



Maui Youth &  
Family Services



Malama Family  
Recovery Center

**Working together to ensure everyone 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 2016 you helped make the following possible:*

Maui Youth & Family Services provided intensive one-on-one support/diversion services to more than 170 teens in the juvenile justice system. By stepping in now and providing evidence-based interventions, case management and access to cultural activities (and just simply showing we CARE), we can help youth on the path to incarceration regain the chance to reach a healthy and rewarding adulthood.

More than 50 former foster youth received one-on-one support and guidance with developing and achieving educational and employment goals as well as accessing needed community resources. Maui Youth & Family Services was able to help these young adults (many of whom have no one else to turn to) acquire the skills they need to live successful and independent lives.

Aloha House helped more than 600 adults and children experiencing a crisis. Staff completed more than 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.

Aloha House provided more than 700 people with 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.

More than 100 women struggling with substance abuse accessed a continuum of gender-specific treatment services at Malama Family Recovery Center. These women were welcomed into a non-judgemental and comfortable place where they could privately and confidentially talk about their needs and concerns.

More than 40 children were able to stay with their mothers while they lived in and got help from Malama's Therapeutic Living and Sober Living Programs (Malama is the ONLY place on the island where women do not have to give up their children to get addiction treatment). Clients' children were nurtured in a caring and healthy environment where they could heal from negative life experiences.

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

## Big Waves, Big Dreams a smashing success!

The October 2016 fundraiser for **Malama Family Recovery Center** featured artistic creations inspired by the *Big Waves, Big Dreams* theme at the epic 'Jaws House' property formerly owned by famed waterman and big-wave surfer Laird Hamilton in Haiku



### Funds raised at the event are supporting:

Our **BabySAFE Program**, which ensures pregnant women can get support and access treatment, prenatal services and case management so they can get clean and give birth to healthy babies ([program 100% funded through donations](#))



Our **Early Learning Center**, where we provide free childcare and developmental screenings for all clients' children, educate mothers about healthy child development and teach parenting classes

**Transportation costs** for client trips to and from treatment, doctor appointments, AA/NA meetings, pre-delivery tours at the hospital, mother-child visitations as part of the reunification process, and more

### One woman's story...

MaryJane came to Malama, and specifically into the BabySAFE (Substance Abuse Free Environment) Program, in 2015 when she was between five and six months pregnant. "I didn't have anywhere to go. If I hadn't been able to come to Malama, I would have been forced to go stay with my friends who were using drugs and pressuring me to use, and I didn't have the willpower or strength to say no," she says. "I needed treatment and a safe place to live so I could have a healthy baby." She is amazed and grateful that Malama was willing to give her a second chance and help her, despite her rough past. She moved into Malama's Therapeutic Living Program facility in December and gave birth to a healthy baby boy, Reign, on March 1, 2016.

MaryJane says that although she was extremely overwhelmed in her final months of pregnancy, she “felt safe and strong enough to stay healthy. The staff and other women supported me and made me feel like everything was going to be okay. People actually cared about what happened to me and my baby. I was not alone.” A fellow Malama client that MaryJane is particularly close to was with her in the hospital when she gave birth.



MaryJane with Stylin and Reign in Malama's Early Learning Center

MaryJane not only gave birth to a healthy baby boy after moving into Malama, but she also regained custody of her four-year-old son, Stylin. The reunification process began with supervised visits at Malama when MaryJane was still pregnant. She and Stylin would hang out in Malama's Early Learning Center, where there are children's games, books and other learning activities. Then when Reign was a couple months old, Stylin started spending the night. “It feels amazing to have him back. He used to get so upset and cry when we were separated. Now I get to raise him and actually be there for him.” MaryJane doesn't know how she would have been able to cope with being a new mom, looking after Stylin and committing herself to her ongoing treatment if it had not been for the support she received from staff and clients during the over-night visits.

MaryJane participated in group education sessions as part of the BabySAFE Program. She says that because of these classes, she now fully grasps how addiction impacts kids and how damaging drug/alcohol use is to unborn babies. “I knew that pregnant women shouldn't use drugs or drink alcohol, but I didn't really understand how serious it was and what the specific and long-term effects were.” She learned about all the resources in the community available to her as a mother, such as where to take her children for medical or dental care and childcare options. MaryJane appreciates the parenting advice she received during the classes, such as the benefits of infant massage or why using “time-in” can be much more effective than sending a misbehaving child to “time-out.” She is constantly thinking back to the classes and the training she received when interacting with both her children.

MaryJane and her two sons moved into one of Malama's Sober Living Program homes in mid-2016. “I am in a much better place mentally, emotionally and physically now than I was when I first came to Malama. I am able to do things without fear. When I was using drugs, I felt afraid all the time. It feels so good to be sober and know that I can openly and honestly face people now.”

MaryJane says that BabySAFE has helped her to be much more in-tune with her baby Reign than she was when Stylin was the same age. “I feel so much more capable of having and caring for a newborn than I ever did before.” Her thoughts on motherhood have also changed. “I used to feel like I was just someone who had kids. Now I am a MOM, and I love that feeling. My family is my priority.”

## Maui Youth & Family Services

### MYFS Youth Support Local Military to Honor Veteran's Day

Last November, middle schoolers from MYFS presented handmade paracord survival bracelets to Sergeant First Class Robert McDonnell at the Hawaii Army National Guard Armory in Kihei. Kids who participated in the paracord bracelet project are part of *Project Venture*, one of MYFS' Tobacco, Alcohol and Drug Prevention Programs for youth in grades 6 through 8. *Project Venture* takes place after school and promotes positive youth development and empowerment through evidence-based, experiential learning. It incorporates outdoor adventures and challenges and actively engages youth in developing life-skills while reinforcing values such as family, community, service and appreciation for the natural world.



“Having our kids personally create and present these bracelets was a perfect way to celebrate Veteran's Day,” said MYFS Counselor Savannah Aroyan, who coordinated the project. “They saw first-hand how fun and rewarding giving back to the community and helping others can be.” During the presentation, SFC McDonnell explained that the bracelets are immediately going to one of the Hawaii Army National Guard Aviation Units that is currently deployed overseas.

A youth who participated said she enjoyed the project “because it shows people who risk their lives every day that we care about them and we're thankful for all that they do. It's a small thing that makes a big impact.” SFC McDonnell also talked about how much care packages mean to American military members. “When I was overseas and homesick, getting gifts like this truly meant the world to me and made me feel more connected with loved ones at home,” he said. “The fact that military members from our Maui community will directly benefit from these kids' generosity is so touching and we are very grateful.”

## Aloha House

Three to four times a year Aloha House holds a graduation for individuals who have completed our Residential Substance Abuse/Addiction Treatment Program in Makawao. On January 26, 2017, 117 graduates celebrated this recovery milestone in a ceremony that has become a time-honored tradition for staff and clients.

The ceremony is held in one of our group counseling rooms that is specially decorated with flowers and artwork by current and former clients. Murals, flags, quilts, collages, etc. provide inspiration and encouragement to the new graduates as they move onto the next step of their recovery journey. Residential Treatment Program counselors announce each graduate by name and present them with a certificate and lei. In the most symbolic part of the ceremony, clients are able to share their thoughts. Some recount their own experiences – “Recovery isn’t easy but Aloha House taught me how to take on the challenges I will face after leaving treatment. I know I will stay strong and work with my sponsor every week. It is a good life and this is a proud moment” – while others offer advice to clients still in the program – “Every morning when I wake up I make sure I look myself in the mirror and say ‘just win today’. You have to just think about today.” Family members sometimes present leis of their own as graduates return to their seats.

We wanted to share with you what a few graduates expressed at our most recent ceremony...

*“Coming to Aloha House was a blessing. I have never looked at myself like this before. I wouldn’t be sober without this program. I wanted to change my life, and I DID.”*

*“I lost my way...I was dying. Aloha House helped me get my life back. Now I have my soul back.”*

*“For once in my life I actually feel proud of myself. It’s a blessing to be alive. I am proud of my sobriety and take great pride in it.”*

*“It’s the greatest feeling in the world – being a better and new person and finding myself. Now I actually get to live a real life.”*

*“I feel like I have accomplished something in life that truly has meaning. I feel born again, like I am coming out of a cocoon as a rad butterfly.”*

*“I am actually happy for once and proud of myself. It’s an unreal feeling. Aloha House works miracles. I will forever be grateful to this place.”*

*“Aloha House saved my life and gave my family back to me. I’m so grateful that I’m sober.”*



After the ceremony everyone gathers for a blessing and then sits down together to eat, talk story and celebrate. These graduations are one way that Aloha House honors Hawaiian culture. The process that staff members, current clients and graduates go through to put the event together – cleaning, setting up tables and chairs, arranging decorations, making leis and helping with food preparation – reflects the traditional Hawaiian custom that families went through as they gathered for meals and to celebrate being together. “Being a part of this celebration reconnects clients (both current and graduating) with Hawaiian culture and shows them how to honor themselves for their accomplishments,” says one counselor. “Recovery is experiential and the simple act of being a part of something bigger than oneself makes our clients feel good about themselves, which is important for the recovery process.” Completing residential treatment at Aloha House is

a great achievement and these ceremonies commemorate that success in a special and memorable way.

**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.**

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

