



TEND TO HOPE NEWSLETTER



Fall 2022

Issue IX

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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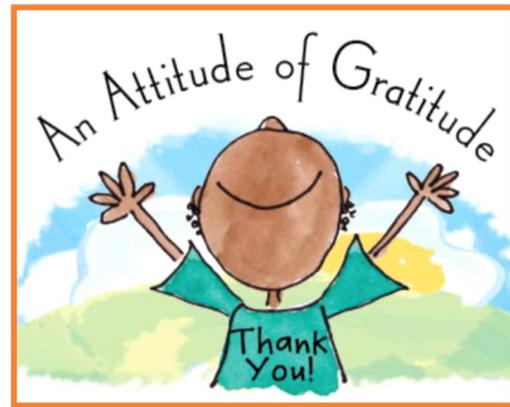
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The Season of Giving Thanks

A special thank you to all those who have generously supported us this past year, enabling us to provide Seeds of Hope bags to mental health facilities.

We like to think that we share a spirit of compassion and good will with you, and we look forward to leaving a cheery newsletter in your mailbox every so often.

With Thanksgiving and the holidays upon us, we wish you, your families, and friends peace, joy, and all the blessings of the season!

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.

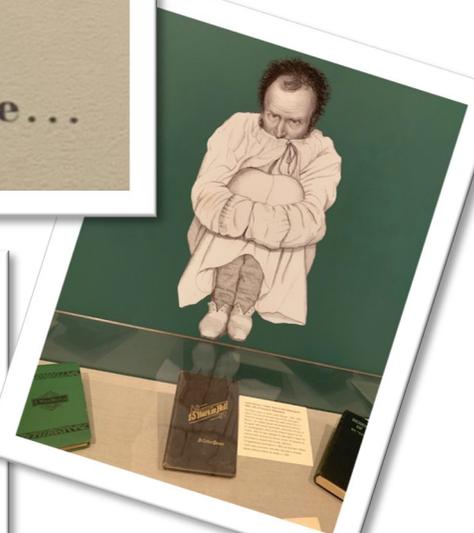
We have no vested interest other than spreading kindness and compassion.

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

Hearing Voices Exhibition at the Library Company of Philadelphia

On a brisk and rainy fall afternoon, we spent time perusing this beautifully curated exhibition at the Library Company of Philadelphia. Through first-hand accounts, original artwork and other relevant government and institutional documents, the exhibition tells the story of the many disempowered individuals – those living with severe mental illness – “put away” from society throughout our country’s history. The collection is a moving testament to their suffering and also depicts the progression of America’s response to extreme mental challenges. The exhibition is open until December 22nd of this year.

All life, all beauty,
all brightness was gone...



Ebenezer Haskell, escaping from the Pennsylvania Hospital for the Insane, Philad^a Sep. 30, 1834



from Samuel Tuke, Description of the Pennsylvania Hospital for the Insane, Philadelphia, 1796



Clifford W. Beers, A Mind that Found Itself (New York, 1908)
By the end of the 19th century, the promise of moral treatment was left unfulfilled. The number of people requiring mental health treatment had sharply increased, and the funding to provide it had consequently decreased. Out of this failed system emerged Clifford Beers (1876-1948), who more than any other person in the history of private and public asylums, wrote *A Mind that Found Itself*, in which he recounted the horrific conditions he experienced firsthand. Beers described how he regarded the sanity not because of his time in asylums, but in spite of it. In this book, he built the framework on which he would grow the mental hygiene movement, which sought to provide better care to the mentally ill and to remove the stigma of their illness. Among his many accomplishments, Beers established the first outpatient mental health clinic in the United States in 1913 and founded the National Association for Mental Hygiene, still in existence today.

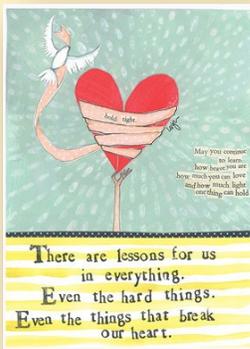
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EXPLANATION, OR EXHORTATION

Devereux Behavioral Health — Children and Adolescents Create Cards of Hope

The administrators at Devereux Behavioral Health heeded our call to action in a big way. We received piles of colorful, creatively decorated works of art from their inpatients, which will be placed in our Seeds of Hope bags and passed along to future inpatients at the same facility. Through this touching gesture, seeds of compassion and support have been planted right in their own backyards.

Thank you for your kindness and enthusiasm for this project!



child development foundation
Surrounding children in need with a life-improving support system

Our sincerest appreciation to the Child Development Foundation for their generous grant of \$3,000. This foundation has allowed us to fulfill our mission for the past three years, and we are thrilled to be part of their family.

The Child Development Foundation is located in Norristown, PA, and is dedicated to providing support and resources to organizations whose purpose is to assist the special needs of children and their families in Montgomery County. It is an honor and privilege to help them carry out their work in the community, and we can't thank them enough for the faith they have placed in us.

Kiwanis Club of Ambler

We received a \$500 donation from the Kiwanis Club after participating in Hatboro-Horsham High School's Cultural Event by donating a huge Tend to Hope raffle basket.



Horsham Rotary Club

With Patricia Martin from the Horsham Rotary Club, where Tend to Hope gave a presentation in early September.



Mental Health Around the World

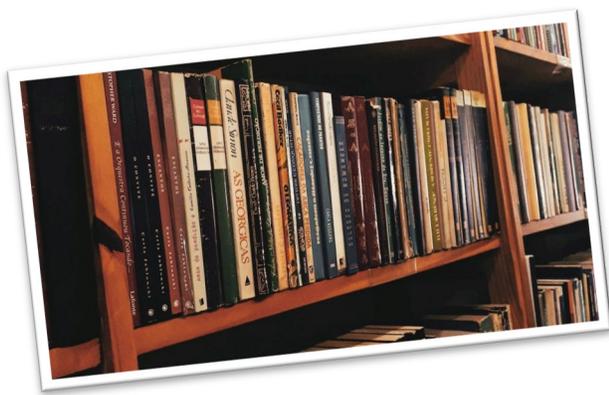


Anyone working toward mental health recovery needs and deserves a safe place to live. Nations around the world pursue this goal in different ways.

For over five hundred years, the citizens of the town of Gheel in Belgium have been providing individuals struggling with mental illness an unusual — to us — form of supportive housing. They welcome them into their homes as “boarders” in exchange for practical help around the house or in the fields. The citizens provide these boarders, who would otherwise be institutionalized or homeless, with meals and the comforts of home.

Gheel’s practice of taking in boarders is firmly rooted in tradition and based on the legend of “Dymphna.” Born in the seventh century to a pagan Irish king named Damon and a Christian mother, Dymphna took a Christian vow of chastity at a young age. However, when her mother died, her father determined to take Dymphna as his wife instead. Dymphna fled from him, but the enraged Damon tracked her down and cut off her head (!). The Catholic Church canonized Dymphna in 1247, and Gheel memorialized her by building a church in her honor in the fourteenth century. Soon after, families from all across Europe who were struggling with children with various forms of mental illness began making pilgrimages to the church. Eventually, Gheel’s residents started welcoming those with mental health challenges into their own homes.

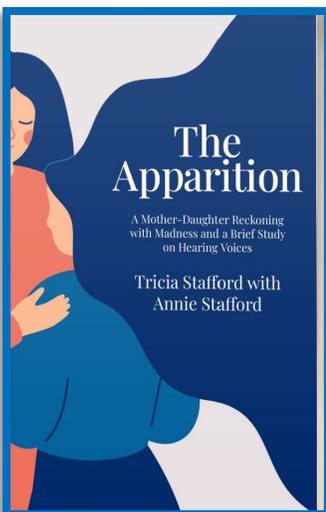
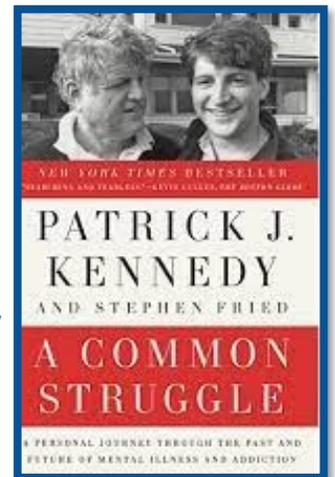
The citizens of Gheel believe that if they expect reasonable behavior from their boarders, there will be less likelihood of disruptive behavior. Additionally, there exists a wide tolerance for psychosis throughout the community. In Gheel, there was and is no pressure for boarders to recover. Boarders are allowed to change, or not change, at their own pace. Everyone is accepted as they are!



Book Corner

A Common Struggle: A Personal Journey through the Past and Future of Mental Illness and Addiction by Patrick J. Kennedy and Stephen Fried, 2016

Patrick Kennedy was a long-time Rhode Island representative in the U.S. House of Representatives before founding the Kennedy Forum and One Mind, both nonprofits dedicated to improving health care for those suffering from mental illness and substance use disorder. He has worked tirelessly in these roles to push for legislation that would recognize addiction and mental illness as diseases of the brain in order to garner the same insurance coverage as other physical diseases. He describes his own long, barely concealed struggles with mental health and addiction issues, along with his numerous unsuccessful attempts at rehab. He also tackles the stigma associated with these diseases, the difficulty of confronting these challenges within our families, and the harmful effects of enablers in one's life. This can be a fascinating read, too, for anyone interested in politics and the legislative process. With his "biomedical model" brand of advocacy, Kennedy excels at bringing together talented scientists, doctors, academics, policy makers, insurance and pharmacy leaders, and ordinary Americans in a united effort to improve lives.



The Apparition: A Mother-Daughter Reckoning with Madness and a Brief Study on Hearing Voices by Tricia Stafford with Annie Stafford, 2022

When Tricia's seven-year-old daughter Annie suffered incapacitating anxiety after a traumatic event, she had no idea that it was just the beginning of more serious mental health struggles — for both her and her daughter. Her own history of anxiety re-emerged and led to an emotional breakdown. This deeply personal account charts their long journey through the mental health system, while weaving in relevant information and research on various aspects of mental illness, particularly, hearing voices. In sharing her story, Stafford shines a light on our country's mental health crisis and challenges us all to seek a better understanding of, and more compassionate treatment for, those suffering from any form of mental illness. Available from Amazon, Barnes & Noble Online, Bookshop Online, Goodreads Online and other online retailers.

THE POWER OF FRIENDSHIP



Recently, our newsletter reached a woman who had emerged from her own mental health struggles not that long ago. She contacted us to see if there was a way for her to help our cause because the mission spoke so deeply to her. In hearing some of her personal story, we were heartened to hear that in the midst of her crisis, she had a wonderful network of close friends who wrapped her in a warm shawl of compassion and supported her every step of the way. She reached out to those same friends to tell them about Tend to Hope, and within two weeks, we received \$500 in donations. This woman is now in a good place, in no small part due to the kindness and care of her friends.

We can't imagine a better illustration of finding hope through community compassion and support.



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

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

To Donate...

Click [Donate](#) button on website



Arrange for product donations:

215-208-6105

tendtohope@gmail.com

Thanks for reading the Tend to Hope Newsletter!

Tricia Stafford  *Annie Stafford*