



Samaritan Counseling Center Hawaii

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

May 2022

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

Regrettably, this is my final letter as President of Samaritan Counseling Center Hawai'i's Board of Directors. Unexpected health issues are prompting my unplanned move to Boston. Treatment options are available there that are unavailable in Hawai'i.

Over the past five years, the Center has doubled in size, as measured by both the number of clients served and the number of counseling sessions provided. Our Board, staff, and donors represent a rich and expanded diversity of religious traditions and demographics. Our highly qualified counselors intentionally integrate spirituality into the therapeutic process as appropriate. Our superb Executive Director has led the Center in a highly successful pivot to offering both telehealth and in-person therapy. The Center's financial health and stability are the best they have been in over a decade, but the need for the Client Assistance Fund remains strong.

My own health issues have renewed my understanding of how mental health issues can occur without warning and for reasons completely beyond one's control. Dealing with these unforeseen problems can easily strain, if not deplete, one's monetary resources. High inflation and financial difficulties due to the COVID-19 pandemic exacerbate those problems. Consequently, Samaritan Counseling Center Hawai'i's promise to never turn anyone away because of an inability to pay is especially vital in 2022.

Thank you for your loyal and generous support. None of these achievements would have been possible without all of our staff, volunteers, and donors. And thank you for the rewarding and fulfilling privilege of having served as your Board President.

I greatly wish I were going to continue as Board President for the next couple of years. I believe Samaritan Counseling Center Hawai'i is poised to achieve something no other Solihnten network counseling center has achieved: growing from a small center into a mid-size center while continuing to honor its promise to never turn anyone away based upon their ability to pay. This success will reflect Hawai'i's spirit of aloha, kuleana for one another, and prevailing mālama of caring and light.

With my prayers and blessing,

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



Leading with Aloha Rachelle Chang, Executive Director

Aloha is more than a greeting or farewell. Aloha is mutual regard. Aloha extends warmth and care with no obligation in return. Aloha is “the essence of relationships in which each person is important to every other person for collective existence.”

We are fortunate to have the support of people who are dedicated to the Center’s mission and who embody leadership with aloha. I am thankful for out-going board President **George Clifford**, who charted a sustainable plan for the Center to grow; and for out-going Clinical Director **Gary Augustin**, who offered compassionate wisdom through challenging times. Mahalo, George and Gary, for fortifying us with your vision and leadership.

People come into our lives for a reason, to support us, to teach us, to champion us. Sometimes it’s an enduring relationship; sometimes it’s for a season. I am grateful to all of you who walk beside us in support of mental health and who help us in our healing work.

How do you lead with aloha? How would you like to participate in the Center’s mission of hope and healing? I invite you to email me at execdir@samaritanhawaii.org and share your ideas.



A New Adventure Diana Honeker, Clinical Director, LMFT

“The things you are passionate about are not random; they are your calling.” Anonymous

I first became involved with the Center in 2016 as a graduate student from Chaminade University, working on various projects and workshops at the Center. I remember being intrigued by the Center’s mission of integrating spirituality into therapy; something I was not seeing in most of my coursework, nor in other practices. I did then, and do now, subscribe to our mind-body-spirit being represented by a three-legged stool. All three legs of the stool have to be balanced for us to be healthy and whole. If any leg of the stool is out of alignment, we cannot be well. Spirituality is an essential and integral part of our well-being.

The challenges of the pandemic have put an additional strain on so many, mentally, physically, and spiritually. Our Center continues to adapt, improve, and provide quality therapy to an ever-growing number of people.

Since becoming Clinical Director in April 2022, I have already begun learning about the challenges to the Center. I look forward to us growing as we recruit new therapists and continue to support our current therapists through more teambuilding and community.

As I embark on this new adventure, I would like to thank our staff and board members for their many warm congratulations.

Diana Honeker is Clinical Director and a Licensed Marriage and Family Therapist at Samaritan Counseling Center Hawai’i. She was formerly a family/play therapist with the Salvation Army in Honolulu; a counseling volunteer at the Chaplain Family Life Center at Schofield Barracks; and a hospice volunteer at the Tripler Army Hospital, Center for Aging. She received a Bachelor’s degree in Computer Science and French from the University of Maryland; and a Master’s degree in Counseling Psychology from Chaminade University.

Mahalo to Our Volunteers

We are blessed with the support of caring and compassionate volunteers.

Mahalo to **Katie Uekawa, JR Rous, Cielo Anne Carnate**, and **Rose Chang** for helping at the office and with social media. Mahalo and congratulations to **Bailee Otto**, who graduated from Hawai’i Pacific University with a degree in Public Health—best wishes for a bright future!

Mahalo to **Catchafire** volunteers **Sarah Durst** and **Nicole Bryant** for creating compelling illustrations for our up-coming events, Wāhine Wellness and Embracing Hope; and **Mardi Diamond**, who offered expert advice about Salesforce. Special thanks to **Hawai’i Community Foundation** for sponsoring our Catchafire membership!



Above: Volunteers Bailee Otto, JR Rous, and Katie Uekawa

Support Mental Health with AUW and Century 21

Aloha United Way Donor Choice

Did you know that Samaritan Counseling Center Hawai’i is featured in the 2022 Donor Choice campaign through **Aloha United Way**? You can designate the Center as your charity of choice by using our code on your AUW pledge form: **Donor Code 70460**.

Century 21 Charity Rewards

Are you or someone you know planning to buy or sell a home in Hawai’i? When Samaritan Counseling Center Hawai’i introduces a buyer or seller to **Century 21 iProperties Hawai’i**, they will donate up to 10% of their commission to the Center (after the real estate transaction closes). To make an introduction, call us at 808-545-2740 or email info@samaritanhawaii.org.



Make a gift today!
Scan this QR code with your mobile device camera and connect instantly to PayPal.



For more ways to give:

samaritancounselingcenterhawaii.org/giving



Community Impact Report 2021

Samaritan Counseling Center Hawai'i is on the cusp of transitioning from a small to a mid-sized center. With your support, the Center has doubled in size over the past five years, as measured by both the number of clients served and the number of counseling sessions provided.

In 2021, the need for counseling was overwhelming — and staff and board members, donors and grantors rose to the challenge. We hired five licensed counselors, increased administrative staff, opened an office in Kaneohe, renovated two offices, and presented seven free mental health webinars. Together, we will honor our promise to never turn anyone away for financial reasons, and serve Hawai'i 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.

"[My counselor] has helped me get through so much pain and help me reach my goals." - a Client

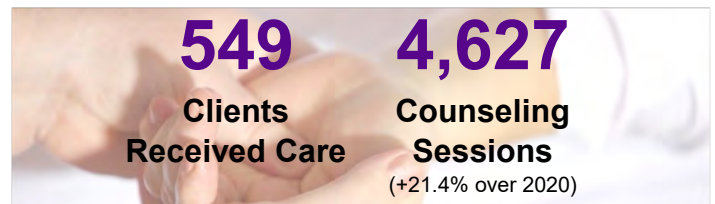
Mental Health Challenges

The need for mental health counseling continues to increase. For the first time, the Center was forced to start a Waiting List for new clients.

- **21.4% increase** in demand for counseling.
- **12.9% increase** in mental health subsidies.
- COVID-19 has **lessened the stigma** of mental illness, but there is still an unmet need.
- Some health insurance plans **reduced reimbursements to telehealth providers**.

To donate to the Client Assistance Fund, visit: samaritancounselingcenterhawaii.org/giving

Mental Health Services



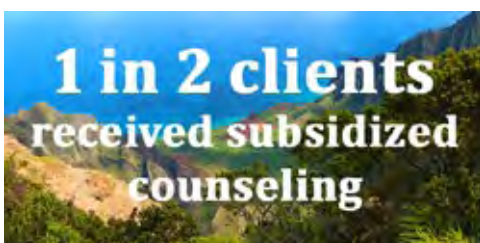
With counseling, 87% of clients are better able to control their lives and 84% are doing better in school or work. 87% of clients would recommend SCCH. - Self-reported client surveys, 2022

Client Assistance Fund (CAF)

for uninsured, underinsured, elderly & low-income clients



"The guidance I receive from my counselor uplifts me, elevates my mind, and grounds me." - a Client





Samaritan Counseling Center Hawaii

Community Outreach



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

Suicide Prevention Workshop

In June, the Center presented “A Hundred Million Reasons: A Virtual Suicide Prevention & Resilience Workshop,” in partnership with the City and County of Honolulu Grant-in-Aid program and the Prevent Suicide Hawaii Task Force, reaching 66 participants. After the workshop, 94% of attendees agreed that they felt more comfortable talking about suicide; and 100% would recommend this workshop to others.

Mental Health Education Webinars

The Center presented four mental health webinars, educating attendees about depression, pandemic fatigue, and coping with holiday stress; and well as two Creative Coping: Poetry workshops. Recordings can be viewed at tinyurl.com/scchyt.

*“Our therapy was so much more than just ‘someone to talk to.’ It was an **active and engaging exercise** that was hard work but produced **really good results.**” - a Client*

Management Team

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

Board of Directors

As of December 31, 2021

President | Rev. Dr. George Clifford
Vice President | Rev. Dr. Robert Steele
Secretary | Chandra Davis
Treasurer | Dr. M. Stanton Michels

Directors | Kapono Faitau; Dr. AnneMarie Gumataotao; Linda Rose Herman; Michelle Kama; Rev. Neal MacPherson; David “Kawika” Rich; Linda Rich; Veronica Rich; Rev. Dr. Bert Sumikawa

New Office in Kaneohe



Kaneohe

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

Revitalized Counseling Offices



Main Office

In June, **Macy's** and the **National Alliance on Mental Illness (NAMI)** shared their appreciation for frontline healthcare workers. Kumi Macdonald, Executive Director of **NAMI Hawaii**, nominated the Center for an office makeover. Renovations began with approval by Demmis Cisneros, Store Manager of **Macy's Ala Moana**. We celebrated Macy's generosity with a blessing and ribbon-cutting.

In the fall, the **Walmart Ke'eaumoku** Store gave us a Community Grant to revitalize our office at Honpa Hongwanji Hawai'i Betsuin, restoring a calm and serene space.



Honolulu

*“My counselor has been great in giving me other resources to help **further my healing process.** Looking forward to more sessions and **delving deeper.**” - a Client*



To view our most recent IRS Form 990, visit <https://www.guidestar.org/profile/99-0250073>



Samaritan Counseling Center Hawaii

Help us rise to the challenge for mental health

Thank you for your curiosity and commitment to mental health and resilience in Hawai'i. Will you help us rise to the challenge for our **Mental Health Matching Gift Challenge?**

Our Board of Directors will match all contributions, dollar for dollar, **up to \$20,000**, to the Client Assistance Fund from now through September 30, 2022. You can double your impact on mental health!



A Gift of Healing

Your gift could help someone like Pua, who lost her job and her health insurance due to COVID-19. With your help, she is receiving the counseling she needs to cope with the stress, anxiety, and uncertainty in her life.*

* name changed

No one should have to choose between basic needs and mental well-being.

The greatest barriers to mental health care are cost and access to care. The Client Assistance Fund subsidizes counseling for people who are uninsured, elderly, or low-income, and who might not receive any care. It's a safety net for people struggling to cope with life's difficulties.

We don't turn anyone away because of their ability to pay.

Since 1989, Samaritan Counseling Center Hawai'i has provided professional and affordable mental health counseling for individuals, couples, and families. We serve people of all faiths, or none, regardless of their ability to pay. No one is turned away for financial reasons.

Together, we can help people receive the care they need.

Will you donate to the Client Assistance Fund today?

Please give \$50, \$100, \$500, \$1,000 or any amount you can — this challenge runs from now through September 30, 2022. Your generous tax-deductible donation will help those who need it most.

Yes! I'll rise to the challenge for mental health

My check is enclosed, payable to "Samaritan Counseling Center Hawai'i"
Mail to: 1020 S. Beretania St., Honolulu, HI 96814

Charge my gift to Visa or Mastercard

One-time gift of \$ _____ or Monthly gift of \$ _____

Client Assistance Fund Endowment Fund

Optional: In honor of In memory of: _____

Name: _____ Organization: _____

Address: _____

Phone: _____ Email: _____

Card # _____ - _____ - _____ - _____ Exp. Date: ____/____/____ Code: _____

Signature: _____

Give online today!
Scan this QR code:



Mahalo for your gift!



How You Can Help



For the Uninsured & Under-insured:

Client Assistance Fund

The Client Assistance Fund subsidizes counseling for uninsured, underinsured, elderly, and low-income clients, based on financial need and insurance payments, ensuring access to professional mental health care and reasonable reimbursements to licensed counselors.

For Future Generations:

Endowment Fund

Created in 2015, the Jolene Gerell Memorial Endowment Fund ensures that the Center can serve future beneficiaries for years to come. It is named in honor of Jolene Kim Gerell, who served as Board president, and her commitment to mental health.

Your Mental Health Legacy

Leaving a legacy gift is as simple as adding “Samaritan Counseling Center Hawai’i” as a beneficiary on a bank account, retirement plan, or insurance policy; or adding one sentence to your will: “I give the sum of \$_____ (or % of my estate) to Samaritan Counseling Center Hawai’i, a nonprofit corporation located in Honolulu, Hawai’i, to be used for general charitable purposes as its Board of Directors deems appropriate.”

For Leadership and Service:

Serve as a Board Member

If you would like to enhance mental health in Hawai’i, gain leadership experience, and strengthen community relationships, consider serving as a Board Member. Our Board’s four main responsibilities are strategic planning, financial oversight, hiring and managing the executive director, and fundraising.

Samaritan Counseling Center Hawai’i is a 501(c)(3) nonprofit, tax ID 99-0250073.

Gift Acceptance Guidelines

Our Gift Acceptance Guidelines ensure that contributions to Samaritan Counseling Center Hawai’i honor the intentions of our donors, benefit the Hawai’i community, and protect our organization.

Accepted Gifts.

Samaritan Counseling Center Hawai’i can accept outright gifts and assets, such as cash; checks; credit card gifts; publicly-traded securities; real estate in Hawai’i that is unencumbered by a mortgage or lien; tangible personal property that is readily marketable or that can be used by the Center in a manner that is related to the Center’s goals; and deferred gifts, such as legacy gifts, charitable remainder trusts, charitable lead trusts, life insurance policies, retirement assets, and charitable gift annuities.

Use of Funds and Gift Restrictions.

Samaritan Counseling Center Hawai’i shall use contributed funds in the manner designated by the donor so long as it is legal to do so and in keeping with the Center’s goals. Donors are encouraged to provide the Center with clear terms, conditions, and restrictions for the use of their charitable gift. If no compromise between the interests of the donor and the needs of the Center can be reached, the gift may be refused by the Board of Directors.

Consult with your legal and financial advisors about your personal circumstances.

Samaritan Counseling Center Hawai’i is a 501(c)(3) nonprofit, tax ID 99-0250073.

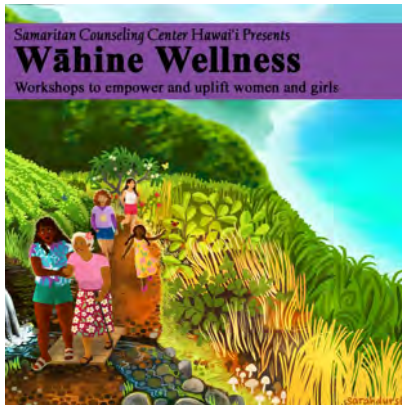


Mind • Body • Spirit • Community

Wāhine Wellness

A thriving post-COVID reality is one where women and girls have the support, access, and resources they need to be healthy, safe, financially secure, and fully engaged in life.

To empower and uplift women and girls, Samaritan Counseling Center Hawai'i is presenting a series of free interactive workshops. Virtual or in-person, these workshops will offer mental health education and group support to address issues such as creating boundaries, building a healthy vision of your future, learning coping skills, and strengthening self-esteem.



"Boundaries for Women: A Lived Experience" with Kumi Macdonald, Executive Director of NAMI Hawai'i was held on April 9.

"Vision Boards!" with Diana Honeker, Clinical Director and LMFT of Samaritan Counseling Center Hawai'i will be held on May 25 at 5 pm at First United Methodist Church in Honolulu.

Wāhine Wellness is sponsored by a 2021 Relief, Recovery, and Reimagining grant from the **Women's Fund of Hawai'i**.

Mahalo to **Lunden Hawkins, PsyD** for organizing this workshop series to empower and uplift women and girls!

For more information on upcoming events, visit www.samaritancounselingcenterhawaii.org.

Creative Coping

Save the Dates!

Samaritan Counseling Center Hawaii and NAMI Hawaii Present

Creative Coping Workshops

FREE virtual workshops that will explore how creativity can facilitate mental health, wellness, and healing.

Saturday, June 4, 2022

Saturday, July 2, 2022

Saturday, August 6, 2022

www.samaritancounselingcenterhawaii.org

We're bringing back our FREE Creative Coping workshops as a summer series. In Partnership with **NAMI Hawai'i**, on the first Saturdays in June, July, and August, everyone is invited to virtual workshops that will explore how creativity can have a positive impact on our mental health and well-being, with guided activities. No experience necessary.

Details coming soon. Mahalo to **Alofa Carpenter** for coordinating this workshop series!



A Simple Act of Kindness

Rev. Kimberley Houff, First United Methodist Church

With all of the unexpected things that are going on in our world, it can be hard for us to feel like we can do anything to help things get better. I share this reflection as an encouragement:

Sitting at a Bible study after lunch, a toddler walks around exploring the space. She is very curious and is not making a fuss. She comes up to me and takes an interest in my watch. I allow her to scroll through the screens. She somehow how activates the "find the phone" option and my phone rings. She is startled! She looks up at me with round eyes and holds out her arms, indicating that she wants me to hold her.

She spends the remaining minutes of Bible study playing with my keys and my phone. She is comfortable with me, so her mother asks if it is okay for me to continue holding her while she goes to the bathroom. I am happy to do so. The surprising thing is that this is my first time at this study. This is also the first time that the mother and daughter have been there as well.

As I reflect on this experience, what comes to mind is that sometimes the most needed thing at the moment is something simple. For the child it was my watch, being held, and playing with my keys. For the mother, it was someone to watch her child for a moment so that she could go to the bathroom unencumbered.

That is how it is with all of us. How often has a simple act of kindness from someone else lifted your spirits? A gift of candy just because. A kind word. Even someone letting you into traffic.

Ephesians 4:32 tells us to be kind to one another. What simple act of kindness can you share today?

Rev. Kimberley Houff is the Minister of Discipleship & Community Engagement at First United Methodist Church of Honolulu, where she provides pastoral support to the congregation, develops relationships with the community, and works to meet community needs. Kim has a Master of Divinity from United Theological Seminary and a graduate degree in Religion (Church Ministries) from Liberty Baptist Theological Seminary.



Samaritan Counseling Center Hawaii

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



Matching Gift Challenge

**DOUBLE YOUR IMPACT
ON MENTAL HEALTH!**

Your gift to the *Client Assistance Fund*
at Samaritan Counseling Center Hawai'i
will be matched, dollar for dollar, up to
\$20,000

through September 30, 2022

Donate at www.samaritancounselingcenterhawaii.org/giving



Make a Matching Gift for Mental Health ~ May to September 2022 ~

No one should have to choose between basic needs and mental well-being.

You can double your impact on mental health! Our Board of Directors will **match** all contributions, dollar for dollar, **up to \$20,000**, to the Client Assistance Fund, from now through September 30, 2022.

Will you donate to the Client Assistance Fund today? You can give \$50, \$100, \$500, \$1,000, or any meaningful amount you can. Simply scan this QR code to donate online, mail a check, or visit www.samaritancounselingcenterhawaii.org/giving.



Scan this QR code to donate online

Double your impact on mental health!

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