause. ... She was as impressed by the subtleties of brain function as were her somatic colleagues ... but she was even more impressed by the powers of the mind. So long as the causes of mental illness remained unknown, any approach that might reach the patient had to be tried." Frieda is an inspiring figure for our biology-trumps-all times.

## Hidden Valley Road: Inside the Mind of an American Family by Robert Kolker

This is a harrowing study of a family ravaged by mental illness. Kolker follows the lives of the Galvin family parents and twelve siblings — two girls and ten boys, six of whom were diagnosed with schizophrenia — while interweaving the historical context of schizophrenia. There is unspeakable pain and trauma here, and effective treatment was hard to come by. While profound disagreements raged on about the origins of the illness (and still do), Kolker states that the Galvins and families like them "continued to live at the mercy of a mental health profession still caught in a debate that came nowhere close to helping them." The book ends on a hopeful note as one of the Galvin grandchildren, now embarking on her own research into neuroscience and schizophrenia, "stood near where the data from choline trials on little children were studied for signs of schizophrenia — tests that could change everything for a future generation, thanks to six of her uncles."





# Announcements



## Foundations Community Partnership

We were graciously supported this past year by a \$3,000 grant from Foundations Community Partnership, a philanthropic grant-making foundation supporting the behavioral health and human service needs of children, young adults, and their families in Bucks County, PA.

Even in the days we were struggling to get our footing, Foundations Community Partnership extended its support and let us know that through hard work we could succeed as a nonprofit.

Their excellent workshops taught us the ins and outs of grant-writing, and they were generous with sharing contacts which later led to valued connections. When we lost the grant on our first try, we were still invited to their magnificent awardee luncheon. Foundations Community Partnership has made it clear that any additional support we might need is just a phone call away.



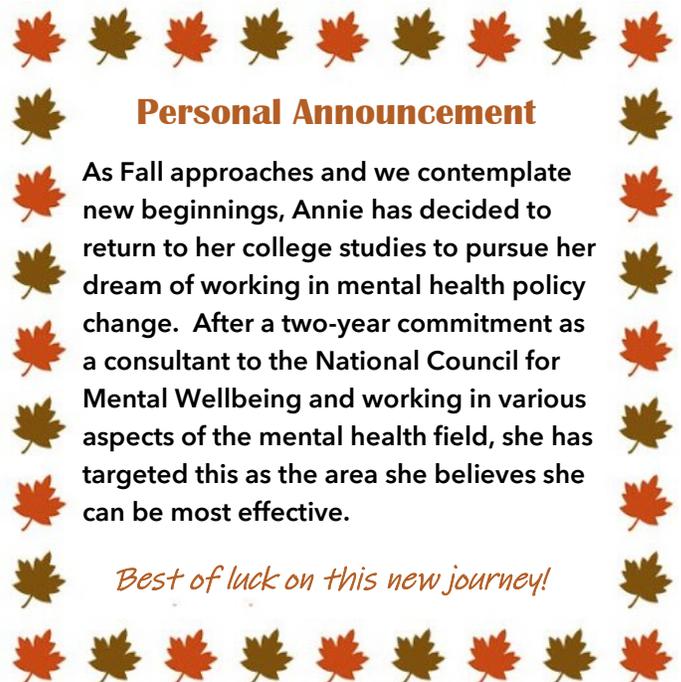
*Annie with our Foundations Community Partnership Award and our dog, Dexter.*

*We have been thrilled to be part of the Foundations Community Partnership family this past year and thank them for the work they have allowed us to accomplish.*



We were also fortunate to receive a \$2,000 grant this past year from the Child Development Foundation in Norristown, PA, an organization whose primary focus is providing assistance to children with special needs and their families in Montgomery County, PA. We are excited to report that we will again receive a \$2,000 check for the 2021-2022 grant year, allowing us to continue our work in Montgomery County.

*We thank the Child Development Foundation for putting their faith in us once again!*


**Personal Announcement**  
 As Fall approaches and we contemplate new beginnings, Annie has decided to return to her college studies to pursue her dream of working in mental health policy change. After a two-year commitment as a consultant to the National Council for Mental Wellbeing and working in various aspects of the mental health field, she has targeted this as the area she believes she can be most effective.  
*Best of luck on this new journey!*

## Non-Profit in the Spotlight

### CAHOOTS — Crisis Assistance Helping Out On the Streets



As an increasing number of police departments across the country train officers in more appropriate techniques for dealing with behavioral health crises, Eugene, Oregon sets a standard hard to beat. The program is called CAHOOTS: Crisis Assistance Helping Out On the Streets. Launched by social activists dating back to 1989, CAHOOTS is a mobile crisis unit designed to provide an alternative to police action whenever possible. They typically handle cases involving non-criminal substance abuse, homelessness, and mental health crises. The organization is funded by, and works in conjunction with, the Eugene police department.

In contrast to routine police protocols, guaranteed to exacerbate feelings of distress in individuals experiencing mental health crises, CAHOOTS employees are trained in techniques to address both the emotional and physical needs of individuals. The program works in teams of two: one employee schooled in counseling, the other in some form of medicine which allows them to administer minor medical treatment. Police dispatchers are trained to listen for clues to help them determine whether calls should be fielded to CAHOOTS workers or police officers. However, if the CAHOOTS team arrives on a scene and finds the situation has progressed to a crime in progress, violence or other life-threatening scenario, they call in the police as the primary responders. Alternatively, if police officers deem a situation more of a behavioral health issue, they call CAHOOTS to the scene instead.

Since the program's inception, the Eugene Police Department has quadrupled the budget for the CAHOOTS organization. Such cooperative efforts are a shining example of how communities can band together to achieve more humane services for everyone.



## Check Out Tend to Hope's New PowerPoint Video!

We've been working hard to create an informative presentation which depicts not only the personal inspiration at the root of our mission, but the urgency of our cause.

You can find it on the home page of our website: [www.tendtohope.com](http://www.tendtohope.com).

*We Hope You Enjoy the Show!*



## The Concept behind Seeds of Hope Bags:

Admission to any type of crisis facility can be a frightening and impersonal experience. Individuals find themselves alienated from everything they know and lacking the most basic amenities of home. Imagine receiving an unexpected gift at this most vulnerable time!

## What We Do:

Distribute "Seeds of Hope Bags" to mental health crisis facilities.

Boxes include:

- \* *Pair of cozy socks*
- \* *Toothbrush and toothpaste*
- \* *Non-spiral-bound journal*
- \* *Crayons*
- \* *Card of hope*
- \* *Letter of encouragement with ideas on how to build hope*
- \* *Package of sunflower seeds*
- \* *"Tactile toys" for stress reduction*
- \* *Chap stick*
- \* *Small stuffed animal*



*Seeds of Hope Bag*



## Ways to Donate...

Click [Donate](#) button on website

## Send a check to:

**Tend to Hope**  
234 Central Avenue  
Hatboro, PA 19040

## Arrange for product donations:

**215-208-6105**  
[tendtohope@gmail.com](mailto:tendtohope@gmail.com)

## Benefit to the Community:

- Instill dignity and generate hope in this often-neglected population
- Relieve the financial burden on families and loved ones
- Provide comfort to those without family or close friends
- Plant seeds of hope for the greater well-being of the entire community
- Contribute to the recovery movement in a tangible and memorable way through a show of community support and compassion

Thanks for reading the Tend to Hope Newsletter!

*Tricia Stafford*  *Annie Stafford*