



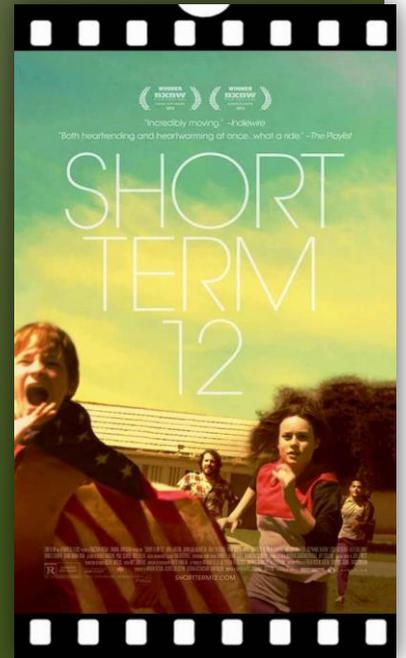
Working together to ensure that every individual has the help they need to achieve and maintain a foundation for lasting recovery and well-being

Award-winning music and film to benefit Maui's youth

An exclusive screening of the hugely popular, touching and critically acclaimed movie *Short Term 12* by Maui-born and raised filmmaker Destin Cretton

We are proud to show this poignant and heartfelt film because every day we work with young people thriving against all odds

Winner of the coveted 'Audience Award for Best Narrative Feature' at the South by Southwest Film Festival in 2013, the Chicago Sun-Times called it "one of the best movies of the year" and MauiTime described it as "a unique drama that will be an eye opener to those unfamiliar with the foster care process, a tear-jerker for those who love a solid comedy/drama and an inspiration for those who seek out great acting in film."



The event will feature a performance by chart-topping singer/songwriter Steve Zuwala! Steve has had eight #1 international singles and received two Hawaiian Music Awards for his songs "Toes in the Sand" and "Tough Guys".

August 15, 2014

The Historic Iao Theater, 6 p.m.

Suggested donation: \$20 in advance, \$25 at the door

For more information or to order tickets, visit myfs.org or call Frances at 808-579-8414, ext. 8102

Proceeds make it possible for Maui Youth & Family Services to
Build better lives with Hawaii's families

Malama Family Recovery Center

New Playground!

We recently upgraded the backyard at Malama's Therapeutic Living Program residential facility in Kahului and installed fun and stimulating playground equipment to provide a safe and entertaining place for clients' children to play and enjoy being outdoors.

Malama, a female-only treatment center, is the only agency on Maui where clients can have children living with them during the recovery process. While clients get help their children are nurtured in an environment that allows them to heal from negative life experiences. In addition to free child care during treatment, we provide developmental screenings for clients' children, make referrals to community agencies based on the screening scores and provide educational materials to mothers so they can help their children reach developmental milestones.

The playground is available for children of clients who are in our residential and outpatient programs. The variety of playground pieces provide entertainment and enhance the early childhood learning process by helping with gross and fine motor development and providing opportunities for dramatic play and multisensory experiences. These new and challenging activities help children learn how to self-regulate, or deal with stressful situations appropriately. Children who need physical activity to calm their sensory systems can use the trampoline. Staff members now have additional opportunities to model positive interaction and redirection and to observe clients' parenting skills in a variety of situations.

Perhaps most importantly, this new outdoor space and playground is a wonderful place for mothers to be outside and connect with their children. The peekaboo tunnel provides a perfect bonding moment as mother and child stare at one another. This simple act rebuilds relationships that have been shattered by the emotional and physical distance caused by drug use.

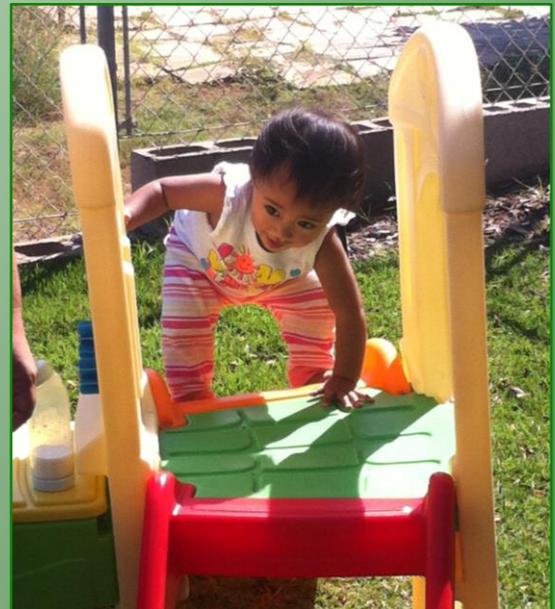
One client, Sharel, says that having the landscaped backyard and playground makes Malama feel more like a home and that her son Rylan loves it. She is grateful that he can actually be outside and feel the air and the grass. Sharel and Rylan were recently reunited and she says that this area is making it possible for them to reconnect. "When we are out there we start laughing, and hearing him laugh makes us closer. It makes me so happy to see him smile. We are bonding so much."

This project would not have been possible without donations from current and former Board Members, especially Stephen Kealoha, as well as the Wailea Community Association. Volunteers from the Maui Job Corps helped completely overhaul the backyard in preparation for the playground equipment.

For more pictures and to see 'Before' and 'After' images, visit <http://www.aloha-house.org/media.html>



Sharel and Rylan



Aloha House

My life has changed dramatically. I'm finally calm, peaceful and comfortable in my own skin. I realize that the one thing I was missing all along was giving back...

Donald says that the first image he had his peers draw was a landscape featuring a winding road because it "is symbolic in recovery. A lot of us go down the wrong road but eventually find our way." Donald is not only a volunteer for our Co-Occurring Disorders Day Treatment and After Care Program (COD), but he is also an Aloha House client who has been sober a year and a half. He recently began volunteering his time to teach an art class to COD clients and is on the path to becoming a Hawaii Certified Peer Specialist (HCPS) so he can help others in recovery. He feels that art is a great activity for people in recovery because it gives them a way to deal with their feelings. "Many people are used to drowning out their emotions with drugs and alcohol, but once you are sober and have this free time on your hands, these feelings will return, and you need to know how to cope with them."



Donald was always interested in art and was even told he would be a good art teacher, but "it fell by the wayside once I started drinking and doing drugs." After years of struggling with addiction and working at jobs that left him miserable, Donald feels like he is finally following his passion and doing what he was meant to do all along. Even after going back to school for Advertising Art and Graphic Design, he still struggled with sobriety, especially after losing two close family members within the span of one year. He says that things changed after he went through Aloha House's Residential Treatment Program, where he finally came to

understand "that what you get from the universe is what you put into it. I'm happier now than I've ever been in my life. Not a day goes by when something good doesn't happen."

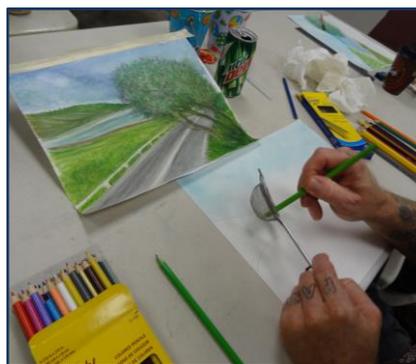
He brings that attitude into everyday situations and into his art class. He can relate to the clients and feels that when they finish a project it "gives them a sense of accomplishment that can carry over to the rest of the day or week. People start to realize that they can do something they never did before." One client, who shared that he suffers from depression, said he enjoys art because it "keeps me out of my head." Another client hesitated at the beginning and said he was having trouble because he hadn't drawn in years. Donald's time in the Residential Program also taught him about the importance of looking at people as individuals and not judging them. As a result, he lets clients move at their own pace and simply encourages them to do their best. By the end of the class that particular client expressed how much he had enjoyed himself and that he couldn't wait until the next class.

For Donald, teaching art has always been his "dream" job and doing it now, in addition to running his own website design company – RockBottom Graphics – is changing how he approaches each day. "I'm learning patience and am building new communication skills. Now I see things in a different light. I can't wait for the next day – there is not enough time in the day." He says he can see that sense of excitement about the future with other clients. He collects river rocks to use as a canvas for his paintings, but he has yet to include that in one of his classes. He says that the fact that the clients are constantly asking about when we are going to "paint on the rocks" is significant because they "actually have something positive to focus on and look forward to when it comes to their future."

About the COD Program:

Aloha House recognizes that individuals affected by substance abuse often have an underlying and simultaneously occurring mental health issue. This program enables clients to change their negative belief systems, unhealthy values and attitudes. Counselors help individuals break old habits, actions and behaviors that contribute negatively to their psychiatric condition, as well as trigger urges and cravings to use and includes peer support services because the compassion and understanding of someone "who has been there."

abuse substances. The COD Program we appreciate that clients often need



One of Donald's river rock paintings

Maui Youth & Family Services

Earlier this year Maui Youth & Family Services began partnering with volunteer Autumn Shields

for The Makoa Project, which is a discovery program for teens to learn about their authentic self and realize their true passions. Once a week Shields meets with clients in our Adolescent Outpatient Substance Abuse Program. She says that many of these kids “have already stopped dreaming and just turn to what feels good at the moment.” Her goal is to help the teens realize that they have gifts and that an exciting future is possible.

During one exercise Shields asks clients to list attributes of heroes, whether it is a star athlete, a musician they like or even one of their parents. Examples may include *faithful*, *motivator*, *game changer* or *helpful*. Once the words are on a big piece of paper, clients are asked to identify which characteristics they see in themselves, which helps them “realize they have value and a purpose.” It can also help clients recognize that “just because they have done something wrong or aren’t perfect, there are still wonderful things about them that in the end can outweigh the bad.”



During another activity Shields says the following: *Imagine you wake up and are 30 thirty years old. You never had limitations or restrictions regarding education and you could do anything you wanted for a career. What would you do?* For many clients, answering this is difficult because they think that going to college is the only way to be successful, but actually getting a higher education “isn’t even a possibility.” Or, they think they have to be “one-in-a-million” to be lucky enough to have their dream job. Shields works with them to outline the specific steps needed and shows them that many career paths don’t necessarily require a 4-year degree. “I try to make things that seem impossible, possible,” she says.

She shows clients that they have options when it comes to pursuing professional goals. One client, Tanya*, said she had always enjoyed playing music. Shields worked with her and the other clients to brainstorm all the jobs that are available within the music industry, besides just being the super star performer. Instead of letting this client give up because the dream seemed unattainable, Shields talked to her about what she liked about music and helped her realize that what she would really like is to be a producer. “I want these kids to know that they have choices.”

She also connects clients with people in the community who can show them that more is possible. For example, one client, Sam*, expressed that he was a good cook but never thought it was possible to be a chef. He assumed that he “would just end up being a prep cook, like he has seen other family members do.” Shields set up a meeting between Sam and Chef Cameron Lewark of Spago at the Four Seasons Resort. Sam said that Chef Lewark provided him tips about how to succeed and work your way up. Sam said that now he understands what he needs to do to follow this career path and that he possesses the traits needed to be a successful chef, such as being able to manage people while also relating to them. The meeting changed the way he thinks about the future because now he can actually envision himself being independent and succeeding on his own. “This is what the Makoa Project is all about,” said Shields. “The word ‘Makoa’ means strong and/or courageous. I want kids to know how to find their unique strong/courageous self.”

*Name changed for confidentiality

65 years ago Mental Health America deemed May as *Mental Health Month*. This year’s theme, “Mind Your Health,” focused on the link between mental health and overall wellness. We are proud that our programs – whether they promote fun outdoor play with children, recovery through volunteerism or determining and living out life goals – allow people to improve not only their mental health, but their overall well-being. Thank you for making our work possible.

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

MYFS.ORG

ALOHA-HOUSE.ORG

MALAMAFAMILYRECOVERY.ORG

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

