



Samaritan Counseling Center Hawaii

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Summer 2020

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President's Message Rev. Dr. George Clifford, President

As you may know, the Chinese character for *crisis* combines the characters for **danger** and **opportunity**. The dangers of COVID-19 are real, but Samaritan Counseling Center Hawai'i has seized the opportunity the pandemic presented to expand our reach and methods, sustain our financial viability and, most importantly, better serve the community.

First, our counselors, with support from our gifted Clinical Director Dr. Gary Augustin, now offer telehealth sessions. Telehealth permits those in need to access our help without physical contact; allows our therapists to counsel while our offices on faith group campuses are closed due to the pandemic; and allows us to readily assist people throughout the state, not just on Oahu.

Second, our superb Executive Director, Rachelle Chang, applied for a CARES Act Payroll Protection Program guaranteed loan. The loan was approved and consequently, the Center moves forward in a position of financial strength. Concurrently, Rachelle initiated working from home for herself and the administrative staff, safeguarding the health of clients and staff.

Third, the Board, staff, and counselors working together have actively promoted the Center's availability during the pandemic. Counselors have offered workshops. The staff has seized the opportunity to promote the Center using social media and print. The Board is developing its endowment investment strategy, updating bylaws, and focusing on relationship-building.

The COVID-19 pandemic has certainly affected SCCH. I am impressed by and thankful for the Center's response. Thank you to all who have made those successes possible.



Celebrating 30 Years of Service

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Clarity in a Crisis

Rachelle Chang, Executive Director

A woman who is uninsured and struggling with anxiety and stress. A man who lost his job due to COVID-19 and is dealing with depression. A senior on fixed income coping with anxiety and isolation.

Feeling stressed, anxious, and depressed are common responses in a crisis. Mental health is more important than ever, and we appreciate you for continuing to make mental health your priority.

Like you, the Center is committed helping people get the help they need. During this crisis, our primary concerns are to 1. Ensure that clients, staff, and the community are safe and healthy. 2. Minimize the anxiety and stress of clients and staff. 3. Continue operations with minimal disruptions and fiscal stability.

These challenging times are an opportunity to reflect on what matters to us mentally, emotionally, physically, and spiritually. It reminds us that we all need help sometimes and we're not alone. Together, we have touched many lives, and there is still more to do. What will you do with this moment of clarity?

Mālama pono, keep healthy, and stay strong!

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

samaritancounselingcenterhawaii.org/subscribe



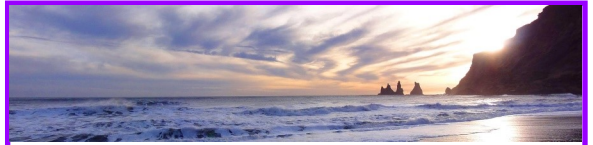
Social Distancing?

Rev. Dr. Gary Augustin, Clinical Director

It has been a few months in this new phase of "social distancing." Some of the folk I work with tell me they have been practicing "social distancing" for 15 years. Others tell me that we are "physically distancing" and enhancing social skills. But, just as our situation with COVID-19 became more manageable and social activities were resuming, the situation with George Floyd in Minneapolis occurred.

Since Floyd's death there have been numerous demonstrations. The theme "Black Lives Matter" has been a dominating banner for these protests. I worked with many persons who with their privileged positions have asserted that all lives matter. While that is true, it is important that we focus on the dominant violence perpetrated on the African American community. The automatic suspiciousness of the community is more focused on Blacks than any other ethnic group, often resulting in the use of unnecessary force. These rallies have called us to examine how we treat each other.

Therapy works because of the relationships developed between therapist and client. Our community can only begin healing when we realize the need to develop personal relationships within our communities that value all the lives in our community without marginalizing "Black Lives"! I pray for peace and I pray forgiveness for passively supporting the dominant culture that has avoided dealing with the subtle issues of privilege.



Our Core Values

We would like to share the five values that guide our actions and decisions:

- **Compassion.** We treat all people with dignity, respect, and understanding.
- **Behavioral Health and Well-Being.** We strive to nurture health and wholeness in individuals and families.
- **Spiritual Health.** We believe that spiritual health is a source of strength, healing, and growth.
- **Integrity.** We hold ourselves true to our mission and accountable to the highest ethical and professional standards.
- **Authenticity.** We strive to be a safe space where people can be their true selves.

Mahalo to Our Supporters

December 5, 2019 to June 5, 2020

Aloha United Way
 Atherton Family Foundation
 Jane S. Anderson
 Andrew and Maureen Bates
 Ronald and Cecelia Cambra
 Rachelle Chang
 Rose Chang (*volunteer*)
 Henry Chapin
 Church of the Crossroads
 Church of the Holy Nativity
 George and Susan Clifford
 Ernestine Enomoto
 Friends of Hawai'i Charities
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 Temple Emanu-El
 Waiokeola Congregational Church
 Gwen Williams

For more ways to give:

samaritancounselingcenterhawaii.org/giving

Mind • Body • Spirit • Community

In the Community

Free Mental Health Workshops/Webinars

In March, April, and May 2020, Samaritan Counseling Center Hawai'i presented one mental health workshop, as well as three webinars in partnership with NAMI Hawaii, sponsored by the C&C Honolulu Grant-in-Aid:

- **"Healthy Relationships"** about identifying bad relationships and improving good relationships with Diana Honeker, LMFT and Chasidy Wright, LMFT.
- **"Talk Story: Coping with Stress During a Pandemic"** about strengthening emotional intelligence with Anisa Wiseman, Program Director at NAMI Hawaii.
- **"Talk Story: Creatively Coping with Stress"** about how music, art, and meditation can lower anxiety and stress with Mayu Langford, MT-BC/HHP and Kate Madigan, ART BC.
- **"Talk Story: Stress Management for Adults and Teens"**, about positive coping strategies, the link between nutrition and mental health, and how to relate to teens with Marita Padilla, M.Ed/PsyD and Anika Gearhart, MS.



Samaritan Counseling Center Hawaii



NAMI Hawaii

National Alliance on Mental Illness

Love Wins

Diana Honeker



This artwork was created using **Neurographics**, a way of drawing that recreates the outer from the inner. Developed by psychologist Pavel Piskarev, it connects lines with curves, and can help to redirect habitual thought patterns. Diana Honeker is a licensed marriage and family therapist at Samaritan Counseling Center Hawai'i.

I See You Behind the Mask

Rev. Anke Flohr, Executive Director, Pacific Health Ministry



In this COVID-19 pandemic the Pacific Health Ministry chaplains remain diligent in providing spiritual and emotional care to patients, families, staff and physicians at 11 healthcare facilities on three islands. Chaplains are an essential part of the inter-professional team of caregivers. We listen, pray, and offer words of hope, gratitude and encouragement from a variety of traditions. Chaplains are a non-anxious presence and are calm and compassionate listeners in times that are overwhelming and uncertain. We have also become creative, using technology to connect those who cannot be physically present with each other.

"Ministry of presence" is how Chaplains have understood and described themselves over many decades. "Being present" is who we are. Coming alongside, being there and accompanying the sick and dying is what we do. Often, we give a gentle touch, a smile, sometimes a hug. Now amid of the COVID-19 pandemic physical distancing, and wearing masks and other PPE (personal protective equipment) have changed chaplaincy.

To offer support and Aloha for patients, families and staff while wearing masks has been imperative to us. One of our Clinical Pastoral Education residents, Jennifer Crouse, wrote words of reassurance to the medical staff:

"I see you behind the mask."

"Although it can feel as though your face is all but hidden under a mask and shield, know that we still see you. We see your effort, your smile, your tiredness, your hope for others... all through your eyes shining, darkening, and gleaming."

"It is said that 'the eyes are the window to the soul.' Thank you for the many ways you bring your heart and soul and your humanity to this time and place."

"We see you and appreciate you."

Now that all of us wear face covers, even outside of hospitals, we can express Aloha while wearing a mask. And, hopefully, we will say to one another: *"I see you behind the mask."*

Pacific Health Ministry serves the spiritual needs of patients, their families and friends, and staff in hospitals and other health care facilities in Hawai'i, and also provides Chaplaincy education. They utilize the unique, multi-cultural makeup of Hawai'i as a means of understanding ministry.



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Hawaii Mental Health Pro Bono COVID-19 Project

For those without health care insurance due to COVID-19 job loss and who seek mental health care, you can receive FREE mental health services through the Hawaii Mental Health Pro Bono COVID-19 Project.

Services are offered by licensed providers (including counselors from Samaritan Counseling Center Hawai'i) exclusively via telehealth platforms to residents on O'ahu and throughout Hawai'i who do not have health insurance. Complete the online request form and you will be notified when a mental health care provider becomes available.

**For information or to request an appointment:
<https://www.hawaiipsychology.org>**



Aloha
for Hawaii Charities

Mahalo
to Friends of Hawai'i Charities
and the Sony Open in Hawai'i!

With your help, people experiencing job loss and hardship due to COVID-19 can receive the counseling, care, and compassion they need.




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

Waiokeola 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