



Individual Missions

Maui Youth & Family Services: To empower youth and families challenged with behavioral health issues to become responsible self-fulfilled and contributing members of the community

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Aloha House: To promote recovery and healthy lifestyles to individuals and families by providing compassionate, effective, comprehensive behavioral health services with the spirit of aloha

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Malama Family Recovery Center: To provide caring, holistic substance abuse treatment to women and children with the goal of empowering families to live safe, independent and healthy lives

The past couple of years have been an exciting and encouraging time for our 3 agencies. Thanks to your support, we have been able to make great strides towards achieving our unified vision of

~Every individual having the help they need to achieve and maintain a foundation for lasting recovery and well-being~

Here are some highlights...



Maui Youth & Family Services

New Lahaina Facility

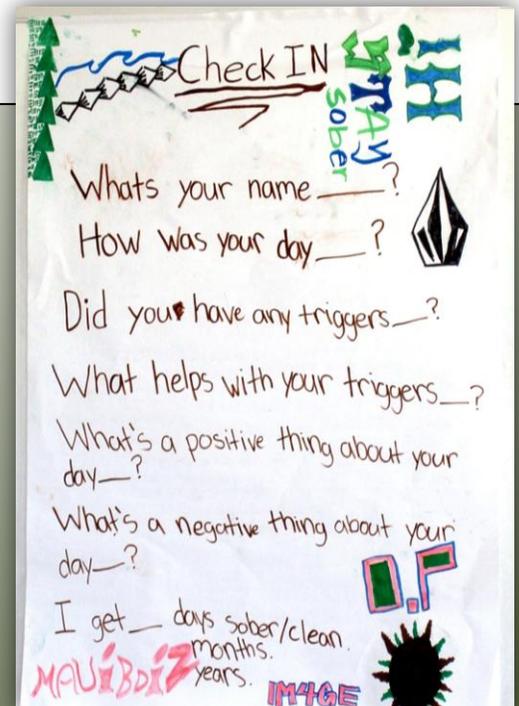
2012 was the first full year of available outpatient substance abuse treatment services for adolescents on Maui's west-side. Prior to our opening the Lahaina facility in mid-2011, middle and high-school-aged youth in that area had no choice but to seek help at our upcountry campus, which presented obvious transportation and timing challenges.

Our outpatient programs, which use a curriculum developed especially for the teen and young adult populations, provide clinical supervision and evaluation and entail individual, family and group counseling, as well as recreational excursions and educational activities that reflect Hawaiian cultural values.

Many of the young people who deal

with substance abuse and addiction issues lack interests outside of their chemically dependent lifestyle and/or come from families that lack the time and/or financial means to provide such experiences. Thus, increasing access to opportunities to develop new interests, stir passions, and build connections, particularly activities that require physical exertion, are extremely important.

The new Lahaina facility is meeting a critical need in the community because we are the ONLY agency on Maui that provides outpatient substance abuse treatment for adolescents. As our unifying vision says, we believe that "every individual" should have access to help, and the opening of the Lahaina outpatient facility represents a significant step in achieving that goal.



One way that teens learn to cope with their feelings is by participating in 'Check In' exercises

Ho'ala Mai Program

2012 marked the first full year for the Ho'ala Mai Program, which aims to prevent youth (ages 12-17) from entering a Hawaii Youth Correctional Facility. The program utilizes evidence-based interventions, case management, cultural activities and referral to other needed community services. Our counselors are available 24/7 and we address the special issues and problems associated with supervising juvenile offenders.

The term "ho'ala mai," which means to *awaken* or *rise up*, is appropriate because we are able to intervene in adolescents' lives and change the way they look at the world and deal with their problems so that they can avoid continuing on the path to incarceration. We have a comprehensive approach that includes identifying potential underlying reasons for the youth's behavior (substance abuse, mental health or trauma issues) and assessing the family's needs as well as the adolescent's educational needs (general education, credit recovery or GED attainment). Stepping in at this critical point and working with these youth before they are incarcerated means that they can regain opportunities they might not otherwise have to reach a healthy, rewarding and successful adulthood.



Aloha House

In 2012 we improved access to help for individuals in the community by opening a new Sober Living Program (SLP) facility in Kahului and moving our Outpatient Program (OP) services into a new building on Vineyard Street in Wailuku.

The SLP provides a safe and sober living environment for individuals currently in care or who have completed treatment. Services such as substance abuse recovery education, sober support skills groups, connections with the community and case management are needed to successfully address transition issues and prevent relapse. We help individuals identify ongoing support networks to maintain recovery after leaving treatment. The new facility provides beds for nine individuals, all female.

In September our Outpatient Program (OP), which provides treatment planning, crisis management, individual, group and family counseling, substance and psychosocial education, self-help orientation and case management, moved to a new location in Wailuku.

The new building is not only centrally located – making it more accessible to residents, but also enhances the level of care we offer.

Due to improved informational technology capabilities, we can provide more up-to-date and comprehensive substance abuse education and the physical layout is more conducive to group counseling sessions. Because clients often experience multiple life problems in tandem with their substance abuse problem, such as social isolation or poor social support, these group sessions play a critical role in the process. The OP building also has space for 24 Sober Living Program (SLP) beds. Due to these two new facilities, Aloha House's SLP capacity increased from 28 to 43 beds.

In order for us to be effective and provide comprehensive behavioral health services, as stated in our mission, we need to be there for our clients throughout the entire recovery process, which is much more difficult to do without these sober living facilities.

In their own words...

"I am an alcoholic. I made the decision to come to Aloha House because I knew I couldn't stop on my own. The facilitators help me a lot, along with my peers, who are a second family to me. I was given tools that I can use in my life to stay sober and just keep on going. There are times I get so frustrated and impatient being away from my family and my loved ones and want to go home, but I am doing this for them too, so I have to continue. If I want to succeed I need to help myself and take advantage of this chance. This is the first time I AM SOBER – FOR LIFE..."

- Current Aloha House Residential Program client



Inspiration flags created by Aloha House clients that hang in the residential program's group therapy room





Malama Family Recovery Center

New Therapeutic Living Facility

2012 marked the first full year in our new Therapeutic Living Program (TLP) facility, located in downtown Kahului. The new facility contains 3 bedrooms, 3 large bathrooms, 5 office/counseling spaces, a children's playroom, reception area, kitchen/dining area and 1 group room. As opposed to the old set-up, where office space and the infant playroom were in separate buildings from the two small residential cottages, this is now a multi-purpose facility, which has allowed us to expand and significantly improve our level of services. These changes were in direct response to increases in the number of Maui women in need of substance abuse and addiction treatment and counseling, case management and therapeutic residential support. We are the ONLY gender specific treatment center in Maui County.

The new TLP building allowed us to help more than an additional 60 "high need" clients in 2012 than in previous years and to increase the level of case management and number of life skills, budgeting, financial planning, parenting and domestic violence group classes available.

Beyond the numbers, however, is the fact that this new facility creates a

healing family setting, as opposed to one that feels like a stereotypical "treatment facility," which creates a smoother and more successful transition back into the real world. Clients are expected to treat the facility like a home, which can help prepare them for the responsibilities they will face once they leave.

An increase in interaction between staff and clients means that program staff can more easily meet clients' mental health and medical needs and help them work through underlying emotional, parenting and family issues. Higher capacity also means that clients can increasingly feel like they are a part of a group of women and are not alone. Within this setting bonds are created that help the women build a new family – one that belongs to a strong recovery community.



Clients' children in the Early Learning Center – located in the new TLP facility. Staff members closely assess and monitor child development to recommend needed services

BabySAFE

Last summer Malama Family Recovery Center re-introduced the BabySAFE (Substance Abuse Free Environment) Prevention Program, which reduces infant mortality and morbidity among high-risk substance using women by intervening earlier in the pregnancy or before the pregnancy, increasing access to early prenatal care and preparing and referring women for substance abuse treatment. We administered the statewide program in Maui County from 1992 to 2009, when the loss of funding eliminated the program completely, despite designation as a "Promising Program" under the Substance Abuse and Mental Health Services Administration's former National Registry of Effective Prevention Programs.

Funding from the HMSA Foundation, March of Dimes Hawaii Chapter and AlohaCare allowed us to revive the program in Maui County in 2012. BabySAFE plays a critical role in the community because our target population has a difficult time accessing proper prenatal care. In addition to being pregnant and having substance abuse issues, many of the women targeted are not in healthy relationships where trust and mutual support are the norm. It is also common for a pregnancy to follow a previous birth before a woman's family has fully adjusted to the previous newborn. These extra stressors create barriers to prenatal care and make this population vulnerable to relapse, domestic violence and additional physical and mental health problems. Community outreach, which entails BabySAFE staff member Megan Morrow physically going out into the community and talking to pregnant women and new moms, is one of the most important aspects (continued on next page)

of the program. The outreach does much more than educate about the effects of substance abuse during pregnancy and treatment options available, though. By meeting with women face-to-face, Megan provides a safe and comfortable environment for individuals who feel that they do not have anyone to turn to. When talking about BabySAFE, Megan says that “the Program allows me to ‘talk story’ with these women and build a rapport with them so that they can feel comfortable opening up to me and expressing their concerns and feelings. This truly is the first step to recovery because without these one-on-one interactions, many women in the community would not know that we are there for them when they need it and that they can ask for help and get better.”

MAUI YOUTH & FAMILY SERVICES

- Outpatient Substance Abuse Treatment
- Emergency Shelter
- Therapeutic Foster Care
- Independent Living Program
- Ho‘ala Mai Program
- Outreach and Advocacy
- Tobacco, Alcohol, Drug and Pregnancy Prevention

ALOHA HOUSE

- Medically Monitored Detoxification
- Outpatient and Residential Substance Abuse & Mental Health Treatment
- Crisis Mobile Outreach
- Sober Living Program
- Drug Court
- School Based Substance Abuse Services

MALAMA FAMILY RECOVERY CENTER

- Therapeutic Living Program
- Outpatient Treatment
- Sober Living Program
- BabySAFE

We want to hear from you! If you have any questions or want to discuss your giving options, please contact our Development Coordinator, Frances Duberstein, at (808) 579-8414, Ext. 8102 or fduberstein@aloha-house.org

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There are many ways to show your support...

VOLUNTEER

Visit our websites for a *Volunteer Application Form*

MONETARY DONATIONS

You can make a donation to any of the agencies' general fund, to be used where the need is greatest, or give to a particular program or project that is important to you

Please visit our websites to donate online or to download printable donation forms that you can mail in

GIFTS OF STOCK

When you transfer stocks to us you do not pay capital gains taxes and we are able to reap the full benefit of the stock

IN-KIND GIFTS

Visit the *Wish List* page on our websites to find out what items and services our three agencies are currently in need of

- We are trying to go green! Please send a message to Frances if we can communicate with you via email -

MAHALO for working with us to save lives, restore families and help people turn their lives around!

