



# Samaritan Counseling Center Hawaii

Accredited by the Solihnten Institute • Serving Hawai'i's Diverse Communities Since 1989

December 2019

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Kapono Faitau

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Gary Augustin, PhD, LMFT  
*Clinical Director*

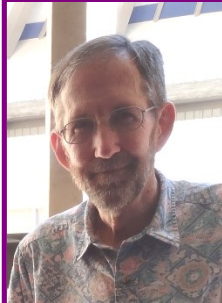
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Diana Honeker, LMFT  
Darcy Ing, PsyD  
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## President's Message George Clifford, President



Samaritan Counseling Center Hawai'i Board meetings begin with a brief meditation led by a Board member. At our October Board meeting, the Rev. Dr. Robert Steele led the meditation, focusing on pearls, the jewel associated with thirtieth anniversaries. Not coincidentally, Bob has been chairing the Center's \$30,000 for Thirty Years Campaign that is the centerpiece of our thirtieth anniversary celebration.

Pearls are a great metaphor for Samaritan Counseling Center Hawai'i (SCCH). Both cultured and natural pearls consist of strata, suggestive of the layers of love and caring that have enveloped SCCH during each of its thirty years. Each layer of a pearl consists of nacre, the source of a pearl's reflective luminescence. SCCH reflects spiritual light through the work of our therapists who turn to the client's spirituality as a source of hope and healing. Board members and other supporters who publicize and financially support SCCH also reflect the same light.

Pearls come in many different colors. SCCH has united individuals and congregations from many different faith traditions in its work. Intriguingly, pearls are important symbols in several of those faith traditions.

The hope and healing that SCCH symbolizes and offers to people is precious and beautiful, like a pearl. On behalf of the over 8,200 clients we have served during these thirty years, mahalo nui loa to all who have helped SCCH become this precious and beautiful pearl.

However, no metaphor is perfect. Unlike natural pearls, the work of Samaritan Counseling Center Hawai'i need not be a rare gift. Generous support over the last thirty years has enabled SCCH to accept all clients, regardless of ability to pay. Even though we are now on a firm financial footing, unmet need for mental health services and counseling exceeds our capacity. Your contribution to SCCH's \$30k for 30 Campaign or to our annual campaign will help the Center to expand its reach while continuing to honor its commitment to never turn anyone away based upon their ability to pay.

The sixtieth anniversary gemstone is a diamond. With your support, SCCH will in time become a diamond, the crown jewel of Hawaiian non-profits serving mental health and counseling needs.

Best wishes for 2020.

## Celebrating 30 Years of Service

1020 South Beretania Street, Honolulu, HI 96814

Phone: (808) 545-2740 • Fax: (808) 545-2852 • Email: [info@samaritanhawaii.org](mailto:info@samaritanhawaii.org)

Website: [www.samaritancounselingcenterhawaii.org](http://www.samaritancounselingcenterhawaii.org)

Facebook: [www.facebook.com/samaritancounselingcenterhawaii](http://www.facebook.com/samaritancounselingcenterhawaii) • YouTube: [tinyurl.com/scchyt](http://tinyurl.com/scchyt)



## The Strength of Our Supporters Rachelle Chang, Executive Director

New staff, board members, and volunteers have infused the Center with their strength and energy.

Licensed mental health counselor **Christine Bush** joined our staff to serve the Ewa community. She is experienced in bereavement, grief, PTSD, and play therapy; and has a passion for helping military families and veterans.

Five members joined our board of directors. **Linda Rose Herman** is a pre-planning advisor with a passion to assist families who face challenging decisions. **David "Kawika" Rich** is the founder and CEO of a motivational speaking and leadership training company. **Linda Rich** is the chair of the Institute for Healing of Memories and a social worker and substance abuse counselor. **Veronica Rich** has a background in corporate sales, retail, and field marketing. **Rev. Dr. Bert Sumikawa** is the minister at Windward Buddhist Temple and a retired pediatric dentist.

Volunteer **Rose Chang** helps us with filing and newsletter mailing.

Thank you, all of you, who make us stronger and help us thrive!

Nationally accredited by



## Solihnten Institute Accreditation

We are proud to announce that Samaritan Counseling Center Hawai'i was awarded Full Accreditation for 2019-2023 by the Solihnten Institute, an interfaith counseling network of 45 Solihnten Centers. The Accreditation Committee commended our hard work and the way in which we utilized our site visit with Dr. Doug Stephens.

"Accreditation is a major accomplishment and demonstrates a Center's commitment to excellence," said Robert Johnson, President/CEO of the Solihnten Institute.

We sincerely thank Doug for his guidance, advice, and insightful review of our services, operations, and management.

## Subscribe to Our e-Newsletter:

Be one of the first to learn about news and updates by email (and help us save printing and postage costs).

[samaritancounselingcenterhawaii.org/subscribe](http://samaritancounselingcenterhawaii.org/subscribe)



## Limits Gary Augustin, Clinical Director

It is the holiday season again. Setting limits during this time is important because there are so many activities we would like to do and so many people we would like to please.

The Center also has the task of making difficult choices. Should we remain a small organization or do we reach further out into our community? WH Auden, who wrote from a Christian perspective, frames it as a reflection of the Thanksgiving and Christmas feasts:

There are enough  
Left-overs to do, warmed-up, for the rest of the week --  
Not that we have much appetite, having drunk such a lot,  
Stayed up so late, attempted -- quite unsuccessfully --  
To love all of our relatives, and in general  
Grossly overestimated our powers. Once again  
As in previous years we have seen the actual Vision and failed  
To do more than entertain it as an agreeable  
Possibility, once again we have sent Him away,  
Begging though to remain His disobedient servant,  
The promising child who cannot keep His word for long.

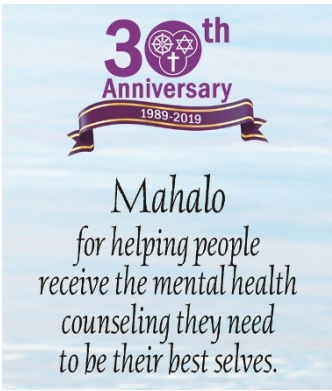
As we celebrate this holiday season, I hope we can live within our limits and keep a vision to expand on them.

## Mahalo to Our Supporters June 1, 2019 to December 5, 2019

Dorothy Bloom  
Rose Chang  
George and Susan Clifford  
Barbara Fischlowitz-Leong  
Foodland Give Aloha  
Alan and Chizue Goto  
Peter Hanashiro  
Tracey and Daryl Harger  
Maxine and Jeffrey Haun  
Hawai'i Community Foundation  
Hawai'i Hotel Industry Foundation  
Judy Hormell  
Judith R. Hughes  
Interfaith Alliance Hawaii  
Donald and Jacqueline Jones  
John Kampfner  
Deborah Candace Love  
Pacific Health Ministry  
Pat Miller  
Nu'uaniu Congregational Church  
Ethel Aiko Oda  
Stephen Okumura  
Marilyn Stassen-McLaughlin  
Anita Sasaki  
John Stepulis  
Bert Sumikawa  
Woman's Board of Missions for the Pacific Islands  
Nathan Wong  
Beverly and Harold Zane

## For more ways to give:

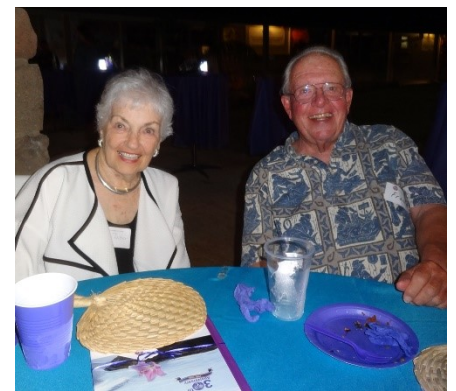
[samaritancounselingcenterhawaii.org/giving](http://samaritancounselingcenterhawaii.org/giving)



Since 1989, Samaritan Counseling Center Hawai'i has provided professional and accessible mental health counseling sensitive to the spiritual traditions of individuals, families, and communities in Hawai'i, regardless of their ability to pay. With your generosity and support, over 8,202 individuals and families have received services through 73,844 counseling sessions between 1989 and 2018.

To celebrate our 30th Anniversary, we welcomed donors, partners, and supporters to a Mahalo Reception at Church of the Holy Nativity. It was a delightful evening of renewed friendships and good conversations.

Mahalo for helping us thrive for 30 years. We look forward to continuing our mission over the next 30 years!



Oct. 18, 2019 (Fri)  
Youth Leaders  
6 pm to 9 pm

Oct. 19, 2019 (Sat)  
Community Leaders  
9 am to 4 pm

# SOUL SHOP

Ministering to Suicidal Desperation

Life-Saving Culture. Life-Saving Conversations.

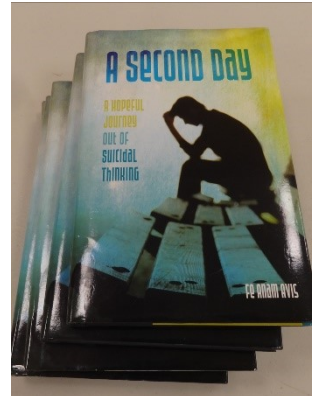
FOR COMMUNITY & YOUTH LEADERS



**Michelle Snyder**  
Soul Shop Director  
LCSW, M.Div

In October 2019, Samaritan Counseling Center Hawai'i co-presented Soul Shop: Ministering to Suicidal Desperation, a one-and-a-half day suicide prevention training. The workshops focused on techniques for recognizing people who are hurting and helping them to be heard through life-saving conversations; and were broadcast live to five satellite sites across Hawai'i -- Hanapepe, Kahului, Kamuela, Puna, and Mililani.

Overall, 160 youth and adults received suicide prevention training. There were 114 participants in the Youth Leaders workshop and 46 participants in the Community Leaders workshop. After the workshops, **81%** of attendees **felt more comfortable** talking about suicide.



# Mind • Body • Spirit • Community

## Yoga Mat Circa 1971

Chaz Hill

A yoga mat rolled up;  
to its side a flower waiting to unfold  
gentle petals; alone yet not alone



on  
the  
day  
my  
father  
died.

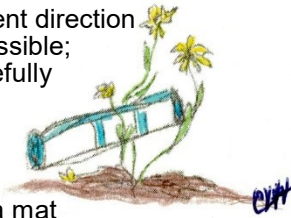
I remember in high school wrestling flowers  
and their healing powers  
in the lotus position  
for a long time

tears falling in a different direction  
than we think possible;  
they were gratefully

the  
impossible  
made  
real;

touching a yoga mat  
and the breaking smile that follows

·umop  
episdn



## Listening Joyce Metzger



## Counseling in Times of Turmoil

Mary Simpson\*

Counseling is something I have taken  
advantage of most of my life.

My beginnings were with a mother who was paranoid schizophrenic, thought of by some of my family as demonized. It took years of counseling to convince me that she had a mental illness and that I did not have the same illness. However, I did have a depressive nature and many insecurities, as you might guess.

Later, counseling helped me separate from a mentally abusive father. The phrase "enlightened self-interest" comes to mind.

As time progressed, I married and had two children. Alcohol became my escape. However, my difficulties never hindered me from getting help from counseling during much turmoil, including suicidal tendencies.

Through the on-going help of Alcoholics Anonymous and with a growing faith in God and much counseling, I have a good life today! I know a peace with my God, and am better able to enjoy people and pursuits, especially writing and helping others.

Today I am 34 years sober and 87 years young.

Mary Simpson (pseudonym) has been diagnosed with cancer and is facing it bravely with treatment. Counseling helps her keep a good attitude and helps with her additional writing projects.

## A Compassionate Ministry

Clara D. Priester,  
Executive Director



Organized in 1871, the Woman's Board of Missions for the Pacific Islands is a compassionate ministry that reaches out in practical ways to women and children in crisis throughout Hawai'i and the greater Pacific Rim. We are governed by uncompromising faith and core values of commitment, competence, compassion, character, and community.

Our purpose is to inspire and empower women to become active Christians nurturing the Spirit in their individual lives, homes, community and the entire world; to educate and encourage children in their highest potential; and to be in partnership with sister organizations sharing similar values, including Family Promise Hawaii, the UCCP Pasuquin Learning Center, the Waikiki Youth Outreach Center, the Women's Community Correctional Center (WCCC), Young Life Oahu, and Samaritan Counseling Center Hawai'i.

The services these organizations provide is life-saving. We honor their vital work immensely. As the needs of our communities and world continue to increase exponentially, more resources and willing servants are required. Together, we can further expand our reach in helping those who require it most.



To learn more about the work of the Woman's Board of Missions for the Pacific Islands, call (808) 791-5647 or e-mail [wbmhawaii@gmail.com](mailto:wbmhawaii@gmail.com).



Samaritan  
Counseling Center  
Hawaii

1020 S. Beretania St., Honolulu, HI 96814  
www.samaritancounselingcenterhawaii.org



**Aloha**  
for Hawaii Charities

Make a donation to our charity at [www.friendsofhawaii.org](http://www.friendsofhawaii.org) and  
**TRIGGER A BONUS BOOST FOR OUR CHARITY**  
From Funds Raised at the Sony Open by Friends of Hawaii Charities!

**CHARITIES WITH \$1,000 OR MORE IN DONATIONS QUALIFY FOR THE BOOST.**

- Visit [friendsofhawaii.org](http://friendsofhawaii.org)
- Click on the Aloha for Hawaii Charities icon
- Select our charity
- Make your tax-deductible contribution
- We will receive 100% of your donation plus a bonus boost from Friends of Hawaii Charities!

Friends of Hawaii Charities will provide a one-time gift of up to \$100,000 that will be shared by all Aloha for Hawaii Charities participating charities.

## Tee up for mental health

You can help people make positive changes in their lives through Aloha for Hawaii Charities. There are two ways to give:

1. **Mail a check** to Friends of Hawaii Charities, 735 Bishop Street, Suite 330, Honolulu, HI 96813, and designate your gift for *Samaritan Counseling Center Hawai'i*.
2. **Online by credit card** at [friendsofhawaii.org](http://friendsofhawaii.org). Click on "See Participating Charities" and "Donate Now." Then enter your information and select *Samaritan Counseling Center Hawai'i*.

100% of your tax-deductible donation, plus a bonus boost from Friends of Hawaii Charities and the Sony Open in Hawai'i, will subsidize mental health counseling for those who need a hand!

**Nov. 15, 2019 - Jan. 15, 2020 (4 PM HST)**

### Samaritan Counseling Center Hawai'i Locations:

**Main Office:**

First United Methodist Church  
1020 S. Beretania St., Honolulu

Our Lady of Sorrows Catholic Church  
1403 California Ave., Wahiawa

Waikeola Congregational Church  
4705 Kilauea Ave., Honolulu

Honpa Hongwanji Hawaii Betsuin  
1727 Pali Hwy, Honolulu

Pearl City Community Church  
933 Lehua Ave., Pearl City

Windward United Church of Christ  
38 Kaneohe Bay Dr., Kailua