



... Helping Hawai'i Live Life Well Since 1942

ANNUAL REPORT 2010-2011

April 2011

Welcome to our 2010-2011 Annual Report, which describes our accomplishments during the past year and the challenges we face as advocates during these times of severe financial cutbacks to the human services sector.

We at MHA Hawai'i, as we have for the past 69 years, continue to work to prevent mental illness, promote mental wellness, reduce stigma, and improve the care, treatment, and empowerment of people with mental illnesses – children, adults, and elders – and their families.

We advocate and educate on behalf of people with mental health problems, who are among the most vulnerable and voiceless members of our society.

We welcome your support and involvement.

**1124 Fort Street Mall, Suite 205 • Honolulu, Hawai'i 96813
Accessible Entrance at 67 South Pauahi @ Bethel St.
Ph: 808.521.1846 Fx: 808.533.6995
Email: info@mentalhealth-hi.org
Web: www.mentalhealth-hi.org**

MHA-HAWAII PROGRAMS AND SERVICES

Preventing and Intervening in Youth Bullying and Suicide

This past year, MHA-Hawaii's Youth Suicide Prevention Project was expanded to include bullying, because it became clear that bullying was a major problem for many youth and needed to be addressed if we were to be effective in tackling depression and suicide.

The necessity for the program is highlighted by the highly disturbing statistics on youth suicide in Hawaii:

- **Hawaii had the highest rate in the nation of high school students reporting that they had attempted suicide -- *double the national rate***
- **Hawaii also had the highest rate in the nation of students reporting that they seriously considered attempting suicide or that they had made a suicide plan**
- **Hawaii had the 4th highest rate in the nation of youth reporting that they had made suicide attempts that were treated by a doctor/nurse**
- **Recently, two Oahu high school students killed themselves, and five others attempted suicide – all of them connected to the school football team**

When it comes to bullying, there are some equally distressing facts:

- **Hawaii has the highest rate in the country of high school girls reporting that they missed school because they were afraid (and a higher than average rate of boys)**
- **51% of Hawaii's public high school students and 63% of middle school students believe that harassment and bullying by other students is a problem at their school**
- **There was a 40% increase in the number of Hawaii middle school students indicating that they had been harassed because**

someone thought they were gay, lesbian, or bisexual

- **A recent University of Hawaii study of 677 youth in Hawaii who had been victims of cyberbullying showed that they were 2.5 times more likely to binge drink or abuse marijuana, almost two times more likely to report depression, and 3.2 times more likely to attempt suicide**

Two thousand and thirty-one youth were trained through MHA-Hawaii's Youth Bullying and Suicide Prevention Project in 2010, and an additional **566** adults who work with youth were also trained. These presentations were directed at populations at greatest risk for suicide – rural, Native Hawaiian, and foster youth, youth in military families, and youth in the juvenile detention system.

On bullying, the presentations discuss the imbalance of power inherent in bullying (many against one, "popular" against "unpopular," big person against small person, loud person against quiet person, older against younger); the impact on the victim, such as causing them to become hopeless, depressed, and even suicidal; and ways to safely intervene. Unique aspects of cyberbullying are also addressed: because negative messages can go viral quickly, action must be taken immediately, and specific responses are suggested.

On depression and suicide, our program enables participants to recognize the warning signs of depression and suicide, understand how someone who is depressed or suicidal feels, learn

how to talk to them in a supportive and helpful manner, and know where to get them assistance. The youth are also helped to develop their own resilience and coping skills.

The trainings we have developed are unique because they are highly interactive, with participants playing roles, developing scenarios, using real-life case studies, answering quizzes, and developing their “web of support” that identifies the support they have in their lives. All the exercises are based on local people and

experiences, and are grounded in Hawai`ian culture. The young people who attend our trainings can identify with the material we present; they are highly engaged because of the interactivity and local flavor of the presentations.

Funding in 2010-2011 was provided by the McInerney Foundation, Atherton Foundation, Injury Prevention Office of the Department of Health, ABC Stores, Taki Okamura Foundation, Friends of Hawaii Charities, G.N. Wilcox Foundation, Women’s Fund, and Geist Foundation.

Healing the Trauma of War

In August 2009, MHA-Hawai`i convened a high-level Executive Board of leaders to develop recommendations in support of our National Guard and Reserves, many of whom face problems such as Post Traumatic Stress Disorder, depression and suicide, substance abuse, marital distress, domestic violence, child abuse and trauma to the children, Traumatic Brain Injury, unemployment and financial problems, and military-related sexual trauma.

This year-long project wrapped up in 2010. One of the major recommendations was to develop

a Veterans Court, in which veterans accused of nonviolent crimes could be diverted into a treatment program that includes a veteran peer counselor and direct assistance by the V.A. The Judiciary has embarked on a process of developing such a court. Employment for returning veterans was also identified as a key issue. Our new POWER Up! project (see below) enabled us to move forward on that recommendation.

This project was made possible through a grant from the Hawaii Community Foundation.

POWER UP! Finding Jobs for Homeless Vets

In July 2010, MHA-Hawai`i was awarded a grant from the U.S. Department of Labor to obtain jobs in the green employment sector for homeless female veterans and homeless male veterans with families.

MHA-Hawai`i contracted with TheStrategist to carry out this project. The project establishes linkages with the military, V.A, Department of Labor, employers and community agencies, and develops an effective and coordinated system of services. TheStrategist assists project participants in securing quality jobs and conducts all outreach,

screening, assessment, case management, pre-employment education and training, mentoring, job matching, job placement, and job retention activities.

TheStrategist also provides support services including referrals to housing programs such as Rent to Work and V.A. VASH, help with completing applications for V.A. healthcare, benefits, and public food assistance programs, as well as referrals for mental health and substance abuse services. TheStrategist also offers green job training programs for POWER Up! Veterans.

Bringing “Invisible Children” Out of the Shadows

Most adults with serious mental illnesses are parents. The negative impact of their illness on their children can be life-long, including trauma, mental health problems, behavioral and learning difficulties, and socialization deficits – all compounded by the isolation, silence, shame and stigma of mental illness. These children are often "invisible" to service providers, friends and neighbors, schools, and society at large, and rarely receive the support they need.

In 2008-2009, MHA’s Invisible Children’s Project trained providers and developed an Emergency Plan for Care of Children to be used in case of a parent being incapacitated or hospitalized.

In 2010, MHA-Hawai‘i received a second grant from the Children’s Trust Fund of the Hawai‘i Community Foundation to develop a multi-system collaboration among agencies that work with families in which a parent may have a mental illness.

Participating agencies include Adult Mental Health Division, State Department of Health; Child and Adolescent Mental Health Division, State Department of Health; Child Protective Services Division, State Department of Human Services; Public Health Nursing; Domestic Violence Action Center; Partners in Care; Hawai‘i Families As Allies; Voluntary Case Management, of Family Programs Hawai‘i; School Based Behavioral Health Services, State Department of Education; and Enhanced Healthy Start.

As a significant first step, these agencies have incorporated the Crisis Plan into their agency services.

Through this grant, MHA-Hawai‘i is also developing a parenting education curriculum designed specifically for parents with mental illness.

Finding Help, Giving Help

MHA-Hawai‘i distributes the only comprehensive listing of mental health services in the state, the ***Finding Help Phone List***, as well as the ***Consumer Guide to Mental Health***. We also staff a

daily Help Line, both at the Maui and Oahu offices, linking callers to needed resources. **In 2010 we responded to 427 callers.**

Giving Thanks to Our Heroes

MHA-Hawai‘i’s annual Mental Health Mahalo Awards Luncheon held every May on Oahu is a unique opportunity for people who work in the mental health field, people who suffer from mental health problems, family members, policymakers, business people, and members of the public, to unite and celebrate the accomplishments of those who have dedicated their lives to helping people with mental illnesses. In May 2010 we honored:

- Outstanding Community Mental Health Leaders: **Mary Jane (MJ) Amundson**, Ph.D, President of The Institute for Family Enrichment; and **Gail Breakey**, R.N., M.P.H. Co-Founder of Hawai‘i Healthy Start.
- Outstanding Government Mental Health Leader: **Brigadier General Stephen L. Jones**, Commander, Pacific Regional Medical Command and Tripler Army Medical Center

- Outstanding Government Mental Health Leader: **Kathleen Rhoads Merriam**, Statewide Clubhouse Coordinator, State Dept. of Health
- Outstanding Mental Health Business Leader: **Kaua'i Marriott Resort**, First Hotel to Hire Clubhouse Members
- Outstanding Adult Consumer Advocate: **Mike Pablin**, Client Services Coordinator, Community Care Services, APS Healthcare
- Outstanding Youth Consumer Advocate: **Iris Yawen Xiao**, Advocate for Prevention of Bullying and Suicide

Public Education

In order to educate the public and professionals about mental illnesses, MHA presents Brown Bag Mental Health Seminars on both Maui and Oahu. Topics in 2010 included Post Traumatic Stress Disorder, Myths and Facts of Schizophrenia, Cultural and Mental Health Issues in Native Hawai'ians, Stress and Your Heart, Autism in Infancy and Early Childhood, Aging and the Sundowner Effect, and Attention Deficit Hyperactivity Disorder

(ADHD). More than **500 people** attended these seminars.

MHA staff members educate the public through speeches, health fairs, and public events to raise awareness about and reduce stigma against mental illness. MHA also distributes a quarterly on-line and print educational newsletter to over **5,000** individuals and organizations.

Maui Branch Highlights

The Maui Branch of Mental Health America held the always-popular annual poster contest, asking elementary children to draw a poster starting with the words, "**I feel good. . .**" A mental health curriculum was provided to teachers in conjunction with this contest. Five hundred children participated, with each child receiving a certificate from the Mayor, so that "every child is a winner."

The Branch's advocacy efforts included convening two town meetings for the Mental Health State Transformation Grant and cosponsoring the Maui Disabilities Alliance Legislative Forum, attended by 30 candidates and legislators and 220 members of the public.

The Maui Branch also provided two day-long mental health trainings for the Maui Police Department on how to interact with children and

adults in crisis. Public forums were held on Depression and on PTSD in Children and Adults.

Several support groups were offered, including a weekly support group for unemployed persons as well as monthly support groups for families with autism and families with mental illnesses, the latter in partnership with NAMI and Autism Bridges Maui. Also, one 12-week Family-to-Family class was held in partnership with NAMI. A weekly four-session group on "Group Dynamics and Leadership" was provided to community support group leaders.

The Maui Branch also held its annual fundraiser, a dinner with the Mayor, during May, which is Mental Health Month. The Maui Branch receives financial support from Maui County and Maui United Way.

The State of Mental Health Services in Hawai`i

The deepening economic crisis causes financial pressures to many of Hawai'i's families, and this can result in depression, anxiety, other mental illnesses, substance abuse, and family violence. Adding to this is the trauma undergone by our many military families.

To make matters worse, the economic crisis continues to cause the state to make draconian cutbacks in safety net programs, including mental health services. In recent years, the state's community based mental health system has been decimated: case management hours have been dramatically reduced, intensive case management for the most severely ill has been eliminated, definitions of those deemed eligible for treatment have been reduced, and day treatment facilities and supported housing have been reduced.

Starkly put, fewer people with severe mental illness are receiving fewer and less adequate mental health services.

Without these less critically needed support services, some mentally ill people who have up to this point been able to live in the community may end up on the streets, in homeless shelters, at emergency rooms, in hospitals, or in prisons – all at far higher costs to taxpayers.

MHA-Hawai`i's role is that of watchdog and advocate. We keep a sharp focus on changes to the mental health safety net and call attention to their effects. We work with partners in the community to educate our elected officials and to attempt to influence administrative decisions.

Whenever and wherever possible, we speak out for those who may not be able speak for themselves.

Advisory Board

We are grateful to the following community leaders for their support and guidance:

AMY AGBAYANI, Founding Director, Student Equity, Excellence & Diversity, UH Manoa

PAMELA BURNS, President & CEO, Hawaiian Humane Society

KIRK CALDWELL, Former Managing Director, C/C of Honolulu

CLIFF CISCO, Senior Vice President, HMSA

EVERETT DOWLING, President, Dowling Inc.

TERRENCE R. GEORGE, Vice President & Executive Director, Harold K. L. Castle Foundation

PETER S. HO, President, Bank of Hawai`i

PATTI LYONS, Consuelo Foundation

TIM JOHNS, President & CEO, Bishop Museum

JERRY RAUCKHORST, President & CEO, Catholic Charities

LAURA ROBERTSON, President & CEO, Goodwill Industries

ROY SAKUMA, Ukulele master

JIM TOLLEFSON, President & CEO, Chamber of Commerce of Hawai`i

JOHN WAIHEE, Former Governor

JEFF WATANABE, Of Counsel, Watanabe Ing LLC

PRO BONO LEGAL COUNSEL:

PAUL ALSTON, Alston, Hunt, Floyd & Ing

Board of Directors 2010-2011

MARY PAT WATERHOUSE, *President*: Formerly Director of Budget and Fiscal Services, City and County of Honolulu; Board of Directors, Diagnostic Laboratory Services

KELLI STEELE ADAMS, M.S.W., *Secretary*: Assistant Vice President and Wealth Consultant, Private Client Services, Bank of Hawai'i

JOHN ZABRISKIE, *Treasurer*: Retired board member and partner, KPMG, international accounting firm; former Board member and President, Better Business Bureau of Hawai'i

CHAD KOYANAGI, M.D., *Vice President, Program*: Assistant Chief of Psychiatry, Queens Medical Center

HON. JUDGE SANDRA SIMMS (Ret.), *Vice President, Development*: Mediator, Panel of Neutrals, Dispute Prevention and Resolution; Member, Bar Association, Board of Bar Examiners; President, African American Lawyers; President, Soroptomists International of Waikiki

ANELA PATTERSON, *Vice President, MHA-Kauai County*: Administrative Coordinator, Hale Opo Kaua'i

M. PUALANI KAMAUNU BASBAS, *Vice President, MHA-Maui County*: Chair, MHA-Maui Operating Board; Community Children's Council of Maui Family Specialist Co-Chair; Board of Directors, Waihe'e Community Association and Ho'oulu'ai

JEAN ADAIR-LELAND, Ph.D.: Clinical Psychologist, Kapiolani Child Protection Center and Private Practice; Former Chief Psychologist, Queens Medical Center Dept. of Psychology

SUNNY ALGOSO:¹ Certified Peer Specialist; Consumer Owner/Advocate of HOPE IMPACT, CBS

support group; Network of Care Peer Educator, State Mental Health Transformation Grant; Producer, Olelo television series, "Hope in Recovery"

KATIE BENNETT, J.D., M.S.W. Formerly with Legal Aid Society of Hawai'i and Volunteer Legal Services Hawai'i

KATHLEEN DELAHANTY: Management Consultant; Formerly Director of Client Services, Hawai'i Disability Rights Center; Governor-appointed member of Hawai'i's State Health Planning & Development Agency Honolulu Sub-Area Council; Hawaii State Rehabilitation Council

CHUCK FREEDMAN: Semi-Retired. Formerly Vice President of Hawaiian Electric Company, Communications Director for Governor John Waihee, Deputy Director of the Hawaii County Economic Opportunity Council, and Volunteer with Peace Corps Palau.

KEN HIPP: Formerly Chairman, National Mediation Board, Washington, D.C.; former Partner, Goodwill Anderson Quinn and Stifel, and Marr Hipp Jones and Pepper

LINDA KRIEGER, Esq.: Professor of Law and Director of the Ulu Lehua Scholars Program, John A. Richardson School of Law

BETH MURPH: Grants Manager, Harold L. K. Castle Foundation

DEANE NEUBAUER, Ph.D., Emeritus Professor of Political Science, University of Hawai'i, Manoa, and Senior Consultant, Education Program, East-West Center

SCOTT WALL: Hawai'i Certified Peer Specialist, Makamae Unit Residents Association of Hawaii Public Housing Authority Board Member, Co-Chair of the Board of the Kalihi-Palama District of the Honolulu Action Committee Program

¹ Resigned March 2011

Financial Statements

STATEMENT OF FINANCIAL POSITION AS OF 12/31/09²

	Unrestricted	
ASSETS		
Cash	\$277,611	
Rental Deposit	\$952	
Prepaid expenses and other	\$1823	
Subtotal	\$279,856	
Plant & Equipment, at cost	\$26,721	
Less accumulated depreciation	\$25,867	
Total Assets		<u>\$280,710</u>
LIABILITIES AND NET ASSETS		
Liabilities:		
Accounts payable	\$617	
Due to Operating Reserve	\$130,462	
Total Liabilities	\$131,079	
Net assets:		
Oahu	\$122,973	
Hawaii	(\$6,479)	
Maui	\$30,981	
Kauai	\$2,156	
Total Net Assets	\$149,631	
Total Liabilities and Net Assets		<u>\$280,710</u>

	Temporarily Restricted	
ASSETS		
Due from Unrestricted Funds	\$130,462	
LIABILITIES AND NET ASSETS		
Net Assets	\$130,462	

STATEMENT OF ACTIVITIES

Total public support and revenue	\$394,970
Total expenses	\$343,928
Excess of revenue over expenses	\$51,042
Net assets, beginning of year	\$229,051
Net assets, end of year	\$280,093

² Audited Financial Statements for the year ending 12/31/10 will be available in July 2011.

ACTIVITIES AS PERCENT OF TOTAL REVENUE

Program Services	73.50%
Management & General	10.33%
Fundraising	3.25%
Excess of revenue over expenses	12.92%

Audit conducted by Wayne H. Nishimura, CPA, Honolulu, Hawai`i.
Please contact the MHA office if you'd like to see the full audited financial statement.