

AMHD news

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HAWAII STATE
DEPARTMENT
OF HEALTH

Roy Sakuma on family and mental illness



Roy Sakuma is responsible for thousands of people learning to play and enjoy the music of the 'ukulele.

Local 'ukulele legend Roy Sakuma talks about his experience with mental illness in his family

Since Roy Sakuma opened his first of four teaching studios in 1974, he has been responsible for thousands of children in Hawai'i learning to play the 'ukulele. He and his wife, Kathy, are responsible for the annual 'Ukulele Festival at Kapi'olani Park and the

Starbucks Wildest Show in Town summer concert series at the Honolulu Zoo.

Roy's rise from a high school dropout to becoming the most renowned 'ukulele instructor in Hawai'i is well known among many locals. However, not until recently has Roy shared the personal details behind his early childhood and adolescent years of skipping school and causing neighborhood mischief. According to Roy, behind his rascal behavior as a boy was

pain and loneliness because of something he had never spoken of before: mental illness in his family.

A few months ago, PBS Hawai'i president and CEO Leslie Wilcox asked Roy to sit down with her on her show "Long Story Short" to talk about the 'ukulele. To her surprise, when she asked Roy about his childhood, he opened up to reveal that his mother and brother lived with schizophrenia.

(See "Family" on page 2)

Family

(From cover)

Roy told Wilcox that during his childhood, there was no meaningful communication from his mother because of her illness. At age 11, he hardly slept because he was afraid of being stabbed in his sleep by his older brother, who had once attacked Roy with a knife. To cope with a mother and brother who would constantly talk to themselves, Roy said he escaped in his mind by going into “dreamland.” For Roy, that period of his life was extremely confusing and painful to deal with.

During the interview, Wilcox asked Roy what he would say to people dealing with mental illness. “I would say that if in your darkest moments you can see something positive ... there’s hope,” he said. “As long as you have hope, then you have the first step of helping yourself get better.”

The *AMHD News* met with Roy Sakuma at his Kane‘ohe ‘ukulele studio to glean more of his insights in dealing with loved ones with a mental illness. At the time, it had been a month since the program aired and the ‘Ukulele Festival and the summer concert series had just completed. In that time, Roy received a flood of appreciation through letters and people coming up to him after his concerts. “Some friends just called me and they had tears in their eyes and others said that it hit home because they have a family member who is mentally ill,” said Roy. “A lot of people will just come up to me and they’ll extend their hands and want to shake my

hand or they’ll want to give me a hug and just say, “Thank you for sharing.”

This feedback was a surprise for him, especially since he had not planned on talking about his family’s mental illness during the television interview. According to Roy, everything about his childhood just flowed out because he tried to “speak from the heart.” “We need to be more open to these things, to not let somebody’s illness be in the way of understanding the person,” he said. “Learn

As long as you have hope, then you have the first step of helping yourself get better.

—Roy Sakuma

more about mental illness so that you can understand your family member, and if it’s affecting you, one of the options is to seek help, seek advice for yourself.”

Throughout his adolescence, Roy constantly worried about his own mental health. In addition to Roy’s family members, his neighbor also had a mental illness, and at 18, Roy’s best friend was admitted to a hospital for treatment of a mental illness. Around the same time, Roy’s brother died by suicide. When Roy was 19, he was so worried that he too had a mental illness, he sought professional help from a psychologist. To his relief, the psychologist reassured Roy that he was, in fact, having normal thoughts and was not mentally ill. “He told me, ‘You’re about one of the sanest people who ever sat across

from me,’” Roy said. “That really made me feel good.” This helped to allow Roy to begin healing.

“When you suffer, you have two ways to go: You can either take it negatively and just suffer more — just fill yourself with more pain — or through that suffering, you can develop compassion for others,” Roy said. “I think without a doubt, that I developed a love for other people. It started with a love for helping children, but I think now that it extends to everybody.”

As an adult, Roy’s compassion for the welfare of his parents gave him the courage to admit his mother to Queen’s Medical Center. His mother, he remembers, said hurtful things to Roy as she was restrained and taken out of her home. “She told me, ‘I hate you, I disown you, and I will never talk to you again,’” Roy said during his interview with Wilcox. “And then they took her away. And I was devastated. But I knew this was something that I had to do.” Once his mother was receiving treatment, she was able to clearly understand and express love for her family for the first time. Roy was finally able to build a meaningful relationship with her, and both his sister and himself cared for their mother during the last years of her life.

Sadly, Roy could only seek resolution with his brother after he had died. The fear Roy had of his brother took a toll on Roy throughout his youth, but eventually, he was able to come to terms with him. Roy: “I went to his grave and said, ‘I forgive you, because it’s not your fault. You had a sickness that no one was able to cure at that time.’”

To family members who have loved ones with mental illness, Roy offers this advice: “Hug your brother, hug your sister, hug your family member who has a mental illness. Just say, ‘I love you.’ Do it often, because we never know if it’s reaching inside and helping them in a small way to heal. We can say that only medicine can heal, but I think that love can heal. I really believe in that.”

If you or a family member is in need of help in dealing with a mental health crisis, call the AMHD ACCESS Line 24 hours a day, 7 days a week. On O‘ahu, call (808) 832-3100. On the neighbor islands, call toll free at 1-800-753-6879.

To read the transcripts or to download an audio MP3 file of Roy’s appearance on “Long Story Short,” visit <http://www.pbshawaii.org>.

For more information about Roy Sakuma, visit his website at <http://www.roysakuma.net>. ❀

O'ahu Service Area Board: What it is and how it works

Linda Appel, O'ahu Service Area Administrator

The O'ahu Service Area Board on Mental Health and Substance Abuse (OSAB) is on the move! Now, the OSAB has seen a growth in its monthly attendance! There was a time, only a few short years ago, when quorum could not be reached for over a year and other times where the board struggled to remain informed about system changes. Through it all, the board has remained as committed as ever to making a positive impact on the delivery of mental health services in Hawai'i and to conducting meetings according to the AMHD principles of recovery with an emphasis on informed self-directed recovery.

Several attendees and former/current board members have expressed their support for participation at OSAB meetings:

- “[The OSAB is] the regularly scheduled time and place when consumers, family members, and key providers get to the heart of current, real problems.”
- “[Being on the board] gave me an opportunity to know what was happening from the inside out.”
- “I saw the effectiveness of the board go from a token group to a highly utilized forum to get to the heart of problems plaguing the system.”
- “The board identifies very realistic needs within the community and is very effective in working with AMHD in getting things solved.”

The OSAB is appointed by the governor and confirmed by the Legislature and is composed of nine diverse members with an initial term of four years. We have members representing different parts of the island including central O'ahu, metro O'ahu, and the leeward coast of O'ahu. There are currently six consumers, one provider, and one family member on the board.



O'ahu Service Area Board on Mental Health and Substance Abuse members represent many areas of O'ahu.

A primary function of the board is to serve as a communication link where consumers, residents, community leaders, organizations, and stakeholders may come to provide public comment and advise on areas for improvement (DOH AR, 11-175-08-10). Discussion about the AMHD's current service array, provider network, challenges, and education occur at each board meeting. The board also arranges for guest speakers to present on specific topics related to mental health. Topics include mental illness and substance abuse services, housing, community mental health center initiatives, and performance improvement. A representative from the board is also a member of the State Council on Mental Health.

The board is energized about its role as an advisory council and routinely provides recommendations through the O'ahu service area administration (OSAA) team on service gaps, improving the prevention and treatment of mental or emotional health issues, and for addressing the needs of consumers who live with a dual diagnosis (HRS, 334-11).

The process for becoming a board member is relatively simple although it can seem like a long wait while the application is being reviewed and processed. The board accepts applications throughout the year and encourages prospec-

tive board members to attend monthly board meetings. Upon appointment by the governor and confirmation by the senate, new board members are officially sworn in and are recognized in person by the governor and the chief justice at Washington Place. What an honor and privilege!

Each meeting is open to the public and is held every third Monday of the month from 6 p.m. to 7:30 p.m. at the Lanakila Health Center (1600 Lanakila Ave., main conference room).

“Consumers, family members, providers, and everyone should attend these meetings because it is a welcoming environment and a good place to listen and learn,” said an attendee.

We have a resource table with a variety of free information available at each meeting. Parking is free and the meeting location is close to the bus line. To obtain copies of the OSAB agenda or minutes or to request to be added to the mailing list, please attend one of the meetings or call the OSAA Team at (808) 453-6397. ♣

Friendship House celebrates 20 years of clubhouse model excellence

By Friendship House Staff Dave Jordan and Katy Vercelli

The Friendship House celebrated 20 years of clubhouse model rehabilitation this week at the Friendship House in Kapa'a. Our special guest speakers for the event included Wayne Law, CMHC systems administrator; Danny Pimental, Friendship House member; Jack Yatsko, International Center for Clubhouse Development (ICCD) associate executive director; and Katy Vercelli, Friendship House program director. The Friendship House band The Friendlies played for two hours while guests, members, and staff enjoyed delicious food and reminisced about the last 20 years of our program development.

The Friendship House program began in August 1988 in the basement of Samuel Mahelona Hospital. Iris Ijima, Verlie Aiu, Val Garcia, Margaret Hunter, and Marti Drinan were the original team hired to establish the clubhouse model for the first time in the state of Hawai'i. Nine more clubhouses throughout the state have been developed since.

Together with Wayne Law, former center manager for the Kaua'i community mental health center, they forged ahead and relocated the program to the little blue house on the beach in Kapa'a. Shortly thereafter, the dynamic duo of Dave Jordan and Jack Yatsko joined the team and Judy Fields became the program director. Jack eventually became the next program director and was instrumental in planning and developing (together with Kaua'i CMHC public health officer Sam Tumbaga and Wayne Law) a brand new facility for the program just up the road. In July 1998, we celebrated the grand opening of the new facility where we are currently located, and the program continued to grow.

The program has weathered many changes and challenges, including Hurricane Iniki in 1992. Through it all, members have worked side by side carrying on the clubhouse work. Approximately 35 percent of our active



The Friendlies entertain the crowd during the Friendship House twentieth anniversary celebration.

membership are presently employed in the community with such fine employers as Kaua'i Marriott, Kapa'a Big Save, Kaua'i Kookie Kompany, St. Michael All Angels Episcopal Church, Safeway, Hyatt Regency, Pono Cleaners, and others.

In the words of Laura Miyashiro, a long time member of Friendship House, "Being able to support and assist someone else in his or her endeavor to make a life for themselves, and helping them to achieve a feeling of actually accomplishing something worthwhile in their lives ... this is what makes us a successful clubhouse."

Danny Pimental stated in his speech, "Friendship House is a place that has helped me with my illness when I am feeling down. They are always there for me. From the beginning at the old Friendship House and to now, I continue to learn things. They have helped me gain confidence in myself and to realize that I should never give up. They are definitely my family. I am able to participate in learning new skills, goal planning, [and] social events, as well as [giving] me the opportunity to travel. I am so proud that Friendship House gives members the chance to experience how it feels to be treated like everyone else."

Iris Ijima, an honored 20-year staff member, related her experience, "When I was stuck high up in a tree during a ropes course exercise, the one thing that gave me the courage to step off the platform into thin air was Charlie Song, who was holding on to my safety line, softly saying, 'It's okay, Iris. I got you. You're safe.' It's relationships like this one between our members and staff that make Friendship House such an effective and healing place."

Kathy Lam, an inspirational member of Friendship House who has since passed away summed it up very well once when she said, "When you get the love and support and direction you need from a clubhouse like Friendship House, you can't go wrong." Well, Kathy "went right" and accomplished great and satisfying goals in her life through her partnership with Friendship House.

The twentieth anniversary celebration of Friendship House was a fun and sentimental event. It was a celebration of this beautiful idea, the clubhouse model, and how our members and staff work side by side to cope, succeed, live, and thrive in our Kaua'i community regardless of the frustrating and sometimes devastating barriers put in front of us by mental illness. ❀

The 23rd Statewide Consumer Conference



From left: United Self-Help director Bud Bowles and the treatment team from the Kalihi-Palama Community Mental Health Center (Diane Hettwer, Lisa Lawson, Candice Oshiro, Lee Ann Kobayashi, Kim Fuke, and Dr. Antonia Austria).

The 23rd Statewide Consumer Conference was held on September 5–6 in Waikīkī attracting approximately 350 consumers of mental health services to the event. According to event organizer United Self-Help, this was the largest turnout for a consumer conference in Hawai‘i so far.

The conference began with a welcome reception on September 5 at the Waikīkī Community Center then moved to the Pacific Beach Hotel on September 6 for breakout sessions, workshops, and a keynote by Rev. Sky St. John.

New to the conference was the first presentation of the Heroes in the Fight Awards in Hawai‘i. Eli Lilly collected nominations from the community for individuals and treatment teams who celebrate “dignity, courage, hope, and recovery in the ongoing treatment of persons with serious and persistent mental illness.” The following winners came out on top of over 4,000 submitted ballots:

- Individual Community Supporter—Carolina Jesus
- Individual Community Supporter—Rita Silva
- Individual Health Care Professional—David Jordan
- Individual Health Care Professional—Lorene Saldebar
- Media Professional—Leslie Wilcox
- Individual Psychiatrist—Dr. Henry Yang
- Treatment Team—Kalihi-Palama Community Mental Health Center

The conference concluded with United Self-Help’s push to develop a statewide consumer network. “We want to get all consumers from the clubhouses together, United Self-Help together, independents together,” said United Self-Help director Bud Bowles. “We just want more people in a caucus to discuss what is lacking and what they need in one voice.” 🍀

Walking the NAMIWalk



Gov. Linda Lingle (in green shirt) was one of many participants of the 2008 NAMIWalk.

Approximately 500 participants laced up their sneakers at Honolulu Hale on a sunny Saturday morning to help raise awareness about mental illness. The second annual NAMIWalk in Hawai‘i was held on August 2 as a fund-raiser for NAMI Hawai‘i, which provides education and family support groups dealing with mental illness.

Among the participants was Gov. Linda Lingle who has been a loyal supporter of mental health initiatives and services in the state. She mingled with many of the other walkers during the one-and-a-half mile walk through downtown Honolulu. Most walkers were organized into groups of clubhouse members, local mental health organizations, private providers, family members of mental health consumers, and AMHD staff. Participants were treated to music, informational booths, and awards for top fund-raisers.

New this year was an event that happened before the walk even started. Staff from Kāhi Mōhala Behavioral Health organized a “mock” walk on the grounds of their hospital for patients who could not leave the hospital to participate in the NAMIWalk. Event manager Sharon Fountain thought it was a great idea. “It was heartfelt,” she said. “The patients loved walking as the staff cheered them on. I hope that we will have lots of mock walks next year.”

The \$45,000 raised from the NAMIWalk will go toward funding NAMI support, education, research, and advocacy programs in Hawai‘i. NAMIWalks is a national event with over 70 other communities around the country participating to raise an estimated \$8 million.

A focus on strengths

Robbyn Takeuchi, Case Management Service Director



Top and bottom photos: Rick Goscha led the discussion on the Strengths Model Case Management.

The Strengths Model Case Management Training was held on August 20–21 at the University of Hawai‘i, Manoa campus. The training was provided by Rick Goscha from the University of Kansas School of Social Welfare.



There were about 50 participants, ranging from team leaders, case managers, and Hawai‘i Certified Peer Specialists in attendance from various community-based case management (CBCM) teams across the state. CBCM teams included CARE Hawai‘i, Community Empowerment Services, Helping Hands Hawai‘i, Institute for Human Services, Kaua‘i community mental health center, Kalihi Palama CMHC-Makaha Clinic, and Life Foundation.

Participants learned about the purpose of case management in the strengths model, which is to assist people to recover, reclaim, and transform their lives by identifying and sustaining the range of resources both internal and external to live and thrive in the community. This model of care further results in case management services, which are individually tailored to the unique needs of each consumer. The strengths model represents more than just a set of skills or approaches. Rather, it is a paradigm shift in mental health services, involving a recovery oriented framework with specific techniques and evidence based guidelines of practice. ❀

The principles and tools of the Strengths Model

The Strengths Model Case Management is both a philosophy of practice and a set of tools designed to enhance recovery. Six core principles serve as the foundation for strengths-based practice:

1. People have the capacity to recover, reclaim, and transform their lives. The case manager holds a long-term view of what people can attain and does not lose sight of this potential in the midst of short-term crises, challenges, and barriers to growth.
2. Focus on strengths rather than deficits. The strengths model does not ignore the problems, but instead of being the star performer in a play, they become minor characters with small roles.
3. The consumer is the director of the helping relationship. The practitioner strives to understand what people are most passionate about and what brings value or meaning to their life. Goals for the helping relationship are based on what the person finds important, not what the practitioner views as most important.
4. The relationship is primary and essential.
5. The preferred setting for our work is in the community.
6. The community is an oasis of resources. The person’s surrounding environment is filled with strengths. The Strengths Model practitioner takes the time to help people find niches in their community where they can flourish.

There are three primary tools that are used in Strengths Model practice:

1. **Strengths Assessment** is started during the engagement phase of the helping relationship and is used over time to help the person develop strategies toward goal achievement and to help them find niches where they can demonstrate competence and confidence.
2. **Recovery Goal Worksheet** is the place where the person’s “passionate statement” is captured, it reflects something that holds a high degree of meaning or value to the person. It also helps to ensure that the primary goal is always given attention and never lost even in the presence of an occasional crisis or short-term concern.
3. **Group Supervision** is the fuel that energizes the strengths process on a team level. The supervision is structured and designed to keep the team focused on generating a list of creative strategies, rather than digressing into venting or rehashing of problems.

By supporting and enhancing the inherent strengths and skills that each individual person possesses, including their connections to the community at large, the case manager supports and enhances a path to functionality and interdependence within that community.

In Brief

Sound bite

“We’re so excited to take this project on, as it will truly be an ‘extreme makeover’ that will benefit so many people in an underserved area.”

Kathleen Rhoads Merriam, statewide clubhouse coordinator, on the extensive improvements to the Moloka'i health center done on October 3–5. See the next issue of the *AMHD News* for more coverage.

Request for Proposals/ Information

The AMHD plans to release the following Request for Proposals (RFP):

- RFP for Supported Housing Program — Statewide
- RFP for Homeless Outreach & Interim Case Management — Statewide
- RFP for Semi-Independent Living Services — Statewide
- RFP for 24-Hour and 8-16 Hour Group Home Services — Statewide

If you have any questions regarding RFI's, RFP's, contracts or modifications, please contact the contracts unit at (808) 586-4689.

AMHD Diversity

One of eight AMHD Core Values

We celebrate diversity and treat all people with fairness, respect, and compassion.

Mission:

We provide a comprehensive, integrated mental health system supporting the recovery of adults with severe mental illness.

Vision:

Everyone has access to effective treatment and supports essential for living, working, learning and participating fully in the community.

Come Together

Clubhouse conference

The 10th Western USA and Pacific Rim Regional Clubhouse Conference will be held at the Pacific Beach Hotel on October 23–26, 2008. The conference will include five plenary sessions addressing today's pressing issues in clubhouses. Topics include health and wellness initiatives, Pacific Rim clubhouse development, employment opportunities for members, and surviving crises. For more information, contact the Waipahu Aloha Clubhouse at (808) 675-0093 or (808) 554-5523.

Art show call for artists

During the month of January 2009, the AMHD will sponsor a juried exhibit for artists willing to use their art to combat discrimination against people with mental illness. Visit www.mhsret.org to download the application form. Application forms must be submitted by November 22, 2008.

For more information, please contact Jennifer Miyasaki (events@mhsret.org), Dr. Philippe Gross (grossphi@hawaii.edu), or call (808) 735-3435.

USPRA-Hawai'i

Join USPRA-Hawai'i for their quarterly meeting on October 22, 2008 from 3 to 4 p.m. There will be a presentation by Malia Espinda on mental health legislation from the 2008 session and tips on being an effective and informed advocate at the Legislature. One continuing education credit will be given for attending the presentation (3:30–4:30 p.m.). Light refreshments will be offered. For more information, email sinceresarah@hawaii.rr.com.

Suicide prevention conference

The “Tools for Suicide Prevention & Intervention” conference will be held on November 21, 2008 at the Pacific Beach Hotel in Honolulu. This one-day conference aims to bring together statewide agencies, organizations, communities, and individuals to increase their knowledge of suicide prevention best practices and interventions. The registration deadline is October 31, 2008. For conference information, please call (808) 733-9238.

Service area meetings

Consumers, providers, and stakeholders are invited to attend AMHD service area board meetings to discuss the AMHD system of care in their area:

- * Hawai'i meets on the first Monday of the month from 1:30 to 3 p.m. at the Waimea Civic Center (67-5789 Kamamalu Street) or Tutu's House (64-1032 Mamalahoa Hwy. Room 304).
- * Kaua'i meets on the last Friday of the month (except August and November 2007) from 1 to 3 p.m. Locations vary. Contact Jolly Iwata at (808) 274-3190 for the next meeting location.
- * Maui meets on the first Monday of every month from 2 to 3:30 p.m. at the J. Walter Cameron Center (95 Mahalani St., Rm. 1).
- * O'ahu meets on the third Monday of every month from 6 to 7:30 p.m. in the Lanakila Health Center (1700 Lanakila Avenue). Call (808) 453-6396 or (808) 453-6397 for more information.

State Council on Mental Health

The State Council on Mental Health is responsible for reviewing and commenting on the state plan for mental health services and includes monthly reports by the AMHD and CAMHD. It meets in the mornings of the second Tuesday of every month. Call Judy Crockett at (808) 453-6945 for more information.



ACCESS: Suicide and Crisis Line

If you or a family member are experiencing a mental health crisis or if you need information about accessing mental health services, we are available 24 hours a day, 7 days a week.

Call (808) 832-3100 or toll-free at 1-800-753-6879.

The Hawai'i State Department of Health, Adult Mental Health Division's ACCESS Line provides a team of trained and experienced professionals to provide help to you or a family member in times of mental health crisis.

An accessible digital and a large print version of the newsletter may be obtained by calling (808) 735-1842.

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