



**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 2017 you helped make the following possible:*

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.



**Maui Youth & Family Services** provided intensive one-on-one support/diversion services to almost **250** at-risk teens. 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.

**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-judgmental and comfortable place where they could privately and confidentially talk about their needs and concerns.



More than **50** children were able to live with their mothers while they received addiction treatment (**Malama** is the **ONLY** place on the island where women do not have to give up their children to get help). **20** children were reunified with their mothers and **11** pregnant women gave birth to clean babies because of **Malama's** BabySAFE (Substance Abuse Free Environment) Program.



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

## Aloha House

*“A new year means a new you and new life. Always progressing and moving forward. For me it’s really about having a clear head and focusing on what I need to do for my life and to stay clean and sober.”*

Michael is 32, was born and raised on Maui and graduated from Baldwin High School in 2003. After a graduation party introduced him to crystal meth, he struggled with addiction for many years. In 2013 he was arrested and charged with theft and forgery of a check as he grasped at desperate measures for money. He was convicted and sentenced to a 10 year prison term, but as a plea agreement he was offered a chance to get help instead of becoming another statistic in the prison system...

*“This is where my journey with Aloha House began. By being at their residential treatment program, I was able to learn about myself and how I can change my thinking for the better. I was taught responsibility by being assigned chores and attending classes. I was involved in role playing different past scenarios and learned better decision-making skills. This program helped me bridge the gap of trying to get clean and sober on my own by introducing me to AA and NA meetings, which I am still involved with to this day.*

*After completing residential treatment I moved into Aloha House’s sober living housing and attended outpatient treatment, where I learned more about my triggers and how to prevent them. I was also in one-a-week aftercare classes, which was like a check-in and where I could understand more about what I was going to do to continue my recovery after the program was over.*

*For the most part the program helped me gain trust back from my family. At residential treatment, my family could come once a week and sit in a class and hear more about addiction and that really helped them to see why I was an addict. Today my family knows that I’m involved in my recovery and we are closer than ever.*

*Aloha House showed me a new way of life and I actually call them family. If I need advice or anything, they are always there to answer my questions and give me proper solutions. I’m thankful there is a program and system that cares and works for me and others. I attend NA meetings regularly and have a sponsor working my 12-step program. I’m 37 months clean and sober, work full-time and have been renting my own place for almost two years – all thanks to Aloha House for teaching me how to make a strong and stable foundation for myself.*

*I can’t help but reflect on 2017 – I lost my grandpa and my aunt last summer and was devastated. I was so upset I started to think it might be better to go back to jail, where you don’t have to worry about anything and you can escape the pain. When I had those thoughts, I relied on the coping skills I learned at Aloha House, especially cognitive behavioral therapy (CBT) to make me realize that drinking or doing drugs wouldn’t actually make me happier or fix the situation. Now I know how to think about my actions instead of just reacting, like I used to do when I was doing drugs and drinking. I reached out to my NA support network when my grandpa and aunt died and they assured me that everything would be okay.*



**Michael and his family celebrating the holidays last year**



*2018 is going to be a better year. I am focused and driven. I am looking forward to travel and new career opportunities and recently finished my probation. I’m planning to visit people I met at a recovery convention last year and to visit family on the mainland. A new year means a new you and new life. Always progressing and moving forward. For me it’s really about having a clear head and focusing on what I need to do for my life and to stay clean and sober. And it’s about going through the hard times and coming through stronger. Now I know I can pick myself up no matter what.”*

**Michael with renowned comedian Augie T. and Augie T.’s daughter, who founded an anti-bullying nonprofit. Michael was invited to attend a Weinberg Foundation event on Oahu last year to share his story**

## Malama Family Recovery Center

*"It's hard to put into words how much of a blessing it was knowing that Malama was there for me no matter what... Because I am clean and sober now, I get to see and be 100% present for my family's graduations, birthday parties, May Day performances and just BE THERE for them."*

*My name is Lisa and it is an honor to share my story on behalf of Malama Family Recovery Center. I am a grateful recovering addict with 48 months clean. I was born on Maui and raised on Moloka'i from kindergarten through high school. Growing up was very cultural. I am the youngest of 6 children and my first encounter with any mind-altering substance was baby Miller's. I would drink with my Father. A sip here and a sip there and I would even go into the refrigerator and open a beer for myself at 5 or 6 years old. Being the youngest, I would have to tag along with my older siblings and it went like this....Lisa hold this....it would be a cigarette.....take a drag....ok now you cannot tell mom cause if you tell mom, I'm going tell her you went smoke. My case was sibling pressure instead of peer pressure.*

*By 14 I was smoking half a pack of cigarettes a day, drinking every weekend, smoking weed and occasionally snorting coke, popping acid, smoking ice and eating mushrooms. My life became a big blur. For 31 years my life centered around drugs and alcohol. In 2004 I was on probation, not complying, and I was forced into treatment. I found myself reflecting on where I was and why I wanted to be in recovery. I decided to stick with it to see where and how far it would take me. Being in a female-only facility helped me concentrate on discovering who I really was. I successfully graduated from Malama in August 2004. I stayed clean for 7 years and 3 months through the sober support network I found through Malama and the NA community, where I had a sponsor, attended meetings regularly and even took on leadership roles. What took me out? Complacency. The attitude that I got this, I have control over my addiction and leaning on my own understanding. I WAS WRONG.*

*I was lost for approximately 3 years and a couple of weeks. I am one of those addicts that will not stop unless I am stopped. So the saying "Jails, Institutions or Death" holds true for me. Fortunately I made it to jail in February 2014. There aren't many options when you wake up in a cell with absolutely no control over your life. In hindsight, it was a pivotal point in my life where I had to make a decision. I had two options, to look within or look outside of myself. I chose to look within and I immediately got on my knees and prayed. What did I fall back on? The skills I learned at Malama. I immediately got The Big Book of Alcoholics Anonymous with the basic text of Narcotics Anonymous and started doing the 12 Steps. Every support group that came into the jail I signed up for whether I wanted to or not.*

*This realization got me back on the list and into Malama on October 7, 2014. It's hard to put into words how much of a blessing it was knowing that Malama was there for me no matter what. During those 3 years where I relapsed, I missed once-in-a-lifetime events with my ohana and my nieces and nephews, which I regret the most. Because I am clean and sober now, I get to see and be 100% present for their graduations, birthday parties, May Day performances and just BE THERE for them. I want to do everything in my power to make sure my nieces and nephews never go through what I did.*

*I completed treatment in March 2015. While at Malama this time I created a vision board and one of my goals was to eventually get a job there. I knew I could give back and understand where the clients were coming from and what kind of support they needed. I'm proud to say that after more than 2 years of sustained sobriety, I started working at Malama in April 2016! I am a Program Assistant and work the overnight shift. I am there in case the women or their children need anything at night or even just someone to talk to. I get to wake up the clients and their children and welcome them to a new day of sobriety.*

*Without Malama, NONE of this would be possible. The only way I now know to live is to give back and make a difference every day of my life. Thank you for your unconditional support of women like me.*



A recent picture of Lisa and her family

*When I reflect on 2017 I think about my biggest accomplishment, and for me it's that I went back to school and got A's in all my classes. At this time next year I expect to look back and celebrate obtaining my Associates Degree in 2018. My long-term plan is to get a Bachelor's Degree in Psychology and then a Master's and a Doctorate. And I want to become a Licensed Marriage & Family Therapist and a Certified Substance Abuse Counselor, so this year will be about continuing to work towards those goals. As well as continuing to apply experiences from my past and my recovery into my work and studies.*

*A new year means being able to reflect on the past, kind of like doing a final Step 10 from AA's 12 Steps -- "We continued to take personal inventory and when we were wrong promptly admitted it." Looking at the goals I set for myself in 2017, checking my accomplishments and figuring out what I need to work on to meet those goals going forward. And then moving on to the new year -- making sure that the goals I set are reasonable and that I am not self-sabotaging myself by setting too high of a standard. This time of year is significant for me because my clean and sober date is February 12, 2014. I am looking forward to celebrating that milestone, because without that, nothing I am doing now would be possible.*



Lisa with her family

## Maui Youth & Family Services

MYFS Thrilled to be Part  
of Exciting Public-Private  
Partnership!



### Makoa Quest has officially launched!

Makoa Quests are experiential tours led by Hawaiian cultural practitioners that immerse individuals in authentic Hawaiian culture. Each Quest ignites a meaningful relationship with the wisdom within Hawaiian way of life. The experiences provide rare access to private land and the true voice of the culture by allowing individuals to walk in the footsteps of the ancestors and perpetuate Hawaiian values for the next generation.

Makoa Quest was founded by Arbonne International Executive National Vice President Autumn Shields and her business partner Meagan DeGaia last year. The idea for Makoa Quest stems from Shields' and DeGaia's work running **The Makoa Project**, a discovery program for Maui teens to learn about their authentic selves, realize their true passions and understand how to discover their own unique strong/courageous selves.



Autumn created The Makoa Project in 2014 by partnering with Maui Youth & Family Services (MYFS).

The Makoa Project works with the Haiku 'Aina Permaculture Initiative, Paeloko Learning Center and Maui kalo farmers for its after-school programs, which enable MYFS clients to

participate in Makoa Quest tours at no cost. Youth are exposed to hula, rope-making, canoe plants, kalo farming, fishing and paddling and in the process are able to engage in contemporary rites of passage. Contemporary rites of passage are adventure-based, inquiry-grounded and discussion-centered experiences that cultivate a person's relationship to self while also fostering a deeper connection with their peers. They help create a community that celebrates authenticity, emotional awareness, communication and critical thinking skills, trust and fun. Through engaging inquiry, discussion, metaphor-based experiential education and cultural storytelling, a contemporary rite of passage program sparks the answers to some of life's biggest questions, such as – 'Who am I?',

'What do I genuinely want?', 'How do I define success for myself and my life?', 'What does it mean to embody healthy adulthood?'



Makoa Quest tours allow youth to embark on a path of empowerment, one in which their personal compass will begin pointing towards healthy choices, strong relationships and awareness of their community, with the support of their new friends.

Autumn and Meagan's goal from the beginning was to create a culturally-rooted business that provides meaningful and authentic experiences and also prioritizes giving back to the community and enriching the lives of Maui's most vulnerable youth and families.



**In keeping with that goal, a portion of all proceeds are directed to MYFS to support *The Makoa Project*!**



## MAKOA QUEST

Tours offer a variety of unique experiences including *Ultimate Hawaiian Farm & Falls*, *Hawaiian Sunset Bonfire* and *Hula Dancing & Lei Making*

Visit [MAKOAQUEST.COM](http://MAKOAQUEST.COM) to book your adventure!

beyond  
sightseeing.  
beyond  
ecotourism.



For many, a new year provides an opportunity to reflect and look forward with hope. Without your support thousands of individuals and families would not have that chance.

**MAHALO for saving lives, restoring families and helping people turn their lives around!**

Tri-Agency Website: [MBHR.ORG](http://MBHR.ORG)

