



# Samaritan Counseling Center Hawaii

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

June 2019

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## President's Message

George Clifford, President



Over thirty years ago, two University of Hawai'i social work students, Terry Fisher and Judy Hormell, had a dream. They envisioned an interfaith, non-profit agency that offered mental health therapy that integrates the client's spirituality into the healing process, while accepting all clients regardless of their ability to pay for therapy. Their dream

became Samaritan Counseling Center Hawai'i (SCCH).

In its thirty-year history, SCCH has brought healing, hope, and harmony to more than 8,300 clients. The Center clearly fulfills its mission of providing affordable, professional mental health counseling sensitive to the spiritual traditions of individuals, families, and communities in Hawai'i. Consequently, SCCH enjoys broad interfaith support from Buddhists, Christians, Jews, and others. Generous donors have helped SCCH become financially stable while serving clients in need.

Our excellent Executive Director, Rachelle Chang; superb Clinical Director, Dr. Gary Augustin; expanding staff of gifted, credentialed therapists; and engaged Board of Directors promise that the Center's future will be even brighter than its past. SCCH is expanding its social media presence, actively revitalizing its ties with Hawai'i's organized faith communities, and enlarging its donor base. The Center hopes soon to open a seventh office in an underserved area such as West O'ahu.

Meanwhile, SCCH is busily preparing for reaccreditation through the Solihten Institute, formerly known as the Samaritan Institute, the national organization with which we are affiliated. Reaccreditation is required every four years to certify that the Center's management, programs and clinical services meet demanding national standards, comply with healthcare laws, and adhere to high financial and ethical norms.

The 30<sup>th</sup> Anniversary Campaign, "\$30K for 30 Years," affords us the opportunity to strengthen SCCH as it enters its fourth decade. Our goal is to increase SCCH's **Endowment**, ensuring we can serve future beneficiaries, and **Client Assistance Fund**, which pays for therapy when the client can't.

I encourage you to join me in being a good Samaritan. Give generously to SCCH's 30th Anniversary Campaign. Together, we can exceed the \$30,000 goal. Together, we can sustain SCCH in its mission of providing high quality, spiritually sensitive, affordable counseling and therapy to Hawai'i's people.

## Celebrating 30 Years of Service

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



## Generosity

### Gary Augustin, Clinical Director

I have been with Samaritan Counseling Center Hawai'i for the better part of 22 of the 30 years and I have always been amazed by the generosity of the many individuals who have supported the Center.

I had the privilege to work with Phyllis Roe. Phyllis gave tirelessly to the Center. After her husband, Michael Anderson, died, she took over all of the responsibilities of the Center. To save money she even did payroll while managing a full case load and being involved with many individuals and churches. The American Association of Pastoral Counselors (AAPC) posthumously honored Phyllis by recognizing our Center as the outstanding Center of the Year.

The other key person who helped to recruit our family to move to Hawai'i was Jolene Gerell. She worked with Ted Robinson through Central Union Church to provide half of my salary for the first six months that I worked for the Center. She worked with Phyllis to make sure that the Center would become a reality. She believed that clergy also need to be cared for spiritually in order to be strong for their congregations.

There have been many who have contributed, and I believe that this has created a spirit of generosity and giving that continues to be experienced today with both Staff and Board.



*A donation presented to the Center: Dean Sakamoto, Honpa Hongwanji Mission of Hawai'i; George Clifford, Board President; Rachele Chang, Executive Director; and Alan Goto, Honpa Hongwanji Hawai'i Betsuin*

## Mahalo to Our Supporters

### December 2018 to June 2019

- Aloha United Way—Donor Choice
- Barbara and Barry Brennan
- Ronald Cambra
- Maria Carnevale
- Marion Carpenter Trust
- Walton Carpenter Trust
- Rachele Chang
- Rose Chang
- Central Pacific Bank
- Church of the Crossroads
- Friends of Hawai'i Charities
- George and Susan Clifford
- Hitomi Demura-Devore
- Episcopal Church in Hawai'i
- First United Methodist Church
- Clarence "Larry" Fisher
- German Benevolent Society of Honolulu
- Ellen and Robert Godbey Carson
- Jan Hanashiro
- Paul Harding
- Harris United Methodist Church
- Jeff and Maxine Haun
- Hawai'i Community Foundation
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- Ethel Aiko Oda
- Pacific Health Ministry
- Benjamin and Margaret Roe
- Sutter Health Kahi Mohala
- Tamiko and Arthur Spencer
- Robert and Jean Steele
- Danny and Susan Tengan
- Waikeola Congregational Church
- Henry Zerbe

## 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)

## Welcome New Board and Staff Members:



### **Kapono Faitau, Board Member**

Kapono is a financial advisor at Morgan Stanley whose business philosophy is summarized in one word: Mālama (caring). He previously worked in the hospitality industry, where he learned the value of building authentic relationships. He graduated from Brigham Young University-Hawai'i and is an active member of the Native Hawaiian Chamber of Commerce and Hawai'i Chamber of Commerce.



### **Lunden Head, Administrative Assistant**

Originally from Maryland, Lunden is a student in the Clinical Psychology Doctoral Program (PsyD) at Chaminade University in Honolulu. She earned a Master of Arts in Clinical Psychology, where she completed her thesis on perceived discrimination and race-related trauma. She has a background in family systems, trauma-informed care, psychological assessments, and non-profit work.

## For more ways to give:

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



# Samaritan Counseling Center Hawaii

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## Community Impact Report 2018

Your support for mental health helps people turn their lives around. Together, we served **443 clients** (a 67% increase over 2017) through **2,727 counseling sessions** (a 38% increase over 2017). We also supported interfaith clergy and congregations, performing five clergy assessments and two top-up interviews.

In 2018, to meet the growing needs of our clients, we hired three new counselors, offering clients a choice of nine professional counselors; and were ably assisted by two interns from Hawaii Medical College. To better serve Central Oahu residents, we opened a new counseling office at Pearl City Community Church. And to ensure that we serve the community responsively, we welcomed four new board members: Maria Carnevale, Martine Leclerc, Rev. Dr. Robert Steele, and Rev. Ajith Kumar Antony Dass.

### How You Made a Difference:

# 148

**CAF Clients**  
(33% of all clients seen in 2018)



# 977

**CAF mental health sessions**  
(36% of all sessions)



# \$36,245

**CAF Subsidies**  
(19.6% of clients were uninsured)



### Client Assistance Fund (CAF)

With your support, we served 148 clients (33% of all clients) who were uninsured, under-insured, elderly, or low-income, through 977 counseling sessions (36% of all sessions and a 12.5% increase over 2017).

In 2018, 19.6% of our clients were uninsured. We also noticed an alarming trend of higher annual health insurance deductibles and higher co-pays (\$30, \$40, and even \$45 per visit).

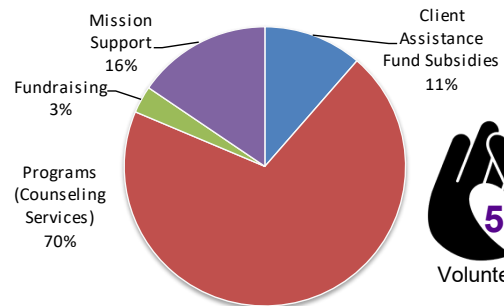
### Community Outreach

We helped to raise awareness of mental health issues among Hawaii legislators at Mental Health Awareness Day at the State Capitol. We reached out to seniors and caregivers at the Hawaii Seniors' Fair -The Good Life Expo, through the generosity of Production Hawaii. We led two free community workshops in Pearl City. And we began providing counseling services to domestic violence survivors, in partnership with UCC Transition House and a Stern Memorial Trust grant.

### Fundraising and Grants

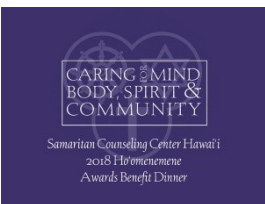
Your generosity helped us raise \$252,319! We were honored with gifts from Aloha United Way, Boller-Thomas Foundation, Episcopal Church in Hawai'i, Friends of Hawai'i Charities, Foodland, German Benevolent Society, Harris United Methodist Church, Hawai'i Hotel and Lodging Association, Lloyd Moore Foundation, Marion and Walton Carpenter Trusts, Waikeola Congregational Church, Woman's Board of Missions, and many others. Your gifts enable people to get the help they need.

### Your Gifts at Work in 2018



### Ho'omenemene Dinner

On April 29, we were delighted to see familiar faces and meet new friends at our 4th biennial Ho'omenemene Awards Benefit Dinner. You helped us raise \$18,565 for the Client Assistance Fund and \$1,999 for our Endowment Fund.



### Stories of Healing

☞ Lani\* was in a bad living situation and didn't have health insurance. With your help, she learned to cope with panic attacks and regain a sense of control in her life.

☞ Koa\* was struggling with anxiety and depression after losing his job. With your help, he received the counseling he needed until he found a new job and more stability.

☞ Faith\* was worried about her daughter, unemployed, and without health insurance. With your help, she was able to help her daughter seek treatment.

\* Names changed



# Celebrating 30 Years of Service

Samaritan Counseling Center of Hawaii (SCCH) is the culmination of a dream shared by two social work students at the University of Hawai'i in Spring 1984. Terry Fisher and Judy Hormell were those students who found in their studies that too often a person's faith is not taken seriously and sometimes is even seen as an impediment to counseling.

Having a strong faith background themselves, they wanted to establish a counseling center where a person's faith could be a source of strength to one's counseling experience and would be taken seriously by the therapist. Living in the multi-faith community that is Hawai'i, it was also important to these two students that a person of any faith heritage could feel comfortable in the counseling setting while at the same time, receiving therapy at an affordable cost.

A mutual friend, Marita Nelson, introduced them to her brother Rev. Robert Nelson, who was associated with a Samaritan Counseling Center in Anchorage, Alaska. He encouraged Terry and Judy to contact the Rev. R.J. Ross, Executive Director at the Samaritan Institute (now the Solihnten Institute) in Denver, Colorado. The seed was planted to open the first Samaritan Counseling Center in Hawai'i.

In 2019, SCCH is celebrating 30 years of service. Over 8,202 individuals and families have received services through 73,844 counseling sessions, and the Center has grown from one counseling office in Honolulu to six counseling offices across O'ahu.

In recognition of our service, Honolulu Mayor Kirk Caldwell proclaimed April 10, 2019 as "Samaritan Counseling Center Hawai'i Day." On May 31, 2019 Hawai'i Governor David Ige presented SCCH with a congratulatory message at the State Capitol.



**1984**

UH Manoa social work students Terry Fisher and Judy Hormell dreamed of a counseling center

**1992**

Opened counseling office at Our Lady of Sorrows Church in Wahiawa

**1997**

Opened counseling office at Central Union Church in Honolulu (closed 2010)

**2000**

Opened counseling room at Honpa Hongwanji Betsuin Hawai'i in Honolulu



**1990**

Opened counseling office at Windward Church

**1989**

Samaritan Counseling Center Hawai'i opened its doors at First United Methodist Church in Honolulu



**1999**

Honolulu Mayor Jeremy Harris proclaimed April 18, 1999 as "Samaritan Counseling Center of Hawai'i Day"



# Building the Next 30 Years



## A CELEBRATION MESSAGE FROM THE SOLIHNTEN INSTITUTE

*... All Life seeks light. Light is central to all beliefs and cultures. It is the rich goodness that fills people with purpose. It is where healing, happiness and lasting joy are found. AND it is our motivation to serve.*  
 SOLIHNTEN INSTITUTE Brand Book, March 2019

Faith-filled... Open-Minded... Innovative... Competent... and Compassionate... What visionary and inspiring leaders your founders Terry and Judy were in 1984 when they pursued their dream of a counseling center which integrated mind, body, and spirit.

Over the course of your thirty years, Samaritan Counseling Center Hawai'i has had its fair share of challenges, loss, and disappointment. But through it all, generations of board and staff, with grit and grace have kept the light and wisdom of Terry and Judy's dream alive.

Today the efforts and renewed spirit of board, staff and donors, with the leadership of board chairs Andy Bates and George Clifford, staff leaders Rachelle Chang and Gary Augustin, and generous donors and partners, the light of that dream is once again shining bright.

We are so very proud and appreciative to have you as valued Solihnten colleagues. We will dedicate ourselves to work, pray, and play with you to support your continued success.

In gratitude and celebration,  
**Bob Johnson**  
 President, Solihnten Institute  
 May 29, 2019



### 2020 & Beyond

- Rebuilding relationships
- Strengthening our Board
- Expanding to West O'ahu



**2006**  
Samaritan Counseling Center of Hawai'i became the Counseling and Spiritual Care Center of Hawai'i

**2007**  
Hawai'i Governor Linda Lingle proclaimed February 1, 2007 as "Counseling and Spiritual Care Center of Hawai'i Day"

**2011**  
Opened counseling office at Waikeola Congregational Church in Kahala

**2012**  
Samaritan Counseling Center Hawaii hosted the First Biennial Ho'omenemene Awards Benefit Dinner

**2014**  
The Counseling and Spiritual Care Center of Hawai'i became Samaritan Counseling Center Hawai'i

**2017**  
Hosted "AN concert for peace" at the Cathedral of St. Andrew in Honolulu

**2018**  
Opened counseling office at Pearl City Community Church in Pearl City

**2019**  
Honolulu Mayor Kirk Caldwell proclaimed April 10, 2019 as "Samaritan Counseling Center Hawai'i Day"





## It's Strong to Seek Help Rachelle Chang, Executive Director

Everyone needs help sometimes. It takes strength to admit that things aren't going well and ask for help.

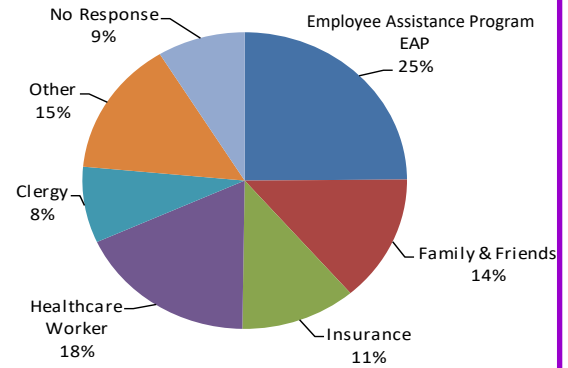
Last year, over 339 people reached out to the Center for counseling. Two-thirds became our clients, trusting us to walk alongside them.

Some people found us through family and friends (14%) or a healthcare worker (18%), but the largest number of people came from an Employee Assistance Program (25%). More employers are realizing the value of mental health services and offering support.

If you are struggling with difficult times, you're not alone. If you feel that someone you know is struggling, tell them they're not alone.

You are strong to seek help — and offer help when it is needed.

## 2018 New Client Referrals



## Mahalo for Your Aloha at the 2019 Sony Open in Hawai'i

Thank you for supporting us during the Aloha for Hawai'i Charities campaign! With your help, **Friends of Hawai'i Charities** and **Sony Open in Hawai'i** entrusted us with a grant to the **Client Assistance Fund**, which subsidizes counseling for uninsured, underinsured, low-income, and elderly clients. Learn how you can help at [www.friendsofhawaii.org/contribute](http://www.friendsofhawaii.org/contribute).

## In the Community



### Mental Health Awareness Day

On February 14, we participated in Mental Health Awareness Day at the Hawai'i State Capitol, sponsored by Mental Health America of Hawai'i. This event was an opportunity to meet with state legislators and other mental health service providers to discuss how we can promote mental health in Hawai'i.

### Prevent Suicide Hawai'i Statewide Conference

On April 11-12, we had a resource table at the Prevent Suicide Hawai'i Statewide Conference, attended by over 300 health advocates, educators, service providers, military representatives, and youth.



## SCCH is on YouTube:

[www.tinyurl.com/scchyt](http://www.tinyurl.com/scchyt)

### Changing Lives

*"Just wanted to say 'thank you' for all your help. I am in a MUCH better place mentally. You really made a difference in my life!" — Ashley*

*"I love SCCH—am so grateful for the support and continued presence of my counselor in my life." — Joyce*

*"I feel at home when speaking with [my counselor]. She provides a different outlook with my issues." — Travis*



### Free community workshops

In February and April, community members learned about The Five Love Languages and Managing Stress at two free workshops presented by our counselor Diana Honker at First United Methodist Church. An attendee enthused, "Discussion was very helpful."

### Oahu Charity Walk

Thank you for cheering us on at the **Visitor Industry Charity Walk on Saturday, May 18** to support mental health and wellness in our community. Over 7,000 walkers supported Hawai'i nonprofits. We hope you'll walk with us next year!



## For more information:

Call **808-545-2740**  
Email [info@samaritanhawaii.org](mailto:info@samaritanhawaii.org)

# Mind • Body • Spirit • Community

## To Angels with Gratitude Rüdiger Rückmann

Hope wakens me at night  
As I sleep alone and light  
Upon my certain belief  
That angels will greet me again.

For I have heard their singing  
Through wind and dark and rain,  
Their voices tame and gentle  
But insistent and bereft of shame.

They stay until I find warmth  
And then cross other seas.  
They ask only to be asked  
And to be seen and believed.

Rüdiger Rückmann is Director of Advancement at Pacific Buddhist Academy where he also teaches German and a poetry workshop.  
© Rüdiger Rückmann


## Art is Self-Discovery JJ Javier



JJ Javier is a multimedia artist in Honolulu, Hawai'i. © JJ Javier

## Never Give Up Jan Hirazumi Jose

I am a stroke survivor.



I had a stroke at the age of 21. I had to overcome many things in life, like not feeling the same as everyone, adjusting to memory loss, and not being able to do tasks as quickly. I felt alone at times. I felt like no one could understand me. Sometimes I really wanted to just quit and give up.

I had two options: to just quit or to become an inspiration to people.

I told myself, *I can do it*. I can keep trying until I reach what I want to reach. It was for me to see that I am beautiful and perfect just the way I am. I have something valuable to bring to this world. I really didn't want to waste my second chance at being able to live the life I have always wanted.

I wrote a book called "The Gift of Stroke to Set Me Free," with help from my mom and my good friend. I graduated with a degree in Criminal Justice. Now I am a mental health technician (MHT) to help others with what they are going through.

If you feel alone, you're not — you have support. No matter how difficult life is, do your best. We have many great things that we all bring to society. Never give up.



FOR COMMUNITY & YOUTH LEADERS

## Soul Shop Hawai'i 2019: Ministering to Suicidal Desperation

It is difficult for those contemplating suicide to ask for help, and that is why we are presenting Soul Shop, 2019, a 1.5 day training to equip youth and community leaders to effectively minister to suicidal desperation.

Join us on October 18, 6pm to 9 pm, for a **Youth Leaders** workshop; or on October 19, 9 am to 4 pm, for a **Community & Faith Leaders** workshop at St. Louis School in Honolulu, Hawai'i. Learn how you can recognize people who are hurting and help them to be heard through life-saving conversations.

For more information and to register, visit:  
[soulshophi19.eventbrite.com](http://soulshophi19.eventbrite.com)

Presented by BDK Hawai'i, Chaminade University – BDK Hawai'i Rev. Fujitani Interfaith Program, Honpa Hongwanji Mission of Hawai'i, and Samaritan Counseling Center Hawai'i, in partnership with St. Louis School. Sponsored by the Episcopal Church in Hawai'i and Pacific Health Ministry.



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Hawaii

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www.samaritancounselingcenterhawaii.org



September is Give Aloha Month



Give Aloha to Support Mental Health

September 1-30, 2019 ~ Donor #77125

You can support mental health in September, during **Foodland Give Aloha** month! Just go to Foodland or Sak-n-Save and make a tax-deductible donation (up to \$249 per person per card, no purchase necessary) to Samaritan Counseling Center Hawai'i with **donor code 77125**. Plus, your donation will get a matching boost from Foodland and Western Union!

Pledge to Mental Health with Donor Choice



Sign an Employee Pledge Form

Donor Choice ~ Agency #70460

You can make a difference in mental health with a quick and easy payroll deduction through **Aloha United Way**. Simply go to <https://www.auw.org/donate>, fill out a Donor Choice Employee Pledge Form, and choose Samaritan Counseling Center Hawai'i **agency #70460**. You can also talk with your employer about whether they will match all or part of your donation.

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