



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

A new year is not only a time to look forward, but also to reflect and be thankful. We are so grateful for you, our supporters, because in 2014 you helped make the following possible:

Counselors helped more than 600 adults and children experiencing a crisis. Staff completed almost 500 Crisis Mobile Outreach visits, where they physically went to people's homes (or wherever he/she was) and provided assessment and recommendations for services, which could range from crisis counseling, hospitalization, residential treatment or outpatient assistance.

More than 800 people received outpatient and residential substance abuse/addiction services, which included individualized and comprehensive treatment planning, group and family counseling, recovery education, psychological services, case management and assistance in developing sober support in the community.

Seven pregnant women struggling with substance abuse/addiction gave birth to HEALTHY babies (born drug-free) because of Malama's Baby SAFE (Substance Abuse Free Environment) Program.

*Two more healthy babies were born in January 2015!

31 children were reunited with their mothers through Malama's intensive case management and family reunification services.

39 teenagers with no place live – and often in crisis – had a safe place to call home with trained and dedicated therapeutic foster care parents while they found the stability, guidance and security they needed to address their problems in order to reconnect with their families and the community.

Almost 450 adolescents affected by substance abuse (or with affected family members) had access to a confidential program at school that provides students a safe haven to seek help without fear of reprisal.



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These are just a few ways you made a difference in the lives of individuals and families in the community

Maui Youth & Family Services

A New Year – A New Career!

MYFS Independent Living Program (for youth aging out of foster care) client Sasha* recently fulfilled her goal of becoming a Licensed Practical Nurse (LPN) and is on the way to becoming a Registered Nurse (RN) later this year. She began classes within University of Hawaii Maui College's Nursing Program in January 2013 after discovering a passion for the profession during a Nurse's Aide course in the summer of 2011. She says she enjoys "being able to work with people and helping take care of others' loved ones. I really like feeling useful and providing comfort to people who feel vulnerable and scared." Last summer Sasha and her classmates had to go to Oahu to take the LPN National Board Exam. Money from a generous donor covered those travel expenses, and Sasha passed the exam on her first try. Funds from the same donor covered her travel expenses again when she returned to Oahu last fall to work at Kapiolani Medical Center for Women and Children as part of

the RN phase of her studies. During her time there she worked with children as young as one month old to individuals in their early teens and was able to practice taking vital signs as well as assessing and monitoring patients. "Without this help, passing my LPN test and becoming an RN would have been impossible. Knowing the travel costs were covered took so much stress off my shoulders and let me focus on doing as well as I could on the Board Exam and enjoying the experience at Kapiolani Medical Center as much as possible."

Sasha first began working with MYFS five years ago when she was 18. "When I think about MYFS, I think about how much the staff has helped with basic life skills, like obtaining documents such as a birth certificate, social security card and an ID. They helped me set up a bank account and create resumes as well as a budget. I never had the chance to get help with these kinds of tasks from birth or foster parents, and I am so glad I have been able to turn to MYFS for this kind of support."

*Name changed for confidentiality

This March, when you purchase beautiful, unique and handmade gifts from a portion of all sales go to MYFS!



One-of-a-kind, Maui-made products from recycled and repurposed fabrics, upholstery and linens as well as plastics, metals, found items, throwaways and other items such as embellishments, zippers and buttons

WWW.BAGOFJOY.COM
for more info and to make purchases



Wrist-wrap & Bag Sets



Aprons



Li'l Bags



Walker Bags

PLUS MUCH MORE!

MYFS will also receive a portion of all 'Bag of Joy' sales at the **2015 MUC'n'Stuff Spring Fair** on Saturday, March 28 at Makawao Union Church from 8am – 2pm (free admission)!

Mahalo to 'Bag of Joy' owner Joy Webster for choosing us as one of her monthly nonprofit recipients!

Aloha House

Almost thirty clients from the Residential Substance Abuse/Addiction Treatment Program were able to attend the Brother Noland, Henry Kapon and John Cruz concert at the Maui Arts & Cultural Center (MACC) on Friday, January 30th due to a generous donation of tickets by the MACC. The donation came after the trio of Hawaiian music legends, which performs as the "Rough Riders", visited the AH campus on Tuesday, January 27 for a special performance as part of a full day of community outreach visits to various Maui nonprofits.

AH client Zach Henry, who plays the drums and guitar in his spare time, said the experience was especially memorable because "I need music to heal. Being able to see them perform live was a lifesaver because it has really motivated me to get and stay healthy so I can concentrate on my music." Noland, Kapon and Cruz autographed Henry's guitar when they visited the AH campus. This was not John Cruz's first time doing a special performance for Aloha House – he also visited in March 2013.

The MACC has also donated tickets to Malama Family Recovery Center through its Weinberg Subsidized Ticket Program, which benefits individuals served by Maui County social service agencies. In 2013 Malama clients and their children were able to attend the "Sesame Street Live: Can't Stop Singing" musical event at the MACC.

Former AH counselor and local musician Mitch Kepa explained that "music is another way of communicating for our clients. Their lives are so full of chaos and music can help them calm down and reflect." He says that by having them sit down with him to write and play music and analyze lyrics, he could "distract the clients from the depression and anxiety they were feeling. Although they needed to explore these feelings in recovery, having a break from being inside their own heads was extremely beneficial and helped them feel less alone."



Brother Noland, Henry Kapon and John Cruz at Aloha House on January 27



Zach with his autographed guitar

Malama Family Recovery Center

One Woman's Story...

My name is Spring and I am 29 years old. I was born on Oahu, lived on the Big Island for a few years and then moved to Maui when I was 10. As a young child I imagined life to care-free, no worries, just laughter, love, making new friends and spreading this light that most happy children possess. But I didn't know how fast that light could fade away.

I was an like any ordinary kid – loud, rambunctious, curious, naughty, asked a million questions, you know, just “being a kid.” But I knew early on that what was happening to me and my family was not right. My father was an addict, an alcoholic and a drug dealer. He was very abusive, both physically and mentally. He beat my mother in front of us daily and abused me and my two older sisters very badly. From morning to night to every day after school, we were scared and terrified of what would happen next. I was five years old and it traumatized me so much. Leaving my father was the smartest thing my mom could do. After running from island to island and going to seven different schools, I finally felt safe when we moved to Maui. As I got older I resented my father. I hated him. I was angry he hurt us so badly and wondered why he was still never there for me after all he put us through. In my heart I knew I was missing something. I never healed from the pain. I just went on blocking it out, as if it never happened and I was fine.

As a teen I started rebelling – partying, drinking heavily, smoking weed and cigarettes, fighting, getting arrested and just not caring. I never thought I was addicted to anything. I never thought I had a problem – I was obviously in denial. As a young adult, I thought that having two kids would have settled me down, but things got worse, a lot worse! I was introduced to pills, “oxys” to be exact – for me, by far the worst drug man could have ever created! For two years straight I was taking 10 at a time daily. That was my way of dealing with my pain and stress and worries, not knowing how crazy it would make me. I turned into this evil person I never knew existed. I became my father. I was now the abuser, the addict. That drug was so powerful it made me believe I needed it to survive when it was literally killing me. In no time my life was completely falling apart. I was about to lose my family, my body was going through bad withdrawals and I was losing myself quickly. I ended up hitting rock bottom and overdosing on pills to try and take my life because I couldn't take it anymore.

I woke up in the ICU and my blood pressure had dropped to 20. I wasn't sure why God didn't take me that day. I guess he had different plans for me. The next day when I came out of the ICU, I saw my babies in front of my face and made a choice that I needed to change! I needed help and I couldn't do it alone.

Going into Malama was a huge change for me. Although it was hard at first, moving into a house full of women and children, with so many different personalities, I can say today, **CLEAN AND SOBER**, it was the best choice I could have ever made.

I lived at Malama for more than 3 months and my daughter stayed with me the entire time. I learned things I could have never learned outside, like how to overcome addiction and rebuild a new foundation for my future and how to recognize different triggers and body cues and the urges to use when I feel down. Now I know how to take that negative energy and irrational thinking and quickly flip it into a positive.

“Malama” in Hawaiian, means “to take care, nurture and protect,” and the staff lives by that each day. The program teaches us life skills and responsibility, how to keep our kids safe, healthy food and nutrition, about domestic violence and how to avoid relapse. At MFRC we are assigned a counselor, who is there to help us whenever we need it, to guide us when we feel like falling and support us when we feel alone. At MFRC you are not alone. The staff and women become family – although everyone's situation is different, we all have one thing in common -- a desire for a better and healthier future, for ourselves and for our kids.

Self-help groups and fun parenting classes make the day that more exciting. We are constantly busy, learning different tools to use when faced with challenging decisions in the future.

My 3-year old daughter Gia Maile now attends Noah's Ark Preschool at King's Cathedral and I see my son regularly. TODAY I have an amazing relationship with my children thanks to Malama. TODAY, as a recovering addict, I could never imagine taking my life. The drugs were so powerful that I convinced myself I had no worth, no



Spring and Gia Maile, after Spring finished residential treatment at Malama



Besides yoga, Spring also gardens with Gia Maile to relax and ease her anxiety

purpose. I had no hope, no faith, no values. I had nothing and would have lost everything, including my life, if it wasn't for my willingness to change and all the hope I gained from the staff and woman at Malama.

TODAY I am proud to say I have a new addiction – yoga. When I heard I could take a yoga class at Malama I was overjoyed because I had always wanted to do it. Yoga has taught me balance and how to center myself and meditate so I can get out of my body. It's so healing for the mind and soul, even if just for a moment. It makes my body feel refreshed, alive and powerful without the use of any drug or even coffee. It gives me a natural energy boost that builds not only strength and muscle but also gives me confidence, motivation and determination. Yoga has also helped my anxiety. I had severe anxiety when I stopped using drugs and the doctor was going to put me on anxiety medication. But I wanted to try something different, so I used yoga as my medicine and believe it or not, my anxiety decreased and went away. It helped take away my anxiety! I am going to continue doing yoga daily throughout my life and my recovery.

TODAY I am determined to break the addiction cycle and stay in recovery. I have hope that with a positive mindset in life I can make anything happen. Malama Family Recovery Center changed my life and I am so grateful.

Yoga Fusion Event Benefits Malama



Pictures by Todd M. Photography

On December 19, 2014 Leslie Michel and her sister Pascale Michel led a donation-based yoga/plyometrics/tribal dance class at Hotel Wailea. Leslie began volunteering at Malama last summer by teaching weekly yoga classes. "I grew very close with the women and children at Malama and felt this was an exciting and memorable way to give back for the holidays," said Leslie. Close to thirty people jumped, twisted, stretched and boogied along to a heart-pounding playlist by DJ Del Sol from Maui Wedding DJ and Chef Brian Etheredge from Capische? Restaurant provided healthy snacks and beverages. Maui Yoga and Dance Shala donated mats for attendees to use, while Sean Michel from Pure Media Hawaii and Todd M. Photography covered the event. Because everything was donated, from the room at Hotel Wailea, to the food, music, etc., all money raised will help our clients overcome addiction, rebuild their lives and strengthen their families.

Mahalo to the following for helping make this event a great success!



For many, a new year provides an opportunity for a fresh start. Without your support thousands of individuals and families would not have that chance.

MYFS.ORG ALOHA-HOUSE.ORG MALAMAFAMILYRECOVERY.ORG

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

