

Suicide Prevention in Hawai'i: *Passing Life Forward*

Informational Briefing
Thursday, April 5, 2012

The Twenty-Sixth Legislature
State of Hawai'i
Regular Session of 2012

First and Foremost

THANK YOU

Senate Committee on Human Services
Senator Suzanne Chun Oakland

Senate Committee on Health
Senator Josh Green

House Committee on Human Services
Representative John M. Mizuno

Our Panel

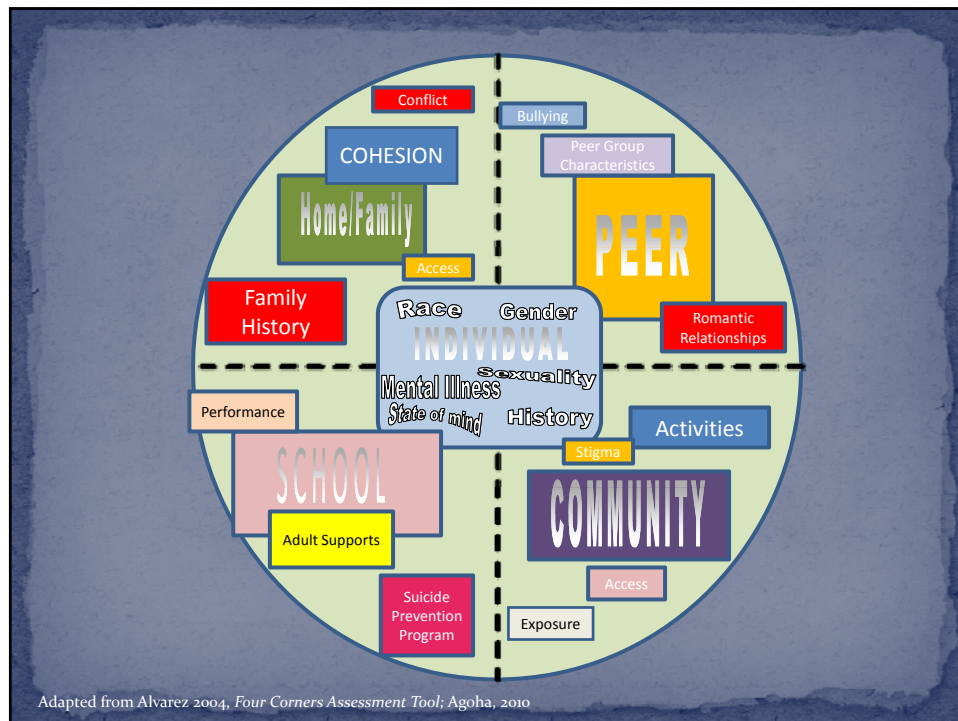
- **Dr. Daniel Galanis**
 - Epidemiologist, Hawai'i State Department of Health
- **Ms. Nancy Kern**
 - Suicide Prevention Coordinator, Hawai'i State Department of Health
- **Dr. Deborah Goebert**
 - Associate Professor, University of Hawai'i at Mānoa, John A. Burns School of Medicine
- **Ms. Marya Grambs**
 - Executive Director, Mental Health America of Hawai'i
- **Ms. Pua Kaninau-Santos**
 - Queen Lili'uokalani Children's Center

Why Are We Here?

- To say emphatically, *"It is ok to talk about suicide and suicide prevention!"*
- To connect with our policymakers
 - "The work of suicide prevention must occur at the community level, where human relationships breathe life into public policy."*
 - David Satcher, MD, PhD
Sixteenth Surgeon General of the US*
- TO PASS LIFE FORWARD

Core Principles

- Suicide is a public health problem.
- Suicide is generally preventable.
- Everyone has a responsibility in preventing suicide.
- This community has identified suicide prevention as a priority.
- Suicide prevention encompasses the entire lifespan.
- This group seeks to recognize individuals at risk for a variety of behaviors, not just suicide.
- Cultural factors are important in suicide prevention.
- Education and linkage between individuals and systems will help to reduce the risk of suicide in a community.
- “Recognize and Connect” are key actions in prevention.



What do Prevention Programs Try to Do?

- Enhance awareness and increase information among students, staff, family, and community
- Change environments and systems
- Enhance identification of those at risk
- Build capacity of school, family, and community to help
- Enhance competence/assets related to social and emotional problem solving (e.g., stress management, coping skills, compensatory strategies)
- Enhance protective factors
- Culturally relevant

A yellow silhouette map of the Hawaiian Islands is positioned in the upper right quadrant of the slide. The background is a dark blue grid pattern.

Suicides and Suicide Attempts in Hawai'i

Overview of Presentation

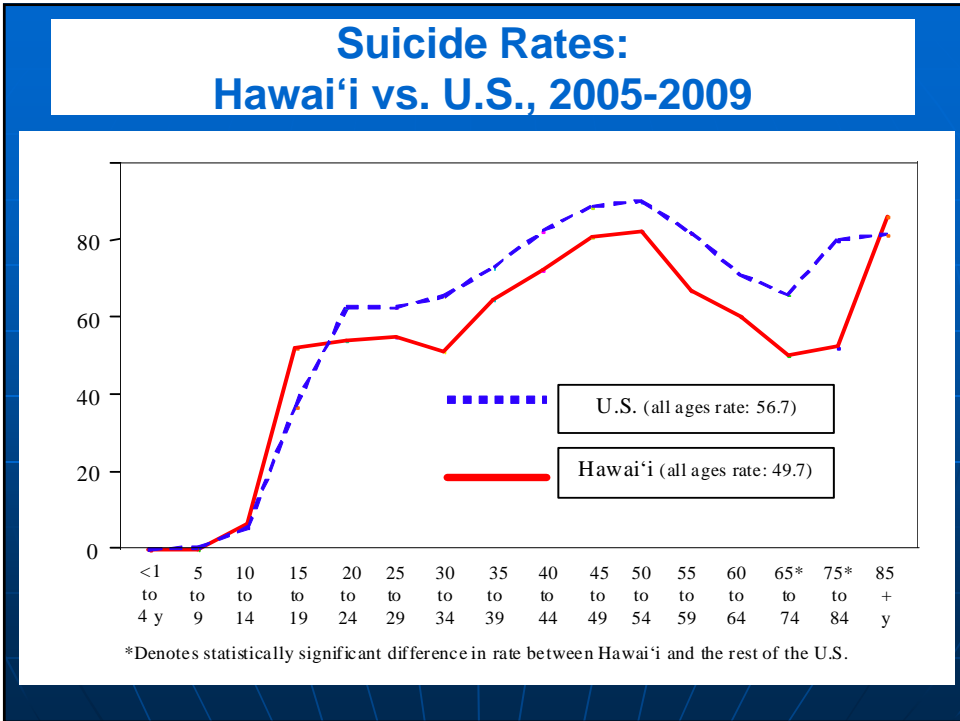
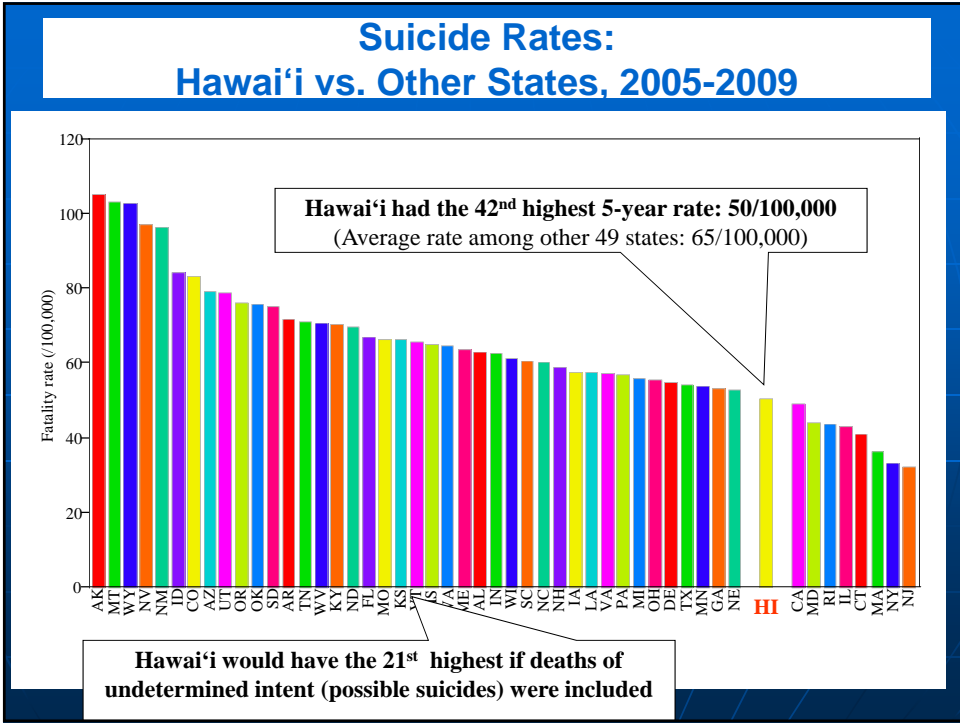
- **Suicides (fatal injuries), 2007-2011**
 - *Comparisons w/rest of U.S. (2005-2009)*
 - *Local description*
 - *Trends, geography, demographics of victims*
 - *Data issue: possible suicides (undetermined intent)*

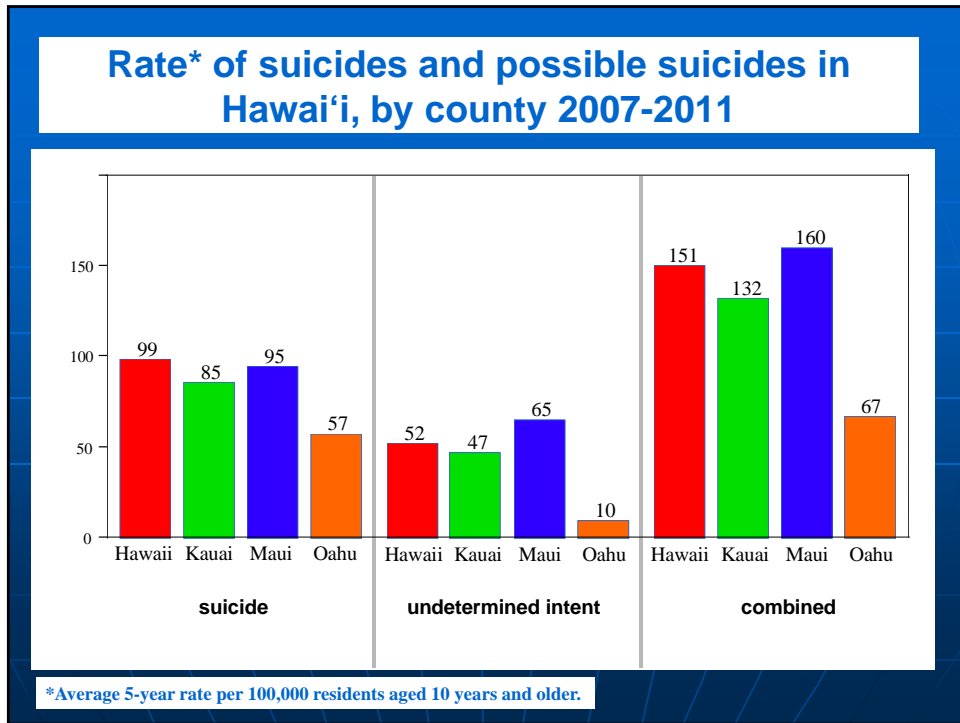
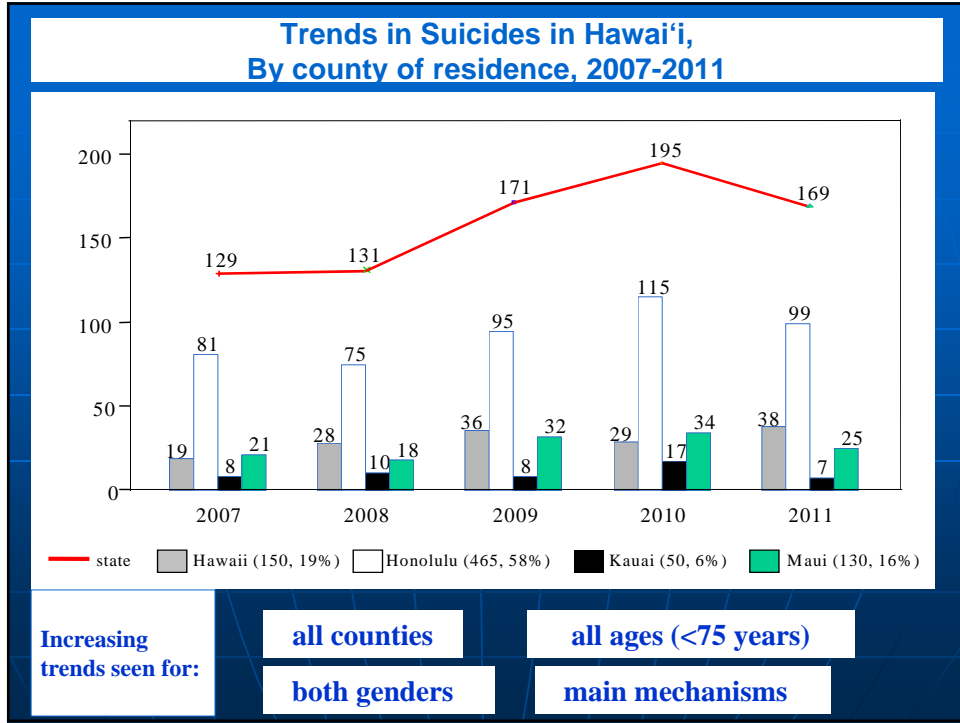
- **Suicide attempts (nonfatal injuries), 2007-2011**
 - *Emergency department (ED) visits and hospitalizations*
 - *Data from the Hawai'i Health Information Corp.*

- **Risk among youth (2009)**
 - *YRBSS data (Youth Risk Behavioral Surveillance System)*

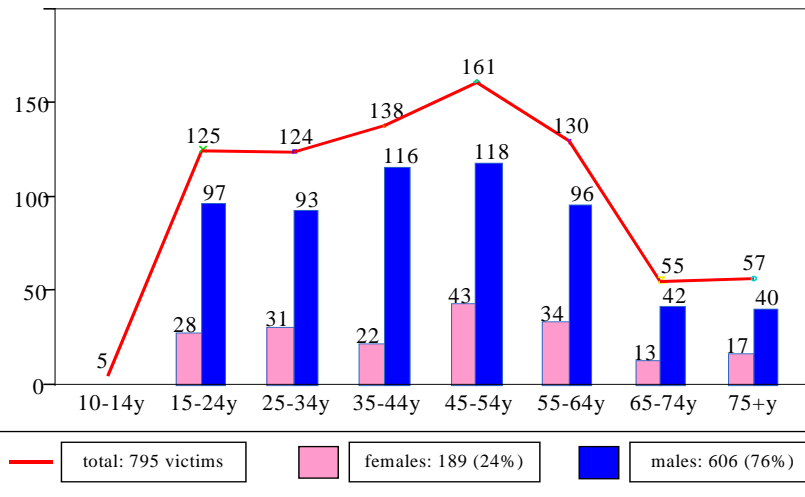
Causes of fatal injuries among Hawai'i residents, 2007-2011

Rank	Infants (32 total)	1-14 y (66)	15-24 y (368)	25-34 y (376)	35-44 y (466)	45-64 y (1,105)	65-74 y (230)	75+y (713)	total (3,356)
1	suffocation 22	drowning 16	suicide 125	suicide 124	suicide 138	suicide 291	suicide 55	falls 377	suicide 795
2	unk. intent 3	mvc*- occupant 11	mvc*- occupant 86	mvc*- occupant 50	poisoning 112	poisoning 284	falls 53	suffocatio n 85	falls 541
3	homicide 2	mvc*- pedestrian 9	mvc*- motorcycli st 32	poisoning 44	unk. intent 46	unk. intent 160	mvc*- pedestrian 22	suicide 57	poisoning 490
4	natural/ enivron. 2	homicide 8	poisoning 29	mvc*- motorcycl ist 37	mvc*- occupant 34	drowning 68	suffocatio n 16	mvc*- pedestrian 39	unk. intent 283
5	drowning 1	suicide 5	drowning 25	unk. intent 33	falls 29	falls 63	mvc*- occupant 15	mvc*- occupant 21	mvc*- occupant 264

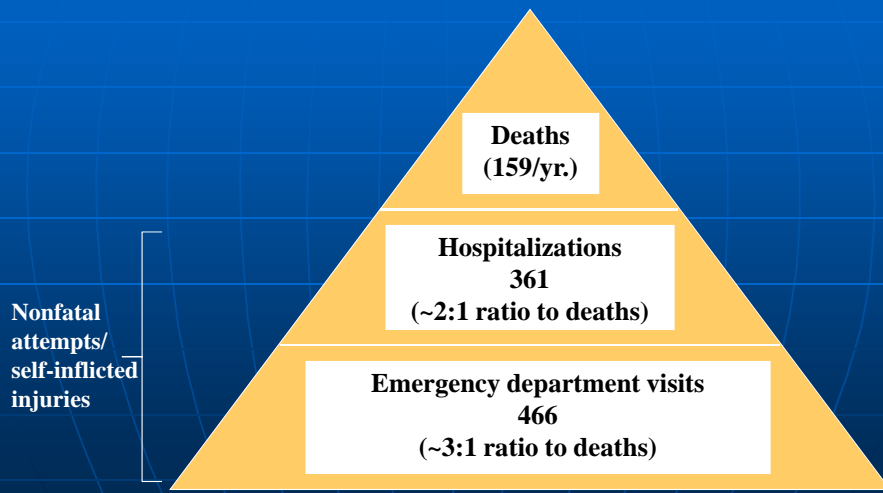


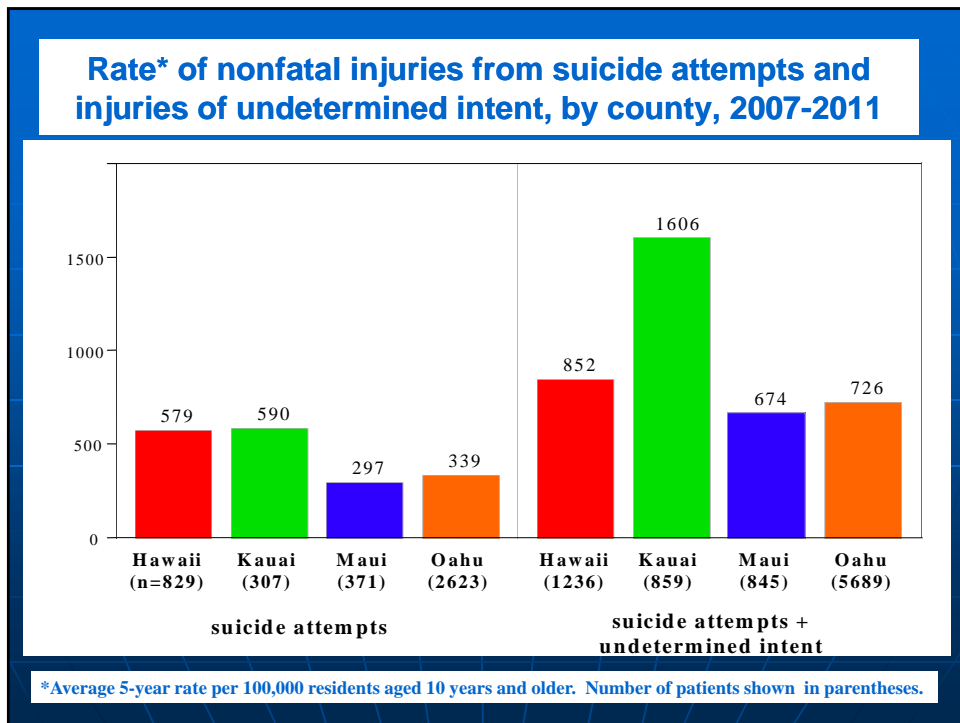
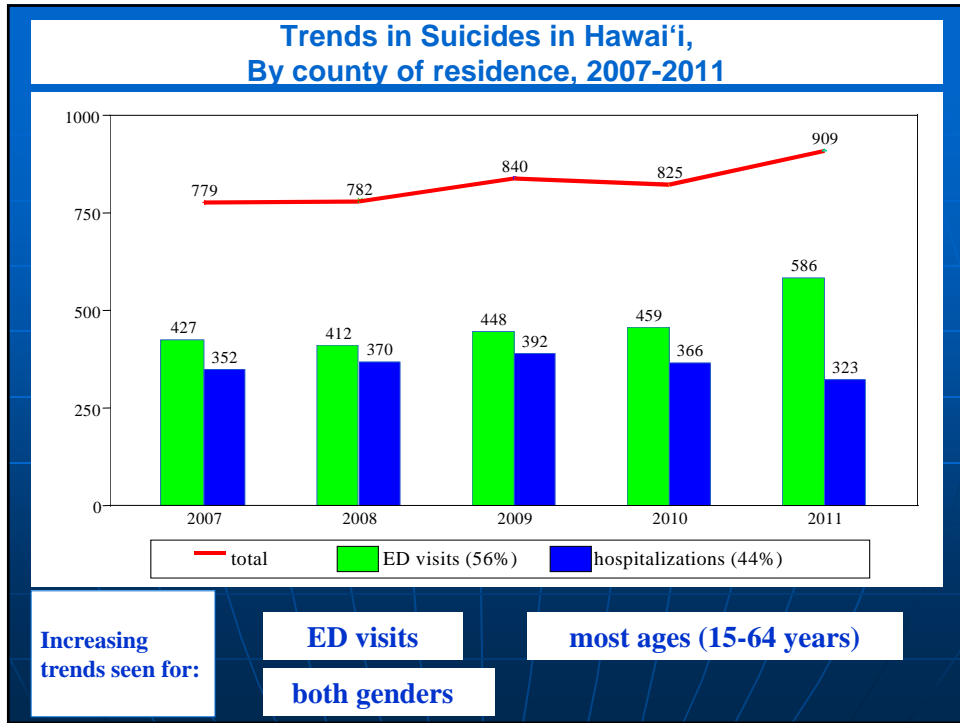


Age and gender of those who died by suicide in Hawai'i, 2007-2011



“Injury Pyramid” for suicides and attempts in Hawai'i, 2007-2011





Summary – Suicides & Attempts in Hawai‘i

	Suicides	Attempts (nonfatal)
<i>Number/year</i>	159 (216?)	827 (1290? 1700?)
<i>Trends</i>	increasing	increasing (ED visits only)
<i>Gender</i>	76% male	57% female
<i>Age</i>	Youth lowest risk, elderly highest	Youth highest risk, elderly lowest
<i>Mechanism</i>	Hangings (49%), firearms (20%)	Drugs/medicinal poisonings (70%)
<i>Geography</i>	Higher risk on Neighbor Islands	Highest risk for Kaua‘i

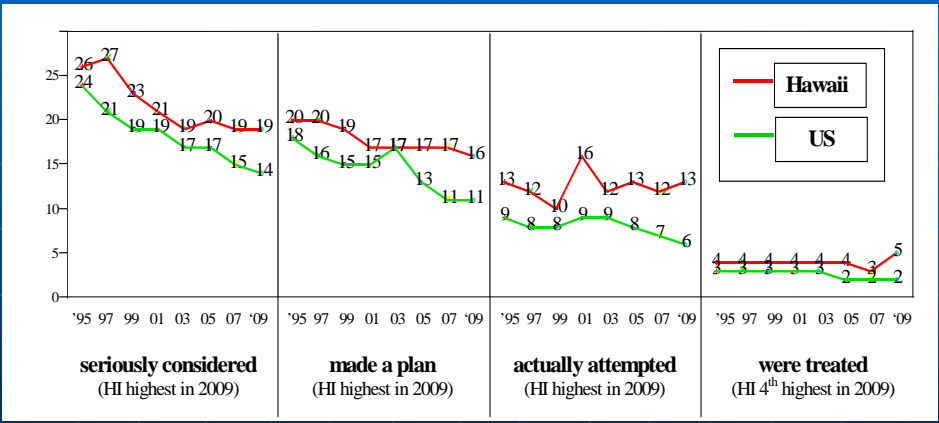
Risk factor survey data from Hawai‘i high school students (YRBSS)

- During the past 12 months, did you ever seriously consider attempting suicide? (“seriously considered”)
- During the past 12 months, did you make a plan about how you would attempt suicide? (“made a plan”)
- During the past 12 months, how many times did you actually attempt suicide? (“actually attempted”)
- If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? (“were treated”)

Suicide and Hawai'i's Youth: 2009 YRBSS Data

- Highest percentage of youth (nearly 19%) who reported that they "seriously considered attempting suicide"
- Highest percentage of youth (16%) who reported "making a suicide plan"
- Highest percentage of youth (13%) who reported "attempted suicide"
- 4th highest percentage (4.5%) who reported "suicide attempt treated by a doctor or nurse"

Trends in self-reported suicide risk factor prevalence among high school students, Hawai'i vs. U.S., 1995-2009



LEGISLATIVE BRIEFING ON SUICIDE PREVENTION

Thursday, April 5th, 2012
Nancy Kern
Suicide Prevention Coordinator
Injury Prevention and Control Section
Hawai'i State Department of Health

HAWAI'I INJURY PREVENTION PLAN

The three priorities for suicide prevention:

- Develop and implement prevention **training for “gatekeepers”**
- Launch a **public awareness campaign**
- Develop & promote effective clinical & professional **practices & policies**

SUICIDE PREVENTION ACTIVITIES IN HAWAI'I

- ASIST and safeTALK trainings statewide
- Prevent Suicide Hawai'i Task Force (PSHTF)
- PSHTF listserv for 170 members
- Local and national resources
- Collaborations with: military, agencies serving youth at-risk, native Hawaiians, rural youth, older males
- Role of social media

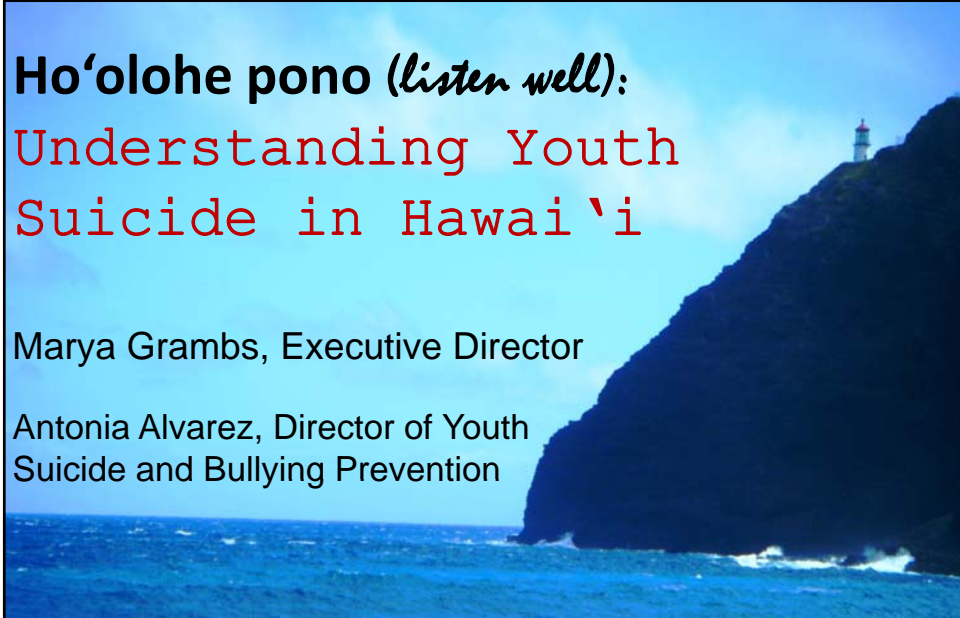
PREVENT SUICIDE HAWAI'I TASK FORCE

- PSHTF is a state, public, and private partnership
- Consists of individuals, organizations, and community groups
- Goal of the PSHTF is to reduce the incidence of suicides and suicide attempts in Hawai'i
- PSHTF members include Neighbor Island representatives and community groups and organizations that support suicide prevention activities throughout the state

for more information...

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Ho'olohe pono (*listen well*):
**Understanding Youth
Suicide in Hawai'i**

Marya Grambs, Executive Director

Antonia Alvarez, Director of Youth
Suicide and Bullying Prevention

Mental Health America of Hawai'i

SUICIDE IN HAWAI'I

- Suicide is the second leading cause of death among youth in Hawai'i. [CDC 2009] There were 51 suicides among children 10-19 years old between 2006-2010.
- Hawai'i high school students have **the highest self-reported rates** of:
 - Seriously considering suicide
 - Making a suicide plan
 - Attempting suicide
- Neighbor islands are at highest risk: Maui County (92 suicides/100,000 residents), Kaua'i (88), Hawai'i (83), O'ahu (54)

WHO IS AT RISK?

*For every **child who dies** from suicide in Hawai'i, there are an estimated **5 who are hospitalized** (55 per year), and another **12 who are treated in emergency departments** for nonfatal self-inflicted injuries each year (120 per year).*

	Suicides	Suicide Attempts
Gender		
males	65%	33%
females	35%	67%
Age		
10-12 yrs.	4%	2%
13-14 yrs.	6%	14%
15-16 yrs.	12%	34%
17-19 yrs.	78%	50%

STATISTICS ABOUT YOUTH SUICIDE AND DEPRESSION

Youth Risk Behavior Survey 2009:

- ✘ National
- ✘ High school (9-12th grade)
- ✘ Public schools
- ✘ Every two years
- ✘ Self-report
- ✘ U.S. Centers for Disease Control and Prevention & Hawai'i State Department of Education

Source: <http://www.cdc.gov/HealthyYouth/yrbs/>

Youth Risk Behavior Survey 2009

Depression

Nearly 1 out of 3 students in Hawai'i feel so sad or hopeless almost everyday for 2 or more weeks in a row that they stop doing some usual activities.

Youth Risk Behavior Survey 2009

Suicidal Ideation

1 out of 4 girls in Hawai`i and more than 1 out of 8 boys seriously consider attempting suicide.

This is the highest rate in the country.

Youth Risk Behavior Survey 2009

Planning

More than 1 out of 6 of all students in Hawai`i make a plan about how they will attempt suicide.

This is the highest rate in the country.

Youth Risk Behavior Survey 2009

Suicide Attempts

More than 1 out of 8 students in Hawai`i attempt suicide one or more times.

This is the highest rate in the country.

RISK FACTORS

- Previous suicide attempts
- Depression and/or other mental health issues
- Alcohol and/or drug abuse
- Family violence and/or problems
- Eating disorders
- Perfectionism, stress, anxiety

Common triggers:

- | | |
|---|----------------------------|
| -Recent loss or death | -Recent move or new school |
| -Exposure to suicide | -Bullying |
| -Break-up or problems with intimate partner | |

DEPRESSION

Signs and Symptoms:

- Withdrawal from friends, family, and school activities
- Sadness or hopelessness
- Lack of enthusiasm, energy, or motivation
- Anger or rage
- Overreaction to criticism
- Feelings of being unable to meet expectations
- Poor self-esteem or guilt
- Indecision, lack of concentration, or forgetfulness
- Restlessness, agitation, and irritability
- Changes in eating or sleeping patterns
- Substance abuse
- Thoughts or talk of suicide

QUOTES (from youth in Hawai`i)

- **“When my depression is kicking in, I want to die.”**
- **“I’ve thought about it, just sometimes that is how I’m feeling, like I wish I wasn’t here.”**
- **“In my family, nobody deals with suicide – you’d catch a dirty lickin’.”**
- **“I went to the bridge, thought about how much I loved my family, my friends, my church...”**

OVERVIEW:

STOP Youth Suicide and Bullying Project

- Free, statewide trainings since 2008
- More than 4,500 middle, high school, and college age students
- More than 4,000 adults who work with youth
- At-risk groups including: foster, military, Native Hawaiian, lesbian/gay/bisexual/transgender, adjudicated, youth with special needs

STOP Youth Suicide and Bullying

Workshops are interactive and include multi-media presentations and activities.

WORKSHOPS INCLUDE:

- Defining and identifying bullying and suicidality
- Recognizing the warning signs of suicide
- Understanding risk and protective factors
- Pre and Post-vention activities
- Resources

Antonia Alvarez
Travis Schmidt
antonia@mentalhealth-hi.org
www.mentalhealth-hi.org

MLHA
Mental Health America
of Hawai'i

STOP YOUTH SUICIDE AND BULLYING

RESOURCES

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-672-TALK (8226)

ACCESS Line:
24/7 Crisis Line
#832-3100
(800) 753-6879

Ho'olohe Pono (listen well)

DEFINITION:
BULLYING

LGBTQ bullying

TYPES OF BULLYING

Warning Signs of Suicide

prevention post-vention

How to help a friend?

- LISTEN
- ASK
- TELL someone

how to cope
what is in your Web of support

QUOTES

2012

WEB OF SUPPORT

YOUTH SUICIDE PREVENTION

What is in YOUR Web of Support??

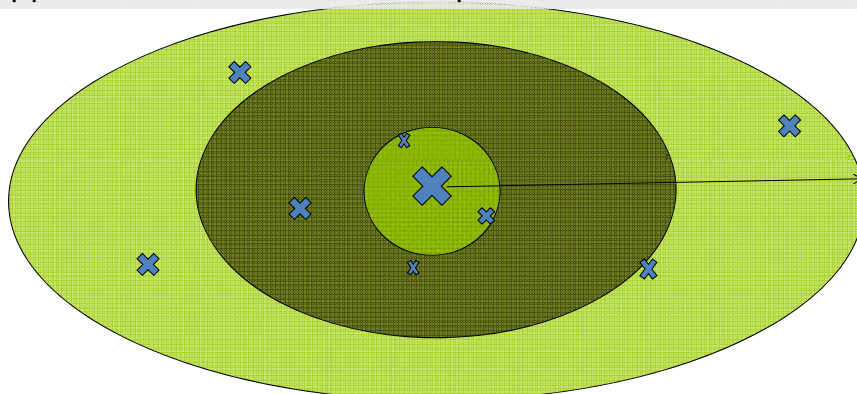
Mental Health America of Hawai'i

L.A.S.E.R.

- Listen
- Ask
- Support
- Empower
- Refer, Report, build Resilience

SURVIVORS OF SUICIDE

Suicide and suicide attempts leave behind many layers of survivors – some very close (family members, close friends, partners), and some on a peripheral level (classmates, neighbors). **All** may need some form of support and can benefit from post-vention resources.



POST-VENTION STRATEGIES

- Grieving

Survivors of a loved one's suicide or suicide attempt may experience: *guilt, shame, blame, anger, shock, denial, confusion...*

- Healing

It is important for them to know that these are normal emotions, and that they can take the time they need to heal.

- Follow-up

Ask: "How can I help?"
 "How are you coping?" "Who can you talk to?"
 "I'm sure this is overwhelming for you."
 "It is important that you are willing to get help. None of us can do this alone."

POST-VENTION WORKSHOPS

- Kahuku High School, 2011
- Conducted two post-vention workshops
 - Grieving family members and close family friends
 - Community-wide/school-wide
- Provided follow-up trainings in safeTALK (Suicide Alertness For Everyone) for staff and faculty at Kahuku High School



STOP
YOUTH SUICIDE
AND
BULLYING

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MHA
Mental Health America
of Hawai'i

Antonia Alvarez, MSW
Director of Youth Suicide and Bullying Prevention
antonia@mentalhealth-hi.org

**Youth Suicide:
Prevention and
Early Intervention**

Deborah Goebert, Dr.P.H.
Associate Professor
University of Hawai'i
John A. Burns School of Medicine
Department of Psychiatry &
Department of Public Health Sciences

Warning Signs

Not the same as risk factors

Help Immediately

- ❑ Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself.
- ❑ Someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means.
- ❑ Someone talking or writing about death, dying or suicide, when these actions are out of the ordinary for the person.

Call

- Hawai'i State Department of Health's ACCESS Line provides a team of trained and experienced professionals 24 hours a day to help in times of a mental health crisis.
 - On O'ahu, call 808-832-3100
 - On Neighbor Islands, call toll-free at 1-800-753-6879

- The National Suicide Prevention Lifeline is a free, 24-hour hotline available to anyone in emotional distress or a suicidal crisis.
 - 1-800-273-TALK (8255)



Needs Help Soon

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped – like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family, and society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes
- No reason for living, no sense of purpose in life


“Sometimes when we are generous in small, barely detectable ways, it can change someone else's life forever.”

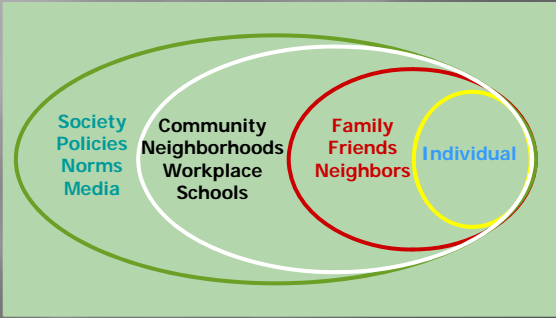
-Margaret Cho

Hawai'i's Caring Communities Initiative (HCCI) for Youth Suicide Prevention



*Youth Suicide Prevention
SAMHSA Grant – Cohort 6
University of Hawai'i at Mānoa
Department of Psychiatry*


 Training Professionals & Communities in Suicide Prevention & Response



Social-Ecological Model

- Brings people together to work across multiple systems in suicide prevention and response.
- Guidance in developing protocols for identifying and referring people at-risk.
- Policy/advocacy in safe messaging in media and awareness campaigns.

Goals of HCCI

- Builds on gatekeeper training efforts from previous grant (administered by the Department of Health).
- Focuses on youth who are at a higher suicidal risk (e.g., rural and Native Hawaiian communities).
- Aims to enhance the “safety net” for these youth by working with youth-serving community organizations and health care providers.

HCCI Communities



Gatekeeper Training

- ❑ Regardless of one's role in the community, we are gatekeepers at all times.
- ❑ Gatekeepers can be from many walks of life, and whether experienced or not, have a role in preventing suicide.
- ❑ Gatekeeper training is the basis by which all participants will begin with the same information.
- ❑ Starting together as gatekeepers reinforces the working relationships that will be critical to reinforcing the safety net of suicide prevention.



Hawai'i 's Connect Trainers

Mobilizing Communities At-Risk
working with youth-serving organizations

Year	Area	Community Organization
1	Waimānalo	BRAVEHEART
	Kahuku	Ko'olauloa Health and Wellness Center
	Kaua'i	Life's Bridges
2	Hilo	First United Protestant Church
3	Moloka'i	Moloka'i Community Health Center
	Maui	Maui Economic Opportunity



Young people with project partner Ke Ola Hou, in Waimānalo, wear shirts that say "Be a Lifeline, Save a Life". The youth help advocate against suicide.

Partner with a community coordinator
from each community organization



Provide CONNECT training and technical assistance
to community coordinators



Community coordinators train and work with a small
group of youth leaders



1 awareness/advocacy activity
1 large community event
1 booster activity

Sample of Planned Activities

- ▣ Train adults in Connect
 - Community health center staff
 - School staff in community
 - Parents/youth program leaders
 - Other community groups (police, fire, churches, etc.)

- ▣ Recruit youth to become leaders and facilitators for youth training
 - Train youth in Connect
 - Create suicide prevention awareness activities and campaigns
 - Summer leadership camp
 - Movie night with suicide prevention PSAs

Enhancing the Statewide Trauma Network *working with healthcare providers*

26 emergency departments/critical access hospitals
across the State of Hawai'i



Train emergency department/trauma managers in CONNECT



Managers will train their healthcare providers



Strengthen skills and protocols for working with
suicidal youth and their families



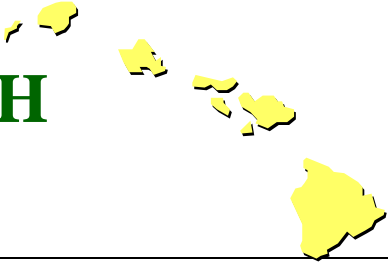
"I choose to live, not for the days that make me want to give up, but for the days I've yet to see. Every morning is a chance at a fresh start."

2011 BRAVEHEART Program
*(Building Resistance Against Violent Environments thru
 Honorable, Empowered, And Resilient Teens)*

Thank You





University of Hawai'i HCCI Team

<i>Name</i>	<i>Role</i>	<i>Email</i>
Deborah Goebert, DrPH	Project Director/ Principal Investigator	Gobertd@dop.hawaii.edu
Jane Chung-Do, DrPH	Community Director	Chungj@dop.hawaii.edu
Jeanelle Sugimoto- Matsuda, DrPH student	Trauma Director	Sugimotoj@dop.hawaii.edu



AFTERMATH OF SUICIDE


In our slippas


By Pua Kaninau-Santos, April 5, 2012

AFTERMATH

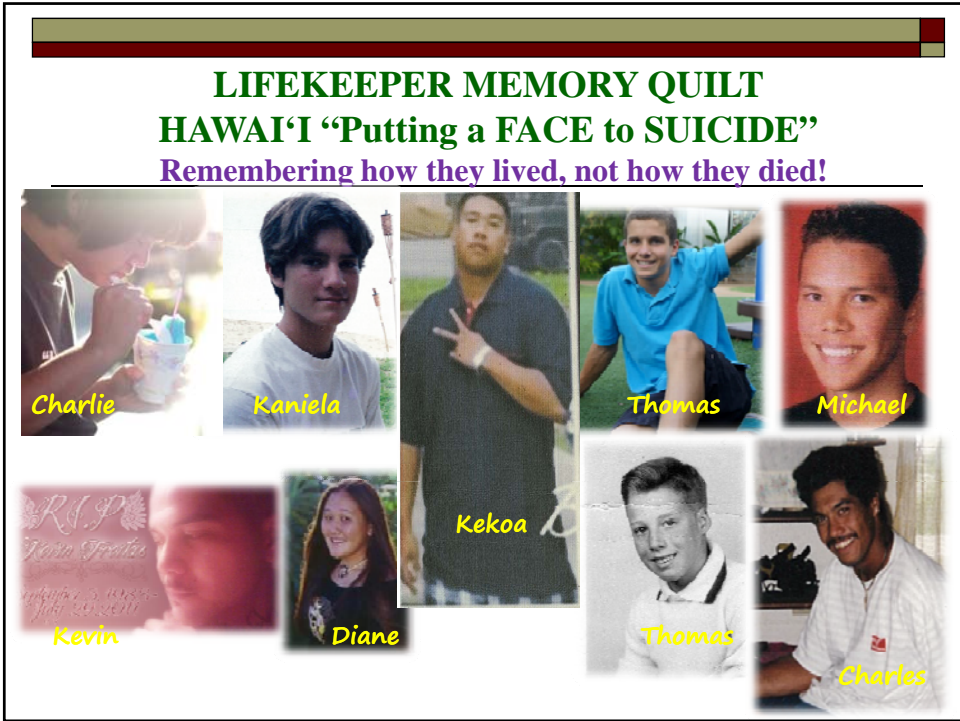
- Death of a son or daughter by suicide:
 - **BROKEN** into a thousand pieces
 - **FORGIVENESS** for I didn't keep you safe
 - **SHOCK, DENIAL, COMPLEX GRIEF**
 - **MENTAL HEALTH** – SICK
 - **PHYSICAL HEALTH** – CHALLENGED
 - **RELATIONSHIPS CHANGE**
 - **HOW TO NOW, LIVE IN THE AFTERMATH**
- REALITY SINKS IN...
 - **WHY SUICIDE?**
 - Pain within fuels the passion to do this work!
 - Gift of **KULE'ANA/HOPE** to those who have none.



Kaniela Kaninau
March 31, 1985 - April 5, 2003
Kalani High School Senior



HAWAII SPEAR FOUNDATION
1001 Kalia Road, Suite 100, Honolulu, HI 96813
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WWW.HAWAII-SPEAR-FOUNDATION.COM



Survivors – Passing Life Forward
KULE'ANA – HO'O'ALAKA'I

- ❑ Legislative – Frontline passage of Suicide Prevention Bill and funding
- ❑ DOH IPCP/S – Steering Committee and Task Force
- ❑ Community – Schools Suicide Prevention and Depression classes w/youth
- ❑ Develop/implement/train – Gatekeeper Training statewide
- ❑ Debrief and SOS Individual/Family Grief series and monthly
- ❑ Annual Prevent Suicide Hawai'i Healing After Conference
- ❑ Annual Breaking the Silence/Prevent Suicide Hawai'i Community Walk

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5	drowning 1	suicide 5	drowning 25	unk. intent 33	falls 29	falls 63	mvc*-occupant 15	mvc*-occupant 21	mvc*-occupant 264

KULE'ANA – HO'OALAKA'I

It Takes a Village

- National
- State
- County
- Cities/Towns
- Native Hawaiian Community, Law Enforcement, Schools, Faith-based Organizations & other key groups
- Neighborhoods
- Families/'Ohanas
- Individuals

*Ecological graphic - HCCI

Passing life forward

Safe Messaging: What to Avoid

- Detailed descriptions of a suicide incident
- Romanticizing or glamorizing the person
- Oversimplifying causes
- Overstating the frequency of suicide
- Using terms like successful/failed/committed

Safe Messaging: What to Do

- Always include information on where/how to get help (local and national):
 - National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
 - ACCESS Line: 832-3100 (O'ahu),
1-800-753-6879 (Neighbor Islands Toll-Free)
 - Teen Line Hawai'i (www.teenlinehawaii.org)
- Emphasize recent advances in treating mental illness and substance abuse
- Include information about warning signs
- Report on local efforts to prevent suicide



Resources

In Your Packets

- Brochures
- Project descriptions
- Training opportunities
- Reporting on Facebook
- Safe messaging guidelines
- Resource directories

National Online Resources

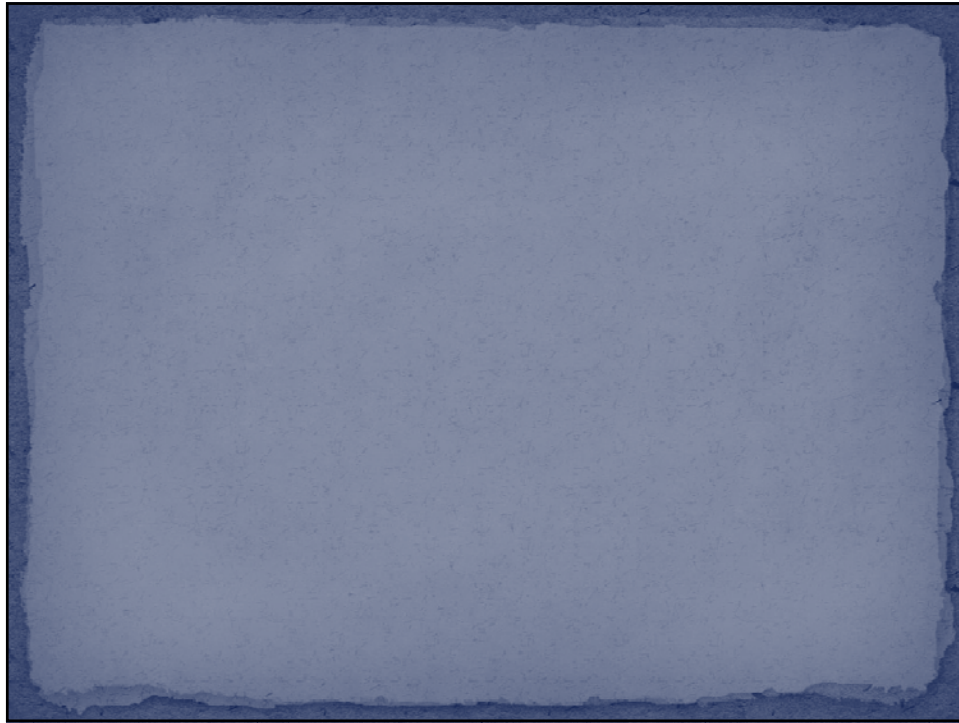
- Substance Abuse & Mental Health Services Administration (www.samhsa.gov)
- Suicide Prevention Resource Center (www.sprc.org)
- National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org)
- American Association of Suicidology (www.suicidology.org)
- Connect Suicide Prevention Project (www.theconnectproject.org)

...and those sitting in this room...

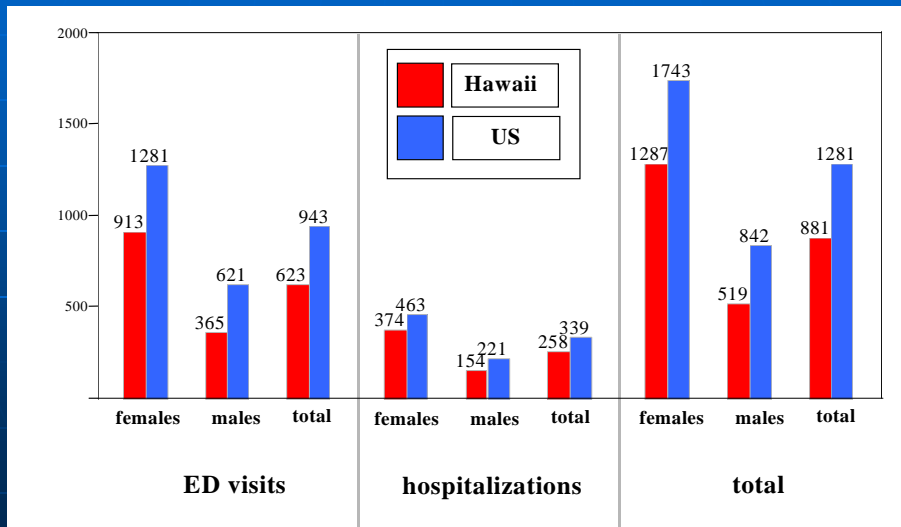
QUESTIONS & DISCUSSION

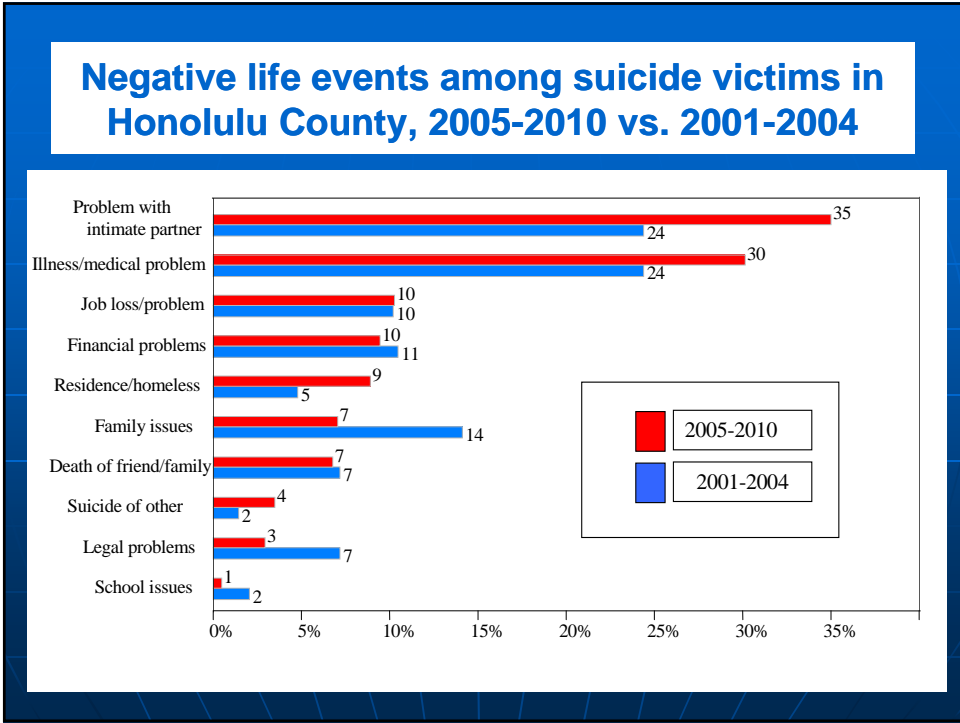
Thank you to all those who made this briefing possible:

- *Senator Chun Oakland & Staff; Senator Green & Staff; Representative Mizuno & Staff*
- *Sponsoring Committees – Senate Committee on Health, Senate Committee on Human Services, & House Committee on Human Services*
- *University of Hawai'i, John A. Burns School of Medicine, Department of Psychiatry (staff of the Hawai'i's Caring Communities Initiative)*
- *Hawai'i State Department of Health, Injury Prevention & Control Section*
- *Mental Health America of Hawai'i*
- *Prevent Suicide Hawai'i Task Force & the O'ahu Prevent Suicide Hawai'i Task Force*
- *Queen Lili'uokalani Children's Center*



Nonfatal suicide attempts among 15-19 year-olds, US vs. Hawaii, 2005-2008





Pre-training and 1-year post-training paired responses to "In the past 6 months, how many times have you referred someone to suicide intervention resources?"

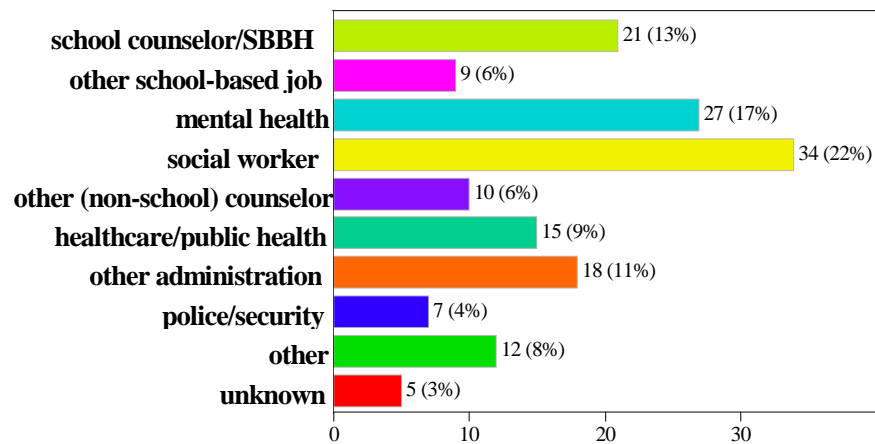
Pre-ASIST survey	One-year follow-up survey				total (pre)
	none	low	medium	high	
none	27	13	5	4	49 (60%)
low (1-2)	3	4	5	3	15 (19%)
medium (3-9)	3	0	2	4	9 (11%)
high (10 or more)	3	1	1	3	8 (10%)
total (follow-up)	36 (44%)	18 (22%)	13 (16%)	14 (17%)	

44% increased number of referrals, 19% decreased, and 37% did not change

Applied Suicide Intervention Skills Training (ASIST): Pre- and post-training evaluation

- Two-day training, designed to help "gatekeepers" identify, assess and refer people who might be at high risk for suicide
- Surveyed trainees from 8 different trainings held in 2008 and 2009
 - Three trainings on Oahu, 2 on Big Island, 1 each on Maui, Kauai and Molokai
 - Pre- and post-training surveys from 156 trainees
- Trainees also surveyed approximately 1-year later
 - Eighty-one eventually provided data
 - 34 (22%) did not provide valid e-mail account
 - 41 (26%) did not respond to e-mailed invitations

Trainee demographics: occupation



Trainee experience with persons in crisis

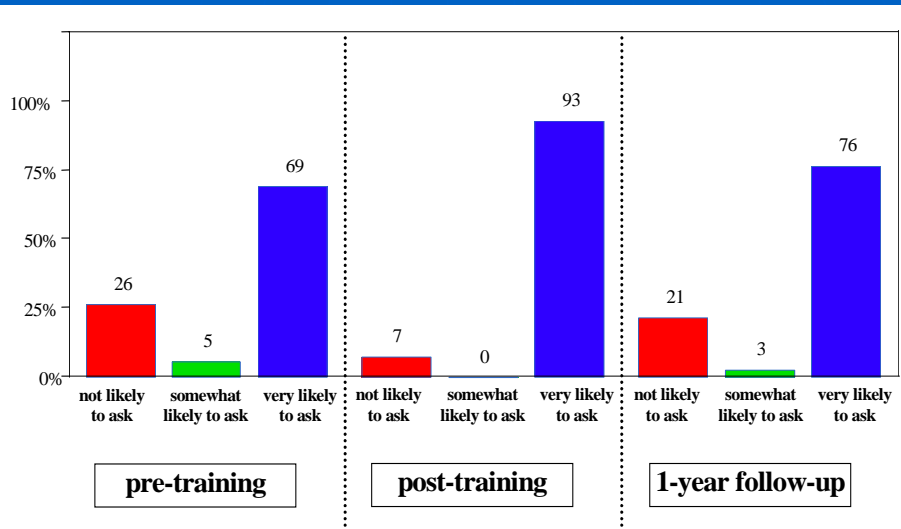
Number of trainees who “questioned people about suicide” in the last 6 months, by number of people questioned.

none	1-2 people	3-9 people	10+ people	median (range)
48 (30%)	31 (20%)	41 (26%)	38 (24%)	3 (0-400)

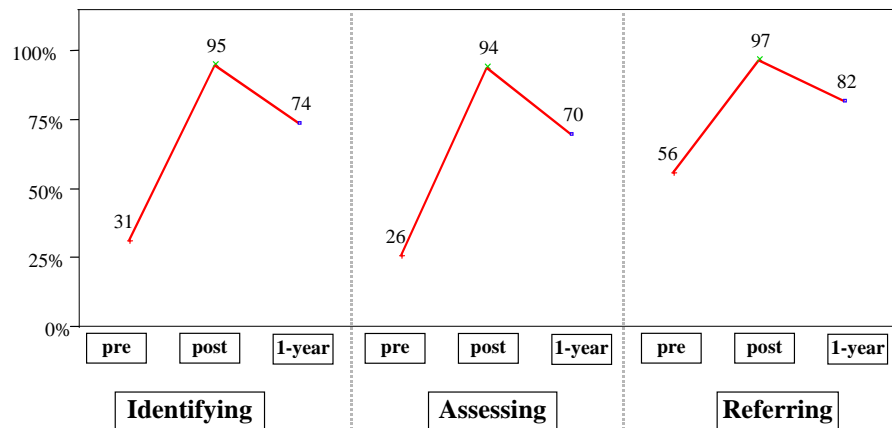
Number of trainees who “referred someone to suicide intervention resources” in the last 6 months, by number of people referred

none	1-2 people	3-9 people	10+ people	median (range)
48 (30%)	31 (20%)	41 (26%)	38 (24%)	3 (0-400)

Results for “How likely would you be to ask someone who you thought was in crisis if they were feeling suicidal?”, by training status.



Results for “How competent would you feel with...
identifying,
assessing,
referring
a consumer who is suicidal?”, by training status.



Summary of ASIST evaluation

- Significant increases in trainee factual knowledge
- Significant increases in self-rated competency in identifying, assessing and referring potentially suicidal people from pre- to post-training period
 - Subsequent decrease in rating from post-training to 1-year follow-up
 - 1-year follow-up levels still remained higher than pre-training levels
- Significant increase in number of referrals made
 - 44% increased number vs. 19% with decrease
 - No change for 37% (including 33% with none)
 - About half the increases were 1-2 additional referrals over 6 months

ASIST trainings included in the evaluation

Site and date	# trainees (pre/post)
Kauai, 9/2008	18
Oahu, 10/2008	26
Big Island, 11/2008	15
Maui, 12/2008	17
Oahu, 12/2008	24
Oahu, 4/2009	32
Big Island, 4/2009	17
Molokai, 5/2009	7
total	156

Summary of suicide risk factor data for high school students

- **Trends and overall prevalence**
Higher prevalence in HI (1995-2009)
Trends decreasing for US
 - ✓ *Not much change in HI from 2003-2009*
 - *Gap between Hawaii and US increasing since 2003*
- **Risk by gender**
Generally higher in Hawaii than nationally for both genders
In Hawaii, risk factors more prevalent among females, except for medical treatment
- **Risk by grade**
Hawaii prevalence higher than US at every grade
In Hawaii, risk factors more prevalent in 9th and 10th grades, except for medical treatment

Resources and More Information

Local resources

- Hawai'i State Department of Health's Injury Prevention & Control Section, Adult Mental Health Division, and Child & Adolescent Mental Health Division (www.hawaii.gov)
- Mental Health America of Hawai'i (www.mentalhealth-hi.org)
- Queen Lili'uokalani Children's Center ([www.qlcc.org](http://www qlcc.org))
- National Alliance on Mental Illness (NAMI) of Hawai'i (www.namihawaii.org)
- Hawai'i's Caring Communities Initiative (blog.hawaii.edu/dop)
- Hawai'i Spear Foundation (hawaiispear.org)
- Equality Hawai'i (equalityhawaii.org)

National resources

- Suicide Prevention Resource Center (www.sprc.org)
- American Association of Suicidology (www.suicidology.org)
- Substance Abuse & Mental Health Services Administration (www.samhsa.gov)
- The Trevor Project for LGBT youth (www.thetrevorproject.org; 24/7 helpline at 1-866-4U-TREVOR [488-7386])



How Can I Be a Gatekeeper?

Signs to be aware of

Warning signs for *immediate* action:

- Threatening to, or talking about, hurting or killing oneself
- Looking for ways to kill oneself
- Talking/writing about death, dying, or suicide

Other signs to be aware of:

- Difficulty at work/school
- Neglect of appearance/hygiene
- Withdrawing from activities, family, friends
- Sudden improvement in mood after being down/withdrawn
- Feeling uncontrollable anger/hopeless/trapped
- Giving away favorite possessions
- Increasing alcohol or drug use
- Being unable to sleep, or sleeping all the time

What do I say?

- Validate feelings (you sound upset, it seems that you're frustrated)
- Validate the circumstances (I'm worried, how long has this been going on)
- Ask the tough questions - "Are you thinking about killing yourself?" "Have you ever felt so down that you thought of ending your life?"

REMEMBER, IF YOU OR SOMEONE YOU KNOW NEEDS HELP, DON'T HESITATE:

- Do not leave the person alone.
- Connect to a resource.

Hawai'i State Department of Health's Access Line:

832-3100 (O'ahu) & 1-800-753-6879

(Neighbor Islands) OR the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Suicide Prevention in Hawai'i: Passing life forward



"I choose to live, not for the days that make me want to give up, but for the days I've yet to see. Every morning is a chance at a fresh start."

-BRAVEHEART Program

Suicide: A Public Health Issue

Suicide prevention

There is a great deal of stigma around the issue of suicide. As a community we can send the message that it's ok to talk about suicide, and support those who need to seek help.

Remember...

- Suicide is generally preventable.
- Suicide prevention encompasses the entire lifespan.
- Cultural issues are important in suicide prevention.

Myths about suicide prevention

- Talking about suicide does NOT cause someone to be suicidal.
- Most people who die by suicide DO communicate their plans in advance.
- Most people who contemplate suicide ARE ambivalent right until the end.

What is a "gatekeeper"?

Suicide is an issue that affects everyone in the community. Therefore, we ALL have a responsibility in suicide prevention.

- As gatekeepers, we all have the power to intervene when someone needs help, regardless of our role in the community.

What Does Research Tell Us About Suicide Prevention?

Suicide in Hawai'i

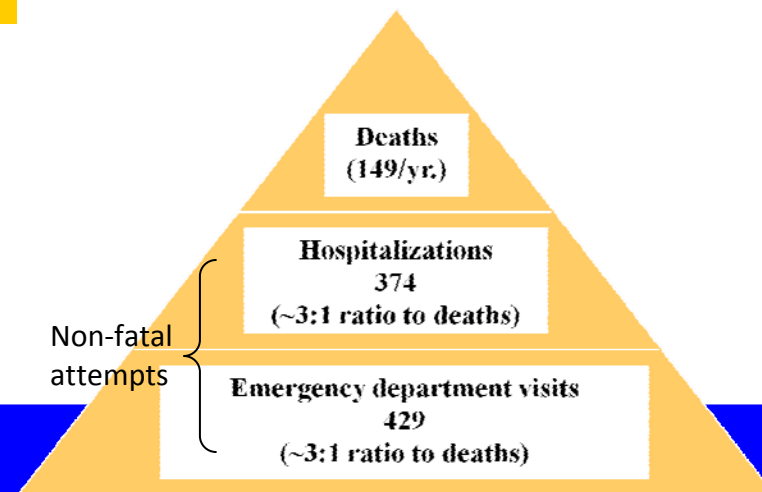
According to the Hawai'i State Department of Health, someone in Hawai'i dies by suicide every two days.

- In 2010, suicide rates (per 100,000) for residents 10 years and older by county were: 94 for Maui, 84 for Hawai'i County, 84 for Kaua'i, and 55 for O'ahu.
- Hawai'i's youth are at highest risk for attempting suicide, while elders are at highest risk for dying by suicide.

According to the 2009 Youth Risk Behavior Survey, a national survey of high school students, Hawai'i's youth reported the highest rates in the nation of considering suicide (nearly 19%), making a suicide plan (16%), and attempting suicide (13%).

What is the good news?

The Injury Pyramid below tells us that suicide deaths represent only a *portion* of all self-inflicted injuries that occur.



What Prevention Activities Are Going on in Hawai'i?

Some examples include:

- The Hawai'i State Department of Health's (DOH) Injury Prevention and Control Section coordinates various suicide prevention activities. The Hawai'i Injury Prevention Plan (HIPP) is compiled by the DOH to provide direction on a variety of topics, including suicide prevention.
- The Prevent Suicide Hawai'i Task Force (PSHTF) is a partnership of individuals, organizations, and community groups collaborating to provide leadership for suicide prevention efforts in Hawai'i. There are also island-specific taskforces on O'ahu, Kaua'i, Maui, and the Big Island (Hilo and Kona).
- The University of Hawai'i, Department of Psychiatry, conducts research on mental health issues. The Department also oversees the "Hawai'i's Caring Communities Initiative (HCCI) for Youth Suicide Prevention."
- Mental Health America of Hawai'i administers a variety of programs related to suicide, bullying, and mental health.
- Training opportunities and workshops are administered by a variety of agencies, including the Queen Lili'uokalani Children's Center.

SUICIDE IS A CRY FOR HELP!



Suicide is the act of an individual who makes an intentional, direct, and deliberate effort to end their life.

Life can be complicated for many teens, and for some, this emotional overload can lead to depression, or alienation, the feeling of being isolated and separated from everyone else. When teens find themselves desperately unhappy with the life they live, they resort to suicide as an escape to ease the pain that lingers inside.

Don't let suicide be the remedy to end your life! Speak up and reach out!

If you know a teen who is thinking about suicide or are you at risk for suicide, take it seriously; you can make a difference!

RESOURCES

Department of Health Injury Prevention & Control
Leahi Hospital/Trotter Building Basement
3675 Kilauea Ave.
Honolulu, HI 96816
Ph. (808) 733-9201
www.nogethurt.hawaii.gov or <http://hawaii.gov/health>

Pua Kaninau-Santos
Queen Lili'uokalani Children's Center
1300 A Halona St.
Honolulu, HI 96817
Ph. (808) 851 7731
-Email: kkanina@qlcc.org

SAVE – Suicide Awareness Voices of Education
8120 Penn Ave. S., Suite 470
Bloomington, MN 55431
Phone: (952) 946-7998
www.save.org

American Association of Suicidology
5221 Wisconsin Avenue, NW
Washington, DC 20015
Phone: (202) 237-2280
Fax: (202) 237-2282

American Foundation for Suicide Prevention
120 Wall Street, 22nd Floor
New York, NY 10005
Phone: (212) 363-3500 Toll-free: 1-888-333-AFSP (2377)
Fax: (212) 363-6237

Yellow Ribbon International Suicide Prevention Program®
PO Box 644, Westminster, CO 80036-0644
Phone: 303.429.3530 Fax: 303.426.4496
www.yellowribbon.org
ask4help@yellowribbon.org



Jourdan Cachola
Farrington High School
Health Academy
Senior Project 2009-2010

This brochure was developed for teens and parents by Jourdan Cachola, a senior from Farrington HS Class of 2010 as her Senior Graduation Project.

TEEN SUICIDE



Let's Talk About It!

WHAT INCREASES A TEEN RISK OF SUICIDE?



❖ Relationships:

- Parents
- Family
- Boyfriend/ Girlfriend
- Friends
- Others

❖ Emotional Distress:

- Depression/ Alienation
- Bi Polar
- Anxiety
- Eating Disorder

❖ Loss:

- Death of a loved one
- Breakups

❖ Bullying:

- Cyber
- Physical
- Emotional

❖ Sexual Orientation

- Gay
- Lesbian
- Bi Sexual
- Homosexual

RECOGNIZING THE WARNING SIGNS

❖ Verbal Signs

- Direct Statements:
 - *"I want to die."*
 - *"I hate my life."*
- Indirect Statements:
 - *"I won't be a problem for you much longer."*
 - *"Nothing matters."*
- Writing poems, songs, or diary entries about death

❖ Nonverbal & Behavioral Signs

- Withdrawal from friends
- Feelings of guilt, shame, or rejection; hopelessness, negative self-evaluation
- Lose interest in favorite things or activities
- Substance Abuse
- Sleep Pattern
- Drop in grades
- Dramatic changes in moods, hygiene, or appearance
- Seeing no reason for living



SUICIDE IS PREVENTABLE!!!

GET HELP NOW!



❖ Talk to someone you TRUST about your problem(s):

- A friend
- Family Member
- Coach or Mentor (someone who helps you – teach, athletic activity, etc.)
- School Counselors/ Teachers
- Religious Leaders (Pastor)
- Doctors
 - Psychiatrist
 - Therapist
 - Others

❖ Hotlines to call:

- ACCESS Line
832-3100 or 1-800-753-6879
- Teen Line Hawaii
521-TEEN or 1-877-521 TEEN
- National Suicide Prevention Lifeline, **1-800-273-TALK**

PREVENT SUICIDE HAWAII TASK FORCE AND LISTSERV

The Prevent Suicide Hawai'i Task Force (PSHTF) is a state, public, and private partnership of individuals, organizations, and community groups working in the area of suicide prevention. PSHTF members collaborate to provide leadership, set goals and objectives, develop strategies, coordinate activities, and monitor the progress of suicide prevention efforts in Hawai'i.

PSHTF meetings are staffed by Nancy Kern, Suicide Prevention Coordinator of the Injury Prevention and Control Section, Hawai'i State Department of Health (DOH).

A PSHTF Chair is selected by Task Force members every two years. Currently, the PSHTF is chaired by Martin Hackel (martin_hackel@notes.k12.hi.us). The Chair's responsibilities include:

- Providing leadership/support to PSHTF meetings, members, Steering Committee, Sub-Committees/Ad Hoc Committees, Island Task Forces, and Chair-Elect.
- Collaborating with the DOH Suicide Prevention Coordinator.
- Providing regular opportunities for members to have input into discussions related to suicide prevention, and to vote on decisions made by the PSHTF.
- Addressing issues raised by members, and providing follow-up support to decisions approved by the PSHTF.
- Being knowledgeable of all meetings and happenings concerning the PSHTF, and providing a voice for the PSHTF in the community (including for legislative issues).
- Inviting the participation of Past Chairs on the Steering Committee, as appropriate, for discussion of specific items related to the expertise/experience of the Past Chairs.

In addition to the larger statewide PSHTF, there are five Island Task Forces that address island/community-specific issues.

- Kaua'i Island
 - Chair – Gina Kaulukukui (rkaulukukui@hawaii.rr.com; www.preventsuicidekauai.org)
- Maui Island
 - Co-Chairs – Ann Nakagawa (nakagawa@mpd.net) and Madeline Colon Dominguez (Madeline.dominguez@doh.hawaii.gov)
- Hawai'i Island – Hilo
 - Chair – Larry Walter (lewalter@yahoo.com)
- Hawai'i Island – Kona
 - Chair – Nancy Sallee (orchid_isle_psychotherapy@yahoo.com; www.orchidislehawaii.com)
- O'ahu Island
 - Chair – Pua Kaninau-Santos (kkanina@qlcc.org; suicidepreventionispossible@gmail.com)

Statewide PSHTF meetings are held every other month, from 2:00pm – 4:00pm, usually at the Queen’s Conference Center (corner of Punchbowl and Beretania Streets). Everyone is welcome at PSHTF meetings, and may become a member simply by attending the meetings and/or subscribing to the email listserv (see details below). Attending a meeting will provide individuals with the opportunity to learn more about the purpose of the PSHTF, and to meet some of the members of this group.

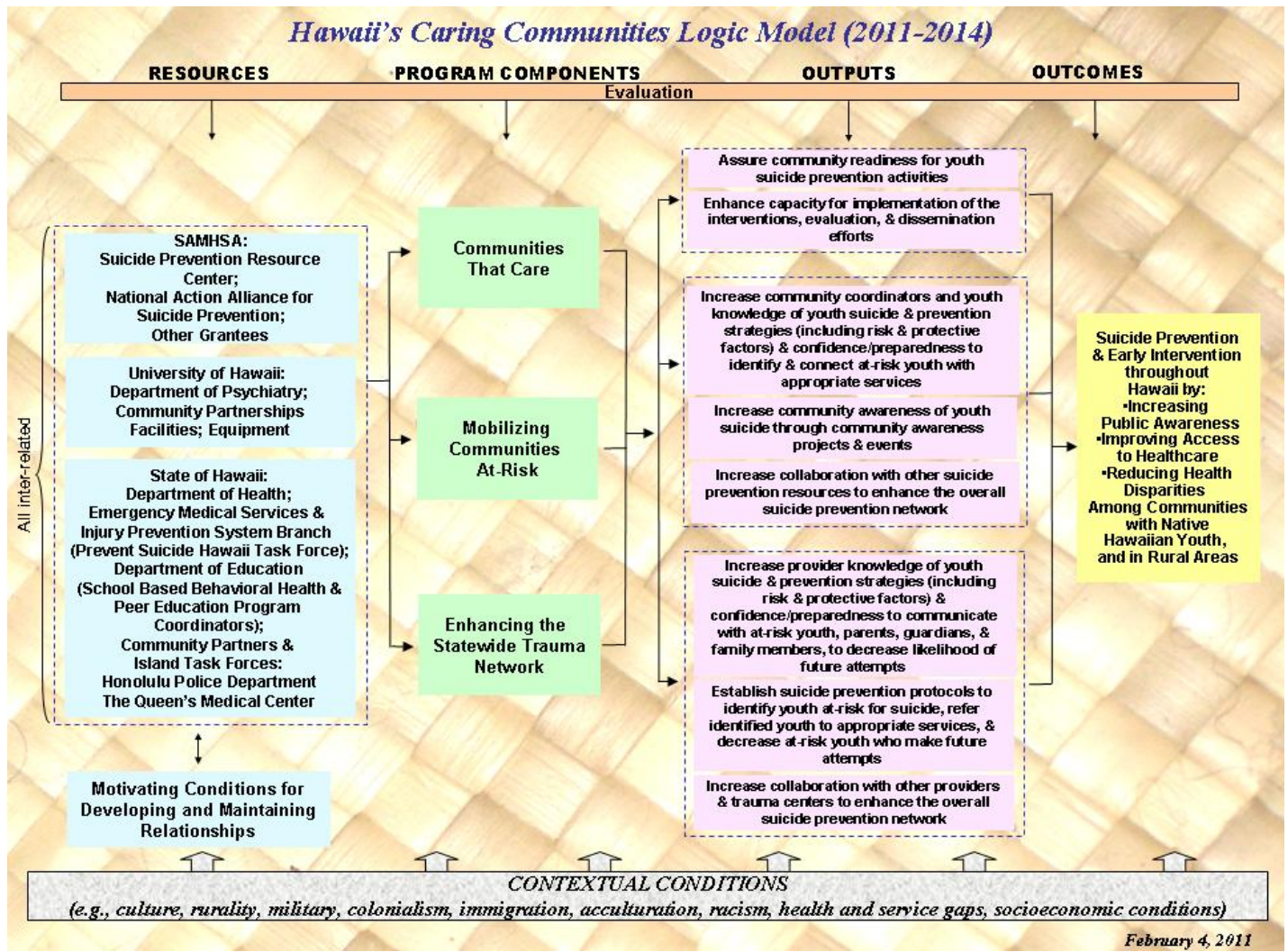
An email list is maintained for the PSHTF. Members receive emails 4-5 times weekly. Examples of information that is shared through the email listserv are: agendas of upcoming PSHTF meetings; minutes of past meetings; notices of future meetings and conferences; and local and national information shared by PSHTF members and the DOH Suicide Prevention Coordinator. You can join this email list by sending an email to Nancy Kern at nancy.kern@doh.hawaii.gov, stating that you would like to be placed on the list. Your request will be addressed immediately.

Please contact Nancy Kern at the following phone number/email address if you require more information on the PSHTF process, and/or if you would like to be added to the PSHTF email list.

Nancy Kern
Suicide Prevention Coordinator
Hawai‘i State Department of Health
Injury Prevention and Control Section
3675 Kilauea Avenue
Honolulu, Hawai‘i 96816
Tel: 808-733-9238
Fax: 808-733-9222
Email: nancy.kern@doh.hawaii.gov

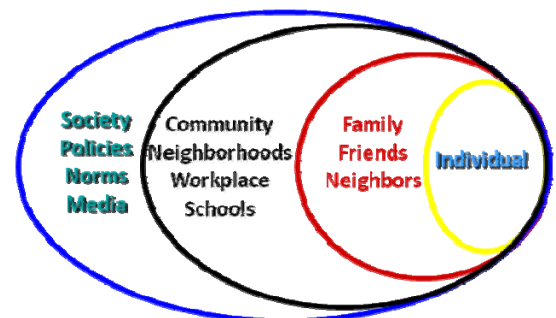
Overview of the Hawai'i's Caring Communities Initiative for Youth Suicide Prevention
University of Hawai'i at Mānoa, John A. Burns School of Medicine, Department of Psychiatry

The Hawai'i's Caring Communities Initiative (HCCI) is implementing two strategic projects entitled *Mobilizing Communities At-Risk (MCAR)* and *Enhancing the Statewide Trauma Network (ESTN)*, using the rubric of the *Communities that Care* system. With the goal of preventing youth suicide and increasing early intervention, these projects will positively impact at-risk communities, as well as the statewide suicide crisis infrastructure in Hawai'i. This Initiative aligns with the State's strategic goals for suicide prevention, and builds upon previous efforts of the "Hawai'i Gatekeeper Training Initiative" (HGTI).



Project Descriptions

To assess and establish readiness for program initiation, the **Communities that Care (CTC)** system will be implemented at each HCCI site. CTC is a universal, community-wide, evidence-based prevention system. It employs a public health model and has been proven to increase the effectiveness of selected interventions by addressing issues that youth in a specific community face. Within the HCCI, CTC will serve to ready and mobilize each of the community sites and trauma centers.



Social Ecological Model

The Connect Suicide Prevention Program. Developed by the National Alliance on Mental Illness (NAMI) of New Hampshire, *Connect* is a comprehensive, ecological, community-based approach to train professionals and communities in suicide prevention and response. This program is endorsed by the National Best Practices Registry developed by the Suicide Prevention Resource Center [SPRC], which is supported by SAMHSA. *Connect* operates under the premise that we are all "gatekeepers," and offers customized trainings for a variety of stakeholders in youth suicide prevention. Because we are proposing to work with multiple systems (emergency departments/trauma centers, youth, and communities) using a community-based approach, *Connect* is an ideal fit for building a comprehensive suicide prevention network.

Mobilizing Communities At-Risk (MCAR).

A local pilot project using a youth and community mobilization model to engage youth in suicide prevention advocacy demonstrated promising results. HCCI is expanding on this strategy by linking the *Connect Program* with community mobilization. This project will increase public awareness and community-based support for youth suicide prevention, and expand gatekeeper training in at-risk communities.

Enhancing the Statewide Trauma Network (ESTN).

Community emergency departments (EDs)/trauma centers provide a new avenue for training gatekeepers who have far-too-frequent contact with youth who are suicidal or have made suicide attempts. This project focuses on improving access to care and reducing mental health disparities in rural communities.

General Project Plan:

- 1) Partner with community organizations & trauma/emergency departments
- 2) Certify coordinators of partner organizations as *Connect* trainers
- 3) Coordinators provide *Connect* training at their respective sites
- 4) Sites conduct suicide prevention activities/projects

4a) MCAR – Coordinators and selected youth leaders to conduct community awareness activities and trainings

4b) ESTN – Coordinators and ED/trauma staff to evaluate screening and referral protocols at their respective sites

Project Partners and Estimated Timelines

Year 1 (August 2011-July 2012)		Year 2 (August 2012-July 2013)		Year 3 (August 2013-July 2014)	
Island	Community	Island	Community	Island	Community
O'ahu	Waimānalo (BRAVEHEART) & 6 Trauma Centers	Big Island	Hilo (First United Protestant Church) & 6 Trauma Centers	Maui	Kahului (Maui Economic Opportunity, Incorporated) & 2 Trauma Centers
O'ahu	Kahuku (Ko'olaupoa Community Health and Wellness Center) & 7 Trauma Centers			Moloka'i	Kaunakakai (Moloka'i Community Health Center) & 2 Trauma Centers
Kaua'i	Kapa'a (Life's Bridges) & 3 Trauma Centers				

Other Key Partners:

- Hawai'i State Department of Health
- Prevent Suicide Hawai'i Taskforce
- Mental Health America of Hawai'i
- Queen Lili'uokalani Children's Center
- National Alliance on Mental Illness of New Hampshire

Project Updates (as of February 2012)

- MCAR Project
 - In January 2012, 30 community partners and HCCI staff received training in *Connect*, 16 of which became certified *Connect* trainers.
 - The three Year 1 communities (Waimānalo, Kahuku, and Kapa'a) have selected their Community Coordinators, and are currently planning for youth leader recruitment and awareness activities and trainings.
- ESTN Project
 - The HCCI is working with the Hawaii Trauma Advisory Committee to solidify commitment from at least 8 sites for Year 1.
 - The *Connect* training for the ESTN project will be scheduled for sometime in July 2012.

Contact Information

Deborah Goebert, Dr.P.H.
HCCI Principal Investigator
Associate Professor
(808) 586-7433
GoebertD@dop.hawaii.edu

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Director, HCCI MCAR project
Assistant Professor
(808) 945-1517
ChungJ@dop.hawaii.edu

Jeanelle Sugimoto-Matsuda, M.S.
Director, HCCI ESTN project
Investigator & Program Manager
(808) 945-1528
SugimotoJ@dop.hawaii.edu

Kris Bifulco,
M.P.H. Student
Graduate Assistant
(808) 945-1517
BifulcoK@dop.hawaii.edu

Sample Case: GRANT Lifeson

(modified from Guerrero, 2005)

Grant is a 17-year old,
Filipino/Hawaiian/Caucasian 12th-grader

Gatekeeper Training

- Regardless of one's role in the community, we are gatekeepers at all times.
- Gatekeepers can be from many walks of life, and whether experienced or not, have a role in preventing suicide.
- Gatekeeper training is the basis by which all participants will begin with same information.
- Starting together as gatekeepers reinforces the working relationships that will be critical to reinforcing the safety net of suicide prevention.

What to do?

- Risk assessment
 - what are the signs of suicide
 - what are the risk factors
- Supports
 - what are the protective factors?
- Primary prevention:
 - where are opportunities?
- Early intervention
 - what needs to be done?
- How can you ensure everyone gets the whole picture?

Peers

- Grant is teased daily at school and got “fed up” after incident of teasing in locker room
- He is agitated and yelling. He states he is so upset that he might as well “just do what those guys on the mainland did.”
- Students heard him say he might “just shoot anyone” who got in his way at school and then himself.
- The students just laugh at him.

Peers

- Grant has few friends at his school
- Grant has a girlfriend that he met at church but she goes to private school. He tells her that no one believes him and frequently call him “gay.”
- Grant has been upset with his girlfriend, who has recently tried to break up with him. Grant tells her he has had difficulty sleeping because he thinks about “any kine stuff.”

School

- Grant has received mostly Bs and Cs throughout high school.
- For the past several months, he has shown a marked decline in school performance, to the point that he is at risk of failing his classes due to incomplete assignments and may not being able to graduate.
- Grant seems much more “moody” and “explosive” in class. He has been known to slam his books on the floor and walk out of class. At other times, he talks “nonstop.”

School

- Grant often comes in during lunch time to visit with his Social Studies teacher, just to talk. He has had this teacher for homeroom since 9th grade.
- Three months ago, this teacher had initiated a referral for to the counselor because Grant seemed down. However, the family did not call back and Grant has not show up for appointments.

Home

- Grant is living with his cousin. She has been his legal guardian for the past 1½ years, apparently because of difficulties he was having living with his mother. His parents are separated and living in another community.
- Grant's parents had a history of marital difficulty. The cousin believes that when Grant was young, he had seen his father behaving abusively while intoxicated with alcohol. His cousin doesn't think there was abuse, but his parents were from the "old school" and used corporal punishment.

Home

- Grant's cousin admits that she does not get a chance to see him very often, because she is working two jobs and he is out with his girlfriend. She says that two weeks ago during an argument with his girlfriend, Grant began to swallow ibuprofen tablets in the presence of his girlfriend. She he was just trying to get attention.
- She says that in the past several weeks, his behavior has seemed "not like him."
- She confirms that her husband has a hunting rifle kept unlocked in the household.

What to do?

- Risk assessment
 - what are the signs of suicide
 - what are the risk factors
- Supports
 - what are the protective factors?
- Primary prevention:
 - where are opportunities?
- Early intervention
 - what needs to be done?
- How can you ensure everyone gets the whole picture?



ASIST

Applied Suicide Intervention Skills Training

ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide. It is by far the most widely used, acclaimed and researched suicide intervention training workshop in the world. ASIST prepares caregivers of all kinds to provide suicide first aid interventions.

Registration Form below is also located at <http://hawaii.gov/health> under *Health Events and at <https://www.livingworks.net/training/map>* for the 2012 Calendar of ASIST and safeTALK workshops.

All workshops are held from 8:00am to 4:30pm both days

Please check only one workshop

Feb 29/Mar 1 - Wed/Thurs

April 25/26 - Wed/Thurs

May 2/3 - Wed/Thurs

June 27/28 - Wed/Thurs

Location – all workshops: Queen Lili'uokalani Children's Center (QLCC), 1300A Halona Street, Honolulu, HI 96817 *Tandem parking, carpool when possible.*

Cost: There is no fee for this training, but you must preregister and attend both full days.

Photo ID requested upon check in. Check-in at 7:45am. Workshop begins at 8am both days.

Name _____ Organization _____

Job Title (if applicable) _____ Mailing address _____

Email _____ Tel _____ Alternate Tel _____

Signature _____ Date Signed _____

This registration form can be emailed/faxed/or mailed. Registration forms received first will be given priority. A waitlist will be maintained for those beyond the 30 spots available. All registrants will receive an email confirmation of status, no later than 2 weeks of receipt of registration form.

Mail to: Pua Kaninau-Santos, QLCC, 1300A Halona Street, Honolulu, HI 96817

Fax to: (518) 841-6449

Email to: kkanina@qlcc.org

Questions: Call Pua at 851-7731

Important Workshop Details – Please Read:

- This is a two day workshop. Workshop instruction starts at 8:00am and finishes by 4:30pm both days. Please ensure that you are able to attend for the entire time.
- In this workshop you will have an opportunity to explore your experiences with and your attitudes about suicide. You will also have an opportunity to better understand the needs of a person at risk of suicide and learn how to use suicide first-aid to meet those needs. If these activities concern you, please talk to one of your trainers.
- This workshop is restricted to person's from 18 years of age and limited to 30 participants.



SUICIDE PREVENTION IS POSSIBLE...not one more

Kule`ana...passing life forward



These workshops are sponsored by Queen Lili'uokalani Children's Center – Honolulu Unit, the Ohana Ke`ola Maika`i Project. Support also provided by Hawai'i State Dept. of Health, Adult Mental Health Division and Injury Prevention & Control Program.



safeTALK Workshop

Registration Form

This 3.5-hour workshop will help attendees identify persons at risk for suicide. Attendees will learn about suicide first aid resources so that they can connect those at risk for suicide to those resources. Attendees will have an opportunity to explore their own attitudes about suicide. If these activities concern the attendee, they should talk with one of their trainers at the time of the workshop.

These workshops are sponsored by Queen Lili'uokalani Children's Center – Honolulu Unit, the Ohana Ke'ola Maika'i Project. Support also provided by Hawai'i State Dept. of Health, Adult Mental Health Division and Injury Prevention & Control Program.

Select the date that you would like to attend. Please check only one box.

Mon, Feb. 27

Wed, March 28

Tues, April 10

Fri, May 11

Time: 9:00am to 12:30pm. Please plan to check-in no later than 8:45am.

Location: 1300A Halona Street, Honolulu, HI 96817 *Tandem parking available. Carpool if possible*

Cost: There is no fee for this training, but you must preregister. Please note that attendees must be 15 yrs or older. Photo ID may be requested at the time of sign-in. All attendees must commit to stay the full 3.5 hours of the workshop. Valid identification required upon check in.

Name _____ Organization _____

Job Title (if applicable) _____ Mailing address _____

Email _____ Tel _____ Alternate Tel _____

Signature _____ Date Signed _____

This registration form can be emailed/faxed/or mailed. Registration forms received first will be given priority. A waitlist will be maintained for those beyond the 30 spots available. All registrants will receive an email confirmation of status, no later than 2 weeks of receipt of registration form.

Mail to:

Pua Kaninau-Santos, QLCC, 1300A Halona Street, Honolulu, HI 96817

Fax to: (518) 841-6449

Email to: kkanina@qlcc.org

Questions: Call Pua at 851-7731

Attendees will be able to be Alert Helpers after the 3.5-hour training. They will learn how to better help keep someone safe from suicide. After training, attendees will be better able to move beyond common tendencies to miss, dismiss or avoid suicide. They will be able to apply the steps to keeping someone safe - *Tell, Ask, Listen* and *Keep Safe* - and to connect the person at risk to suicide first aid and intervention caregivers. The workshop will provide opportunity to discuss and practice the steps to help keep those at risk safe from suicide.



PRESS RELEASE



FOR IMMEDIATE RELEASE
9 am, Pacific Time, Tues., Dec. 13, 2011

CONTACT: SAMHSA Press Office
Phone: (240) 276-2130

Facebook provides first-of-a-kind service to help prevent suicides

The Substance Abuse and Mental Health Services Administration and the National Suicide Prevention Lifeline collaborate with Facebook to help those in crisis

Facebook is announcing a new service that harnesses the power of social networking and crisis support to help prevent suicides across the nation and Canada. The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the [Report Suicidal Content](#) link or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an e-mail from Facebook encouraging them to call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker.

The National Suicide Prevention Lifeline 1-800-273-TALK (8255) or <http://www.suicidepreventionlifeline.org/> is a toll-free suicide prevention hotline network comprised of 152 local crisis centers. The Lifeline is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Link2Health Solutions, a wholly owned subsidiary of the Mental Health Association of New York City (MHA-NYC). The Lifeline provides free and confidential crisis counseling to anyone in need 24/7 and has answered over 3 million calls since its launch in 2005.

“We're proud to expand our partnership with Lifeline, and to provide those in crisis with even more options to seek help,” said Facebook’s Chief Security Officer, Joe Sullivan. “The Lifeline’s commitment to suicide prevention has enabled people on Facebook to get fast, meaningful help when they need it most, and we look forward to continuing our work with them to help save lives.”

“Facebook and the Lifeline are to be commended for addressing one of this nation’s most tragic public health problems,” said Surgeon General, Regina M. Benjamin, MD, MBA, who serves with Sullivan on the National Action Alliance for Suicide Prevention. “Nearly 100 Americans die by suicide every day – 36,035 lives every year. For every person who is murdered, two die by suicide. These deaths are even more tragic because they are preventable. We have effective treatments to help suicidal individuals regain hope and a desire to live and we know how powerful personal connections and support can be. Therefore we as a nation must do everything we can to reach out to those at risk

and provide them the help and hope needed to survive and return to productive lives with their family, friends, and communities.”

Crisis center workers from two centers in the Lifeline network, the Boys Town National Hotline and Goodwill of the Finger Lakes’ 2-1-1/LIFE LINE, will be available 24 hours a day, seven days a week to respond to Facebook users opting to use the chat. The Lifeline currently responds to dozens of people each day who have expressed suicidal thoughts on Facebook.

“We have been partnering with Facebook since 2006 to assist at-risk users and are thrilled to launch this new service,” said John Draper, Ph.D., the Lifeline’s project director and MHA-NYC’s Vice President of Behavioral Health Technology. “Although the Lifeline on average handles 70,000 calls per month, we have heard from our Facebook fans and others that there are many people in crisis who don’t feel comfortable picking up the phone. This new service provides a way for them to get the help they need in the way they want it.”

###

About the National Action Alliance for Suicide Prevention

The National Action Alliance for Suicide Prevention (Action Alliance) is the public-private partnership advancing the National Strategy for Suicide Prevention. The Action Alliance envisions a nation free from the tragic experience of suicide. The Action Alliance was launched by the U.S. Department of Health and Human Services’ Secretary Kathleen Sebelius and former Secretary of Defense Robert M. Gates on September 10, 2010, with input and support of many public and private sector stakeholders. For more information, see <http://www.actionallianceforsuicideprevention.org>.

About SAMHSA

The Substance Abuse and Mental Health Services Administration (SAMHSA) is a public health agency within the Department of Health and Human Services. Its mission is to reduce the impact of substance abuse and mental illness on America’s communities.

How to Report Suicidal Users on Facebook

We recently announced an innovative partnership with Facebook to offer crisis services via chat so that people in distress can more easily access the support that they need. This is part of our continued effort to expand our online crisis services to reach people where they are.

There are two ways to report a suicidal user to Facebook. You may either report it when you are scrolling on the suicidal user's comment or from the Facebook Help Center.

Reporting suicidal content while scrolling on the suicidal user's page

- 1) From your newsfeed, click on the user's name to go to their page. When you are on the suicidal user's page, click on the "Report/Mark as Spam" button in the upper right hand of the comment. It will only appear after you scroll over the X.



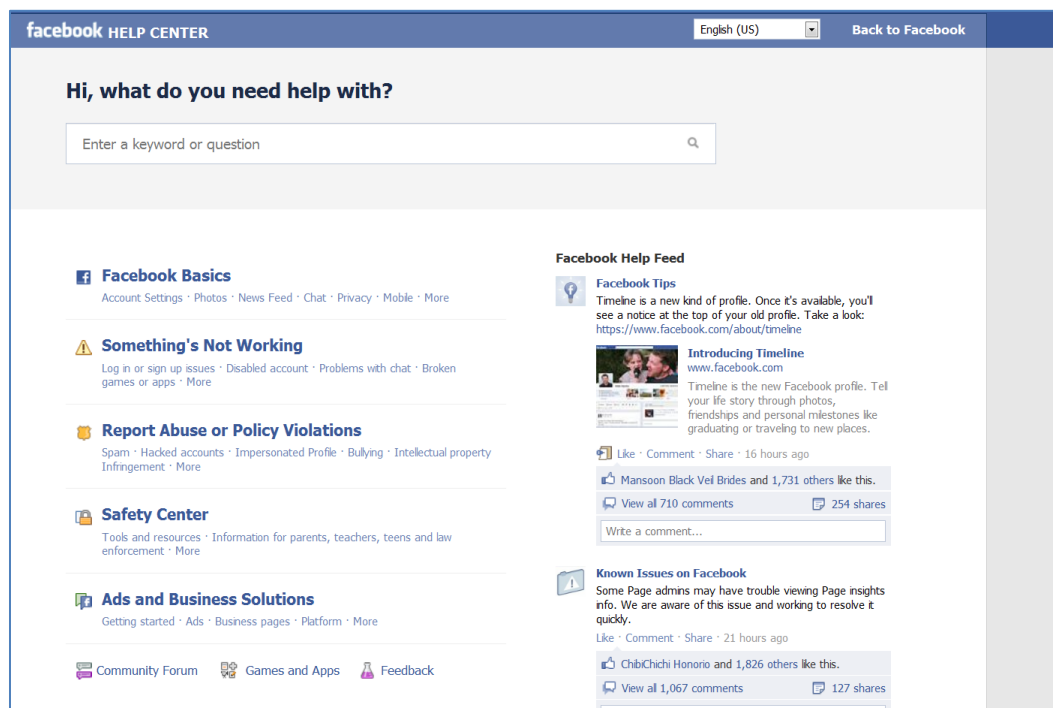
- 2) Click on the X and you will see a message that says, "Thanks for your feedback. You can undo this action or report it as abusive."
- 3) Click the option to report. The following screen will pop-up.



- 4) Check the “Violence or harmful behavior” field and scroll down to “Suicidal Content.” Click continue. Your report will be sent to Facebook and reviewed by the Safety Team, who may send the person who posted the suicidal comment an e-mail encouraging them to call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker.

Reporting suicidal content from the Facebook Help Center

- 1) From any screen, click the downward arrow button which can be found on the upper right hand of the screen. Click on the “Help” option which will take you to Facebook’s help page. The following screen will appear.



- 2) Type the word “suicide” into the search box. The following screen will appear.

The screenshot shows the Facebook Help Center interface. At the top, there is a search bar with the text "Search the Help Center" and a "Back to Facebook" link. Below the search bar, the search results are displayed. The search term is "suicide". The results are categorized under "FAQ Results" and include several links to help articles. The first two links are "How do I help someone who has posted suicidal content on the site?". The third link is "I need to find a suicide hotline for myself or a friend." Below the links, there is a paragraph of text: "Suicide hotlines can provide help if you need it or help you get support for a friend. If you are concerned about a friend, please encourage the person wh...". There are also links for "What is social reporting?" and "How do I help an LGBT person who has posted suicidal content on Facebook?". At the bottom of the results, there is a "Show more..." link.

- 3) Click on the result, “How do I help someone who has posted suicidal content on the site?” An option will appear that says, “To report suicidal content to Facebook, click here.” Click on the “click here” link to report and the following screen will appear.

The screenshot shows the "Report Suicidal Content" form. At the top, there is a heading "Report Suicidal Content". Below the heading, there is a warning: "IMPORTANT: If you have encountered a direct threat of suicide on Facebook, please immediately contact law enforcement or a suicide hotline." The form contains three input fields: "Full name of the person who posted the content:" (with a subtext "Please include the exact first and last name as it appears on Facebook"), "Web address (URL) leading to his/her profile or search listing:", and "Additional relevant information:". At the bottom right of the form, there are two buttons: "Submit" and "Cancel".

- 4) Complete the form with the full name and web address of the user and click submit. Your report will be sent to Facebook and reviewed by the Safety Team, who may send the person who posted the suicidal comment an e-mail encouraging them to call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker.

Note: Please read the [press release](#) for more information about the new service.

Safe and Effective Messaging for Suicide Prevention

This document offers evidence-based recommendations for creating safe and effective messages to raise public awareness that suicide is a serious and preventable public health problem. The following list of “Do’s” and “Don’ts” should be used to assess the appropriateness and safety of message content in suicide awareness campaigns. Recommendations are based upon the best available knowledge about messaging.^{1,2,3} They apply not only to awareness campaigns, such as those conducted through Public Service Announcements (PSAs), but to most types of educational and training efforts intended for the general public.

These recommendations address message content, but not the equally important aspects of planning, developing, testing, and disseminating messages. While engaged in these processes, one should seek to tailor messages to address the specific needs and help-seeking patterns of the target audience. For example, since youth are likely to seek help for emotional problems from the Internet, a public awareness campaign for youth might include Internet-based resources.⁴ References for resources that address planning and disseminating messages can be found in SPRC’s Online Library (<http://library.sprc.org>) under “Awareness and Social Marketing”.

The Do’s—Practices that may be helpful in public awareness campaigns:

- **Do emphasize help-seeking and provide information on finding help.** When recommending mental health treatment, provide concrete steps for finding help. Inform people that help is available through the National Suicide Prevention Lifeline (1-800-273-TALK [8255]) and through established local service providers and crisis centers.
- **Do emphasize prevention.** Reinforce the fact that there are preventative actions individuals can take if they are having thoughts of suicide or know others who are or might be. Emphasize that suicides are preventable and should be prevented to the extent possible.⁵
- **Do list the warning signs, as well as risk and protective factors of suicide.** Teach people how to tell if they or someone they know may be thinking of harming themselves. Include lists of warning signs, such as those developed through a consensus process led by the [American Association of Suicidology \(AAS\)](#).⁶ Messages should also identify protective factors that reduce the likelihood of suicide and risk factors that heighten risk of suicide. Risk and protective factors are listed on pages 35-36 of the [National Strategy for Suicide Prevention](#).
- **Do highlight effective treatments for underlying mental health problems.** Over 90 percent of those who die by suicide suffer from a significant psychiatric illness, substance abuse disorder or both at the time of their death.⁷⁻⁸ The impact of mental illness and substance abuse as risk factors for suicide can be reduced by access to effective treatments and strengthened social support in an understanding community.⁹

The Don’ts—Practices that may be problematic in public awareness campaigns:

- **Don’t glorify or romanticize suicide or people who have died by suicide.** Vulnerable people, especially young people, may identify with the attention and sympathy garnered by someone who has died by suicide.¹⁰ They should not be held up as role models.
- **Don’t normalize suicide by presenting it as a common event.** Although significant numbers of people attempt suicide, it is important not to present the data in a way that makes suicide seem common, normal or acceptable. Most people do not seriously consider suicide an option; therefore, suicidal ideation is not normal. Most individuals, and most youth, who seriously

Continued >>

Safe and Effective Messaging for Suicide Prevention

- consider suicide do not overtly act on those thoughts, but find more constructive ways to resolve hem. Presenting suicide as common may unintentionally remove a protective bias against suicide in a community.¹¹
- **Don't present suicide as an inexplicable act or explain it as a result of stress only.** Presenting suicide as the inexplicable act of an otherwise healthy or high-achieving person may encourage identification with the victim.¹² Additionally, it misses the opportunity to inform audiences of both the complexity and preventability of suicide. The same applies to any explanation of suicide as the understandable response to an individual's stressful situation or to an individual's membership in a group encountering discrimination. Oversimplification of suicide in any of these ways can mislead people to believe that it is a normal response to fairly common life circumstances.¹³
- **Don't focus on personal details of people who have died by suicide.** Vulnerable individuals may identify with the personal details of someone who died by suicide, leading them to consider ending their lives in the same way.¹⁴
- **Don't present overly detailed descriptions of suicide victims or methods of suicide.** Research shows that pictures or detailed descriptions of how or where a person died by suicide can be a factor in vulnerable individuals imitating the act. Clinicians believe the danger is even greater if there is a detailed description of the method.¹⁵

Acknowledgment

SPRC thanks Madelyn Gould, PhD, MPH [Professor at Columbia University in the Division of Child and Adolescent Psychiatry (College of Physicians & Surgeons) and Department of Epidemiology (School of Public Health), and a Research Scientist at the New York State Psychiatric Institute] for her extensive contributions and guidance in drafting and editing this document.

¹ Gould, M. S., Jamieson, P. & Romer, D. (2003). Media contagion and suicide among the young. *American Behavioral Scientist*, 46(9), 1269-1284.

² Gould, M.S. (1990). Suicide clusters and media exposure. In S. J. Blumenthal & D. J. Kupfer (Eds.), *Suicide over the life cycle* (pp.517-532). Washington, DC: American Psychiatric Press.

³ Chambers, D. A., Pearson, J. L., Lubell, K., Brandon, S., O'Brien, K., & Zinn, J. (2005). The science of public messages for suicide prevention: A workshop summary. *Suicide and Life-Threatening Behavior*, 35(2), 134-145.

⁴ Gould, M. S., Velting, D., Kleinman, M., Lucas, C., Thomas, J. G., & Chung, M. (2004). Teenagers' attitudes about coping strategies and help seeking behavior for suicidality. *Journal of the American Academy of Child and Adolescent Psychiatry*, 43(9), 1124-1133.

⁵ U.S. Department of Health and Human Services. (2001). *National strategy for suicide prevention: Goals and objectives for action*. Rockville, MD: Author.

⁶ Rudd, M. D., Berman, A. L., Joiner, T. E., Nock, M. K., Silverman, M. M., Mandrusiak, M., Van Orden, K., and Witte, T. (2006). Warning signs for suicide: Theory, research, and clinical applications. *Suicide and Life-Threatening Behavior*, 36(3), 255-262.

⁷ Shaffer, D., Gould, M. S., Fisher, P., Trautman, P., Moreau, D., Kleinman, M., & Flory, M. (1996). Psychiatric diagnosis in child and adolescent suicide. *Archives of General Psychiatry*, 53 (4), 339-348.

⁸ Conwell Y., Duberstein P. R., Cox C., Herrmann J.H., Forbes N. T., & Caine E. D. (1996). Relationships of age and axis I diagnoses in victims of completed suicide: a psychological autopsy study. *American Journal of Psychiatry*, 153, 1001-1008.

⁹ Baldessarini, R., Tondo, L., & Hennen, J. (1999). Effects of lithium treatment and its discontinuation on suicidal behavior in bipolar manic-depressive disorders. *Journal of Clinical Psychiatry*, 60 (Suppl. 2), 77-84.

¹⁰ Fekete, S., & A. Schmidtke. (1995) The impact of mass media reports on suicide and attitudes toward self-destruction: Previous studies and some new data from Hungary and Germany. In B. L. Mishara (Ed.), *The impact of suicide*. (pp. 142-155). New York: Springer.

¹¹ Cialdini, R. B. (2003). Crafting normative messages to protect the environment. *Current Directions in Psychological Science*, 12(4), 105-109.

¹² Fekete, S., & A. Schmidtke. op. cit.

¹³ Moscicki, E.K. (1999). Epidemiology of suicide. In D. G. Jacobs (Ed.), *The Harvard Medical School Guide to suicide assessment and intervention* (pp. 40-51). San Francisco: Jossey-Bass.

¹⁴ Fekete, S., & E. Macsai, (1990). Hungarian suicide models, past and present. In G. Ferrari (Ed.), *Suicidal behavior and risk factors* (pp.149-156). Bologna: Monduzzi Editore.

¹⁵ Sonneck, G., Etzersdorfer, E., & Nagel-Kuess, S. (1994). Imitative suicide on the Viennese subway. *Social Science and Medicine*, 38(3), 453-457.

RECOMMENDATIONS FOR REPORTING ON SUICIDE

Developed in collaboration with: American Association of Suicidology, American Foundation for Suicide Prevention, Annenberg Public Policy Center, Associated Press Managing Editors, Canterbury Suicide Project - University of Otago, Christchurch, New Zealand, Columbia University Department of Psychiatry, ConnectSafely.org, Emotion Technology, International Association for Suicide Prevention Task Force on Media and Suicide, Medical University of Vienna, National Alliance on Mental Illness, National Institute of Mental Health, National Press Photographers Association, New York State Psychiatric Institute, Substance Abuse and Mental Health Services Administration, Suicide Awareness Voices of Education, Suicide Prevention Resource Center, The Centers for Disease Control and Prevention (CDC) and UCLA School of Public Health, Community Health Sciences.



IMPORTANT POINTS FOR COVERING SUICIDE

- More than 50 research studies worldwide have found that certain types of news coverage can increase the likelihood of suicide in vulnerable individuals. The magnitude of the increase is related to the amount, duration and prominence of coverage.
- Risk of additional suicides increases when the story explicitly describes the suicide method, uses dramatic/graphic headlines or images, and repeated/extensive coverage sensationalizes or glamorizes a death.
- Covering suicide carefully, even briefly, can change public misperceptions and correct myths, which can encourage those who are vulnerable or at risk to seek help.

Suicide is a public health issue. Media and online coverage of suicide should be informed by using best practices. Some suicide deaths may be newsworthy. However, the way media cover suicide can influence behavior negatively by contributing to contagion or positively by encouraging help-seeking.

• **Suicide Contagion or “Copycat Suicide”** occurs when one or more suicides are reported in a way that contributes to another suicide.

References and additional information can be found at: www.ReportingOnSuicide.org.

INSTEAD OF THIS:



- Big or sensationalistic headlines, or prominent placement (e.g., “Kurt Cobain Used Shotgun to Commit Suicide”).
- Including photos/videos of the location or method of death, grieving family, friends, memorials or funerals.
- Describing recent suicides as an “epidemic,” “skyrocketing,” or other strong terms.
- Describing a suicide as inexplicable or “without warning.”
- “John Doe left a suicide note saying...”
- Investigating and reporting on suicide similar to reporting on crimes.
- Quoting/interviewing police or first responders about the causes of suicide.
- Referring to suicide as “successful,” “unsuccessful” or a “failed attempt.”

DO THIS:



- Inform the audience without sensationalizing the suicide and minimize prominence (e.g., “Kurt Cobain Dead at 27”).
- Use school/work or family photo; include hotline logo or local crisis phone numbers.
- Carefully investigate the most recent CDC data and use non-sensational words like “rise” or “higher.”
- Most, but not all, people who die by suicide exhibit warning signs. Include the “Warning Signs” and “What to Do” sidebar (from p. 2) in your article if possible.
- “A note from the deceased was found and is being reviewed by the medical examiner.”
- Report on suicide as a public health issue.
- Seek advice from suicide prevention experts.
- Describe as “died by suicide” or “completed” or “killed him/herself.”



AVOID MISINFORMATION AND OFFER HOPE

- Suicide is complex. There are almost always multiple causes, including psychiatric illnesses, that may not have been recognized or treated. However, these illnesses are treatable.
- Refer to research findings that mental disorders and/or substance abuse have been found in 90% of people who have died by suicide.
- Avoid reporting that death by suicide was preceded by a single event, such as a recent job loss, divorce or bad grades. Reporting like this leaves the public with an overly simplistic and misleading understanding of suicide.
- Consider quoting a suicide prevention expert on causes and treatments. Avoid putting expert opinions in a sensationalistic context.
- Use your story to inform readers about the causes of suicide, its warning signs, trends in rates and recent treatment advances.
- Add statement(s) about the many treatment options available, stories of those who overcame a suicidal crisis and resources for help.
- Include up-to-date local/national resources where readers/viewers can find treatment, information and advice that promotes help-seeking.



SUGGESTIONS FOR ONLINE MEDIA, MESSAGE BOARDS, BLOGGERS & CITIZEN JOURNALISTS

- Bloggers, citizen journalists and public commentators can help reduce risk of contagion with posts or links to treatment services, warning signs and suicide hotlines.
- Include stories of hope and recovery, information on how to overcome suicidal thinking and increase coping skills.
- The potential for online reports, photos/videos and stories to go viral makes it vital that online coverage of suicide follow site or industry safety recommendations.
- Social networking sites often become memorials to the deceased and should be monitored for hurtful comments and for statements that others are considering suicide. Message board guidelines, policies and procedures could support removal of inappropriate and/or insensitive posts.

MORE INFORMATION AND RESOURCES AT:

www.ReportingOnSuicide.org



WARNING SIGNS OF SUICIDE

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.



WHAT TO DO

If someone you know exhibits warning signs of suicide:

- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional

THE NATIONAL SUICIDE PREVENTION LIFELINE 800-273-TALK (8255)

A free, 24/7 service that can provide suicidal persons or those around them with support, information and local resources.



LGBT Youth Safety-Net Conference

Providing For Hawaii's Lesbian, Gay, Bisexual & Transgender Youth

[HOME](#)

[ABOUT THE NEED](#)

[THE CONFERENCE](#)

[THE SPEAKERS](#)

[THE COALITION](#)

[REGISTER!](#)

Resource List

The following is a list of resources that was distributed at the conference. They are grouped by resource type and are indicated by the format of the resource. To jump to a specific section, click on the desired resource format: [Local Resources](#) • [Downloads & On-Line Reports](#) • [Web Sites](#) • [Books](#) • [Movies & Videos](#). To download the Resource Guide from the conference, [click here](#). To submit a resource for consideration, [click here](#) to e-mail your suggestion.

Local Resources...

Dr. Robert Bidwell, M.D.

Pediatrician and Director of Adolescent Medicine, Univeristy of Hawaii John A. Burns School of Medicine. Provides counseling and referrals for LGBTQ youth and their families.

Phone: (808) 983-8387

E-Mail: robertb@kapiolani.org

Nancy Kern

Suicide Prevention Coordinator, Hawaii State Department of Health, Injury Prevention & Control Section

Phone: (808) 733-9238

E-Mail: nancy.kern@doh.hawaii.gov

American Civil Liberties Union (ACLU) of Hawaii

Provides education and advocacy for the protection of individual freedoms under federal and state constitutions.

Phone: (808) 522-5900

E-Mail: info@acluhawaii.org

Web: www.acluhawaii.org

Da Moms

Local advocacy group for parents with LGBTQ children.

Phone: (808) 383-2111

E-Mail: ocsjosie@hotmail.com

Equality Hawaii Foundation

The state's largest organization dedicated to securing equality for LGBT people and their families through education and discussion.

Phone: (808) 221-0799

E-Mail: info@equalityhawaii.org

Web: www.equalityhawaii.org

Gay/Straight Alliance Hawaii

An online network of Gay/Straight Alliances (GSAs) in Hawaii's schools.

Phone: (808) 521-2437

Web: www.gsahawaii.org

Hale Kipa

Provides a range of services for at-risk/high-risk youth.

Web: www.halekipa.org

Hawaii Youth Services Network

Statewide coalition of more than 50 youth-

Downloads & On-Line Reports...

After Suicide: A Toolkit For Schools

By The American Foundation for Suicide Prevention (AFSP) and the Suicide Prevention Resource Center (SPRC).

[Download >>](#)

Bending The Mold: An Action Kit For Transgender Students

By Lambda Legal.

[Visit The Site To Download >>](#)

The Experience of Lesbian, Gay, Bisexual & Transgender Youth In Our Nation's Schools

2009 National School Climate Survey from GLSEN (Gay, Lesbian & Straight Educators' Network).

[Visit The Site To Download >>](#)

Gay, Lesbian, Bisexual, Transgender & Questioning (LGBTQ) Youth: A Population In Need Of Understanding & Support

By D. Brooks, Advocates For Youth (2010)

[Visit The Site To Download >>](#)

Getting Down To Basics: Tools To Support LGBTQ Youth In Care

By Child Welfare League of America (CWLA) and Lambda Legal.

[Visit The Site To Download >>](#)

Helping Families Support Their Lesbian, Gay, Bisexual & Transgender Children

By Ryan Caitlin (2009).

[Download >>](#)

Injustice At Every Turn: A Report of the National Transgender Discrimination Survey

By Grant, Mottet and Tanis (2011)

[Download >>](#)

Moving The Margins: Curriculum For Child Welfare Services With Lesbian, Gay, Bisexual, Transgender & Questioning Youth

By D. Elze & R. McHaelen (2009)

[Visit The Site To Download >>](#)

National Recommended Best Practics For Serving LGBT Homeless Youth

By Lambda Legal with the National Alliance

Web Sites...

Family Acceptance Project

A community research, intervention, education and policy initiative that - in the context of their families - works to decrease major health and related risks for LGBT youth, such as suicide, substance abuse, HIV and homelessness. [Visit Site >>](#)

Gay, Lesbian and Straight Educators' Network (GLSEN)

The leading national education organization focused on ensuring safe schools for all students, GLSEN conducts original research, and offers educators and students information, tools, and tips to make schools safe. [Visit Site >>](#)

Gay/Straight Alliance (GSA)

See [GLSEN's website](#) for information on GSAs in schools nationwide and how to start a GSA, student clubs that work to improve school climate for all students, regardless of sexual orientation or gender identity/expression. [Visit Site >>](#)

Gender Spectrum

Provides education, training, and support to help create a gender sensitive and inclusive environment for all children and teens. [Vist Site >>](#)

Human Rights Campaign

The largest national lesbian, gay, bisexual and transgender civil rights organization, HRC envisions an America where LGBT people are ensured of their basic equal rights, and can be open, honest and safe at home, at work and in the community. [Visit Site >>](#)

It Gets Better

A national Web site where LGBT youth can see videos of support from celebrities, leaders, educators and others, and personal LGBT stories of how love and happiness can be a reality in their future. [Visit Site >>](#)

Lambda Legal

The oldest national organization pursuing equality and civil rights for lesbians, gays, bisexuals, transgenders and people with HIV through litigation, public education and advocacy. Publications, toolkits and fact sheets are available on education,

serving organizations in Hawaii that provides training and technical assistance to youth agencies.

Phone: (808) 531-2198

E-Mail: jclark@hysn.org

Kulia Na Mamo

Local non-profit that provides services to transgender people statewide.

Phone: (808) 791-2020, ext. 24

E-Mail: asliana1@hotmail.com

Web: www.kulianamamo.org

Lesbian Gay Bisexual Transgender Student Services

At the University of Hawaii at Manoa.

Phone: (808) 956-9250

E-Mail: camaronm@hawaii.edu

Life Foundation

The largest HIV/AIDS service agency in the state.

Phone: (808) 521-2437

E-Mail: kunane@lifefoundation.org

Web: www.lifefoundation.org

Mental Health America of Hawaii

Provides anti-bullying training related to LGBT youth.

Phone: (808) 521-1846

E-Mail: antonia@mentalhealth-hi.org

Web: www.mentalhealth-hi.org

Parents, Families & Friends of Lesbians & Gays (PFLAG)

National organization with local chapters that provide support and resources for parents and allies of LGBT people.

Web: www.pflag.org

Hilo: (808) 238-2880

pflagbigisland@gmail.com

Kauai: (808) 634-0127

pflagkauai@gmail.com

Oahu: (808) 672-9050

info@pflagoahu.org

Alan R. Spector, LCSW

Independent psychotherapist, co-founder of Equality Hawaii & sensitive to the needs of LGBT individuals & their families.

Phone: (808) 729-7737

E-Mail: alanrspectorlcsw@gmail.com

Web: alanrspector.com

Waikiki Health Center

Provides a wide range of medical and social services, regardless of ability to pay. The Youth Outreach (YO) program serves homeless youth.

Phone: (808) 942-5858

Web: [Click Here](#)

to End Homelessness, the National Network for Youth and the National Center for Lesbian Rights.

[Visit The Site To Download >>](#)

Report on Health and Health Care: National Transgender Discrimination Survey.

[Download >>](#)

Sexual Identity, Sex of Sexual Contacts & Health-Risk Behaviors Among Students in Grades 9-12: Youth Risk Behavior Surveillance, Selected Sites, United States

By the Centers for Disease Control (2011).

[Download >>](#)

Sexual Orientation & Gender Expression In Social Work Education

Offered by Lambda Legal.

[Download >>](#)

Supportive Families, Health Children

How families can help support their LGBT children.

[Download >>](#)

Youth In The Margins

A report on the unmet needs of lesbian, gay, bisexual and transgender adolescents in foster care.

[Download >>](#)

homelessness, foster care and working with youth in out-of-home care. [Visit Site >>](#)

National Center for Transgender Equality

A national transequality advocacy and resource organization. [Visit Site >>](#)

Safe Schools Coalition

An international partnership in support of LGBT youth, helping schools become safe places where every family belongs, every educator can teach, and every student can learn, regardless of gender identity or sexual orientation. Provides technical assistance, staff training, school safety assessments, safe school plans, and emergency response training. [Visit Site >>](#)

Southern Poverty Law Center

The Teaching Tolerance program provides free documentary films, books, lesson plans and other materials that promote tolerance and respect in schools. [Visit Site >>](#)

Stonewall: Education For All & Fit

Based in the United Kingdom, Stonewall works with a whole range of agencies to address the needs of lesbians, gay men and bisexuals in the wider community. Visionary programs include *Education For All* and *Fit*, which tackle homophobia and homophobic bullying in schools. Offers tool kits for all grade levels, parents and agencies. [Visit Site >>](#)

The Trevor Project

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth. 24-hour suicide hotline for LGBTQ youth at (800) 4-U-Trevor. [Visit Site >>](#)

Welcoming Schools

Creating a safe and welcoming school for all children and families by Human Rights Campaign. [Visit Site >>](#)

Movies & Videos...

Everyone & Anyone

A documentary of families from all walks of life, and diverse cultural and religious backgrounds, and their struggles upon learning that they have a gay or lesbian child. [Order >>](#)

Faces & Facets of Transgender Experience

Out In The Silence

Documents the controversy in a small American town over a same-sex wedding announcement, the in-school bullying and harassment of a gay teen, and their lesbian and gay neighbors and fellow citizens. [Order >>](#)

Books...

Books are available through numerous on-line sources at various prices.

Child Welfare League of American (CWLA) Best Practices Guidelines

A guide to serving LGBT youth in out-of-home care (2006). [Download >>](#)

Eighteen people and their families share touching stories about the journey from despair to loss to the joy of being the gender they were meant to be. [Info >>](#)

Fit

This film humanizes the face of bullying, including homophobic bullying, in schools in a vehicle that speaks to all audiences.

Resources and training for teachers are available. [Order >>](#)

Straightlaced - How Gender's Got Us All Tied Up

Presents 50 diverse students who show by their own situations in school how gender-based expectations are deeply entwined with homophobia and are also impacted by race, ethnicity and class. [Order >>](#)

Two Spirits

A story of culture and discrimination, by the mother of Fred Martinez, a Native American youth of integrated gender, and, at 16 years old, one of the youngest hate crime victims in modern times. [Order >>](#)

One Teacher In 10

By Kevin Jennings (2005). A collection of accounts by openly lesbian, gay and transgender (LGT) teachers who tell about their struggles and successes in the schools.

The Transgender Child

By Stephanie A. Brill & Rachel Pepper (2008). A handbook for families and professionals.



FINDING HELP PHONE LIST

July 2011



Mental Health America of Hawai'i
1124 Fort Street Mall, Suite #205 • Honolulu, Hawai'i 96813
(Wheelchair Accessible/Elevator entrance: 67 So. Pauahi, off Bethel)
Ph: (808) 521-1846 • Fax: (808) 533-6995
Mental Health America of Hawai'i - Maui County Branch
95 Mahalani Street, Suite #5 • Wailuku, HI 96793 • (808) 242-6461
E-mail: info@mentalhealth-hi.org • Website: www.mentalhealth-hi.org

Toll-free information switchboard to find any state agency phone number in Honolulu:

O`ahu	586-2211
Hawai`i	974-4000
Kaua`i	274-3141
Maui	984-2400

All phone numbers are area code 808 unless otherwise noted.

The mission of Mental Health America of Hawai`i (MHA Hawai`i) is to promote mental wellness, prevent mental illnesses and co-occurring disorders, reduce stigma, and improve the overall care, treatment and empowerment of those with mental illnesses – children, adults, elders – and their families. MHA Hawai`i offers the following programs:

- **Youth Suicide and Bullying Prevention.** Hawai`i has double the national rate of teenagers attempting or planning suicide – highest in the country and significantly high rates of middle and high school students who report that bullying is a serious problem at their schools. MHA Hawai`i is reducing teen bullying, depression, and suicide by helping middle and high school youth, parents, teachers, and staff of youth-serving organizations to identify and intervene with bullying and suicide.
- **POWERUp!** helps homeless female veterans, and homeless male veterans who have children, to obtain employment in the green job sector.
- **Invisible Children’s Project.** Many seriously mentally ill adults are raising children, and parents’ mental health problems can have long-lasting effects on the children. This project aims to generate support for families in which a parent has a mental illness.
- **Brown Bag Mental Health Seminars.** MHA Hawai`i has presented workshops on *Postpartum Depression, Teen Suicide, Military Mental Health, Bipolar Illness, Post-Traumatic Stress Disorder, Eating Disorders, Schizophrenia, and Bullying.* The seminars are open to the public, providers, policymakers, mental health consumers, and families.
- **Finding Help.** MHA Hawai`i produces this publication, the only comprehensive phone list of mental health-related services in the state, as well as a free *Consumer Guide to Mental Health Services*, and staffs a daily telephone Help Line at 521-1846.
- **Live Your Life Well.** MHA Hawai`i offers presentations to organizations and workplaces providing ten clinically proven actions everyone can take to protect and enhance their mental wellness and cope better with stress.

Help improve this list: If you know additional agencies/phone numbers, corrections or suggestions, please contact Mental Health America of Hawaii, 1124 Fort Street Mall, Suite 205, Honolulu, HI 96813; accessible entrance: 67 South Pauahi (off Bethel); phone: 808-521-1846; fax: 808-533-6995; email: info@mentalhealth-hi.org; website: www.mentalhealth-hi.org. Mahalo!

This phone list is provided to help you find community services. It was prepared as completely and accurately as possible. No endorsement is implied or intended for any agency or service on this list. Mental health service seekers are urged to ask each resource for complete information on the services offered.

Funding was made possible by the Mental Health Transformation State Incentive Grant, State Department of Health, grant number 5U79SM057457-05 from SAMHSA. The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services.

Alcohol & Drug Abuse Services

O`AHU

Alcohol & Drug Abuse Division (State Dept. of Health)	692-7517	www.hawaii.gov/health/substance-abuse
Al-Anon/Narc-Anon	586-5647	www.afghawaii.org/oahu.html
Coalition for a Drug-Free Hawai`i	545-3228; 1-800-845-1946	www.drugfreehawaii.org
Habilitat (residential)	235-3691	www.habilitat.com/
Hina Mauka Recovery Center	236-2600; 1-888-446-2628	www.hinamauka.org
Hina Mauka Teen C.A.R.E.	236-2600 ext. 259	www.hinamauka.org
Institute of Human Services	537-2724 ext. 127	www.ihshawaii.org
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i)	538-0704	www.kualoha.org
Narcotics Anonymous (NA)	734-4357	www.na-hawaii.org
PATH Clinic (prenatal for women w/ children)	791-9390	
Queen's Day Treatment Services	547-4352	www.queens.org
Wai`anae Mental Health Center (Hale Na`au Pono)	696-4211	www.wccmhc.org

KAUA`I

Al-Anon/Al-Teen	246-1116	www.afghawaii.org
Alcoholics Anonymous (AA)	245-6677	www.hawaiiiaa.org
Ke Ala Pono Recovery Center	246-0663	www.mckennarecoverycenter.com
Narcotics Anonymous (NA)	828-1674	www.na-hawaii.org

HAWAI`I

ACCESS Capabilities	1-800-753-6879	
Al-Anon/Narc-Anon	935-0971	
Alcoholics Anonymous (AA)	961-6133; 329-1212	www.hawaiiiaa.org
Big Island Substance Abuse Council	935-4927	www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp
Hawai`i Alcoholics Anonymous (AA)	808-961-6133; 808-329-1212	www.hawaiiiaa.org
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i) - Hilo	961-6822	www.kualoha.org
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i) - Puna	982-9555	www.kualoha.org
Lokahi Treatment Centers	883-0922	www.lokहितreatmentcenters.net
Narcotics Anonymous (NA)	769-6016	www.na-hawaii.org

MAUI/MOLOKA`I

Aloha House	579-9584	www.aloha-house.org
Alcoholics Anonymous (AA)	244-9673	www.hawaiiiaa.org
Hale Ho`okopa`a	553-3231	
Ka Hale Pomaka`i Recovery Center (AA & NA)	558-8480	www.kahalepomakai.org
Maui Al-Anon	242-0296	www.afghawaii.org
Narcotics Anonymous (NA)	214-1239	www.na-hawaii.org
Prevention Resource Center (Coalition for Drug Free Hawai`i)	1-800-845-1946	www.drugfreehawaii.org

LĀNA`I

Aloha House	565-9566	www.aloha-house.org
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Anger Management Services

O`AHU

Catholic Charities Family Services	521-4357	www.catholiccharitieshawaii.org
Child & Family Service	521-2377; 681-3500	www.childandfamilyservice.org

Community Assistance Center	537-2917	
Hawai`i Counseling and Education Center	254-6484	www.hcechawaii.com
PACT (Parents and Children Together) Family Peace Center	832-0855	www.pacthawaii.org/oahu_peace_center.html
KAUA`I		
YWCA	245-5959	www.ywcakauai.org
HAWAI`I		
Child and Family Service	935-2188	www.childandfamilyservice.org
Turning Point for Families	969-7798	www.hawaiiunitedway.org/turning-point-for-families.asp
MAUI/MOLOKA`I		
Child and Family Service	877-6888	www.childandfamilyservice.org
PACT- Parents and Children Together	244-2330	www.pacthawaii.org
The Sex Abuse Treatment Center Hotline	808-521-7273	www.satchawaii.com/

Bereavement & Grief Support

O`AHU

American Cancer Society	595 7544	www.cancer.org
Bristol Hospice Hawai`i	536-8012	www.bristolhospice.com
Compassionate Friends	792-0204	www.compassionatefriends.org
Counseling and Spiritual Care Center of Hawai`i	545-2740	www.cscch.org
Family Bereavement Support Group, Kaiser	521-1812	
Grief Share	532-1111	www.griefshare.org
Grief Support, Castle Wellness & Lifestyle Center at Castle Medical Center	222-3259	
Hawaiian Humane Society- Pet Loss Support Group	356 2217	www.hawaiianhumane.org/search/node/pet%20loss
Hospice Hawaii	924-9255	www.hospicehawaii.org
Kids Hurt Too	545-5683	www.kidshurttoo.org
Kokua Mau	585-9977	www.kokuamau.org
Legacy of Life Hawai`i (Organ Procurement Agency), Bereavement Support to Families	599-7630; 1-877-855-0603	www.legacyofhawaii.org
Parents Without Partners	262-6442 info; 262-7441 or 258-9504	www.parentswithoutpartners.org
POMC - Parents Of Murdered Children	236-2242	
Reid Richards Foundation "Napuaokamakaola"	220-3491; 988-6202	
St. Francis Hospice	595-7566 (Honolulu) 678-7580 (Eva Beach)	www.stfranchawaii.org
KAUA`I		
Life's Bridges (suicide, death of a loved one)	651-6637	
HAWAI`I		
Compassionate Friends (Hilo)	937-7523	www.compassionatefriendshonolulu.org
Hawai`i Hospice of Hilo	969-1733	www.hospiceofhilo.org

Bilingual Services

O`AHU

Bilingual Access Line (Helping Hands Hawai`i) 526-9724

KAUA`I

Bilingual Access Line (Helping Hands Hawai`i) 526-9724 (O`ahu #; may call collect)

HAWAI`I

Bilingual Access Line (Helping Hands Hawai`i) 526-9724 (O`ahu #;
may call collect)

MAUI/MOLOKA`I

Bilingual Access Line (Helping Hands Hawai`i) 526-9724 (O`ahu #;
may call collect)

LĀNA`I

Bilingual Access Line (Helping Hands Hawai`i) 526-9724 (O`ahu #;
may call collect)

Brain Injury / Stroke

O`AHU

Brain Injury Association of Hawai`i	791-6942	www.biausa.org/Hawaii
Information After a Brain Injury & Stroke, PTSD	545-4525	
Neurotrauma & TBI Services, Developmental Disabilities Division, Dept. of Health	453-6295	

Case Management Providers

O`AHU

CARE Hawai`i, Inc	550-2900	www.carehawaii.com/index.html
Community Care Services	845-7771	
Community Empowerment Services	942-7800	
Helping Hands Hawai`i	536-7234	www.helpinghandshawaii.org
Institute for Human Services (IHS)	447-2800	www.ihshawaii.org
Kalihi-Palama Health Center	848-1438	www.kphc.org
Life Foundation	521-2437	www.lifefoundation.org
North Shore Mental Health, Inc	638-8700	www.northshorementalhealth.com

MAUI/MOLOKA`I

Maui Youth & Family Services, Inc	579-8406, 579-8414	www.myfs.org
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Child & Adolescent Services

O`AHU

ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	832-3100, 1-800-753-6879	
Alaka`i Na Keiki	523-7771	
Autism Society	1-800-3AUTISM (328-8476)	www.autismhawaii.org
Baby SAFE (Substance Abuse Free Environment)	696-1559	www.hawaii.gov/health/family-child-health/mchb/programs/bs.html
Benchmark Behavioral Health Services	454-1411	
Bobby Benson Center	293-7555	www.bobbybenson.org
Catholic Charities Family Services	521-4357	www.catholiccharitieshawaii.org
Center for Cognitive Behavior Therapy	956-9559	
Child & Adolescent Mental Health Division (State Department of Health)	733-9333; 1-800-294-5282	www.hawaii.gov/health/mental-health/camhd/index.html
Child and Family Service	681-3500	www.childandfamilyservice.org
Hale Kipa	589-1829	www.halekipa.org
Hawai`i Families as Allies	487-8785; 1-866-361-8825	www.hfaa.net
Hina Mauka Teen Care	236-2600 ext.259	www.hinamauka.org

Family Guidance Centers

Central O`ahu (Pearl City)	453-5900	www.hawaii.gov/health/mental-health/camhd/index.html
Diamond Head	733-9393	
Family Court Liaison Branch	266-9922	
Leeward O`ahu Family Guidance Center	692-7700	
Windward	233-3772	
Ku Aloha Ola Mau (DASH- Drug Addiction Services of Hawai`i)	538-0704	www.kualoha.org
Marimed Foundation	236-2288	www.marimed.org
New Horizons	484-1000	
PACT- Parents and Children Together	847-3285	www.pacthawaii.org
PATCH- People Attentive to Children	839-1988	www.patchhawaii.org
Queen Lili`uokalani Children's Center (Honolulu)	847-1302	
Queen Lili`uokalani Children's Center (Kaneohe)	235 7613	
Queen Lili`uokalani Children's Center (Waianae)	668-2314	
Queen Lili`uokalani Children's Center (Waimanalo)	426-1300	
Queen Lili`uokalani Children's Center (Windward)	293-8577	
Salvation Army - Family Treatment Services	732-2802	www.salvationarmy.org
SPIN- Special Parent Info Network	586-8126	www.spinhawaii.org
The Parent Line	526-1222; 1-800-816-1222	www.theparentline.org
The Queens Medical Center- Behavioral Health	547-4220; 537-7092	www.queens.org
TIFFE- The Institute for Family Enrichment	596-8433	www.tiffe.org
Wai`anae Coast CMHC (Hale Na`au Pono)	697-3045	www.wccmhc.org
Youth Suicide and Bullying Prevention Program	521-1846	
KAUA`I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	www.amhd.org
Child and Adolescent Mental Health Division (State Department of Health)	274-3883; 1-800-294-5282	www.hawaii.gov/health/mental-health/camhd/index.html
Child and Family Service	245-5914	www.childandfamilyservice.org
Family Guidance Center	274-3883	
Hale `Opio Kaua`i, Inc.	245-2873	www.haleopio.org/
Hina Mauka	245-8333	www.hinamauka.org
Ke Ala Pono/McKenna Recovery Center	246-0663	www.mckennarecoverycenter.com
Queen Lili`uokalani Children's Center	245-1873	www.glc.org/units.htm
SPIN- Special Parent Info Network	274-3141 ext.68126	www.spinhawaii.org
The Parent Line	1-800-816-1222	www.theparentline.org
YWCA of Kaua`i	245-5959	www.ywcakauai.org
HAWAI`I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	www.amhd.org
Baby SAFE (Substance Abuse Free Environment)	961-5022	www.hawaii.gov/health/family-child-health/mchb/programs/bs.html
Big Island Substance Abuse Council	935-4927	www.hawaiiunitedway.org/big-island-substance-abuse-cou.asp
Child and Adolescent Mental Health Division (Department of Health)	933-0753; 1-800-294-5282	www.hawaii.gov/health/mental-health/camhd/index.html
Child and Family Service	935-2188	www.childandfamilyservice.org
Family Intervention Services	935-4411	www.salvationarmy.org

Family Support Hawai'i	326-7778	www.familysupporthawaii.org
Hawai'i Behavioral Health, LLC	935-6109	www.hibh.org
Hilo Family Guidance Center	933-0610	www.hawaii.gov/health/mental-health/camhd/index.html
Kona Family Guidance Center	322-1541	www.hawaii.gov/health/mental-health/camhd/index.html
Queen Lili'uokalani Children's Center-Hilo	935-9381	
Queen Lili'uokalani Children's Center-Kona	329-7336	
Queen Lili'uokalani Children's Center-Kona Beach	329-0503	
Sex Assault Support Services & Crisis Line	935-0677	www.ywcahawaiiisland.org
SPIN – Special Parent Info Network	974-4000, ext.68126	www.spinhawaii.org
The Parent Line	1-800-816-1222	www.theparentline.org
TIFFE – The Institute for Family Enrichment	961-5166	www.tiffe.org
Turning Point Info Network	322-7233	www.childandfamilyservice.org
Waimea Family Guidance Center	887-8100	www.hawaii.gov/health/mental-health/camhd/index.html
MAUI/MOLOKA'I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	www.amhd.org
Aloha House	579-9584	www.aloha-house.org
Baby SAFE (Substance Abuse Free Environment)	243-0213	www.hawaii.gov/health/family-child-health/mchb/programs/bs.html
Child & Adolescent Emergency Shelter Hotline	579-8406	
Child and Adolescent Mental Health Division (State Department of Health)	243-1250; 1-800-294-5282	
Child and Family Service	877-6888	www.childandfamilyservice.org
Child Protection Services (CPS) -Hawai'i State Dept. of Human Services (Moloka'i)	553-1703	www.hawaii.gov/dhs
Family Support Services	553-3276	
Moloka'i Early Head Start Program	553-8114	www.mfss.org/?page_id=9
Lahaina Family Guidance Center	662-4045	
Malama Family Recovery Center	877-7117	www.aloha-house.org
Maui Youth and Family Services	579-8414	www.myfs.org
Maui Family Guidance Center - Lahaina	662-4045	
Maui Family Guidance Center - Molokai	553-5067	
Maui Family Guidance Center -Wailuku	243-1252	
Queen Lili'uokalani Children's Center - Hana	248-7218	
Queen Lili'uokalani Children's Center-Molokai	553-5369	
Queen Lili'uokalani Children's Center - Wailuku	242-8888	
The Maui Farm	579-8271	www.mauifarm.org
The Parent Line	1-800-816-1222	www.theparentline.org
LĀNA'I		
ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	
Lāna'i Aloha House	565-9566	www.aloha-house.org
Lāna'i Youth Center	565-7675	
Maui Family Guidance Center - Lanai	565-7915	
Queen Lili'uokalani Children's Center - call O`ahu	235-7613	
SPIN - Special Parent Info Network	1-800-468-4644 ext.68126	www.spinhawaii.org
The Parent Line	1-800-816-1222	www.theparentline.org

Clubhouses/Day Treatment

O`AHU

Diamond Head Clubhouse	733-9188	www.amhd.org/consumer/clubhouses.asp
Hale O Honolulu Clubhouse	832-5142	www.amhd.org/consumer/clubhouses.asp
Hui Hana Pono Clubhouse (Wai`anae)	696-3716	huihpono@hotmail.com
Ko`olau Clubhouse	233-3778	www.amhd.org/consumer/clubhouses.asp
Makaha Clubhouse (Kauhale Lahilahi)	697-7170	Kauhalelahilahi@gmail.com
Queen's Day Treatment Services	547-4352	www.queens.org
Statewide Clubhouse/Psychosocial Rehabilitation Coordinator	721-0748	www.amhd.org/consumer/clubhouses.asp
Wai`anae Community Mental Health Center (Hale Na`au Pono)	696-4211	www.wccmhc.org
Waipahu Aloha Clubhouse	675-0093	www.waipahuclubhouse.org
KAUA`I		
Friendship House	821-4480	friends@hawaiiink.net
HAWAI`I		
Hale O`luea Clubhouse	974-4320	www.amhd.org/consumer/clubhouses.asp
Kona Paradise Clubhouse	327-9530	www.amhd.org/consumer/clubhouses.asp
West Hawai`i Mental Health Center	678-7000	
MAUI/MOLOKA`I		
Drop-In Center	553-3691	
Moloka`i Clubhouse	553-5874	molokaiclubhouse@yahoo.com

Community Health Centers

O`AHU

Kalihi-Palama Health Center	848-1438	www.kphc.org
Ko`olauloa Community Health and Wellness Center	293-9216 (Hau`ula) 293-9231 (Kahuku)	
Kokua Kalihi Valley	848-0976	www.kkv.net
Wai`anae Coast Comprehensive Health Center	696-7081	www.wcchc.com
Waikiki Health Center	922-4787	www.waikikihc.org
Waimanalo Health Center	259-7948	www.waimanalohc.org
KAUA`I		
Kaua`i Community Health Center	338-1855	www.hoolalahui.org
HAWAI`I		
Bay Clinic - Hilo	969-1427	www.bayclinic.org
Bay Clinic - Ka`u Family Health Center	929-7311	www.bayclinic.org
Bay Clinic - Kea`au Family Health Center	930-0400	www.bayclinic.org
Bay Clinic - Pahoia Family Health Center	965-9711	www.bayclinic.org
Hamakua Health Center	775-7206	www.hamakua-health.org
West Hawai`i Community Health Center	326-5629	www.westhawaiihc.org
MAUI/MOLOKA`I		
Community Clinic of Maui - Kahalui	871-7772	
Hana Community Health Center	248-7223	www.hanahealth.org
Ka Hale A Ke Ola Resource Center - Wailuku	873-6300	
Lahaina Comprehensive Health Center	667-7598	
LĀNA`I		
Lāna`i Community Health Center	565-6919	
Lāna`i Women's Center	565-6919	
Straub Lāna`i Family Health Center	565-6423	www.straubhealth.org/sch/clinics/lanai.aspx

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Community Mental Health Centers (CMHC's)

O`AHU

Call ACCESS line to find out if you're eligible for mental health services at a Community Mental Health Center (CMHC) 832-3100 or 1-800-753-6879 www.amhd.org

O`ahu CMHC Administration 832-5770

Central O`ahu CMHC 453-5953

Diamond Head CMHC 733-9260

Kalihi-Palama CMHC 832-5800

Wai`anae Coast -- Hale Na`au Pono 696-4211

Windward Coast (Kaneohe) CMHC 233-3775

KAUA`I

Kaua`i CMHC Administration 274-3190

Kaua`i CMHC Administration 241-3190

HAWAI`I

Hawai`i CMHC Administration 974-4300

Hawai`i CMHC - Hilo 974-4300

Hawai`i Puna CMHC 965-2240

Kona CMHC 322-4818

Kau CMHC (Naalehu) 929-7331

Waimea CMHC (every other week) 885 1220

MAUI/MOLOKA`I

Maui CMHC Administration 984-2150

Maui Community Mental Health Center 984-2150

Moloka`i Community Mental Health Center 533-3691

LĀNA`I

Aloha House 565-9566; 1-800-753-6879 www.aloha-house.org

Lāna`i Community Mental Health Center 565-6189

Consumer Advocacy Agencies

O`AHU

Affordable Housing and Homeless Alliance 845-4565 www.hawaiihomeless.org

Aloha Independent Living Hawai`i 1-800-385-2454 www.AlohaILHawaii.org

Child/Adolescent Mental Health Division Grievance Office (State Department of Health) 733-9352 www.hawaii.gov/health/mental-health/camhd/index.html

Community Assistance Center 537-2917 www.cachawaii.org

Consumer Affairs Office, Adult Mental Health Division, State Department of Health 586-4688 www.amhd.org

Disability & Communications Access Board 586-8121 www.hawaii.gov/health/dcab/

Hawai`i Centers for Independent Living 522-5400; 1-800-645-4651 www.hawaii-cil.org

Hawai`i Civil Rights Commission 586-8636 www.hawaii.gov/labor/hcrc

Hawai`i Disability Rights Center 949-2922; 1-800-882-1057 www.hawaiidisabilityrights.org

Hawai`i Families As Allies 487-8785 www.hfaa.net

Hawai`i State Hospital (psychiatric hospital) - Patients' Rights Advocate 236-8244

Learning Disabilities Association of Hawai`i 536-9684; 1-800-533-9684 www.ldahawaii.org

Legal Aid Society of Hawai`i 536-4302; 1-800-499-4302 www.legalaidhawaii.org

Long-Term Care Ombudsman (for elders)	586-7268	www.hawaii.gov/health/eoa/LTCO.html
Mental Health America of Hawai'i	521-1846	www.mentalhealth-hi.org
NAMI- National Alliance on Mental Illness	591-1297	www.namihawaii.org
Self-Advocacy Advisory Council, State Council on Developmental Disabilities	586-8100	
United Self-Help	947-5558	www.unitedselfhelp.org

KAUA'I

Disability and Communications Access Board	274-3141 ext. 68121	www.hawaii.gov/health/dcab/home/info@hawaiidisabilityrights.org
Hawai'i Disability Rights Center	1-800-882-1057	www.hawaii-cil.org
Hawai'i Centers For Independent Living	245-4034	www.hawaii-cil.org
Legal Aid Society of Hawai'i: Kaula'i	245-7580	www.legalaidhawaii.org

HAWAII

Disability and Communications Access Board	974-4000 ext.68121	www.state.hi.us/health/dcab/home/info@hawaiidisabilityrights.org
Hawai'i Disability Rights Center	1-800-882-1057	www.state.hi.us/health/dcab/home/info@hawaiidisabilityrights.org
Special Parent Information Network (SPIN)	974-4000, ext. 6-8126	spinhawaii.org

MAUI/MOLOKA'I

Disability and Communications Access Board	984-2400 ext. 68121	www.state.hi.us/health/dcab/home/www.hawaii-cil.org
Hawai'i Centers For Independent Living	242-4966	www.hawaii-cil.org
Hawai'i Disability Rights Center	1-800-882-1057	info@hawaiidisabilityrights.org
Legal Aid Society of Hawai'i	242-0724	www.legalaidhawaii.org
Mental Health America of Hawai'i: Maui County Branch	242-6461	
United Self-Help	1-866-866-4357 (HELP)	www.unitedselfhelp.org

LANA'I

Disability and Communication Access Board	1-800-468-4644 ext. 68121	www.state.hi.us/health/dcab/home/info@hawaiidisabilityrights.org
Hawai'i Disability Rights Center	1-800-882-1057	info@hawaiidisabilityrights.org
United Self-Help	1-866-866-4357 (HELP)	www.unitedselfhelp.org

Counseling Programs

Queens Outpatient Treatment	547-4401/585-5035	
Mental Health Kookua Counseling Program	529-4550	www.mentalhealthkookua.org/kokuacounselingcenters.html
Counseling and Spiritual Care Center of Hawai'i	545-2740	www.cscch.org

Culturally Sensitive Service Providers

O'AHU

Queen Lili'uokalani Children's Center	847-1302	
Susannah Wesley Community Center	847-1535	www.susannahwesley.org
Wai'anae Community Mental Health (Hale Na'au Pono)	696-4211	www.wccmhc.org

Developmental Disabilities

O'AHU

Case Management & Info Services - Diamond Head	733-9172	
Case Management & Info Services - Pearl City	453-6255	
Developmental Disabilities Division, DOH	586-5840	www.hawaii.gov/health/disability-services/developmental/index.html
Developmental Disabilities Services Branch	453-6301	
Neurotrauma and TBI Services	453-6295	

HAWAI`I

Developmental Disabilities Services, Hilo 974-4280

KAUA`I

Developmental Disabilities Services, Lihue 241-3406

MAUI/MOLOKA`I

Developmental Disabilities Services, Wailuku 243-4625

Domestic Violence

O`AHU

Child and Family Service	681-3500	www.childandfamilyservice.org
Domestic Violence Action Center	531-3771	www.domesticviolenceactioncenter.org
Domestic Violence Program	524-4673	www.catholiccharitieshawaii.org
Ke`ala Pono- Hawai`i Counseling and Education Program for Batterer Intervention	254-6484	www.hcechawaii.com
PACT Family Peace Center	832-0855	www.pacthawaii.org
Shelter & Crisis Line for Family Violence Honolulu & Leeward	841-0822	www.pacthawaii.org
Shelter & Crisis Line for Family Violence – O`ahu	528-0606	www.pacthawaii.org
Shelter & Crisis Line for Family Violence – Windward	526-2200	www.pacthawaii.org
TIFFE- The Institute for Family Enrichment	596-8433	www.tiffe.org

KAUA`I

Child and Family Service	245-5914	www.childandfamilyservice.org
Kaua`i Visitation Center	821-0574	www.pacthawaii.org.kauai_visitation_center
Shelter and Crisis Line for Family Violence	245-6362	www.ywcakauai.org

HAWAI`I

Child and Family Service	935-2188	www.childandfamilyservice.org
Child and Family Services (Domestic Violence TROs)	935-4747	www.hawaiiunitedway.org/turning-point-forfamilies.asp
Shelter and Crisis Line for Family Violence – Hilo	959-8864	
Shelter and Crisis Line for Family Violence – Kona	322-7233	
TIFFE- The Institute for Family Enrichment- Hilo	961-5166	www.tiffe.org
TIFFE- The Institute for Family Enrichment- Kona	323-3305	www.tiffe.org

MAUI/MOLOKA`I

Moloka`i Child and Family Service	567-6100	www.childandfamilyservice.org
PACT Family Peace Center	244-2330	www.pacthawaii.org
Women Helping Women Shelter and Crisis Line & TRO clinic	579-9581; 242-6600; 242-0775	www.whwmaui.net

Dual Diagnosis

O`AHU

Hina Mauka	236-2600	www.hinamauka.org
Po`ailani – Dual Diagnosis Treatment Center	262-2799	www.poailani.org
Sand Island Treatment Center (Kline-Welsh)	841-2319	www.sandisland.com

HAWAI`I

Po`ailani Inc	334-0304	www.poailani.org
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MAUI/MOLOKA`I

Aloha House	871-1314	www.aloha-house.org
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LĀNA`I

Hina Mauka	245-8883	www.hinamauka.org
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Eating Disorders

O`AHU

Anorexia and Bulimia Center of Hawai`i- Ai Pono 540-1001 www.aipono.com

Elderly, Services for: See Senior Services

Health Insurance Providers

O`AHU

AlohaCare 973-1650 www.alohacare.org
Attention Plus Care 739-2811 www.attentionplus.com/index.php
Evercare (Behavioral Health) 792-8429
Hawai`i Medical Assurance Association (HMAA) 941-4622, 1-888-941-4622 www.hmaa.com
Hawai`i Medical Service Association (HMSA) 948-6111; 1-800-776-4672 www.hmsa.com
Hawai`i Medical Service Association (HMSA) Behavioral Care Connection 952-4400
Hawai`i Quest/ Medicaid 587-3521 www.medquest.us/eligibility/index.html
Kaiser Permanente Behavioral Services 432-5955; 1-800-966-5955 www.kaiserpermanente.org
Medicaid Dental Care 792-1070; 1-866-486-8030
Med-Quest Info. Line 586-5390; 587-3521 www.medquest.us/eligibility/index.html
`Ohana Health Plan 1-888-846-4262 www.ohanahealthplan.com
www.ohanacares.com
UHA (University Health Alliance) 532-4000 www.uhahealth.com

KAUA`I

Hawai`i Medical Service Association (HMSA) 245-3393 www.hmsa.com

HAWAI`I

Hawai`i Quest/Medicaid (West Hawai`i) 327-4970 www.med-quest.us/eligibility/index.html

MAUI/MOLOKA`I

Maui Kaiser Permanente 891-6800 www.kaiserpermanente.org

Homeless Shelters & Services

O`AHU

Affordable Housing & Homeless Alliance 845-4565 www.hawaiihomeless.org
Care-A-Van Health Care for the Homeless 922-4790 www.waikikihc.org
Hale Kipa Youth Services 589-1829 www.halekipa.org
Institute for Human Services (I.H.S.) 447-2800 www.ihshawaii.org
Kahumana 696-2655 www.kahumana.org
Network Enterprises (military) 833-1923 www.networkenterprises.org
Next Step Shelter 922-4790 www.waikikihc.org
Ohana Ola O Kahumana (Wai`anae) 696-4039 www.kahumana.org/OhanaOla.php
Pai`olu Kaialu Shelter 696-6770
POWER UP! (Homeless Veterans) 753-7223 www.poweruphi.com
Safe Haven for Homeless Mentally Ill 524-7233 www.mentalhealthkokua.org
U.S. Vets (for military) - Waianae 682-9000 www.usvetsinc.org/category/waianae/waianae-news/
U.S. Vets (for military) - Kapolei 682-3869
Youth Outreach (YO) for homeless youth 942-5858 www.waikikihc.org/services/services/homeless_youth_services/

HAWAI`I

Care-A-Van/Hope Services of Hawai`i (island wide) 935-3050

Catholic Charities- Kawaihoe Transitional Housing 935-4673

www.catholiccharitieshawaii.org**KAUA`I**

Wilcox Adult Day Health 246-6919

MAUI/MOLOKA`I

Ka Hale Ake Ola 242-7600

www.khako.org

Salvation Army 875-8065 (Kihei),

www.salvationarmy.org

871-6270 (Kahului),

661-5335 (Lahaina)

Hospitals & Medical Centers

O`AHU

Castle Medical Center (has in-patient psychiatric unit) 263-5500

www.castlemed.org

Hawai`i Medical Center East 547-6011

www.hawaiiimedcen.com

Hawai`i Medical Center West 678-7000

www.hawaiiimedcen.com

Hawai`i State Hospital (psychiatric hospital) 247-2191

Hawai`i State Hospital (psychiatric hospital) - Patients' 236-8244

Rights Advocate

Kāhi Mōhala Behavioral Health (psychiatric hospital for 671-8511

www.kahimohala.org

adults, adolescents & children)

Kahuku Medical Center 293-9221

Kaiser Permanente Medical Services 432-2000

www.kaiserpermanente.org

Kaiser Permanente Moanalua Hospital and Clinic 432-0000

www.kaiserpermanente.org

Kalihi-Palama Dental Health Center 845-0686

www.kphc.org

Kapiolani Medical Center 983-6000

www.kapiolani.org

Kapiolani Medical Center at Pali Momi 486-6000

www.kapiolani.org/pali-momi/default.aspx

Kuakini Medical Center 536-2236

www.kuakini.org

Queen's Referral Line 537-7117

www.queens.org

Queens Medical Center (has in-patient psychiatric units 538-9011

www.queens.org

for adults & adolescents)

Rehabilitation Hospital of the Pacific 531-3511

www.rehabhospital.org

Straub Clinic and Hospital 522-4000

www.straubhealth.org

Tripler Army Medical Center 433-6661

www.tamc.amedd.army.mil

Wahiawa General Hospital 621-8411

www.wahiawageneral.org**HAWAI`I**

Hale Ho`ola Hamakua 775-7211

www.hhsc.org/easthi/hhh/default.htm

Hilo Medical Center 974-4700

www.hmc.hhsc.org/

Kaiser Permanente Hilo Clinic 934-4000

www.kaiserpermanente.org

Ka`u Hospital - Pahala 928-2050

www.hhsc.org/easthi/kau/default.htm

Kohala Hospital 889-6211

www.koh.hhsc.org

Kona Community Hospital (has in-patient psychiatric 322-9311

www.kch.hhsc.org

unit)

North Hawai`i Community Hospital 885-4444

www.nhch.com**KAUA`I**

Kaua`i Medical Clinic 245-1500

Kaua`i Veterans Memorial Hospital 338-9431

www.kvmh.hhsc.org

Saint Francis Medical Center 245-2972

Samuel Mahelona Memorial Hospital (has inpatient 822-4961

www.smmh.hhsc.org

psychiatric)

Wilcox Memorial Hospital 245-1100

www.wilcoxhealth.org

MAUI/MOLOKA`I

Hawai`i Health Systems Corp (has in-patient psychiatric unit)	733-4020	www.hpsc.org
Kaiser Permanente Wailuku Clinic	243-6000	www.kaiserpermanente.org
Kula Hospital	878-1221	www.kula.hpsc.org
Maui Hana Medical Center	248-8294	www.hanahealth.org
Maui Memorial Medical Center (has in-patient psychiatric units for adults & adolescents)	244-9056	www.mmmc.hpsc.org
Moloka`i Family Planning Project	553-3145	
Moloka`i Family Support Services	553-3276	
Moloka`i General Hospital	553-5331	
Napu`uwai Native Hawaiian Health Care	553-3653	www.napuuwai.com
LĀNA`I		
Lāna`i Hospital	565-8450	www.lch.hpsc.org

Housing Information/Providers**O`AHU**

Affordable Housing and Homeless Alliance	845-4565	www.hawaiihomeless.org
Aloha Independent Living Hawai`i	1-800-385-2454	www.AlohaILHawaii.org
Dept. of Human Services Financial, Food Stamp & Medical Info.	643-1643	
Hawai`i Public Housing Authority	832-4692	www.hcdch.hawaii.gov
Hawai`i Centers for Independent Living	522-5400	www.hawaii-cil.org

HAWAII

Hawai`i County Housing	959-4642	
Hawai`i Centers for Independent Living	935-3777	www.hawaii-cil.org
Hawai`i Public Housing Authority	toll free 974-4000 then 24692	www.hcdch.hawaii.gov

MAUI/MOLOKA`I

County of Maui	270-7805	www.mauicounty.gov
Hawai`i Public Housing Authority	toll free 984-2400 then 24692	www.hcdch.hawaii.gov
Lokahi Pacific	242-5761	www.lokahipacific.org
Maui Centers for Independent Living	242-4966	www.hawaii-cil.org
Moloka`i Hale Mahaolu	872-4100	www.halemahaolu.org

LĀNA`I

Hawai`i Public Housing Authority	1-800-468-4644 then 24692	www.hcdch.hawaii.gov
Lāna`i Castle & Cooke Housing	565-3975	www.castlecookehawaii.com

Immigrant Services**O`AHU**

Bilingual Access Line (24 hours)	526-9724	www.helpinghandshawaii.org
Catholic Charities Immigrant Services	528-5233	www.catholiccharitieshawaii.org
Child and Family Service	543-8447	www.childandfamilyservice.org
Hawai`i Immigrant Justice Center at Legal Aid Society of Hawai`i	536-8826	www.hijcenter.org
Lanakila Easy Access Project	832-5685	
Legal Aid Society of Hawai`i	536-4302	www.legalaidhawaii.org
Pacific Gateway Center	851-7010	www.pacificgatewaycenter.org
Susannah Wesley Community Center	847-1535	www.susannahwesley.org
U.S. Citizenship and Immigration Services	532-2701	www.uscis.gov

HAWAI`I

County Immigration Information Office	961-8220	www.co.hawaii.hi.us/directory/dir_immigration.htm
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MAUI/MOLOKA`I

Maui Immigrant Services	1-800-375-5283	www.co.maui.hi.us/index.aspx?NID=253
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Jail & Prison Services

O`AHU

Community Assistance Center	537-2917	www.cachawaii.org
Department of Public Safety- Health Care Division	587-1250	www.hawaii.gov/psd
Hawai`i Courts and Corrections	832-1852	www.courts.state.hi.us
Hina Mauka Kealaula Program at the Women`s Community Correctional Center	261-9111	www.hinamauka.org
Police- Missing Persons/Crimestoppers	955-8300	www.crimestoppers-honolulu.org

HAWAI`I

Hawai`i Community Corrections Center	933-0428	www.hawaii.gov/psd/corrections/jails/hawaii-community-correctional-center
Hawai`i Police Department- Non-Emergency Information	935-3311	www.hawaiipolice.com

MAUI/MOLOKA`I

Maui County Police Department	244-6400	www.mauicounty.gov
Moloka`i Police Station	553-5355	

LĀNA`I

Lāna`i Police Station	565-6428	
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Job Training & Placement

O`AHU

Goodwill Vocational Training Center	836-0313	www.higoodwill.org
Lanakila Pacific	531-0555	www.lanakilapacific.org
State Vocational Rehab Division	692-8601	www.hawaiiivr.org
Winners at Work	532-2100	www.abilitieshawaii.org

KAUA`I

State Vocational Rehab Division	274-3333	
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HAWAI`I

Brantley Center	775-7245	
Economic Opportunity Council	961-2681	
State Vocational Rehab Division	323-0025	

MAUI/MOLOKA`I

Maui State Vocational Rehab Division	984-8350	
Moloka`i Occupational Center	553-3266	
Moloka`i State Vocational Rehab Division	553-3621	

Legal Services

O`AHU

Hawai`i Civil Rights Commission	586-8636	www.hawaii.gov/labor/hcrc
Hawai`i Disability Rights Center	949-2922; 1-800- 882-1057	www.hawaiidisabilityrights.org
Legal Aid Society	536-4302	www.legalaidthawaii.org
Maximum Legal Services Corp. (Trust and Conservatorships for disabled and minors)	585-0920	www.maxcorp-hi.org
Volunteer Legal Services of Hawai`i	528-7046	www.vlsh.org

KAUA`I

Hawai`i Disabilities Rights Center	1-800-882-1057	www.hawaiidisabilityrights.org
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HAWAI`I

Child and Family Services (Domestic Violence TROs) - Hilo	935-2188	www.childandfamilyservice.org/cfs2.php?id1=7
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Child and Family Services (Domestic Violence TROs) - Kona	323-2664	www.childandfamilyservice.org/cfs2.php?id1=7
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Hawai`i Disabilities Rights Center	1-800-882-1057	www.hawaiidisabilityrights.org
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Kuikahi Mediation Center	935-7844	
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Legal Aid Society & Seniors Program - Kona	329-3910	www.legalaidhawaii.org
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Public Defender	974-4571; 323-7562	www.hawaii.gov/budget/pd
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West Hawai`i Mediation Services	885-5525; 326-2666	
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MAUI/MOLOKA`I

Hawai`i Disabilities Rights Center	984-8250; 876-0529	www.hawaiidisabilityrights.org
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Legal Aid Society	244-3731	www.legalaidhawaii.org
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LĀNA`I

Hawai`i Disabilities Rights Center	1-800-882-1057	www.hawaiidisabilityrights.org
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Lāna`i Legal Aid Society	565-6089	www.legalaidhawaii.org
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Lesbian/Gay/Bisexual/Transgender

O`AHU

Da Moms	383-2111	damoms@glc4me.com
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It Gets Better Project		www.itgetsbetter.org
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Kulia Na Mamo	791-2020	www.kulianamamo.org
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Life Foundation	521-2437	www.lifefoundation.org
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PFLAG O`ahu	672-9050; 779-9087	www.pflagoahu.org
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The Trevor Project	(866) 488-7386	www.thetrevorproject.org
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University of Hawai`i LGBT Student Services	956-9250	www.manoa.hawaii.edu/lgbt/index.html
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KAUA`I

PFLAG Kaua`i	634-0127	pflagkauai@gmail.com
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HAWAI`I

PFLAG Big Island	238-2880	pflagbigisland@gmail.com
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Marriage & Family Services

O`AHU

Catholic Charities Family Services	521-4357	www.catholiccharitieshawaii.org
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Child and Family Service	681-3500	www.childandfamilyservice.org
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Counseling and Spiritual Care Center of Hawai`i	545-2740	www.cscch.org
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Hawai`i Association for Marriage & Family Therapy	291-5321	www.hamft.net
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Jewish Community Services	258-7121	www.jcs-hi.org
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Queen Lili`uokalani Children`s Center (Ho`oponopono)	847-1302	
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KAUA`I

Child and Family Service	245-5914	www.childandfamilyservice.org
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MAUI/MOLOKA`I

Maui Child and Family Service	877-6888	www.childandfamilyservice.org
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Mediation Services

O`AHU

Mediation Center of the Pacific	521-6767	www.mediatehawaii.org
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HAWAI`I

Kuikahi Mediation Center	935-7844	
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West Hawai`i Mediation Services	885-5525; 326-2666	
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MAUI/MOLOKA`I

Mediation Services of Maui	244-5744	www.mauimmediation.org
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Military Mental Health Services

O`AHU

Adolescent Substance Abuse Counseling Service	655-9944	www.asacs.org
Alcohol and Drug Abuse Prevention and Control Program, Schofield Barracks	433-8700	
DSTRESS Help Line (Marine Corps and Vets)	877-476-7734	www.dstressline.com
Military One Source	1-800-342-9647	www.militaryonesource.com
National Call Center for Homeless Veterans	877-424-3838	
National Center for PTSD	566-1546	www.va.gov/hawaii/nc-ptsd.htm
Pai`olu Kaialu Shelter	696-6770	
POWER Up! (Homeless Vets)	366-7394	www.poweruphi.com
Honolulu Vet Center	973-8387	www.vetcenter.va.gov
Veterans Affairs Mental Health Clinic	433-0660; 433-0600	
Veterans Crisis Line (Suicide Prevention Counseling)	1-800-273-8255	
Veterans Day Treatment Program (Tripler)	1-800-214-1406	www.va.gov/hawaii

KAUA`I

Vet Center	246-1163	www.vetcenter.va.gov
Veterans Clinic	246-0497	

HAWAI`I

Veterans Affairs Primary Care Clinic (Community Based Outpatient Clinic) - Hilo	935-3781	www.vetcenter.va.gov
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MAUI/MOLOKA`I

Maui Community-Based Outpatient Clinic	871-2454	
Maui Vet Center	242-8557	www.vetcenter.va.gov

Postpartum Depression/Anxiety

O`AHU

Postpartum Depression (PPD) Support HI	392-7985	www.PPDsupportHI.org www.postpartum.net
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Professional Organizations

O`AHU

Hawai`i Assoc. for Marriage and Family Therapy	291-5321	www.hamft.net
Hawai`i Nurses Association	531-1628	www.hawaiinurses.org
Hawai`i Psychiatric Medical Association	1-800-572-3015	www.hawaiipsychiatric.org
Hawai`i Psychological Association	521-8995	www.hawaiipsychology.org
National Association of Social Workers/Hawai`i	521-1787	www.naswhi.org

Residential Treatment, Supportive Housing, Group Homes: Adults

O`AHU

Breaking Boundaries, Inc	695-0444	
CARE Hawai`i, Inc.	550-2900	www.carehawaii.com
Catholic Charities Family Services	537-6321	www.catholiccharitieshawaii.org
Hale Kipa	589-1829	www.halekipa.org
Hina Mauka	236-2600	www.hinamauka.org
Kahumana Residential Special Treatment Facility	696-6699	
Mental Health Kokua	737-2523	www.mentalhealthkokua.org
Po`ailani	263-1065; 262-2799	www.poailani.org

Safe Haven for Homeless Mentally Ill	524-7233	www.mentalhealthkokua.org
Sand Island	841-2319	www.sandisland.com
Steadfast Housing	599-6230	www.steadfast-hawaii.org
Wai`anae Coast Community Health Center (Hale Na`au Pono)	696-4211	www.wccmhc.org
HAWAI`I		
Community Care Services	935-3481	
Mental Health Kokua (Hilo)	935-7167	www.mentalhealthkokua.org
Mental Health Kokua (Kailua-Kona)	331-1468	www.mentalhealthkokua.org

Residential Treatment Programs: Children and Teens

O`AHU

CARE Hawai`i, Inc. (Crisis Residential) – Kaneohe	235-6049	www.carehawaii.com
Catholic Charities Family Services	537-6321	www.catholiccharitieshawaii.org
Child and Family Service	521-2377	www.childandfamilyservice.org
Kailana, Tole Mour (Marimed Foundation)	236-2288	www.marimed.org

HAWAI`I

Child and Family Service	935-2188	www.childandfamilyservice.org
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KAUA`I

Hale Opio Kaua`i	245-2873	www.haleopio.org
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MAUI/MOLOKA`I

Community Service Council (Moloka`i)	553-3244	www.molokai.org
Maui Farm	579-8271	www.themaufarm.org
Maui Youth and Family Service	579-8414	www.myfs.org

Respite Services: Families, Children/Youth, and Adults

O`AHU

Hawai`i Family Services – Wai`anae	696-3482	
Mental Health Kokua Respite Coordinator on O`ahu	735-6423	www.mentalhealthkokua.org
Time-Out from parenting for families under stress (PACT)	841-1027	www.pacthawaii.org
Tutu Support Group	696-3482	

MAUI/MOLOKA`I

Maui Centers for Independent Living	242-4966	www.hawaii-cil.org
Maui Lokahi Pacific	242-5761 ext. 22	www.lokahipacific.org
Mental Health Kokua	244-7405	www.mentalhealthkokua.org

Senior Caregiver Support Services

O`AHU

Alzheimer's Association	1-800-272-3900	www.alz.org/hawaii
Castle Home Care	247-2828	
Catholic Charities Hawai`i/Community Senior Services Division	524-4673	www.catholiccharitieshawaii.org
Central O`ahu Caregivers' Support Group	625-0420	www.wvpress.com/care
Child and Family Services Gerontology Program	543-8468	www.childandfamilyservice.org/cfs2.php?id1=66
Eldercare Support Group	395-9082	
Project Dana	945-3736	

Respite Companion Services	586-5192	
VA Caregivers Support Group	433-7646	
KAUA`I		
Adult Protective Services	241-3432	
Kaua`i Agency on Elderly Affairs	241-4470	www.kauai.gov/elderly
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (on O`ahu)	www.hawaii.gov/health/eoa/LTCO.html
HAWAI`I		
Alzheimer`s Association Elderly Affairs	981-2111	www.alz.org/hawaii www.elderlyaffairs.com
Hawai`i Adult Protective Services	933-8820 Hilo; 327-6280 Kona	
Hawai`i County Area Office on Aging	961-8600 Hilo; 327-3597 Kona	www.co.hawaii.hi.us/directory/dir_aging.html
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (on O`ahu)	www.hawaii.gov/health/eoa/LTCO.html

Senior Services

O`AHU

AARP Hawai`i	545-6006	www.aarp.org/hi
Adult Protective Services (Abuse)	832-5115; 832-5673	
Alzheimer`s Association Help Line	1-800-272-3900	www.alz.org/hawaii
Executive Office on Aging	586-0100	www.hawaii.gov/health/eoa/
Sage Plus	586-7299	www.hawaii.gov/health/eoa/SAGEP.html
Senior Help Line (Elderly Affairs Division)	768-7700	www.elderlyaffairs.com
SMP- Hawai`i Protecting Seniors, their families and caregivers from healthcare and financial fraud	586-7281; 1-800-296-9422	www.hawaii.gov/health/eoa/SMP.html
Social Security Administration	541-1060; 1-800-772-1213	www.ssa.gov/sf/
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268	www.hawaii.gov/health/eoa/
Univ. of Hawai`i Elder Law Program	956-6544	www.hawaii.edu/uhelp

HAWAI`I

Alzheimer`s Association Elderly Affairs Division	981-2111	www.alz.org/hawaii www.elderlyaffairs.com
Hawai`i Adult Protective Services - Hilo	933-8820	
Hawai`i Adult Protective Services - Kona	327-6280	
Hawai`i Co. Area Office on Aging - Hilo	961-8600	www.co.hawaii.hi.us/directory/dir_aging.html
Hawai`i Co. Area Office on Aging -Kona	327-3597	www.co.hawaii.hi.us/directory/dir_aging.html
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	www.hawaii.gov/health/eoa/

KAUA`I

Adult Protective Services	241-3432	
Kaua`i Agency on Elderly Affairs	241-4470	www.kauai.gov/elderly
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	

MAUI/MOLOKA`I

Adult Protective Services Elderly Affairs Division	243-5151	www.hawaii.gov/dhs www.elderlyaffairs.com
Hana Office on Aging Senior Center	248-8833	

Maui County Office on Aging	270-7774	www.co.maui.hi.us/index.aspx?nid=255
Maui County Office on Aging- Moloka`i	553-5241	
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	www.hawaii.gov/health/eoa/LTCO.html
LĀNA`I		
Lāna`i Senior Citizens Center	565-6282	
Maui County Office on Aging -Lāna`i	565-7114	
Statewide: State Long-Term Care Ombudsman (Investigation of nursing home complaints)	586-7268 (O`ahu)	www.hawaii.gov/health/eoa/LTCO.html

Sex Abuse Treatment: Offenders

O`AHU		
Catholic Charities	524-4673	www.catholiccharitieshawaii.org
KAUA`I		
Sex Assault Crisis Line	245-4144	www.ywcakauai.org
MAUI/MOLOKA`I		
Maui Child and Family Service	877-6888	www.childandfamilyservice.org
Moloka`i Sex Assault Crisis Line	1-866-553-5997	
Sex Assault Crisis Line	242-4335	

Sex Abuse Treatment: Victims

O`AHU		
Sex Abuse Treatment Center – 24 hr Hotline	524-7273	www.satchawaii.com
The Children’s Justice Center	534-6700	
KAUA`I		
Sex Assault Crisis Line	245-4144	www.ywcakauai.org
HAWAI`I		
Sexual Assault Support Services Crisis Line	935-0677	www.ywcahawaiiisland.org
LĀNA`I		
Lāna`i Sex Assault Crisis Line 24-Hr	1-866-443-5702	

Sliding Scale Fee Agencies

O`AHU		
Catholic Charities Family Services	524-4673	www.catholiccharitieshawaii.org
Child and Family Service	681-3500	www.childandfamilyservice.org/index.php
Counseling and Spiritual Care Center of Hawai`i	545-2740	www.cscch.org/index.html
KAUA`I		
Child and Family Service	245-5914	www.childandfamilyservice.org

Substance Abuse Services: see Alcohol and Drug Abuse

Support Groups: Consumers

O`AHU		
Al-Anon/Narc-Anon	586-5647	www.afghawaii.org/oahu.html
Alcoholics Anonymous (AA)	946-1438	www.qahucentraloffice.org
Alzheimer’s Association Aloha Chapter	591-2771	www.alz.org/hawaii
Co-dependents Anonymous	734-3000	www.codependents.org
Dual Recovery Anonymous (Community Care Services)	845-7771	
Narcotics Anonymous (NA)	734-4357	www.na-hawaii.org
Obsessive-Compulsive Disorder Support	261-6987	

Sex and Love Addicts Anonymous	926-0166	
“Hope Impact” Support Group Wahiawa	621-4771	
United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:	931-6444; 1-866-866-HELP	www.unitedselfhelp.org
BRIDGES Education – O`ahu		
Central and Leeward Support Group		
Compassionate Communication		
Depression and Bipolar Support Group		
Haleiwa Support Group		
Schizophrenia & Schizoaffective Group		
Self Esteem Support Group		
Windward O`ahu Support Group		
Waianae Support Group		

KAUA`I

Al-Anon/Al-Teen	246-1116	www.afghawaii.org
Alcoholics Anonymous (AA)	245-6677	www.hawaiiiaa.org
Narcotics Anonymous (NA)	828-1674	www.na-hawaii.org

HAWAI`I

Al-Anon/Narc-Anon	935-0971	
Alcoholics Anonymous (AA)	961-6133; 329-1212	www.hawaiiiaa.org
Hawai`i Alcoholics Anonymous (AA)	808-961-6133; 808-329-1212	www.hawaiiiaa.org
Narcotics Anonymous (NA)	769-6016	www.na-hawaii.org
United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:	1-866-866-HELP	www.unitedselfhelp.org
Hilo Support Group		
Kona Support Group		

MAUI/MOLOKA`I

Alcoholics Anonymous (AA)	244-9673	www.hawaiiiaa.org
Maui Al-Anon	242-0296	www.afghawaii.org
Narcotics Anonymous (NA)	214-1239	www.na-hawaii.org
United Self-Help operates a “warm line” until 9 pm daily & offers the following Support Groups:	1-866-866-HELP	www.unitedselfhelp.org
BRIDGES Education – Maui		
Maui Support Group Wailuku		
Maui Support Group Iao Needle		

LĀNA`I

United Self-Help Warm Line	1-866-866-4357	www.unitedselfhelp.org
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Support Groups: Family

O`AHU

Alzheimer’s Association	591-2771; 1-800-272-3900	www.alz.org/hawaii
Hawai`i Families As Allies (parents of children with behavioral disorders)	487-8785	www.hfaa.net
Hina Mauka	236-2600	www.hinamauka.org
NAMI- National Alliance on Mental Illness	591-1297	www.namihawaii.org
NAR-ANON (Narcotics Anonymous)	247-3191	www.nar-anon.org

KAUA`I

Hawai`i Families As Allies	1-866-361-8825	www.hfaa.net
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HAWAI`I

Hawai`i Families As Allies	1-866-361-8825	
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MAUI/MOLOKA`I

Alzheimer’s Association	242-8636	www.alz.org/hawaii
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Hawai`i Families As Allies	1-866-361-8825	
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Moloka`i Women’s Shelter (domestic violence)	567-6888	
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Women Helping Women (domestic violence)	579-9581	www.whwmaui.net
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LĀNA`I

Hawai`i Families As Allies	1-866-361-8825	www.hfaa.net
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Suicide Prevention

O`AHU

ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	832-3100	
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MHA-Hawai`i - Youth Suicide and Bullying Prevention Program	521-1846	www.mentalhealth-hi.org/teensuicideprevention
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The Trevor Project - 24 Hour Crisis Hotline	(866) 488-7386	www.thetrevorproject.org
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NEIGHBOR ISLANDS

ACCESS Suicide Prevention/Crisis Line Crisis Intervention – 24 Hour Hotline	1-800-753-6879	
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MHA-Hawai`i - Youth Suicide and Bullying Prevention Program	521-1846 (on O`ahu)	www.mentalhealth-hi.org/teensuicideprevention
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National Mental Health Resources

American Association of Suicidology	(202) 237-2280	www.suicidology.org
American Foundation for Suicide Prevention	1-888-333-2377	www.afsp.org/
American Self-Help Clearinghouse	(973) 989-1122	www.mentalhelp.net/selfhelp/
Anxiety Disorders Association of America	(240) 485-1001	www.adaa.org
Attention Deficit Disorder Association	(800) 939-1019	www.add.org/
Autism Society of America	(800) 328-8476	www.autism-society.org/
Child and Adolescent Bipolar Foundation		www.bpkids.org
Children and Adults with Attention Deficit/Hyperactivity Disorder	(301) 306-7070	www.chadd.org/
Depression and Bipolar Support Alliance	(800) 826-3632	www.dbsalliance.org
Dual Diagnosis of Oregon, Inc.	(877) 222-1332	www.ddaoforegon.com/
Federation of Families for Children's Mental Health	(240) 403-1901	www.ffcmmh.org/
Freedom from Fear	(718) 351-1717	www.freedomfromfear.org/supportgroup.asp
Hospice Foundation	(800) 854-3402	www.hospicefoundation.org
Mental Health America (National)	(800) 969-6642	www.nmha.org
National Alliance on Mental Illness	(800) 950-6264	www.nami.org
National Council on Problem Gambling		www.ncpgambling.org
National Institute of Mental Health	(866) 615-6464	www.nimh.nih.gov
National Suicide Prevention Lifeline	(800) 273-8255	www.suicidepreventionlifeline.org
Obsessive Compulsive Foundation	(617) 973 5801	www.ocfoundation.org/
Postpartum Support International	(800) 944-4773	www.postpartum.net
Recovery International	(866) 221-0302	www.lowselfhelpsystems.org
Safe Schools Coalition	(304) 496-8100	www.safeschools.org
Self Mutilators Anonymous		selfmutilatorsanonymous.org/
Substance Abuse and Mental Health Services Administration	(877) 726-4727; (800) 622-4357	www.samhsa.gov
TARA Association for Personality Disorder	(212) 966-6514	www.tara4bpd.org/dyn/index.php
The Trevor Project (24/7 LGBT crisis hotline)	(866) 488-7386	www.thetrevorproject.org

DEPRESSION SELF-SCREENING QUESTIONNAIRE

This is a questionnaire* used to detect depression. Depression is a common biological illness that can affect people from all walks of life—and it is treatable.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Circle the answer – the number that describes how much you were bothered by each problem.

Add the numbers to get your totals.

Add the three totals to get your total score.

Circle the answer	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling/staying asleep, sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3

Add Columns

+ +

TOTAL SCORE

=

What your score means:

0-4 No depression

10-14 Moderate depression

20+ Severe depression

5-9 Mild depression

15-19 Moderately severe depression

If your score indicates you may have depression, please see your doctor or a mental health provider or call Mental Health America of Hawaii, 521-1846 (O`ahu). If you are severely depressed and would like immediate assistance, please call the ACCESS crisis line, 832-3100 (O`ahu) or 1-800-753-6879 (Neighbor Islands), or call 911. Depression is a common and treatable illness. You deserve to feel better!

*This questionnaire, the PHQ-9, is adapted from PRIME MD TODAY, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, et al, with an educational grant from Pfizer Inc. For research info, contact Dr. Spitzer at rls8@columbia.edu. PRIME MD TODAY is a trademark of Pfizer Inc.