



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 2018 you helped make the following possible:



Maui Youth &
Family Services

Almost **200** adolescents working through issues related to substance use disorder had access to a confidential program at school that provides students a safe haven to seek help without fear of reprisal. MYFS provided on-site assessments, referrals, treatment planning, education about addiction and coping skills as well as individual and group counseling.

MYFS provided intensive one-on-one support/diversion services to more than **50** at-risk teens. By stepping in 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.

AH provided outpatient and residential treatment services to more than **600** people struggling with substance use disorder. This 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.

AH helped more than **700** adults and children in crisis. Staff completed more than **500** crisis mobile outreach visits, where they physically went to people's homes or community location and provided assessment and recommendations for services, which could range from crisis counseling, hospitalization, residential treatment or outpatient assistance.



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Almost **100** women struggling with substance use disorder accessed a continuum of gender-specific treatment services at MFRC. 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 **40** children were able to live with their mothers while they received addiction treatment (MFRC is the **ONLY** place on the island where women do not have to give up their children to get help). **15** mothers were reunified with their children and **10** pregnant women gave birth to clean babies because of MFRC'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

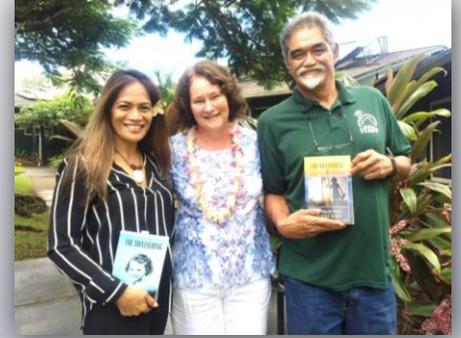
Aloha House

Inspirational Speaker Brings Hope to Aloha House Clients

Last fall, inspirational speaker, author and advocate Marsha Barth presented to and visited with clients at Aloha House's Residential Substance Abuse Treatment Program in Makawao. Novels "The Shattering: A Child's Innocence Betrayed" and "The Shattering II: Breaking the Silence" are true stories of Barth's journey of healing from childhood sexual abuse. During the visit, Barth shared experiences from her childhood and described the process she went through to heal and move forward. Clients were then able to ask questions and talk about their own struggles. "We are extremely grateful to Marsha for sharing her story of hope and recovery," said Michele Navarro Ishiki, Aloha House Residential Treatment Program Director. "Marsha's message of love, peace and forgiveness, woven so intricately into her painful memories, made a tremendous impact. A client confided in me after the presentation that they had been abused as a child. Hearing this person say, 'She shared my story and she survived it. That gives me hope that I can too' is very powerful." During Barth's time in Hawaii, she also visited Aloha House's partner agency Malama Family Recovery Center.

Marsha knows the pain that our clients feel and can connect with them on a deep level. Her words of inspiration showed them that they matter and provided tools they can use as they continue on their journey of recovery.

Learn more about Marsha at marshabarth.com.



Aloha House Residential Treatment Program Director Michele Navarro Ishiki, Author/Speaker Marsha Barth and Aloha House Support Staff Kenui Nelson at the program's upcountry campus

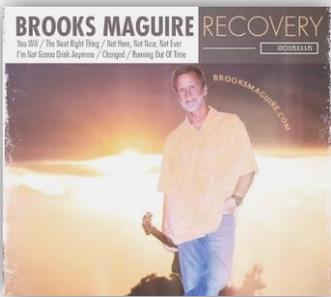
Aloha House Graduate Holds Benefit Concert

Last December, Maui based singer-songwriter/Nashville recording artist, Brooks Maguire, performed a benefit concert for Aloha House at the Maui Coffee Attic in Wailuku. The event showcased songs from Maguire's new CD entitled 'Recovery,' which was officially released at a concert at Waipuna Chapel Amphitheater in Kula in November 2018. Maguire was inspired to do a benefit concert for Aloha House because of the impact the organization's treatment programs have had on his life. "My desire to make the CD release concert/showcase of my Nashville CD, 'Recovery' a benefit for Aloha House was born out of my deepest, sincerest gratitude to give back, in some small way, the amazing gift I had been given by the incredibly dedicated Aloha House

staff for the extraordinary care and expertise in treating me and my disease as well as informing and teaching me self-care through their program and services," said Maguire. Maguire also performed songs from past albums and was joined by Jennifer Newell (vocals and ukulele), David Fraser (keyboard and vocals), Joey Reyes (bass) and Dave Walters (percussion). Funds

raised at the concert will support Aloha House as it helps individuals and families access critical services that support their health and well-being.

To learn more about Brooks and his music, visit brooksmaguire.com



Malama Family Recovery Center

High School Students Support Moms and Babies at Malama

This past December, the King Kekaulike High School Key Club donated a variety of infant-related supplies to Malama Family Recovery Center's BabySAFE (Substance Abuse Free Environment) Program. BabySAFE, which is 100% supported by donations, ensures that pregnant women can access treatment, prenatal care and case management so they can get clean and give birth to healthy babies. The project was part of Kiwanis International's Youth Opportunities Fund grant, which helps Key Clubs and Key Club members serve the world by providing grants for service opportunities and scholarships for members. "One of Key Club's major emphasis is 'Children: Their future, our focus,'" said Cindy Asato-Kochi, King Kekaulike Special Education Coordinator and Key Club Faculty Advisor. "So when we heard about the BabySAFE Program, we saw a direct alignment to what we do and wanted to support those right here

in our Maui community.”

Items donated included 660 diapers, more than 2,000 baby wipes and 15 new diaper bags containing diaper rash cream, 3 board books and a fleece blanket. Students also wrote and attached notes of encouragement to the diaper bags with messages such as “Never give up!,” “Keep up the good work,” “Children are miracles, so you’re really lucky to be here growing your own miracle! Congrats on your newborn!,” and “Happy Holidays with your newborn!”



Two of the donated diaper bags with encouraging notes attached



King Kekaulike Key Club President Kainalu Yoshida, Key Club International Maui Division Assistant Kaye Nono & Key Club Vice Presidents Kristine Nono & Amanda Heuser-Caires

“We are deeply grateful to the King Kekaulike Key Club for supporting the moms and babies at Malama,” said Dr. Lisa Ponichtera, Malama Clinical Director. “We aim to eliminate the most common barriers to treatment and long-term recovery that women face, and one of those barriers is extreme poverty. It is understandably difficult for mothers at Malama to function on a basic level and start

participating in treatment when they are worried about providing the most basic necessities for their newborns.

Because of this donation, our clients can really begin the healing process and focus on being strong parents.”



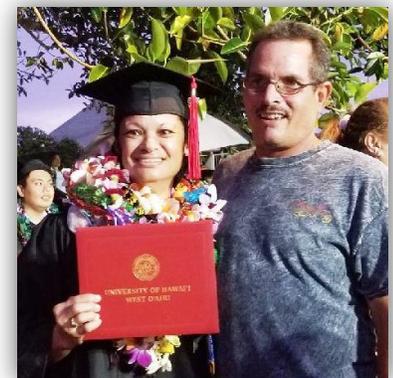
One woman’s recovery story

Dynette was born on Molokai and moved to Maui as a teenager. After struggling with addiction for close to 20 years and spending time in jail, she

sought treatment at Malama Family Recovery Center in 2008. She wanted to go to Malama to regain custody of her 1-year-old daughter. And because “I needed someone to supervise and guide me when it came to following all the necessary steps for putting my life back together. I knew what I should be doing, but I didn’t have the strength to do it on my own. I didn’t know how to live life.” Malama provided transportation to/from medical appointments, AA/NA meetings and other support groups in the community. She says that Malama “opened up doors for my daughter to visit me and showed me how to have a daily routine with my child.” Dynette regained custody of her daughter while at Malama. “Malama gave me a solid foundation. They help you with anything you need, even if it’s small. They taught me life skills and gave me confidence and self-worth.” She still attends AA meetings regularly and is in contact with women she met at Malama.

Today, Dynette splits her time between running her own cleaning business, All Around Cleaning, and working at Costco. Last May she graduated from the University of Hawaii – West Oahu with a Bachelor’s Degree in Business Administration. She has volunteered for Hale Makua, the Maui Food Bank and the Kahoolawe Island Reserve Commission. She is passionate about volunteering because she “wants to give back. When I was in my addiction, it was all take take take. Now it’s my turn to make a difference in any way I can. I want to help people who were once in my situation and give them a chance to be productive citizens. I want them to feel good about themselves and know that they can move on to better things.”

Last year she joined the Valley Isle Chapter of Business Network International (BNI) to grow her business and connect with other local entrepreneurs. “I’m excited to meet new people, get myself out into the community more and work with people who also want to make a positive impact.”



Dynette and her boyfriend at graduation



All Around specializes in residential and deep, move-out cleans. Contact Dynette at 808-634-8506 or dynette@hawaii.edu for more information

Maui Youth & Family Services

Makoa Quest adventures continue!

Thanks to private donations and support from the Arbonne Charitable Foundation, last year more than 100 MYFS youth were able to experience one-of-a-kind culturally-rooted activities and excursions with Makoa Quest! Makoa Quest is a unique tour company that provides meaningful and authentic experiences, led by Hawaiian cultural practitioners, to Maui visitors and residents. Each Quest ignites a meaningful relationship with the wisdom within Hawaiian way of life. 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 excursions were incorporated into MYFS' *Project Venture* Program, which provides free activities for adolescents who attend schools that are considered "at-risk" for drug and alcohol use. Activities promote positive youth development and empowerment through evidence-based, experiential learning. *Project Venture* 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. By focusing on individuals' positive attributes and providing young people with the tools, knowledge and positive experiences needed to make healthy choices, we can reduce the risk of drug and alcohol use (and other risky behaviors) among our youth.

During the excursions, MYFS youth learned a variety of Hawaiian chants and hulas based on phases of the moon and Ulupalakua, how to make traditional cordage out of the hau plant, how to make poi and how to harvest awapuhi and olena. They learned about permaculture and how endemic and native Hawaiian plants benefitted and sustained the early Hawaiians. They were able to eat different plants and fruits that most kids would never believe they could eat. They worked in several lo'i (taro patches) and learned how Hawaiians used fish ponds to feed entire communities. One trip included helping restore the Kō'ie'ie Fishpond in North Kihei.



MAKOA QUEST

*Tours offer a variety of unique experiences including
Outrigger Canoe Paddle,
Taro Farm & Falls, Mythology
Bonfire, Hula & Lei Making
and more*



**Visit MAKOAQUEST.COM
to book your adventure!**

One teen's recovery story

"My mom is a drug addict. My grandmother and my great grandma are all drug addicts. I come from a long line of people who are addicted to drugs from heroin to cocaine. You name the drug, most likely one of my family members have used it. I learned from being in the Ke Ala Pono Program (MYFS School-Based Substance Abuse Treatment) that I have a genetic pre-disposition to also struggle with addiction like the rest of my family. We made a geno-gram, or a family tree, and we had to list all the members of our family who have struggled with addiction. My family tree only had two members who were currently not addicted and that was me and my younger brother. I am aware that I am at a higher risk of developing a drug habit but I don't have to join the rest of my family's struggle. I am going to start my own sober family tree and I am going to change the direction of my gene pool. I am going to take back my family history and that starts with a sober me."

**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

