



Samaritan Counseling Center Hawaii

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

May 2021

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President's Message

Rev. Dr. George Clifford, President



Spring is the season most commonly associated with hope. In colder climates, warmer weather arrives with the approach of Spring. Flowers and deciduous trees begin to bud and grow. Winter's browns and greys turn green. Farmers and gardeners plant crops and gardens. Poets claim that hearts embrace love.

Summer is bringing us a season of growth and renewal. The end of long months of disease, death, distancing, and depression is blossoming. Vaccines are proving safe and effective. People are being inoculated. Local and global economies are manifesting new life. Human touch is once again possible.

Post-pandemic life will differ from pre-pandemic life. I, for one, am thankful. Samaritan Counseling Center Hawai'i's pivot to telehealth enables our counselors to continue delivering across the state at an affordable cost. The Center will continue partnerships with individuals and other organizations first developed in response to pandemic-related demand for our services, such as **NAMI Hawaii** and the **Hawai'i State Commission on the Status of Women**. The Center's growth and fiscal stability during the pandemic have inspired fresh confidence in the Center and its key role as a resource for mental health in Hawai'i. We flourished by honoring our core values, focusing on our vision and never turning anyone away because of an inability to pay for help while integrating the client's spirituality into the therapeutic process as appropriate.

Looking to the future, Samaritan Counseling Center Hawai'i remains on a solid trajectory to provide approximately 20% more counseling sessions in 2021 than we provided in 2020, the same growth rate as between 2019 and 2020. The Center's Board, superb Executive Director (Rachelle Chang), excellent Clinical Director (Dr. Gary Augustin), and our partners collaborated to ensure we had the required funding, therapists, and support. Even with the pandemic, we have opened an office on the campus of our new partner, **Calvary Episcopal Church**. Concurrently, we are still searching for an office on Oahu's western side and exploring ways to better meet the needs of underserved populations.

Thank you for your loyal and generous support. Your ongoing help will 2021 truly be a "Summer blossoming" for our mental health clients and Samaritan Counseling Center Hawai'i.



Celebrating Over 30 Years of Service

1020 South Beretania Street, Honolulu, HI 96814

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

Website: www.samaritancounselingcenterhawaii.org

Facebook: www.facebook.com/samaritancounselingcenterhawaii YouTube: tinyurl.com/scchyt



Growing Sustainably

Rachelle Chang, Executive Director

The COVID-19 pandemic has been a challenge and an opportunity to reflect on the gaps in mental health care and to envision how the Center can best serve Hawai'i today and in years to come.

To meet the increased mental health need, we are growing. We welcomed **Erin Castillo**, Clinical Social Worker; **Cory Komatsu**, Mental Health Counselor; and **Lori-Anne Besignano**, Office Assistant. And we are blessed with exceptional volunteer help from **Kaliko Allen**, a counseling student; **Rose Chang**, a retired beautician; and **Alexandra Fakouri**, a pre-nursing student.

To meet the increased need for mental health education and resources, we are growing. We are thankful for our wonderful partners, the **City and County of Honolulu**, **NAMI Hawai'i**, the **Hawai'i State Commission on the Status of Women**, **First United Methodist Church**, and **Xi Psi Zeta Chapter of the Zeta Phi Beta Sorority** for planning workshops and serving clients.

Thank you for walking beside us and trusting us to help people on their journey to health and wholeness.

Helping the Center Shine Brighter

Macy's has **something special** planned for frontline healthcare counselors and staff at Samaritan Counseling Center Hawai'i! Look for a big reveal soon...



 Mahalo NAMI Hawai'i for this exciting opportunity.



An Age of Uncertainty

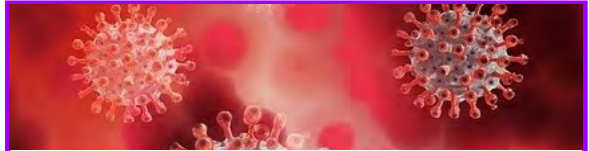
Rev. Dr. Gary Augustin, Clinical Director

A number of years ago, Dr. Herbert Benson published a book called "The Relaxation Response," which focused on how meditation helps one to center one's life, as well as lowering one's blood pressure and abating anxiety.

Dr. Benson said that we all have a fight or flight reaction when experiencing a crisis. For instance, if you are walking through a forest and come upon a bear, your heart will immediately respond by pumping harder and producing adrenaline. Your response is likely to run (unless you are hunting and have a rifle/bow).

COVID-19 has overwhelmed us and triggered uncertainty. Unlike seeing a bear, when we know what to do, we cannot see the virus. We can only take precautions against it. This can raise all different types of alarms. It depends upon our perspective — we may deny the threat or we may overreact to it. The way others respond to this threat may also trigger disagreement or uncertainty within us.

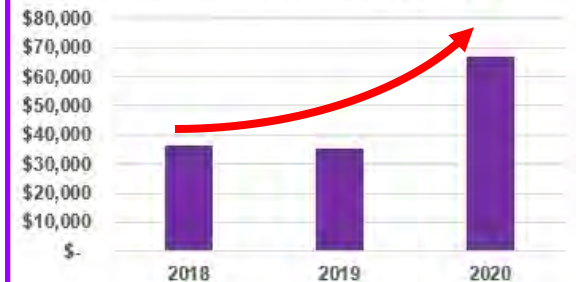
The relaxation response can provide a way to manage the fear that gets stirred within us. We can all benefit by taking time to find our center, to enable us to be more at ease. We can create a daily practice of quieting our minds to create inner peace and calm.



The Impact of COVID-19

The COVID-19 pandemic has challenged us in many ways. There was an 89.9% increase in mental health subsidies over 2019! With your help, we have not turned anyone away, regardless of their financial situation.

Client Assistance Fund
Mental Health Subsidies, 2018-2020



Mahalo to Our Supporters

December 1, 2020 to April 30, 2021

Kenneth Aronowitz • Church of the Holy Nativity • City and County of Honolulu • George & Susan Clifford • Friends of Hawai'i Charities • Francis & Jo Ann Fukumoto • German Benevolent Society of Honolulu • AnneMarie & Peter Gumataotao • Paul Haring • Harris United Methodist Church • Maxine & Jeffrey Haun • Romela Javillo • Randolph Kimmler • Nancy Lewis • Jason Louie • Neal & Leilani MacPherson • Marilyn McLaughlin • Joyce Metzger • Roy and Charlotte Miyamoto • David & Kathy Moore • Margaret & Benjamin Roe • Scott Schwager • Sisters of St. Joseph of Carondelet in Hawai'i • Mary Spadaro • Bob & Jean Steele • James & Geri Temple • Waikeola Congregational Church • Gwen Williams • Susan Yoshinaga-Ward

Aloha for Hawai'i Charities: With your help, we raised **\$2,030** for the Client Assistance Fund! This includes a bonus "boost" from **Friends of Hawai'i Charities** and the **Sony Open in Hawai'i**. Thank you to Aloha for Hawai'i Charities donors Anonymous, Rachelle Chang, Chandra Davis, John Kampfer, and Linda Rich.

With your help, people will receive the counseling they need, regardless of their ability to pay. Mahalo nui loa for your generous support in these challenging times!

For more ways to give:

samaritancounselingcenterhawaii.org/giving



Community Impact Report 2020

2020 was a year of challenges and opportunities. During the COVID-19 pandemic, Samaritan Counseling Center Hawai'i seamlessly pivoted from in-person counseling to telehealth therapy. We served clients safely and helped them cope with pandemic stressors like anxiety, depression, and grief, expanding our services to all of Hawai'i. We continue to honor our promise to never turn anyone away because of an inability to pay.

Despite the increased need for mental health services and subsidies for clients in need, we have remained financially strong thanks to you, our donors, partners, and funders. With your assistance, we will continue to serve Hawai'i and strengthen the resilience of our communities for years to come.

Our Vision

Our vision is for everyone in Hawai'i to have access to quality behavioral health counseling that integrates their spirituality, as appropriate, to enhance health and wholeness.

Our Mission

To provide professional and accessible behavioral health counseling sensitive to the spiritual traditions of individuals, families, and communities in Hawai'i, regardless of their ability to pay.

"Counselor listened with compassion without judgement and validated my feelings with genuine care." - a Client

Our Values

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.

With counseling, 74% of clients are better able to control their lives and 75% are doing better in school or work.

87% of clients would recommend SCCH.

- Self-reported client surveys, 2021

For ways to support mental health in Hawai'i, visit: samaritancounselingcenterhawaii.org/giving

Mental Health Services

519

Clients
Received Care

3,811

Counseling
Sessions

(+17.2% over 2019)

Client Assistance Fund (CAF)

241

Clients
Subsidized
(46.4% of all clients)

2,000

Sessions
Subsidized
(52.5% of all sessions)

\$66,986

Mental Health
Subsidies
(+89.9% over 2019)



"My counselor has been very helpful in navigating through some tough times." - a Client

COVID-19 Impact

In Hawai'i, 82% of respondents experienced a mental health condition such as anxiety, depression, loneliness, or panic attacks during the pandemic (COVID-19 Tracking Study, December 2020).

- **17.2% increase** in demand for counseling.
- **89.9% increase** in mental health subsidies.
- **56.9% of counseling sessions in 2020** were conducted by telephone or secure video.
- Clients can receive counseling without worrying about health, transportation, or mobility issues.
- Some health insurance plans **waived copays**; others **reduced reimbursements to providers** for telehealth services.



Community Outreach



10 Mental Health Education Workshops
Between March and July, the Center presented 10 free mental health education workshops, through a grant from the **City and County of Honolulu**.

- **356 attendees** (in-person and virtual)
- **Mental health topics** included coping with stress, managing anxiety, understanding trauma, creativity, mindfulness, and more
- **Fantastic feedback:** “Great webinar, really enjoyed it. Wonderful format in a safe and caring environment,” one attendee shared. Another attendee commented, “Learned a lot of new information and skills. Thanks!”

Domestic Violence Workshop

In August, the Center partnered with the **Domestic Violence Action Center (DVAC)** to present a free webinar, “Domestic Violence: Unpacking the Impact” to increase domestic violence awareness.

“I feel comfortable to address and work thru any anxiety, issue no matter how emotional or triggering because of the trust and support my counselor has given to me.” – a Client

Management Team

Executive Director | Rachele Chang
Clinical Director | Gary Augustin, PhD, LMFT

Board of Directors

As of December 31, 2020

President | Rev. Dr. George Clifford
Vice President | Rev. Dr. Robert Steele
Secretary | Veronica Rich
Treasurer | Kapono Faitau

Directors | Chandra Davis; Dr. Sheree Gates; Dr. AnneMarie Gumataotao; Linda Rose Herman; Michelle Kama; Rev. Neal MacPherson; Dr. M. Stanton Michels; David “Kawika” Rich; Linda Rich; Rev. Dr. Bert Sumikawa

Ho‘omenemene Awards



On October 3, the virtual 2020 Ho‘omenemene Awards recognized Rev. Dr. Gary C. Augustin, David C. Livingston, Honpa Hongwanji Hawai‘i Betsuin, Nā Mea Kupono Learning Center, and Xi Psi Zeta Chapter of Zeta Phi Beta Sorority, who embody our mission of promoting hope and healing in Hawai‘i. You inspire us!

Mahalo to our amazing performers Henry Kapono, Chaz Hill and Esther Izuo, Malu Productions, and Pueo Kane; The Hawai‘i Theatre, Ha.Ka. Entertainment, 808 Productions; our energetic Ho‘omenemene Committee Chair Kawika Rich; and our wonderful producer Katherine Ebrahimi.

Mahalo to Our Donors and Partners

Thank you for supporting mental health! We received gifts from generous individuals and Aloha Pono Lions Club, Atherton Family Foundation, Awesome Foundation O‘ahu, Church of the Crossroads, Church of the Holy Nativity, Episcopal Diocese of Hawai‘i, Friends of Hawai‘i Charities, Foodland, German Benevolent Society, Harris United Methodist Church, Interfaith Alliance Hawai‘i, Nu‘uanu Congregational Church, Parish of St. Clement, Pearl City Community Church, St. Christopher’s Episcopal Church, Stern Memorial Trust, Waikeola Congregational Church, Woman’s Board of Missions, Women’s Fund of Hawai‘i, and many other mental health champions.



Mind • Body • Spirit • Community

from “The Runner as Teacher at 21”

Chaz Hill

Back home after a shower,
sipping a second cup of coffee,
the teacher contemplates how everything
in our world changes

How running at a peaceful pace
and ringing a temple bell
lift the weight of worries about being accepted
and able to adjust to a new place

Practice helps

Strangers leaning their faces into the wind
finding in one another familiar friendship
in simple acts like washing dishes and going for a run,
greeting a neighbor in a new language,

Practice helps

Ring a temple bell

Serving and sharing a cup of tea or coffee over
conversation

Practice helps

restore hope that in the whole wide world we can learn to
be good neighbors side by side

Being kind to one another

Chaz Hill (한철수) arrived to Taejon, Korea in August of 1978 to begin a teaching and studying career that spanned 20 years. He composes, draws, writes, and performs global love songs for world peace. © Chaz Hill 2021

Caring for the Caregiver Support Group Project Dana



Caregiving is about love and compassion. There are joys and benefits to caregiving, as well as times of stress, frustration, and loneliness.

For caregivers providing care to someone who is 60 years or older living at home, Project Dana's Caring for the Caregiver Support Group (CGSG) program offers caregiver education and training, rap sessions with other caregivers, outing sessions, and help for individual counseling.

Caregivers can connect with other caregivers, learn about community resources, and how to care for themselves.

Monthly group sessions are held online by Zoom every second and third Wednesdays and second Saturday at 10 am to 11:15 am. If you are interested in attending a support group or have questions, contact Maria Morales at 808-945-3736 or email cgs@projectdana.org.



A Legacy of Wisdom and Compassion Bishop Eric Matsumoto, Honpa Hongwanji Mission of Hawai'i

Our official history book begins with *“Anyone passing by Kojima Hotel at #1 Beretania Street in Honolulu the evening of March 3, 1889 would have heard sounds never before heard in the Kingdom of Hawai'i. The clear sweet striking of a small gong. The sonorous rhythm of a sutra chanted in Sino-Japanese. The first Shin Buddhist Service in these islands was being held by the Reverend Soryu Kagahi. He had arrived in Honolulu the previous day with the determined intent of lighting the Dharma lamp of Jodoshinshu (Shin Buddhism) in these islands.”*

Since March 2, 1889, the Honpa Hongwanji Mission of Hawai'i, currently with over 30 Temples including a State Headquarters Office, Buddhist Study Center and educational entities such as Pacific Buddhist Academy and Hongwanji Mission School, has been an integral part of communities across Hawai'i.

Rev. Kagahi's reason for coming to Hawai'i was to help alleviate the suffering and difficulties he heard that immigrants were facing. Later the Bishop Yemyo Imamura also faced head the challenges faced by immigrant families and their descendants in adjusting to a new environment and lifestyle. He emphasized Buddhist spirituality and education as key to fostering all people's hearts and minds and bettering livelihoods. Still later, Bishop Yoshiaki Fujitani would emphasize the importance of community involvement including interfaith partnerships for the betterment of our entire society which gave birth to such endeavors as Project Dana and the Living Treasures of Hawaii Program during his tenure.

The legacy of these inspirational leaders which is founded upon the “All-Inclusive Wisdom and All-Embracing Compassion” of Amida Buddha continues within the Honpa Hongwanji Mission of Hawai'i as expressed by our Mission Statement “To share the living Teachings of Jodo Shinshu Buddhism so all beings may enjoy lives of harmony, peace and gratitude.” We are honored and humbled to work together with so many worthy community partners from all sectors of our community including the Samaritan Counseling Center Hawai'i.

Born and raised in Hōnaunau on Hawai'i Island, Bishop Eric Matsumoto is a graduate of Konawaena High School. He has a master's degree in Shin Buddhism from Ryukoku University and has served at Honpa Hongwanji Hawai'i Betsuin, Mō'ili'ili Hongwanji, and at Hawai'i Island temples in Pa'auilo, Honoka'a, Kamuela, and Kohala.





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

A Hundred Million Reasons

A **FREE** Virtual Suicide Prevention & Resilience Interactive Workshop
 Fri Jun 11th, 2021 6-9p Sat Jun 12th, 2021 9a-12p



Register today at:
[AHundredMillionReasons.EventBrite.com](https://www.eventbrite.com/e/a-hundred-million-reasons-virtual-suicide-prevention-workshop)

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.

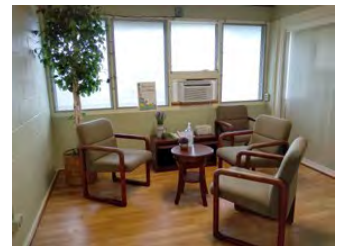
Samaritan Counseling Center Hawaii
 Friends of Hawaii Charities, Inc.

New Kaneohe Office

To better serve Windward residents, we opened a new office at **Calvary Episcopal Church**, located at 45-435 Aumoku Street in Kaneohe, across from Windward City Shopping Center.

"We look forward to being a part of helping people receive the care and compassion they need," said **Rev. Dustin Berg** of Calvary Episcopal Church.

The decision to meet for in-person counseling should be made by each client and counselor, following Hawai'i Department of Health and City and County of Honolulu safety guidelines.



FOR APPOINTMENTS CALL 808-545-2740

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

Calvary Episcopal Church
 45-435 Aumoku St., Kaneohe