

In reply, please refer to:
File:

STATE OF HAWAII
OFFICE OF WELLNESS AND RESILIENCE
KE KE'ENA KŪPA'A MAULI OLA
OFFICE OF THE GOVERNOR
415 S. BERETANIA ST. #415
HONOLULU, HAWAII 96813

Jan. 8, 2024

The Honorable Ronald D. Kouchi,
President, & Members of the Senate
Thirty-Second State Legislature
State Capitol, Room 409
Honolulu, HI 96813

The Honorable Scott K. Saiki, Speaker,
& Members of the House of Representatives
Thirty-Second State Legislature
State Capitol, Room 431
Honolulu, HI 96813

Dear President Kouchi, Speaker Saiki, and Members of the Legislature:

Pursuant to Act 291 of Session Laws 2022, Relating to Wellness, signed into law by Gov. David Ige on July 12, 2022, the Office of Wellness and Resilience hereby submits its first annual report to the legislature as required by this law.

In accordance with Section 93-16, Hawai'i Revised Statutes, the report may also be viewed electronically at <https://governor.hawaii.gov/office-of-wellness-and-resilience/>.

Should you have questions about this report, please contact us at (808) 586-0805 or via email at gov.owr@hawaii.gov.

Mālama pono,

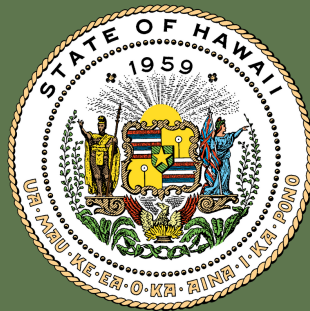
Tia L. R. Hartsock
Director, Office of Wellness and Resilience
Office of the Governor, State of Hawai'i

Enclosure: OWR 2023 Annual Report

c: Legislative Reference Bureau

Annual Report

2023



OFFICE OF WELLNESS AND RESILIENCE,
OFFICE OF THE GOVERNOR

PREPARED FOR:
2024 Hawai'i Legislative Session

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Letter from Director Tia L. R. Hartsock



We're winding down what has been both a momentous and tumultuous year for our Office, our islands, our world. It's hard to believe that when the year began, our Office didn't even exist yet.

And at the beginning of August, none of us knew what would transpire on Maui and that we would have our resilience as a state put to the test in such a devastating way.

As we prepare for the long-term recovery effort on Maui, I am again reminded of how much our lives can change in an instant and how our plans for the future can be thwarted by one day's events.

This is the long-lasting effect trauma can have on our lives, on our 'ohana and in our communities.

The wildfire disaster is an example of a new type of trauma phenomenon because it has happened so close to the pandemic, and that's cascading trauma. We may see this complex trauma more as we grapple with more weather-related and natural disasters, on top of manmade ones, like mass violence.

This type of trauma is just starting to be studied, but we can build on what we know works to minimize trauma's long-term effects – more support, connection, and culture- and āina-based practices.

Reflecting on this year has also been a good way to remember where and why we started, and what we've accomplished together – we stood up and fully staffed our Office, convened two ground-breaking working groups, and were part of the national, state and local conversations on trauma and trauma-informed care.

While we had different plans for the Office this latter half of the year, our team agrees that our most impactful work so far has been helping to coordinate the mental health response on Maui with our government, healthcare and community partners.

We look forward to continuing our work to make Hawai'i a healing-centered state in 2024.

If you have questions about this report and/or just want to talk story, please don't hesitate to reach out to us at gov.owr@hawaii.gov.

Mālama pono,

A handwritten signature in black ink that reads "Tia L. R. Hartsock". The signature is written in a cursive, flowing style.

Director, Office of Wellness and Resilience
Office of the Governor

History and Context

Trauma-Informed Care Task Force

The Office of Wellness and Resilience (OWR), housed in the Office of the Governor, was crafted out of the work of the state’s Trauma-Informed Care Task Force, the community supporting the task force and champions of trauma-informed care in the legislature.

The statewide, multiyear Trauma-Informed Care Task Force was created by the 2021 Hawai’i State Legislature with the passage of [House Bill 1322](#), becoming [Act 209](#) when Gov. David Ige signed the bill into law in July of that year. Reps. Ty Cullen, Henry J. C. Aquino, Lisa Kitagawa, and Ryan Yamane introduced the bill. The companion bill, [Senate Bill 1242](#), was introduced by Sen. Donovan Dela Cruz.

The task force was conceptualized to propose recommendations for the state’s child-serving agencies and organizations to become collectively more trauma-informed to better serve Hawai’i’s families – and improve the overall health of our communities.

The Trauma-Informed Care Task Force members include representatives from the state’s major public-serving agencies, as well as those from critical nonprofit and community organizations serving families across our islands. Tia L. R. Hartsock, then project director of Data to Wisdom, a federal Substance Abuse and Mental Health Services Administration (SAMHSA) grant program within the Child and Adolescent Mental Health Division (CAMHD) of the Hawai’i Department of Health, served as inaugural chair of the task force until Dec. 2022. Dr. Scott Shimabukuro of CAMHD became chair in Jan. 2023, and continues to serve in that position. Cathy Betts, director of the Hawai’i Department of Human Services, currently serves as vice chair.

July 2021 - July 2022

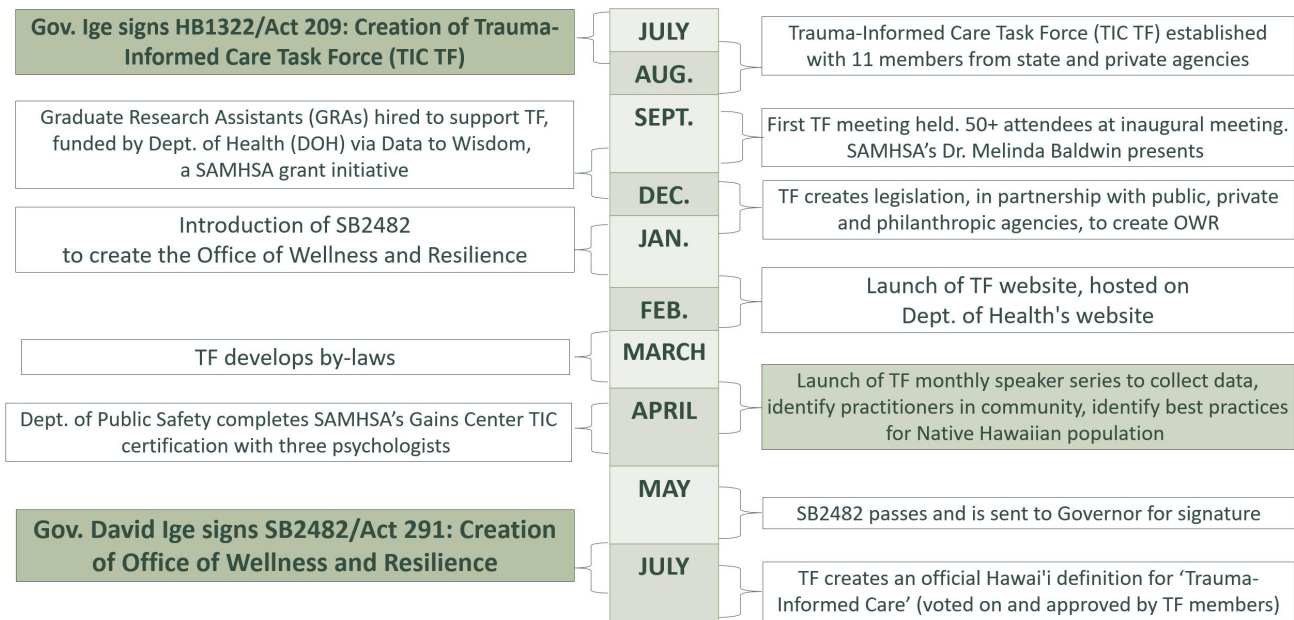


Figure 1. Office of Wellness and Resilience Timeline, July 2021-July 2022

Full list of current members:

- Chairperson: Dr. Scott Shimabukuro, practice development officer, Child and Adolescent Mental Health Division, Hawai'i Department of Health
- Vice Chairperson: Catherine ("Cathy") Betts, director, Department of Human Services
- Adriane Abe, program specialist, First Circuit Family Court, Hawai'i State Judiciary
- Yuuko Arikawa-Cross, executive director, Executive Office on Early Learning
- Dr. Evan Beachy, senior education consultant, Strategy and Transformation Division, Kamehameha Schools
- Judith ("Judy") F. Clark, executive director, Hawai'i Youth Services Network
- Dr. Jillian Freitas, program director and assistant professor, Department of Native Hawaiian Health, John A. Burns School of Medicine, University of Hawai'i at Mānoa
- Jocelyn ("Josie") Howard, founder and chief executive officer, We Are Oceania
- Major Mike Lambert, commander of Narcotics/Vice Division and former Training Division commander, Honolulu Police Department
- Dr. Gavin Takenaka, corrections health care administrator, Hawai'i Department of Public Safety
- Fern Yoshida, educational specialist, Hawai'i Department of Education

Meetings are held every final Tuesday of the month, from 10 a.m. to noon. Details for each meeting are published on the state's public meetings calendar:

<https://calendar.ehawaii.gov/calendar/>.

Since its inception in early 2023, the Office of Wellness and Resilience (OWR) has provided a report to the task force in these monthly meetings.

The task force has recently adopted a draft framework for trauma-informed and trauma-responsive practice for statewide adoption and implementation by the Office of Wellness and Resilience. The task force is expected to report on this framework and its findings before the convening of the Hawai'i State Legislature's 2024 regular session, both to the legislature and OWR.

According to their legislative mandate, the framework will include, but not be limited to:

- Definitions of what constitutes trauma-informed care and trauma-responsive practice that can be applied to any school, health care provider, law enforcement agency, community organization, state agency or other entity that has contact with children/youth;
- Clear examples of how individuals and institutions may implement trauma-informed and responsive practices across different domains, including organizational leadership, workforce development, policy and evaluation;
- Strategies for preventing and addressing secondary traumatic stress for professionals and providers;

- An implementation and sustainability plan, including a coordinated data collection/evaluation plan with metrics for assessing framework progress;
- Best practices, including those from Native Hawaiian cultural practices, as well as regarding research and strategies from local trauma-informed care practitioners.

Creation of the Office of Wellness and Resilience

Legislative Process

Gov. David Ige signed Senate Bill 2482 in July 2022, creating the nation’s first statewide-legislated Office of Wellness and Resilience. It is now known as Act 29I.

The bill was introduced by Sen. Donovan Dela Cruz. Its companion bill was House Bill 1970, and had a long list of introducers: Reps. Ty Cullen, Henry J.C. Aquino, Della Au Belatti, Patrick Branco, Stacelynn KM Eli, Cedrick Asuega Gates, Troy N. Hashimoto, Greggor Ilagan, Aaron Ling Johanson, Jeanné Kapela, Lisa Kitagawa, Bertrand Kobayashi, Matthew LoPresti, Lisa Marten, Angus McKelvey, Dee Morikawa, Nadine Nakamura, Scott Y. Nishimoto, Richard HK Onishi, Amy Perruso, Adrian Tam, David Tarnas, Tina Wildberger, Ryan Yamane and Scot Z. Matayoshi.

Sept. 2022 - July 2023

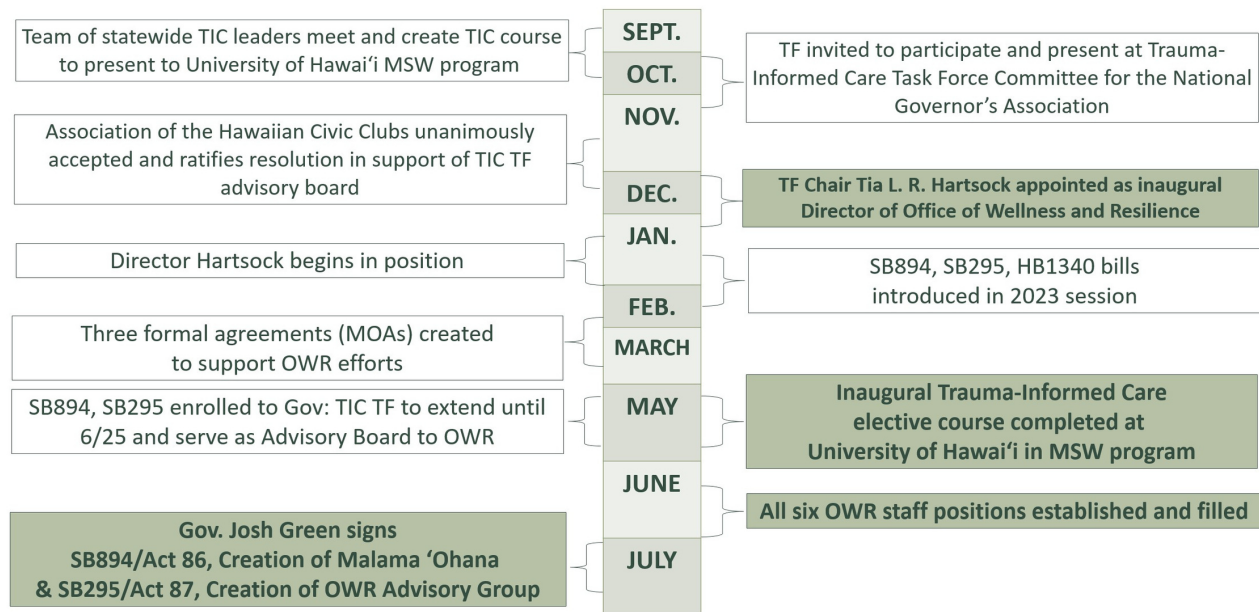


Figure 2. Office of Wellness and Resilience Timeline, Sept. 2022-July 2023

Appointment of Director Tia L. R. Hartsock

Gov. Josh Green appointed Tia L. R. Hartsock as its inaugural director in Dec. 2022.

Director Hartsock has served nearly 25 years in the pursuit of working to improve both the child- and adult-serving systems in mental health and criminal justice in Hawai'i. She was appointed as an adjunct lecturer at the University of Hawai'i Myron B. Thompson School of Social Work and Public Health in 2016, and has lectured in both the bachelor's and master's programs. She holds her Master of Science in criminal justice administration from Chaminade University with a specialization in juvenile justice and her Master of Social Work from the University of Hawai'i with a specialization focus on mental health.

She is also a nationally certified trauma-informed care trainer by the Gains Center at the Substance Abuse Mental Health Services Administration (SAMHSA). Formerly, she was the project director on three SAMHSA initiatives within the Hawai'i Department of Health to develop and provide mental health services for adolescent girls and other "gap" populations, and oversaw multiagency collaborations to improve the delivery of services by Hawai'i's mental health system for trauma survivors from a gender-specific and trauma-informed foundation.



Photo 1. Office of Wellness and Resilience staff, June 2023.

From left to right: Keala Kaopuiki-Santos, project manager; Jodie Burgess, executive administrative assistant; Erica Yamauchi, director of communications and engagement; Tia L. R. Hartsock, director; Naomi Leipold, project manager; Kevin Thompson, project manager

Office Structure & Organizational Chart

The Office of Wellness and Resilience (OWR) became officially operational on Jan. 18, 2023, when Director Hartsock reported for her first day of work. We became fully staffed in June 2023 when our six positions were filled after a rigorous statewide application and interview process.

Director Hartsock was intentional about hiring a diverse team from a wide variety of both personal and professional backgrounds, but with close ties to the state and our unique island culture. We also chose to recruit and hire statewide, and two of our six staff reside on neighbor islands: Keala Kaopuiki-Santos is one of our project managers and lives on Maui; Kevin Thompson is also a project manager and lives in Hilo, on the island of Hawai'i.

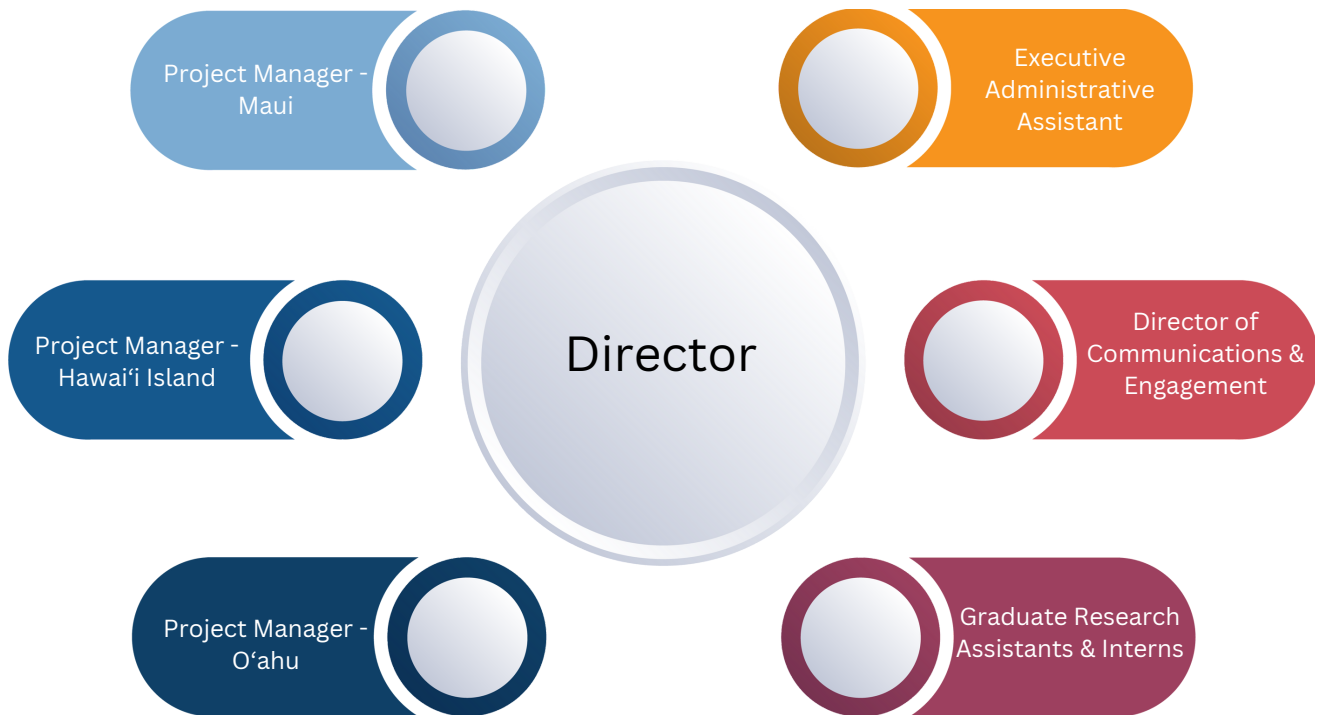


Figure 3. Office of Wellness and Resilience organizational chart depicting the office structure – all staff report to the director, except for graduate research assistants (GRAs) and interns who are supervised by other staff depending on their interest area, as well as their academic and professional background.

Legislation & Policy

2023 Priorities: Senate Bill 894

Several bills supporting trauma-informed care passed during the 2023 legislative session, including our own "housekeeping" bill (Senate Bill 894/Act 87), which supported our long-term efforts in our state systems and collaboration with the Trauma-Informed Care Task Force. This was our priority bill as a new office.

The bill was signed by Gov. Josh Green in June, and our Office attended the bill-signing ceremony to celebrate its passage, along with (MO) other similar legislation related to children and families.

Testifying in Support

We also supported the following bills in both written and oral testimony as they moved through the legislative process.

House Bill (HB) 622, relating to suicide prevention – to establish a Prevent Suicide Hawai'i Working Group or similar body consisting of state and local agencies, as well as community organizations with the overall goal of increased resiliency in Hawai'i's people and lowering our state suicide rate. We supported the bill. The bill was deferred.

HB 1053, relating to infant and early childhood mental health – to establish the infant and early childhood mental health program within the Department of Health to provide and coordinate mental health services for children from birth to age five. We strongly supported the bill. The bill was deferred.

HB 1340, relating to mental health – to establish a Breakthrough Therapy Advisory Council or similar body to review new mental health treatment information. We strongly supported the bill. The bill was deferred.

Senate Bill (SB) 295, relating to child welfare services – to establish a working group in OWR to develop recommendations specifically for the child welfare system to help build a collaborative approach with system partners and community-based organizations dedicated to assisting families with lived experience in the system. We supported the bill and it passed, creating the Mālama 'Ohana Working Group. Details on the working group can be found on page 11.

SB 712, relating to corrections – to support a trauma-informed certificate program for adult corrections officers at Windward Community College (WCC). The bill was signed into law by Gov. Josh Green on June 14, 2023, becoming Act 78, and we are currently working with WCC on the program.

SB 1454, relating to psilocybin – companion bill to HB 1340. We strongly supported the bill. The bill was deferred.

Looking to the 2024 Legislative Session

We are working on possible legislation regarding a peer support workgroup to break down barriers peers face in our systems and support for transitioning foster care youth. We have submitted bill language for a peer support working group for consideration as part of the Governor's administrative package.

Peer support is one of the six pillars of trauma-informed care as noted below in Figure 4. According to the Substance Abuse and Mental Health Services Administration, peer support encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders or both, and peer support workers are people who have been successful in the recovery process who help others experiencing similar situations.

Project manager Naomi Leipold is our lead related to policy and legislation.

Administrative Policy

We are also planning an internal policymaking initiative, working in collaboration with the Governor’s Cabinet and leadership of the state departments. The effort will support trauma-informed care within our systems for the benefit of both the public who interact with these systems, as well as our state workforce.

We expect the roll-out of an executive order and internal memo supporting this initiative and making Hawai’i a healing-centered and trauma-informed state in early 2024, starting with our statewide wellness and resilience survey launch (see page 20).



Figure 4. The six pillars of trauma-informed care protect against causing trauma, as well as the re-traumatization of trauma survivors.



Photo 2. Gov. Josh Green and Office of Wellness and Resilience staff at the bill-signing ceremony for Senate Bill 894/Act 87 in June 2023.

Strategic Planning

Mission, Vision & Values; Strategic Plan

After being fully staffed in June, the Office of Wellness and Resilience (OWR) team went quickly into strategy mode, participating in numerous strategic planning meetings and discussions throughout the summer. In mid-July, we held a planning event with our key state and community partners to inform our mission, vision and values.

This process was interrupted, however, due to the wildfire crisis on Maui. We have a working mission statement, below, and are still working to finalize our vision and values statements, as well as our strategic plan, in early 2024.

Draft Mission Statement

Our mission is to strengthen our state systems and services, using healing-centered care principles as strategies to make Hawai'i a trauma-informed state. We break down barriers that impact the physical, social and emotional well-being of Hawai'i's people - from keiki to kūpuna.

Definitions

OWR has adopted the definition of trauma-informed care from the Hawai'i Trauma-Informed Care Task Force, below.

Trauma-informed care (TIC) is an approach to understanding, recognizing, respecting, and responding to the pervasive and widespread impacts of trauma on our ability to connect with ourselves and others, our place and the elements around us, and our ways of being.

This definition expands upon the federal Substance Abuse and Mental Health Services Administration (SAMHSA) definitions of trauma and trauma-informed care, below, which are more clinical in scope.

Trauma is the result of an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life-threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional or spiritual well-being.

Trauma-informed care (TIC) takes a trauma-informed approach to the delivery of behavioral health services that includes an understanding of trauma and an awareness of the impact it can have across settings, services and populations. TIC views trauma through an ecological and cultural lens, and recognizes that context plays a significant role in how individuals perceive and process traumatic events, whether acute or chronic. TIC involves vigilance in anticipating and avoiding institutional processes and individual practices that are likely to re-traumatize individual practices that are likely to re-traumatize individuals who already have histories of trauma. TIC upholds the importance of consumer participation in the development, delivery and evaluation of services.

Wellness Barriers, Challenges & Unmet Needs

Working Groups & Task Forces

The Office of Wellness and Resilience (OWR) both convenes and participates on a number of state and national working groups and task forces. We have highlighted a few below.

Mālama 'Ohana

We are excited about the creation of the Mālama 'Ohana Working Group ([Senate Bill 295/Act 86](#)) within our Office, which is bringing community partners together, including families with lived experience, to transform the child welfare system. Statewide listening sessions are also planned for 2024. Keala Kaopuiki-Santos serves as project manager.

The group planned to have their first meeting in August, but it was moved back until September due to the Maui wildfires. They have met monthly since, for a total of four meetings in 2023.

Breakthrough Therapies Task Force

Though House Bill 1340 did not pass during the 2023 legislative session, the Office was still committed to supporting the Breakthrough Therapies Task Force by convening a state conversation around innovative trauma treatments (namely, psilocybin and MDMA). Director Hartsock served on the task force, and Kevin Thompson is the project manager.

Full list of task force members:

- Rep. Della Au Belatti, Chair of Health and Homelessness Committee, Hawai'i House of Representatives
- Dr. Michael Champion, Senior Advisor for Mental Health and the Justice System, Office of the Governor
- Dr. Thomas Cook, Psychiatrist and Owner, Beyond Mental Health
- Tia L. R. Hartsock, Director, Office of Wellness and Resilience, Office of the Governor
- Lorrin Kim, Chief Policy Officer and Legislative Coordinator, Hawai'i Department of Health
- Sen. Chris Lee, Assistant Majority Whip, Hawai'i State Senate
- Nikos Leverenz, President, Drug Policy Forum of Hawai'i; Grants and Advancement Manager, Hawai'i Health and Harm Reduction Center
- Ashley Lukens, Ph.D.; Director and Co-Founder, Clarity Project
- Heather Lusk, MSW, LCSW; Executive Director, Hawai'i Health and Harm Reduction Center
- Melanie Martin, Deputy Director of Administration, Hawai'i Department of Public Safety
- Dr. Sean Munnely, Child and Adolescent Psychiatrist; Addiction Specialist; Veteran's Affairs
- John Oliver, Public Health Program Manager, Maui County Branch Chief, Behavioral Health Administration, Hawai'i Department of Health
- Kristina Rodriguez, RN-BSN, IFMCP; Psychedelic Medicine Specialist, Krysalis Lifestyle Medicine
- Sen. Joy San Buenaventura, Chair of the Health and Human Services Committee, Hawai'i State Senate

The task force had its first meeting in August, and has held total of six meetings. It also held a public webinar in late November to share their progress and discuss next steps. To view the webinar, please visit: <https://vimeo.com/889379665/77b7d076ec?share=copy>.



Breakthrough Therapies for Hawai‘i



A Zoom Update on Hawai‘i’s Psychedelic Task Force

Photo 3. Director Hartsock speaks about psychedelics as a possible treatment for trauma during the Breakthrough Therapies Task Force’s public webinar in Nov. 2023.

On the National Level

Director Hartsock also participates on several national initiatives and working groups related to trauma-informed care, including with the National Governors Association, Pathways to Resilience and the National Behavioral Health Equity Steering Committee.

The Substance Abuse and Mental Health Services Administration’s Office of Behavioral Health Equity (OBHE) invited Director Hartsock to serve on the National Behavioral Health Equity Steering Committee in November. This committee will provide input into OBHE’s new initiative: Achieving Behavioral Health Equity. The purpose of this initiative is to support OBHE’s vision that people from racial, ethnic, sexual and gender minority populations with or at-risk for mental health and substance use conditions receive quality care, thrive and achieve well-being.

According to the Office of Behavioral Health Equity, their work is guided by three key principles: centering at the margins, focusing on data and highlighting community voice. Their mission is to advance equity in behavioral health by tailoring public health and service delivery efforts to promote mental health, prevent substance misuse, provide treatment and facilitate recovery supports for these underserved populations.

Maui Coordinated Mental Health Response

During the early morning after the Maui fires, in complete shock at what was taking place, Director Hartsock sent an email to a dozen colleagues within our state mental health system and on the Trauma-Informed Care Task Force, asking them to join a Zoom call at noon to discuss a coordinated mental health response to the disaster. When our team signed on, we were so moved to see more than 250 people join the meeting.

Since then, in collaboration with county, state, and federal agencies, nonprofits, private practitioners and community advocates, the Office of Wellness and Resilience (OWR) convened daily calls from Aug. 9, 2023, to Sept. 4, 2023. OWR then transitioned to meetings three days a week (Mondays, Wednesdays and Fridays) until Nov. 1, 2023, when OWR began the current cadence of weekly calls, which we plan to continue for the foreseeable future.

The purpose of the Maui Strong Mental Health Response Coordination meetings is to provide a safe space for Maui and state professionals and community leaders to discuss unmet needs, barriers to wellness, mental health services, coordination of resources, wellness and cultural healing activities, and training for Lahaina, Maui and statewide communities impacted by the wildfires. We have also featured speakers from Hawai'i CARES/988, Maui Medic Healers Hui, the Prevent Suicide Task Force and Project Vision.

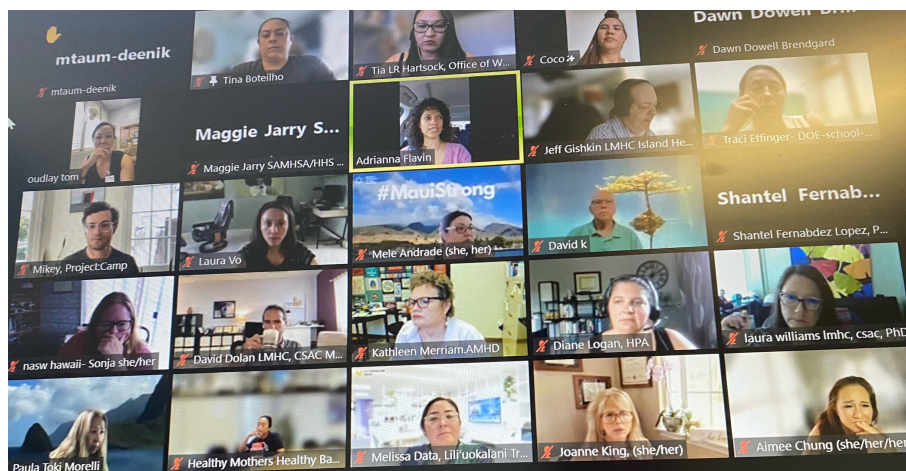


Photo 4. Maui Coordinated Mental Health Response Meeting, Aug. 2023

Photo 5. From left: Tina Boteilho, LMFT, Ahupua'a Counseling Services, and Dr. Dara Rampersad, BluePaz, LLC, with Director Hartsock, at the Lahaina Comprehensive Health Center in September. Community partners have been critical in responding to the needs of Maui. Dr. Rampersad and Tina have provided support to various agencies including the Maui Police and Fire Departments, and the Depts. of Education, Health and Human Services.



This effort totaled 45 calls held since Aug. 2023 with more than 400 unique individuals and 3,300 total participants representing 100+ local, state and national agencies, including mental health professionals on the ground on Maui, philanthropic, nonprofit and advocacy organizations, service providers and government employees.

Month	# Participants	# Meetings
August	2,007	16
September	618	10
October	389	10
November	211	5
December	73+	4
TOTAL	3,298+	45

Figure 5. Chart shows the total number of Maui Coordinated Mental Health Response Meeting participants and meetings by month over 5-month span



Photo 6. Mental health professional volunteers on Maui prepare for door-to-door wellness checks at a non-congregate hotel shelter using donated Hawaiian Airlines carts.

Mental Health Professional Volunteer Deployment

Maui Strong Mental Health Response Coordination meetings have been instrumental in standing up crisis services reaching 1,000+ survivors, breaking down barriers, and sharing resources and lessons learned. In addition, more than 200 mental health professionals on Maui and across the state stepped forward to volunteer in the immediate aftermath of the crisis, ensuring those affected by the fires had healing-centered, Hawai'i-informed mental health support when they needed it.

By coordinating volunteers with the Department of Health, Queen's Health System and Kaiser Permanente, the Office of Wellness and Resilience (OWR) was able to offer "talk story and support" services, available for all ages at the major West Maui non-congregate shelter (NCS) hotels from 10 a.m. to 4 p.m. most days of the week for more than two months, including at the Hyatt Regency Resort & Spa (Ka'anapali), the Royal Lāhainā Resort, the Outrigger Ka'anapali Beach Resort and Outrigger Honua Kai Resort (Ka'anapali), and the Westin Maui Resort & Spa (Ka'anapali).

In addition, we deployed volunteers to mental health "pop-ups" in natural gathering places. The locations differed day to day, but the places of focus included Lāhainā Gateway Shopping Center, Honokōwai Beach Park, Napili Market, Pohaku Beach Park (more commonly known as "S Turns") and Kahana Bay Boat Ramp.

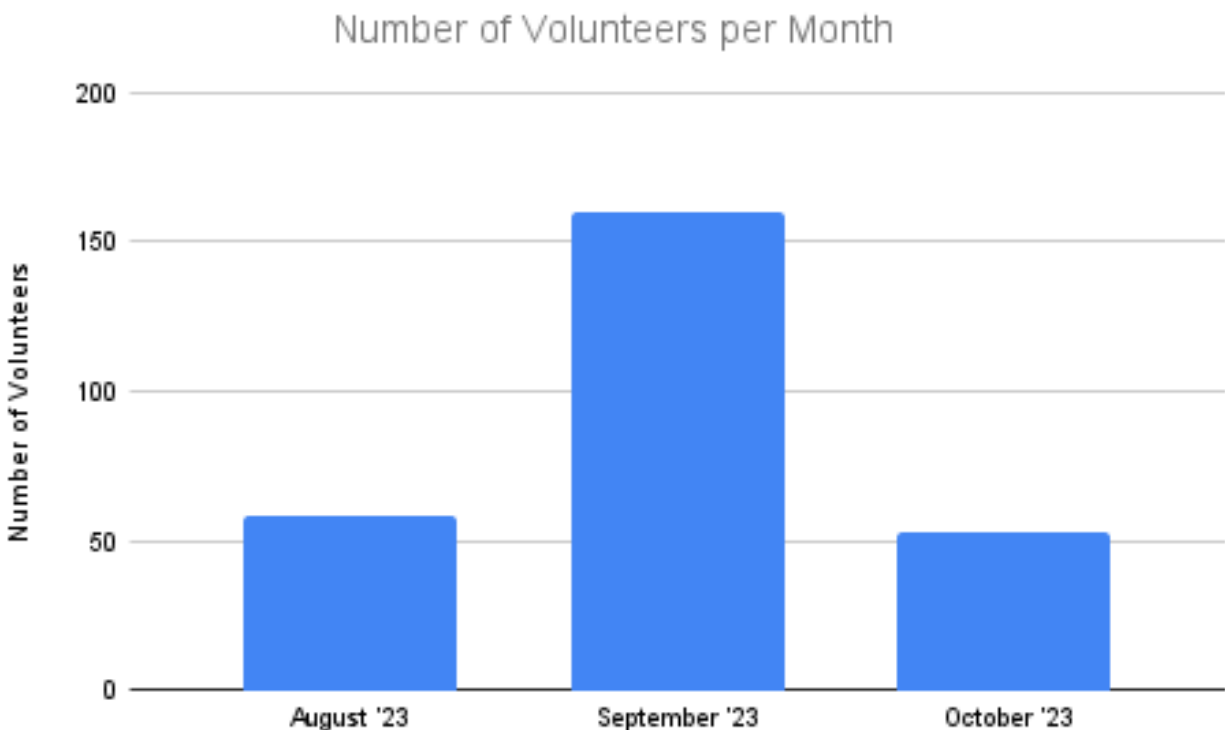


Figure 6. Number of Maui mental health professionals volunteers providing mental health services over 3-month span

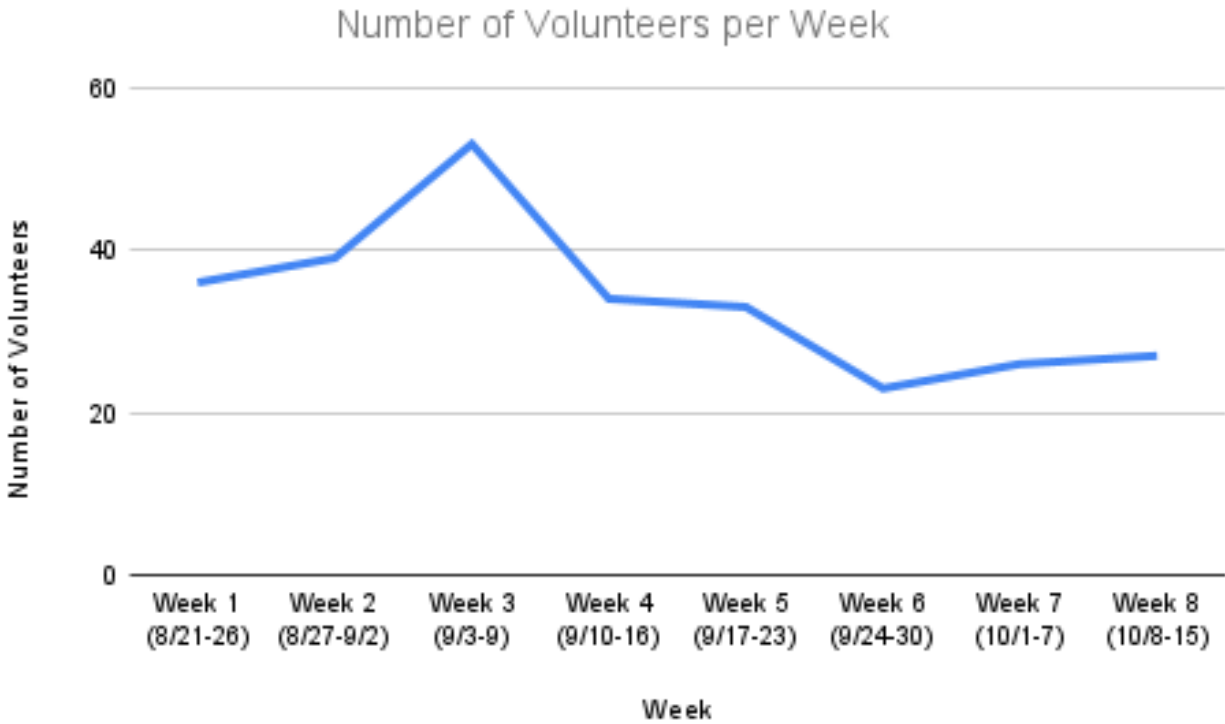


Figure 7. Number of Maui mental health professionals volunteers providing mental health services over 8-week span

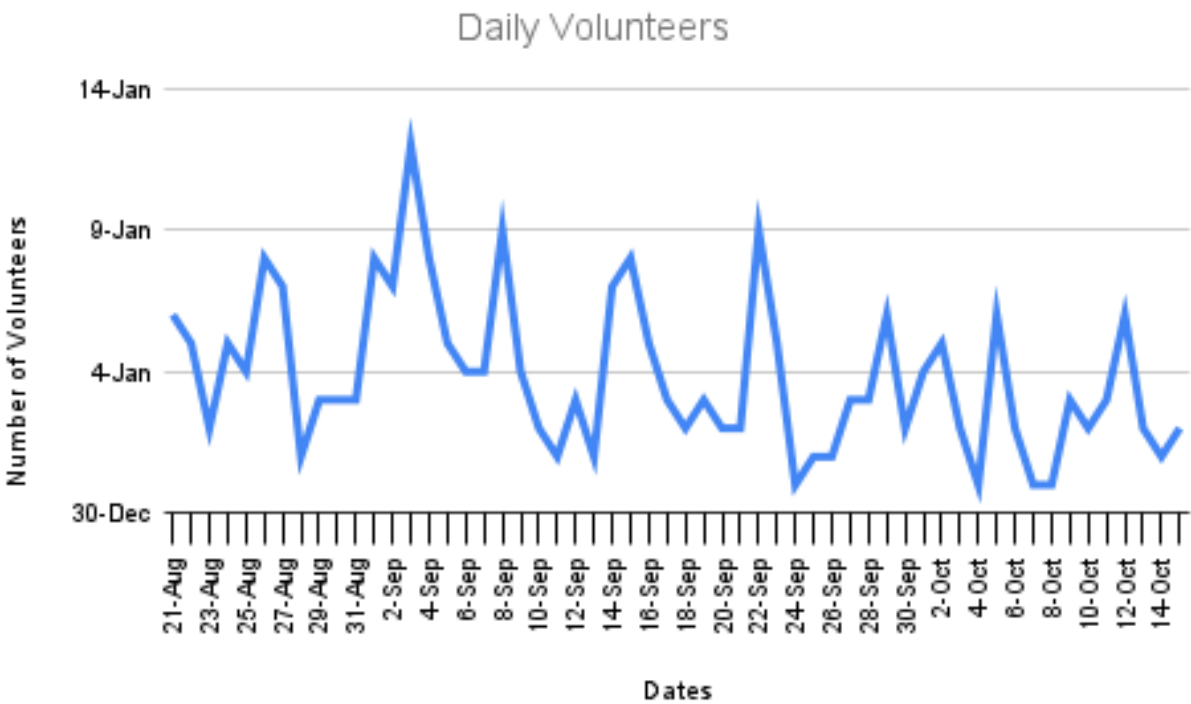


Figure 8. Number of Maui mental health professionals volunteers providing mental health services over 28-day period

This support ranged from simply listening to survivors and their stories, to resource navigation and referrals for more long-term support. Volunteers also assisted with other efforts, including “re-entry” onto private properties and door-to-door wellness checks at the hotel shelters. After about eight weeks, the Department of Health was able to hire temporary positions and stand up more permanent help.

More than 2,000+ hours were also volunteered in a 24/7 Zoom Room to support all “helpers” during the disaster, including mental health and other health care workers, which a number of our call participants supported. In total, 460 shifts were covered by 158 different volunteer mental health professionals across the state of Hawai‘i, and there were close to 800 total volunteers nationwide from 48 states and 14 countries.

We want to mahalo some of our other key collaborators on the ground in this effort, including the Hawai‘i Departments of Health, Human Services and Education, especially the Behavioral Health Administration; County of Maui and Office of the Mayor, University of Hawai‘i, Hawai‘i Psychological Association, National Association of Social Workers, Maui Medics Healers Hui, Hawai‘i Community Foundation, Kamehameha Schools, Queen’s Health System, Kaiser Permanente, Harvard University’s Baker Center for Children and Families, National Child Traumatic Stress Network, and Substance Abuse and Mental Health Services Administration.

In October, Director Hartsock spoke on a panel at the Hawai‘i Psychological Association (HPA) conference about the breadth of the effort with HPA’s Dr. Diane Logan, who was one of our key partners and collaborators in the coordinated response.

In December, HPA announced that Director Hartsock has been awarded the 2023 Daniel K. Inouye Award, which recognizes a non-psychologist who has made outstanding contributions to improve the quality of life and psychological health of the people of Hawai‘i, largely for her leadership during the Maui crisis. She will accept the award in early 2024.



Photo 7. Volunteers, led by the Maui Medics Healers Hui, assist survivors and families with Lahaina “re-entry” efforts

Weekend Wellness Events

In partnership with Hui Ho’omalua and Laukanaka, Kamehameha Schools, Maui Arts & Cultural Center and the hotel shelters, the Office of Wellness and Resilience (OWR) has helped to coordinate weekend gatherings at the Hyatt Regency Maui and the Royal Lahaina Hotel since early October, including music, cultural and family activities. Kūkākūkā (talk story) and mental health support is also available individually and in a group setting from local licensed mental health professionals who have had both specialized post-disaster mental health and cultural training.

Both Hui Ho’omalua and Laukanaka consist of diverse cultural practitioners with a collective commitment to uplift the Maui community through traditional Hawaiian healing practices. They offer free lomilomi bodywork to help survivors in their grieving process and healing journey.

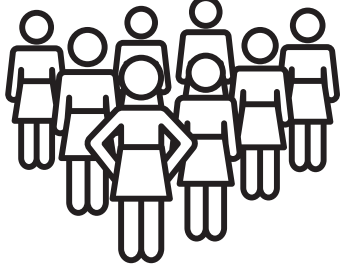

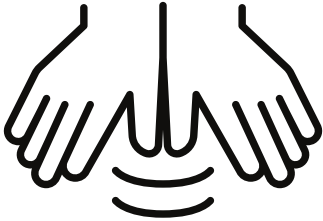
<p>Total # of Maui wildfire survivors served</p>	<p>443 individuals</p> 
<p>Total # of days and hours of kūkākūkā support</p>	<p>17 days, 85 hours</p> 
<p>Total # of lomilomi sessions</p>	<p>526 sessions</p> 

Figure 9. Data from our weekly wellness events, held from Oct. to Dec. 2023 for Maui wildfire survivors in cooperation with Hui Ho’omalua and Laukanaka, Kamehameha Schools and other community partners

Government staff and volunteers have also offered arts and crafts classes to families and wellness events at the hotel shelters in West Maui.

The Maui Arts & Cultural Center has brought in renowned hula practitioners from Maui to teach keiki classes, while volunteers from The Kanikapila Project have delighted those staying in the hotel shelter common areas with music, and provided numerous ukulele lessons to families, as well as free ukuleles to those in need.

In December, staff from the Kōkua Lahaina Rising initiative within the Department of Health’s Maui District Health Office offered a popular Christmas párol-making workshop. Párol is a Filipino word is derived from the Spanish farol, which means lantern.

Weekend wellness events are expected to continue through March 2024.



Photo 8. OWR’s Maui-based project manager Keala Kaopuiki-Santos and Jason Jerome from Lahaina Music and The Kanikapila Project take a minute to play ukelele together after a wellness event at Maui’s Hyatt Regency Resort and Spa in September.



Photo 9. OWR staff and Hui Ho‘omaluu volunteers

Public Service Announcements (PSAs)

To help normalize the fact that our state was going through a major community trauma, and that the people of Maui needed our help recovering from the fires, we produced a radio PSA in the weeks immediately following the fires. We coordinated our messaging with the Hawai'i Department of Health, which was also running paid media after the disaster. Our key messages were focused on supporting those having mental health challenges after this community trauma to remind them of simple wellness tips and our statewide Hawai'i CARES/988 crisis line.

We received production support from iHeart Radio to record the PSA with Office of the Governor press secretary, Erika Engle, as our in-house voice talent. The PSA ran on Pacific Media Group radio stations statewide with a focus on Maui.

Hawai'i Tourism Authority (HTA) Partnership re: Reopening of West Maui Tourism

The Office of Wellness and Resilience, the County of Maui and HTA partnered to produce healing-centered and trauma-informed informational flyers and graphics for display screens geared toward visitors with the following tips for respectful, compassionate and responsible travel.

This interagency collaboration followed the leadership and guidance of Gov. Josh Green and Mayor Richard Bissen, who both continue to emphasize mental health support for Maui disaster survivors.

The travel tips include:

- Make sure you've packed two things on your trip: patience and grace. Expect to wait for longer than you're used to for food or other services.
- Support local businesses. Your visit will support Maui businesses that rely on tourism for their families' livelihood. Visit MauiNuiFirst.com for various ways to eat, shop, play, stay and support local.
- Hosting uninvited volunteers in direct recovery work may be difficult at this time. Visit MauiNuiStrong.info for efforts welcoming volunteers and contributions.
- Do not enter Lahaina Town or take photos of the area, even from afar. The area is restricted because conditions can be hazardous to your health. Respect the privacy of survivors and the dignity of those who lost their lives.
- Do not ask about a resident's personal experience with the disaster. While a question such as "Were you impacted by the fire?" may be intended to be supportive, many survivors are not ready to share their experiences with others.
- If you come across a memorial service or other private gathering, leave the area immediately. Respect the gathered survivors and residents — do not take photos or videos.
- Visit HTA's Mālama Maui toolkit to view and download these resources, including an updated map of Maui at: www.hawaiitourismauthority.org/maui-recovery/for-businesses/. The toolkit is available for community use.

Other Highlights

- OWR assisted in the co-creation of the first graduate-level class on trauma-informed care at the University of Hawai'i Thompson School of Social Work & Public Health, offered in spring 2023, and are developing curriculum for a trauma-informed care certificate.
- We worked closely with the Hawai'i State Judiciary and Department of Public Safety on training modules for their staff and policy development around workforce wellness.
- OWR consulted on sensory and hospice rooms being created in the Halawa Correctional Facility and the Women's Community Correctional Center.
- Director Tia L. R. Hartsock co-authored an article to be published in the *Journal of Behavioral Health Services & Research* in early 2024, regarding the Hawai'i Department of Health Child and Adolescent Mental Health Division's longstanding partnership with the Substance Abuse and Mental Health Services Administration to enhance quality of community-based youth mental health services. The article's title and abstract is below.

30 Years of Youth System of Care Lessons Learned – Hawai'i's Partnership with the Substance Abuse and Mental Health Services Administration. *Journal of Behavioral Health Services & Research*. Kelsie H. Okamura; David Jackson; Danielle L. Carreira Ching; Da Eun Suh; Tia L. R. Hartsock; Puanani J. Hee; Scott K. Shimabukuro.

Abstract: The Hawai'i State Department of Health Child and Adolescent Mental Health Division (CAMHD) has maintained a longstanding partnership with Substance Abuse and Mental Health Services Administration (SAMHSA) to enhance quality of community-based youth mental health services. The current study explored CAMHD's history of SAMHSA system of care (SOC) awards and identified common themes, lessons learned, and recommendations for future funding. Data from final project reports and interviews with system leaders in grant projects and SOC award projects were independently coded and analyzed using rapid qualitative analysis techniques. Two content themes, interagency collaboration and youth and family voice, were identified as areas that required long-term and consistent efforts across multiple projects. Additionally, two general process themes, connection, and continuity, emerged as essential approaches to system improvement work. The first emphasizes fostering connections in family, community, and culture, as well as within workforce members and child-serving agencies. The second highlights the importance of continuity throughout the system, from interagency collaboration to individual treatment. In sum, the study provides deeper understanding of system of care evaluations, offering guidance to enhance and innovate youth mental health systems. The findings suggest that aligning state policies with federal guidelines and implementing longer funding mechanisms may alleviate administrative burdens.

Social Determinants of Health Dashboard

University of Hawai'i Partnership

The Office of Wellness and Resilience (OWR) has partnered with the University of Hawai'i at Mānoa College of Social Sciences (UH-CSS) to conduct both community and state workforce wellness and resilience assessments through mixed-method surveying.

This is part of a larger project aimed at examining quality of life across the state to create a social determinants of health dashboard, per OWR's legislative mandate.

The surveys will systematically evaluate the status of vital topics affecting the quality of life and well-being in the state of Hawai'i.

In 2024, OWR will make this survey data publicly available in the form of social determinants of health dashboards and reports to better inform legislation and policy, grant-making and reporting, other funding needs, population-specific programming, coordination of cross-department efforts with the goal of improving individual and system-level outcomes.

Survey Development

The first study, titled the "Hawai'i Well-Being and Quality of Life Survey (Community)," aims to assess well-being and quality of life in adults living in Hawai'i. All residents are invited to complete a 15-20 minute survey on their thoughts and experiences regarding their neighborhoods, disaster preparedness, food security, housing, family and community supports and resources, education, workplaces, physical and mental health, childhood experiences and access to services.

The second related study, titled "Hawai'i Well-Being and Quality of Life Survey (State Employees)," aims to assess similar topics, as well as worker well-being in state government employees.

Both studies have been approved by the University of Hawai'i Institutional Review Board, and data collection is expected to begin in the first quarter of 2024.

State Workforce Resilience

Worker well-being has been linked to increased engagement at work, increased productivity, lower turnover intention, increased job satisfaction, lower healthcare costs and increased customer satisfaction.

To best support state employees and embed trauma-informed care principles across state agencies, it is important to gather baseline data and understand the current state of worker well-being and quality of life in Hawai'i state government workers.

We believe that if we want to make our state services healing-centered and trauma-informed, we have to start by creating trauma-informed workplaces.

Funding Initiatives & Partnerships

Governor's Federal Funding Pods

The Governor's Office recently launched our Federal Fund Team, which will actively seek federal funding opportunities in several key areas, called "pods," including climate, housing, health, transportation and mental health. Director Hartsock has been named to the mental health pod and Dr. Michael Champion, who serves as a special advisor on mental health and the justice system within the Office of the Governor and is formerly of the Department of Health's Adult Mental Health Division, is also helping to lead this effort.

National Institutes of Health: ComPASS Award Application

In Feb. 2023, the Office of Wellness and Resilience (OWR) collaborated with the Department of Health's Child and Adolescent Mental Health Division and Harvard University's Baker Center for Children and Families to submit an application for a \$11.9 million grant through the National Institutes of Health (NIH) Community Partnerships to Advance Science for Society (ComPASS) program. The goals of ComPASS are to: 1) develop, share and evaluate community-led health equity structural interventions that leverage partnerships across multiple sectors to reduce health disparities, and 2) develop a new health equity research model for community-led, multi-sectoral structural intervention research across NIH and other federal agencies.

Although the application was not ultimately awarded, OWR will continue to seek out similar opportunities with NIH and other federal entities to secure funding to address health equity.

Contracts and Memorandums of Agreement (MOAs) & Understanding (MOUs)

The trauma-informed principle of *collaboration* is a value deeply rooted in the OWR approach to this work. During our first year, OWR established several formal contracts, MOAs and MOUs to guide its work across the state. Creating formal contracts and memorandums allows OWR to engage in departmental support, share resources, receive and provide training and technical assistance, and expand healing-centered and trauma-informed work across agencies.

Established Contracts

SigBee (Dec. 27, 2023 - Dec. 7, 2024)

- Contract established to utilize an online platform that promotes employee engagement and organizational health through building resilient organizations by collecting, processing, analyzing and routing meaningful signals generated by quick and easy daily employee check-ins.
- SigBee will be initially phased into the Maui wildfire disaster response effort and assist supervisors to better support state employees responding to the national disaster in Maui, followed by a statewide phase as an opt-in support to better organizational health.

Established Memorandums

- MOA with the University of Hawai'i at Mānoa's College of Social Sciences - Social Sciences Research Institute (May 1, 2023 - April 30, 2024)
 - Established to create social determinants of health data and survey development to inform and create dashboards with OWR.
- MOA with the University of Connecticut's Innovations Institute, School of Social Work (April 1, 2023 - June 30, 2025)
 - Established to receive federal technical assistance in national and local policy development, trauma-informed training and content specific research.
- MOA with the University of Hawai'i at Mānoa's Myron B. Thompson School of Social Work and Public Health (May 16, 2023 - Oct. 1, 2024)
 - Established to collect qualitative data on historical and intergenerational trauma through interviews and other methodologies. Analysis and brief to be developed.
- MOA with Hawai'i Department of Health's Child and Adolescent Mental Health Division (Aug. 1, 2023 to July 30, 2024)
 - Established to host a state wellness and trauma-informed care summit/conference, and provide funds to create online dashboards.
 - Funds Received: \$240,000 total received via federal Substance Abuse and Mental Health Services Administration (SAMHSA) grant funding (\$185,000 to develop the dashboard platform; \$55,000 to plan and produce the annual wellness event)

Memorandums in Development

- MOA with University of Hawai'i at Mānoa's Research Corporation of University of Hawai'i (RCUH) Substance Use Professional Development Project
 - Establishing to develop and deliver training, and provide technical assistance.
- MOU with Hawai'i's Department of Corrections and Rehabilitation (as of Jan. 1, 2024)
 - Establishing to provide trauma-informed trainings, "train-the-trainer" model and technical assistance for correctional officers, new employee orientation, supervisors and other targeted trainings.

In-Kind Support

EPIC 'Ohana, Inc., provided in-kind support to OWR during the height of the Maui response in the form of supplemental staffing to assist with administrative support related to community outreach and volunteer coordination efforts.



Photo 10. Keala Kaopuiki-Santos facilitated a session on Native Hawaiian healing approaches to restore mana and revive health and well-being at the Council for Native Hawaiian Advancement conference on Maui in November.

Engagement & Communications

Public Speaking & Engagements

Director Hartsock has been a featured speaker and presenter at more than a dozen major community events and conferences throughout the islands this year, covering varied topics and reaching diverse audiences to discuss wellness, resilience, trauma and trauma-informed care.

As a team in total, OWR staff spoke at events, represented the Office and Gov. Josh Green, and met and engaged with individuals representing more than 125 state and county agencies, nonprofit organizations and community-based groups in 2023.

Highlights include:

- Director Hartsock gave her first major remarks representing the Office of Wellness and Resilience on trauma-informed schools at the Hawai'i Association of Independent Schools' Leadership Summit In February.
- In May, Director Hartsock provided opening remarks at the Annual Hawai'i Fentanyl & Addictions Summit in Hilo on the island of Hawai'i.
- In early June, Director Hartsock gave remarks about our mental health workforce at the Ola Pono O Kaua'i conference, as did Gov. Josh Green. The conference theme was *Mental Health Through the Lifespan*, an important theme in our own work regarding wellness and resilience from keiki to kūpuna.
- Director Hartsock traveled to Washington, D.C., in July to present to the federal Substance Abuse and Mental Health Administration's Interagency Task Force on Trauma-Informed Care on Hawai'i's work around trauma in our state systems.
- The Ho'oikaika Partnership invited Director Hartsock to give the keynote address at their annual conference in late September on the theme of *Kūola Kaiāulu* ('Ohana and Community Resilience). The Partnership is a coalition of community organizations, individuals, county and state agencies working together to prevent child abuse and neglect in Maui County.
- In October, Director Hartsock was invited to New Jersey to present on OWR's policy development at the State Leaders in Trauma and Resilience Roundtable, hosted by Pathways to Resilience and the National Governor's Association.
- Also in October, in partnership with Hale Kipa and EPIC Ohana, Inc., Director Hartsock traveled to Tempe, Arizona, to co-present at the Thriving Families, Safer Children: A National Commitment to Well-Being Working Session on the Mālāma 'Ohana Working Group and Hawai'i's child welfare reform efforts.
- In November, at the Council for Native Hawaiian Advancement's annual conference held on Maui, OWR's Keala Kaopuiki-Santos facilitated a session on Native Hawaiian healing approaches to restore mana and revive health and well-being.



Photo 11. Dr. Trina Orimoto (standing) presents at our November Lunch and Learn event about the statewide wellness and resilience survey she and her University of Hawai'i colleagues are partnering with OWR on to develop a data dashboard on statewide social determinants of health.

Interim Session Lunch and Learn Series

Our Lunch and Learn events have been an important way for us to network with our fellow Capitol district colleagues, as well as community members, and share about our work. We held three events during the “interim” period between legislative sessions.

The first was held on Aug. 2 to introduce our Office and team members, while our Sept. 20 event was about policy, including a primer on trauma-informed care. Our last event, held on Nov. 7, was a joint presentation with our partners at the University of Hawai'i Social Science Research Institute about our upcoming statewide survey on wellness and resilience, which will inform future state policy and community initiatives.

Newsletter

We launched our newsletter in July, and have distributed it in September and November as well for a bi-monthly cadence. It is emailed to the Governor's Office full staff, the Lieutenant Governor's office and all legislators, all state public information officers and/or communications leads, as well as to our newsletter distribution list.

All editions are available both digitally and in print. Anyone may request to join our newsletter list by emailing us at gov.owr@hawaii.gov with the subject line <Newsletter>. Printed copies are distributed to every office in the Capitol, and are available at the Office of the Governor on the fourth floor of the State Capitol in Room 415.

All newsletters are attached as Appendices.

Webpage & Website

The Office of Wellness and Resilience's (OWR) online presence is currently limited to a webpage connected to the Office of the Governor's site. It includes information on the Office's history, our current and past newsletters, as well as mental health resources on Maui. It is co-managed by OWR's director of communications and engagement, Erica Yamauchi, and the digital communications specialist from the Governor's communications team. The webpage URL is: <https://governor.hawaii.gov/office-of-wellness-and-resilience/>.

The Office recently received permission to create a standalone site, expected to launch in Jan. 2024, that will include more features. The Office will have more direct control of the site, within state website regulations. The planned URL is: owr.hawaii.gov.



Photo 12. Director Hartsock (second from left) and Jesse Kohler, executive director of the Campaign for Trauma-Informed Policy and Practice (second from right), present in Washington, D.C., in July.



Photo 13. In June, OWR hosted a visit from the Waiwai Health Fellowship, a five-week program offered by Kōkua Kalihi Valley in partnership with the Health Careers Opportunity Program.

Appendices

Appendix A



GOV. MSG. NO. 1337

EXECUTIVE CHAMBERS
HONOLULU

DAVID Y. IGE
GOVERNOR

July 6, 2021

The Honorable Ronald D. Kouchi,
President
and Members of the Senate
Thirty First State Legislature
State Capitol, Room 409
Honolulu, Hawai'i 96813

The Honorable Scott K. Saiki,
Speaker and Members of the
House of Representatives
Thirty First State Legislature
State Capitol, Room 431
Honolulu, Hawai'i 96813

Dear President Kouchi, Speaker Saiki, and Members of the Legislature:

This is to inform you that on July 6, 2021, the following bill was signed into law:

HB1322 HD1 SD2

RELATING TO TRAUMA-INFORMED CARE.
ACT 209 (21)

Sincerely,

DAVID Y. IGE
Governor, State of Hawai'i

Approved by the Governor

ORIGINAL

on JUL 06 2021

ACT 209

HOUSE OF REPRESENTATIVES
THIRTY-FIRST LEGISLATURE, 2021
STATE OF HAWAII

H.B. NO. 1322
H.D. 1
S.D. 2

A BILL FOR AN ACT

RELATING TO TRAUMA-INFORMED CARE.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. The legislature finds that research conducted
2 over the last two decades in the fields of neuroscience,
3 molecular biology, public health, genomics, and epigenetics
4 reveal that experiences in the first few years of life build
5 changes into the biology of the human body that, in turn,
6 influence a person's physical, mental, and spiritual health.
7 Adverse childhood experiences are traumatic experiences that
8 occur during childhood, including physical, emotional, or sexual
9 abuse; physical and emotional neglect; household dysfunction,
10 including substance abuse, untreated mental illness, or
11 incarceration of a household member; domestic violence; and
12 separation or divorce involving household members. These
13 experiences can have a profound effect on a child's developing
14 brain and body and, if not treated properly, can increase a
15 person's risk for disease and other poor health conditions
16 through adulthood.



1 The legislature further finds that early adverse childhood
2 experiences shape the physical architecture of a child's
3 developing brain and can prevent the development of a sturdy
4 foundation for learning, quality health, and positive behavior.
5 Strong, frequent, or prolonged stress in childhood caused by
6 adverse childhood experiences can become toxic stress, impacting
7 the development of a child's fundamental brain architecture and
8 stress response systems. Early childhood education offers a
9 unique window of opportunity to prevent and heal the impacts of
10 adverse childhood experiences and toxic stress on a child's
11 brain, body, and spirit. Research on toxic stress and adverse
12 childhood experiences indicates a growing public health crisis
13 for the State with implications for the State's educational,
14 juvenile justice, criminal justice, and public health systems.

15 The legislature also finds that neurobiological,
16 epigenetics, and physiological studies have shown that traumatic
17 experiences in childhood and adolescence can diminish
18 concentration, memory, and the organizational language abilities
19 students need to succeed in school, thereby negatively impacting
20 a student's academic performance, classroom behavior, and the
21 ability to form relationships. A critical factor in buffering



1 children from the effects of toxic stress and adverse childhood
2 experiences is the existence of supportive, stable relationships
3 between children and their families, caregivers, and other
4 important adults in their lives. Cultural practices that
5 provide asset-based approaches involving the influence of a
6 stable non-relative adult can provide the resilience needed to
7 mitigate a child with high adverse childhood experiences.
8 Positively influencing the architecture of a child's developing
9 brain is more effective and less costly than attempting to
10 correct poor learning, health, and behaviors later in life.

11 The purpose of this Act is to establish a task force to
12 develop and make recommendations for trauma-informed care in the
13 State.

14 SECTION 2. (a) There is established within the department
15 of health for administrative purposes a trauma-informed care
16 task force. The task force shall consist of the following
17 members:

- 18 (1) The director of health, or the director's designee,
19 who shall serve as the chairperson of the task force;
20 (2) The director of human services, or the director's
21 designee;



- 1 (3) The superintendent of education, or the
2 superintendent's designee;
- 3 (4) The director of public safety, or the director's
4 designee;
- 5 (5) The director of the executive office on early
6 learning, or the director's designee;
- 7 (6) A member of the judiciary, to be appointed by the
8 chief justice of the supreme court;
- 9 (7) A faculty member from the university of Hawaii John A.
10 Burns school of medicine, to be appointed by the dean
11 of the university of Hawaii John A. Burns school of
12 medicine;
- 13 (8) The chief executive officer of Kamehameha Schools, or
14 the chief executive officer's designee, who shall be
15 invited by the chairperson;
- 16 (9) A member of the law enforcement community, who shall
17 be invited by the chairperson;
- 18 (10) A member of the non-profit sector, who shall be
19 invited by the chairperson; and



1 (11) A community member or non-profit representative from
2 the Compact of Free Association islander community,
3 who shall be invited by the chairperson.

4 (b) The task force shall develop and make recommendations
5 for trauma-informed care in the State. Specifically, the task
6 force shall:

7 (1) Create, develop, and adopt a statewide framework for
8 trauma-informed and responsive practice. The
9 framework shall include:

- 10 (A) A clear definition of "trauma-informed and
11 responsive practice";
- 12 (B) Principles of trauma-informed and responsive care
13 that may apply to any school, health care
14 provider, law enforcement agency, community
15 organization, state agency, or other entity that
16 has contact with children or youth;
- 17 (C) Clear examples of how individuals and
18 institutions may implement trauma-informed and
19 responsive practices across different domains,
20 including organizational leadership, workforce



- 1 development, policy and decision-making, and
2 evaluation;
- 3 (D) Strategies for preventing and addressing
4 secondary traumatic stress for all professionals
5 and providers working with children and youth and
6 their families who have experienced trauma;
- 7 (E) Recommendations to implement trauma-informed care
8 professional development and strategy
9 requirements in county and state contracts; and
- 10 (F) An implementation and sustainability plan,
11 consisting of an evaluation plan with suggested
12 metrics for assessing ongoing progress of the
13 framework;
- 14 (2) Identify best practices, including those from native
15 Hawaiian cultural practices, with respect to children
16 and youth who have experienced or are at risk of
17 experiencing trauma, and their families;
- 18 (3) Provide a trauma-informed care inventory and
19 assessment of public and private agencies and
20 departments;



- 1 (4) Identify various cultural practices that build
2 wellness and resilience in communities;
- 3 (5) Convene trauma-informed care practitioners so that
4 they may share research and strategies in helping
5 communities build wellness and resilience;
- 6 (6) Seek ways in which federal funding may be used to
7 better coordinate and improve the response to families
8 impacted by coronavirus disease 2019, substance use
9 disorders, domestic violence, poverty, and other forms
10 of trauma, including making recommendations for a
11 government position to interface with federal agencies
12 to seek and leverage federal funding with county and
13 state agencies and philanthropical organizations; and
- 14 (7) Coordinate data collection and funding streams to
15 support the efforts of the interagency task force.
- 16 (c) The task force shall submit a report of its findings
17 and recommendations, including any proposed legislation, to the
18 legislature, no later than twenty days prior to the convening of
19 the regular session of 2024.
- 20 (d) The task force shall cease to exist on July 1, 2024.
- 21 SECTION 3. This Act shall take effect upon its approval.



H.B. NO. 1322
H.D. 1
S.D. 2

APPROVED this 06 day of JUL , 2021

A handwritten signature in black ink, appearing to read "David Ige". The signature is written in a cursive style with a large, sweeping flourish at the end.

GOVERNOR OF THE STATE OF HAWAII

HB No. 1322, HD 1, SD 2

THE HOUSE OF REPRESENTATIVES OF THE STATE OF HAWAII

Date: April 27, 2021
Honolulu, Hawaii

We hereby certify that the above-referenced Bill on this day passed Final Reading in the House of Representatives of the Thirty-First Legislature of the State of Hawaii, Regular Session of 2021.



Scott K. Saiki
Speaker
House of Representatives




Brian L. Takeshita
Chief Clerk
House of Representatives

THE SENATE OF THE STATE OF HAWAI'I

Date: April 13, 2021
Honolulu, Hawaii 96813

We hereby certify that the foregoing Bill this day passed Third Reading in the Senate of the Thirty-First Legislature of the State of Hawai'i, Regular Session of 2021.


President of the Senate


Clerk of the Senate

Appendix B



GOV. MSG. NO. 1420

EXECUTIVE CHAMBERS
HONOLULU

DAVID Y. IGE
GOVERNOR

July 12, 2022

The Honorable Ronald D. Kouchi,
President
and Members of the Senate
Thirty-First State Legislature
State Capitol, Room 409
Honolulu, Hawai'i 96813

The Honorable Scott K. Saiki,
Speaker and Members of the
House of Representatives
Thirty-First State Legislature
State Capitol, Room 431
Honolulu, Hawai'i 96813

Dear President Kouchi, Speaker Saiki, and Members of the Legislature:

This is to inform you that on July 12, 2022, the following bill was signed into law:

SB2482 SD1 HD1 CD1

RELATING TO WELLNESS.
ACT 291

Sincerely,

DAVID Y. IGE
Governor, State of Hawai'i

Approved by the Governor
on JUL 12 2022
THE SENATE
THIRTY-FIRST LEGISLATURE, 2022
STATE OF HAWAII

ACT 291
S.B. NO. 2482
S.D. 1
H.D. 1
C.D. 1

A BILL FOR AN ACT

RELATING TO WELLNESS.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. The legislature finds that research conducted
2 over the last two decades in the fields of neuroscience,
3 molecular biology, public health, genomics, and epigenetics
4 reveal that experiences in the first few years of life build
5 changes into the biology of the human body that, in turn,
6 influence a person's lifelong physical, mental, and spiritual
7 health. Adverse childhood experiences are traumatic experiences
8 that occur during childhood, including physical, emotional, or
9 sexual abuse; untreated mental illness; incarceration of a
10 household member; domestic violence; and separation or divorce
11 involving household members. These experiences can have a
12 profound effect on a child's developing brain and body and, if
13 not treated properly, can increase a person's risk for disease
14 and other health conditions through adulthood.

15 The legislature further finds that early adverse childhood
16 experiences shape the physical architecture of a child's
17 developing brain and can prevent the development of a sturdy
18 foundation for learning, quality health, and positive behavior.



1 Strong, frequent, or prolonged stress in childhood caused by
2 adverse childhood experiences can become toxic stress, impacting
3 the development of a child's fundamental brain architecture and
4 stress response systems. Early childhood education offers a
5 unique window of opportunity to prevent and heal the impacts of
6 adverse childhood experiences and toxic stress on a child's
7 brain, body, and spirit. Research on toxic stress and adverse
8 childhood experiences indicates the existence of a growing
9 public health crisis for the State with implications for
10 Hawaii's educational, juvenile justice, criminal justice, and
11 public health systems.

12 The legislature also finds that neurobiological,
13 epigenetic, and physiological studies have shown that traumatic
14 experiences in childhood and adolescence can diminish
15 concentration, memory, and the organizational language abilities
16 students need to succeed in school, thereby negatively impacting
17 a student's academic performance, classroom behavior, and the
18 ability to form relationships. A critical factor in buffering
19 children from the effects of toxic stress and adverse childhood
20 experiences is the existence of supportive, stable relationships
21 between children and their families, caregivers, and other



1 important adults in their lives. Cultural practices that
2 provide asset-based approaches involving the influence of a
3 stable non-relative adult can provide the resilience needed to
4 mitigate the effects on a child who has had high adverse
5 childhood experiences. Positively influencing the architecture
6 of a child's developing brain is more effective and less costly
7 than attempting to correct poor learning, health, and behaviors
8 later in life.

9 The purpose of this Act is to establish an office of
10 wellness and resilience as a semi-autonomous authority within
11 the office of the governor to support and implement the
12 statewide framework developed by the trauma-informed care task
13 force established pursuant to Act 209, Session Laws of Hawaii
14 2021, by:

- 15 (1) Addressing the various barriers that impact the
16 physical, social, and emotional well-being of all
17 people in the State by building wellness and
18 resilience through trauma-informed, strengths-based
19 strategies; and
20 (2) Supporting agencies in their individual reform efforts
21 to address trauma-informed care and move toward a



1 collaborative, shared purpose of collective system
2 reform.

3 SECTION 2. Chapter 27, Hawaii Revised Statutes, is amended
4 by adding a new part to be appropriately designated and to read
5 as follows:

6 "PART . OFFICE OF WELLNESS AND RESILIENCE

7 §27- Definitions. As used in this part, unless the
8 context otherwise requires:

9 "Office" means the office of wellness and resilience.

10 "Trauma-informed care task force" means the trauma-informed
11 care task force established pursuant to Act 209, Session Laws of
12 Hawaii 2021.

13 §27- Office of wellness and resilience; established.

14 (a) There is established within the office of the governor, on
15 a temporary basis and for special purposes, the office of
16 wellness and resilience.

17 (b) The office shall be headed by an executive director,
18 who shall be appointed by the governor without regard to
19 chapter 76, and who shall serve at the pleasure of the governor.

20 (c) The governor may use moneys from existing, unfilled
21 staff positions from other executive branch agencies to appoint



1 additional staff for the office. Staff appointed pursuant to
2 this subsection shall be exempt from chapters 76 and 89 but
3 shall be members of the state employees' retirement system and
4 shall be eligible to receive the benefits of any state employee
5 benefit program generally applicable to officers and employees
6 of the State.

7 (d) Department directors may assign additional employees
8 from existing positions within their respective department to
9 the office; provided that the employees shall represent their
10 respective department's needs and shall have direct
11 communication with the respective department's leadership during
12 the course of their assignment with the office.

13 §27- Functions. The office shall:

- 14 (1) Address issues identified and implement solutions
15 recommended by the trauma-informed care task force
16 through a cross-representation of state departments
17 and the private sector, including private donors;
- 18 (2) Identify common issues, unmet needs, and challenges
19 encountered by departments and work to solve those
20 issues through a cross-representation of state



1 departments and the private sector, including private
2 donors;

3 (3) Seek funding solutions using moneys that each
4 department has access to, including federal, state,
5 and private sources, and work with philanthropic
6 organizations and other entities from the private
7 sector to re-evaluate the State's funding priorities
8 and find funding solutions to implement
9 interdepartmental programming;

10 (4) Establish a procurement team that has cross-agency
11 representation to streamline existing department grant
12 and funding management and meet existing fiduciary
13 obligations and other state requirements;

14 (5) Interact with community agencies, organizations, and
15 other stakeholders to ensure the office is meeting the
16 needs and wellness requirements of communities
17 throughout the State; and

18 (6) Create a social determinants of health electronic
19 dashboard that identifies a baseline of needs and
20 concerns that impede high quality-of-life outcomes.



1 §27- Annual report. The office shall submit an annual
2 report to the legislature no later than twenty days prior to the
3 convening of each regular session that contains a summary of its
4 activities during the preceding year, including:

5 (1) Actions taken to address issues, unmet needs, and
6 challenges relating to wellness and resilience;

7 (2) Funds received pursuant to the activities of the
8 office from federal, state, private, and philanthropic
9 sources;

10 (3) The office's engagement with community entities and
11 other stakeholders; and

12 (4) Any other findings and recommendations, including any
13 proposed legislation."

14 SECTION 3. There is appropriated out of the general
15 revenues of the State of Hawaii the sum of \$894,528 or so much
16 thereof as may be necessary for fiscal year 2022-2023 for the
17 establishment and operations of the office of wellness and
18 resilience, including six full-time equivalent (6.0 FTE)
19 positions and two contracted consultants.

20 The sum appropriated shall be expended by the office of the
21 governor for the purposes of this Act.

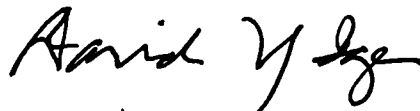


1 SECTION 4. This Act shall take effect on July 1, 2022.



S.B. NO. 2482
S.D. 1
H.D. 1
C.D. 1

APPROVED this 12th day of July, 2022

A handwritten signature in black ink, appearing to read "David Ige". The signature is fluid and cursive, with a large, sweeping flourish at the end.


GOVERNOR OF THE STATE OF HAWAII

THE SENATE OF THE STATE OF HAWAI'I

Date: May 3, 2022
Honolulu, Hawaii 96813

We hereby certify that the foregoing Bill this day passed Final Reading in the Senate of the Thirty-First Legislature of the State of Hawai'i, Regular Session of 2022.


President of the Senate


Clerk of the Senate

SB No. 2482, SD 1, HD 1, CD 1


THE HOUSE OF REPRESENTATIVES OF THE STATE OF HAWAII

Date: May 03, 2022
Honolulu, Hawaii

We hereby certify that the above-referenced Bill on this day passed Final Reading in the House of Representatives of the Thirty-First Legislature of the State of Hawaii, Regular Session of 2022.



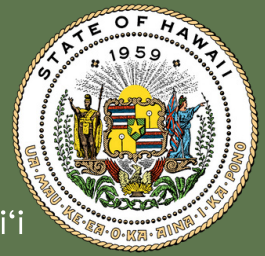
Scott K. Saiki
Speaker
House of Representatives



Brian L. Takeshita
Chief Clerk
House of Representatives

Appendix C

Newsletter



For a more resilient Hawai'i



From left to right: Naomi Leipold, project manager; Keala Kaopuiki-Santos, project manager; Kevin Thompson, project manager; Gov. Josh Green, M.D.; Jodie Burgess, executive administrative assistant; Tia L. R. Hartsock, director; Keona Loftis, intern; Erica Yamauchi, director of communications and engagement

Director's Message



Tia L. R. Hartsock,
Director

During the early morning after the Maui fires, in complete shock at what was taking place, I sent an email to a dozen colleagues within our state mental health system and on the Trauma-Informed Care Task Force, asking them to join a Zoom call at noon to discuss a coordinated mental health response to the disaster. When our team signed on, we were so moved to see more than 250 people join the meeting.

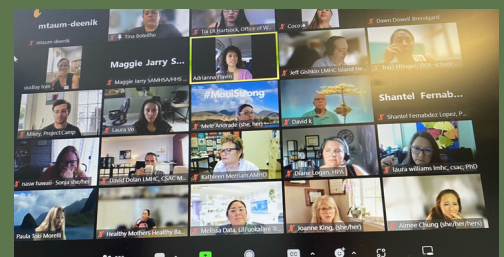
Since then, our Office has held almost daily Maui Mental Health Coordinated Response meetings, totaling 400+ people, including mental health professionals on the ground on Maui, philanthropic, nonprofit and advocacy organizations, service providers and government employees. The meetings have been instrumental in standing up crisis services reaching 1,000+ survivors, breaking down barriers, and sharing resources and lessons learned.

I want to mahalo some of our key collaborators on the ground in this effort, including the Hawai'i Depts. of Health, Human Services and Education, University of Hawai'i, County of Maui, Hawai'i Psychological Association, National Association of Social Workers, Hawai'i Community Foundation, Kamehameha Schools, Queen's Health System, Kaiser Permanente, National Child Traumatic Stress Network, and Substance Abuse and Mental Health Services Administration.

Our thoughts and hearts continue to be with Maui.

Mālama pono,

Tia



About the Office of Wellness and Resilience

Our mission is to strengthen our state systems and services, using healing-centered care principles as strategies to make Hawai'i a trauma-informed state. We break down barriers that impact the physical, social and emotional well-being of Hawai'i's people - from keiki to kūpuna.

Working Group & Task Force Updates

In August and September, both the Breakthrough Therapies Task Force and Mālama 'Ōhana Working Group (Act 86) held their first meetings. Mālama 'Ōhana launched a website for the public to document their work. Visit: malamaohana.net.

In July, Tia traveled to Washington, D.C., to present to the federal Substance Abuse and Mental Health Administration's Interagency Task Force on Trauma-Informed Care (below) on Hawai'i's work around trauma in our state systems.



What is trauma-informed care?

The Hawai'i Trauma-Informed Care Task Force defines trauma-informed care as an approach to understanding, recognizing, respecting, and responding to the pervasive and widespread impacts of trauma on our ability to connect with ourselves and others, our place and the elements around us, and our ways of being. Simply put, the six pillars of trauma-informed care (see image, right) protect against causing trauma, as well as the re-traumatization of trauma survivors. For more information, visit traumainformed.hawaii.gov.



Maui Strong

Wellness & Resilience Resources

Hawai'i CARES 988

Local counselors available.
Call 808-832-3100/800-753-6879,
or call/text 988.

In-Person Support

Available at Maui Community Health Centers in Wailuku at 121 Mahalani St. and Lāhainā Comprehensive Health Center on Akoakoa Place (below the Civic Center). Services include counseling, psychiatric care and resource guidance.

REACH

Free, confidential, short-term counseling services for state employees.

Visit: <https://dhrd.hawaii.gov/>.

Disaster Distress Helpline

Free, 24/7 for support at 1-800-985-5990 or text "TalkWithUs" to 66746. Multilingual support is available. ASL: call 1-800-985-5990 from your videophone.

Collective Trauma



The wildfire disaster is an example of a new type of trauma phenomenon because it's happened so close to the pandemic, and that's cascading collective trauma. We may see this complex trauma more as we grapple with more weather-related and natural disasters, on top of manmade ones, like mass violence.

Some people may feel like it's harder to get back to their "baseline" right now. This type of trauma is just starting to be studied, but we can build on what we know works to minimize trauma's long-term effects – more support, connection, and culture and āina-based practices.

If you are not feeling like yourself, that's normal. Take time to rest, connect with a loved one and talk about how you're feeling, spend time in nature or do something that you have found relaxing in the past. If you need someone to talk to, or if you or someone you know is in crisis, call or text Hawai'i CARES at 988.

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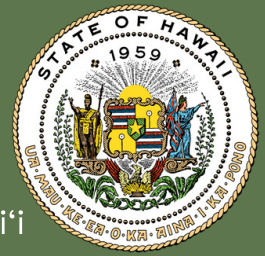
How can we be of service? Let's talk story.

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Newsletter



For a more resilient Hawai'i



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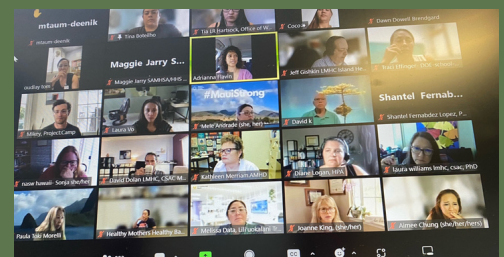
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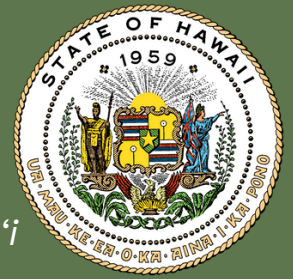
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How can we be of service? Let's talk story.

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Above photo, from left to right, top row: Jodie Burgess, executive administrative assistant; Kevin Thompson, project manager; Tia L. R. Hartsock, director; Naomi Leipold, project manager; Erica Yamauchi, director of communications and engagement; Keala Kaopuiki-Santos, project manager. Front row: Shugufa Basij-Rasikh, graduate research assistant; Keona Loftis, intern; Rachel Aquino, graduate research assistant

Wellness Weekends

In October, we started a new collaboration with Kamehameha Schools and Hui Ho'omalua to offer free lomilomi (massage) and bodywork, as well as kūkākūkā (talk story) on the weekends in hotel shelters. The Hui consists of diverse cultural practitioners with a collective commitment to uplift the Maui community through traditional Hawaiian healing practices.



Survivor Services

Volunteers have also offered ukulele lessons (above), as well as art classes. Trained mental health professionals continue working with survivors during the "re-entry" process (right) and going door to door in the hotel shelters (left) using donated Hawaiian Airlines carts to talk story and provide support.



Maui Updates

Our Office worked directly with the Hawai'i Tourism Authority on healing-centered visitor messaging as West Maui "re-opened" to tourism. For more information on this effort, visit: <https://www.hawaiitourismauthority.org/maui-recovery/for-businesses/>.

We are also thankful for our inclusion on a team of agencies working with the American Red Cross on their communications with survivors.

For more information about our now weekly Maui coordinated mental health response meetings and/or to be added to the meeting invitation, email us at gov.owr@hawaii.gov.



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Director's Message



Tia L. R. Hartsock,
Director

We're winding down what has been both a momentous and tumultuous year for our Office, our islands, our world. It's hard to believe that when the year began, our Office didn't even exist yet.

And at the beginning of August, none of us knew what would transpire on Maui and that we would have our resilience as a state put to the test in such a devastating way.

As we prepare for the long-term recovery effort on Maui, including increased behavioral and mental health services, I am again reminded of how much our lives can change in an instant and how our plans for the future can be thwarted by one day's events. This is the long-lasting effect trauma has on our lives and in our communities.

While we had different plans for the Office this latter half of the year, our team agrees that our most impactful work has been working with survivors on Maui, and helping to stand up the coordinated mental health response with our government, healthcare and community partners. We look forward to continuing this work in 2024 alongside the people of Maui.

Wishing you and your families a happy and healthy holiday season.

Mālama pono,

Policy Updates

Our Office is planning for a bill proposing a working group to expand peer support in our state systems, which is a key principle of trauma-informed care. A peer support worker is someone with the lived experience of recovery from a mental health or substance use challenge, or other life difficulty. They provide non-clinical, strengths-based support to others experiencing similar challenges, and are a critical source of hope for trauma survivors.

The Mālama 'Ohana Working Group (Act 86), which is tasked with making needed reforms to our child welfare system alongside families with lived experience, recently had their third meeting. The group will meet monthly through July 2024, and will also host community listening sessions. Their recommendations are due prior to the 2025 session.

The Breakthrough Therapies Task Force, which has jump-started the state conversation around innovative trauma treatments (namely psilocybin), has continued to meet to prepare for legislative session. It will hold a public webinar in late November to share their progress and discuss next steps.

Interim Lunch & Learn Series

Mahalo to everyone who attended any or all of our three Lunch & Learn series events! The first was held in August to provide an introduction to our Office and team, while our September event was about policy, including a primer on trauma-informed care. Our last event (below), held in November, was a joint presentation with our partners at the University of Hawai'i Social Science Research Institute about our upcoming statewide survey on wellness and resilience, which will inform future state policy and community initiatives.



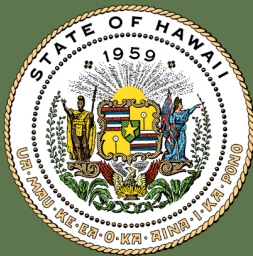
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Office of the Governor, State of Hawai'i

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