



**Working together to ensure that every individual has the help they need to achieve and maintain a foundation for lasting recovery and well-being**

**Aloha House**

Poet Alfred Lord Tennyson said:  
*“Hope smiles from the threshold of the year to come, whispering ‘it will be happier’ ”*

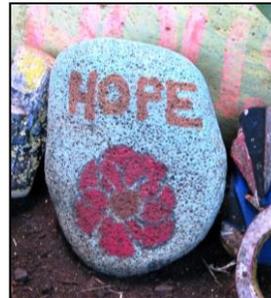
As 2014 began, we asked clients how coming to treatment has given them hope for the future. These are some of their responses...

*Coming to treatment has given me hope because I can actually kinda see where a clean and sober life can lead. I feel happier than I've been in a long time. The people here are very understanding, very good people, and the surroundings make me feel safe about being sober. Hope is something I didn't really rely on cause it never got me anywhere before, but I feel different now*

*My brain came back along with my sense of humor and empathy. I can smile again. I no longer want to isolate and dwell on death and suicide. After years and years and years of using that's where drugs took me. But no more. Now I've discovered some underlying issues and coping skills. I know that if I stay clean I can do almost anything*

*It has gotten me back on the path to recovery and a better life. Enough of the past tragedies...now I'm clear minded with a hint of the future. I feel I have a clearer view of my goals and my future is a few shades brighter*

*Coming to treatment has given me hope for the future by letting me know that I'm not alone in this. Treatment allowed me to open myself up to things that I buried for years. I'm not the only one who opened up. When others opened up I wanted to share more and more about myself. Because of that I was able to be honest with myself*



Clients decorate rocks for the Hope Garden to express their feelings and provide motivation for future clients. The artwork is always on display outside the Residential Program's group therapy room

**Malama Family Recovery Center**

**BabySAFE Success**

It has been a year and half since we brought back the BabySAFE (Substance Abuse Free Environment) Program, which increases the health of infants by decreasing/eliminating substance use during pregnancy, increasing access to early prenatal care and preparing and referring women for treatment. Staff screen at-risk women (many of whom are pregnant) and then provide group education classes and intensive case management both before and after delivery, such as transportation to doctor appointments and other community service providers. Education sessions teach women about the consequences of substance-use during

pregnancy and cover topics such as healthy parenting. The program, which is funded entirely through grants and donations, was reinstated in 2012 with support from the HMSA Foundation, AlohaCare, March of Dimes and Women's Fund of Hawaii.

We are proud to report that, since the return of BabySAFE in June 2012:

- **More than 70 women have attended weekly education classes**
- **90% of babies born to women in the program have tested negative for alcohol or other drugs**

## One woman's story

Tia\* admits she did not know whether or not her baby would be born healthy. While pregnant with her first child she was living with an active drug user and after being mistreated by her boyfriend, she started using drugs for relief. She "felt like a horrible person" and knew that she needed to get healthy, so she turned to Malama. "BabySAFE and Malama made me feel protected and accountable for my actions, and if it weren't for them I would not have been able to get clean while pregnant."

As a scared first time mother, Tia was relieved to actually have support and not be alone. Before she moved into Malama's residential Therapeutic Living Program (TLP), her BabySAFE counselor took her for a pre-delivery tour at the hospital and provided encouragement and one-on-one advice. Education classes taught her how to communicate with her child. Her son was born – healthy – last May while she was living in the TLP.

She is extremely grateful that her son could live with her during the recovery process. "Emotionally, I would not have been strong enough to stay in treatment if I hadn't had my baby with me." She bonded with other women in the program, who listened and "taught me how to be a parent."

Tia left residential treatment a few months ago. "Now I know I can be a great parent and do it on my own. I have a beautiful and healthy son who makes me so happy."

Having BabySAFE and Malama was a turning point in Tia's life, as well as that of her son. "If you have no hope that things are going to get better and you don't have a place to go, you will not change and you will keep hurting yourself and your child." Since her baby's health and happiness are now her biggest priority, she knows "that if I am around drugs again I will be able to stay strong and resist going down that path. I want to make my son proud of me."

\*Name changed for confidentiality



BabySAFE client Breeze and her daughter, Jamecca, who was born healthy 7 months ago. Breeze says her connection with staff gave her "the desire to put everything into the program so that I could get and stay better and my baby could be healthy. They truly made me want to be a better mother."



Please support the *Malama Family Recovery Center* team in the 2014 March of Dimes 'March for Babies'!

We are proud to be participating in the 2014 March of Dimes 'March for Babies' on **Saturday, April 5, 2014!** The March of Dimes works to improve the health of babies by preventing birth defects, premature birth and infant mortality. **Their support of BabySAFE has been instrumental in the program's success, and we want to show them how much their generosity means to us.**

**Where:** Maui War Memorial Gym (Kahului) **Walk Distance:** 2 Miles

**When:** Registration begins at 7 a.m., walk begins at 7:30 a.m. and is followed by a fun, family-friendly celebration back at the start line complete with food, games, music and other live performances

**How You Can Participate:** You can join the *Malama Family Recovery Center* team for the walk, collect donations in our team's name or donate yourself. Or, you can do all three! Even if you cannot attend the walk, please consider donating. Money raised through this event will support research and programs that help moms have full-term pregnancies and babies begin healthy lives. Funds will also be used to bring comfort and information to families with a baby in newborn intensive care and to provide financial support to organizations like ours.

**To sign up for the walk or donate:**

- Visit [WWW.MARCHFORBABIES.ORG](http://WWW.MARCHFORBABIES.ORG)
- Click on 'Join a Team'
- Type in **Malama Family Recovery Center**
- Click on 'Malama Family Recovery Center – Maui (2014)'
- Fill out the information for your Personal Profile, and you are ready to go!

If you plan to walk, please let Frances Duberstein know (808-579-8414 Ext. 8102, [fduberstein@aloha-house.org](mailto:fduberstein@aloha-house.org)) so she can tell you where to meet up with the rest of the *Malama Family Recovery Center* team the day of the walk.

**Mahalo for your support of this important cause!**

## Maui Youth & Family Services

In 2013 MYFS' fundraiser **Growing Dreams** returned with a bang! The event's theme was *Flora Couture: Where floral and fashion collide!* and featured an eye-popping show by visiting floral designer Ron Mulray, who showed an audience of more than 200 how to put together arrangements, full-body ensembles and headpieces using various plants and recycled materials such as bottle caps, red solo cups and even bird feathers!



A current client gave an emotional speech about how much her life has changed. She said that if it were not

for MYFS she would not have a job, would not know how to plan for the future by saving money and would not have the courage to go back to school. She also said she would probably already have a child and would be dreading the future instead of actually looking forward to it like she is now.

Growing Dreams was a smashing success – largely due to the tireless efforts of the Planning Committee, which included Board Members, staff and volunteers from the community.

As a result of this event, MYFS was able to help hundreds of youth in 2013. For example....

- Through our **Independent Living Program**, more than 30 young people aging out of the foster care system received help with developing and achieving educational and employment goals, as well as with accessing needed community resources so that they can live successful and independent lives
- Through our **Tobacco, Alcohol, Drugs and Pregnancy Prevention Programs**, more than 500 6-8<sup>th</sup> graders participated in activities that allow youth to develop peer support from friendships made in a positive environment, which helps them stay on track and reduces the likelihood that they will later engage in dangerous and unhealthy activities
- Through our **Outreach and Advocacy Program**, counselors provided support such as case management and social service referrals to more than 30 at-risk and homeless teens, as well provided access to professional assistance for their families



For more pictures from Growing Dreams visit the [Events](http://WWW.MYFS.ORG) page at **WWW.MYFS.ORG**

\*Event pictures by Scott Drexler of *Photos on Maui*. Mahalo to Scott for donating his time and talent to capture this special event!

**Mahalo to all the individuals and companies that contributed to this event, especially our SPONSORS!**

Atlas Insurance Agency  
Alexander & Baldwin, Inc.  
Green Point Nurseries, Inc.

Hawaii Floriculture & Nursery Association  
Mutual of America  
Hotel Wailea

Kaiser Permanente  
ProService Hawaii  
FIM Group

**Make sure to join us when Growing Dreams returns in 2015!**



An original watercolor entitled 'Live for Today' by local artist and philanthropist Leslie Granat was the symbolic image of Growing Dreams 2013. Granat, a longtime and very generous supporter of MYFS, said her rendition of the red hibiscus flower, which famously only blooms for one day, "is a perfect memento of this event because when you are working with troubled youth you have to remind them to take one day at a time so that they can be grateful for each day that they have."

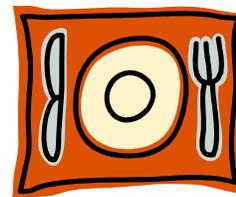
A few signed, limited edition 10"x14" prints (\$50) are still available for purchase! Proceeds contribute to our fundraising efforts. Please contact Frances Duberstein (808-579-8414 Ext. 8102, [fduberstein@aloha-house.org](mailto:fduberstein@aloha-house.org)) to inquire.

A warm mahalo to Leslie for her beautiful and generous contribution!

### Have any household items you would like to donate???

We are currently in need of the following:

- Bed Sheets and Blankets (preferably twin and full size)
- Pillowcases
- Towels
- Kitchenware
- Couches (vinyl or leather)
- Dressers
- Table Lamps



Some ways your donations will be used...

- To help youth aging out of foster care with furnishing their first place
- To provide a comfortable living environment for individuals who have decided to take a "time-out" from their daily lives to get clean and healthy
- To provide a "home-like" environment for young children living with their mothers who are in treatment

These are just a few ways your gift will make a difference.

We will pick up your items!

Contact Frances Duberstein (808-579-8414 Ext. 8102, [fduberstein@aloha-house.org](mailto:fduberstein@aloha-house.org)) to arrange a pick-up or for more information

**For many, a new year provides an opportunity to make a fresh start. Without your help hundreds of individuals and families would not have that chance. We deeply appreciate your support.**

**Please visit our websites to learn more about how you can help**

[MYFS.ORG](http://MYFS.ORG)

[ALOHA-HOUSE.ORG](http://ALOHA-HOUSE.ORG)

[MALAMAFAMILYRECOVERY.ORG](http://MALAMAFAMILYRECOVERY.ORG)

***MAHALO for helping us save lives, restore families and help people turn their lives around!***

