



# Samaritan Counseling Center Hawaii

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November 2022

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## President's Message

**Rev. Dr. Bert Sumikawa, Interim President**

We have much to be thankful for.

We are blessed to recognize our excellent donors, partners, supporters, staff, board members, and volunteers at our **Mahalo Luncheon** on October 8. There was a wonderful turnout of 42 attendees, with everyone enjoying a delicious bento lunch in the beautiful courtyard at the Church of the Crossroads in Mo'ili'iili. The entertainment was exceptional and we were able to share client stories of hope and healing.

This year, we also celebrate the **Rev. Dr. Gary Augustin** for 25 years of service to the Center and Hawai'i. Gary is a caring and warm-hearted counselor who was recognized with a Ho'omenemene Award in 2020. He has worn many hats at the Center, serving as a staff counselor, director of education and training, clinical director, and twice as executive director over the years. We would not be here today without his dedication and hard work in keeping the Center open.

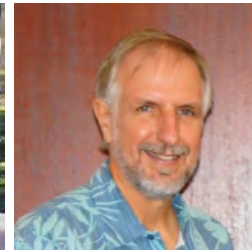
Through the astute and compassionate leadership of former President of the Board, the **Rev. Dr. George Clifford**, Samaritan Counseling Center Hawai'i is thriving. We honor his service and commitment to mental health with the creation of the Rev. Dr. George Clifford Pastoral Care Assistance Fund, which will help clergy and lay ministers with limited financial resources to receive the mental health counseling they need.

In the coming months, we will be searching for a permanent President of the Board. We are fortunate to have an adept leadership team, skilled counselors, and a capable Board of Directors to guide our way, and we invite you to consider joining us on our journey.

In gassho,

**Rev. Dr.  
Gary  
Augustin**

**Thank you for  
25 years  
of service**



## Celebrating Over 30 Years of Service

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Facebook: [facebook.com/samaritancounselingcenterhawaii](https://facebook.com/samaritancounselingcenterhawaii)



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## Reflection and Pause

### Rachele Chang, Executive Director

*The muliwai is the brackish area between the stream and the sea*

Earlier this year, I was nervous about being stuck in the *muliwai* — an organization neither small nor large, on ground that is neither sand nor bedrock. I faced unexpected challenges, and I worried that we could fall back into unsettled times.

“Wading Through the Muliwai” was the theme of this year’s HANOCON, the annual conference of the Hawai’i Alliance of Nonprofit Organizations, and it gave me a new perspective about uncertainty. The *muliwai* is neither one thing nor another; it can be a time for reflection and pause, a space for change and opportunity.

I think of times when I have been unable to move forward until I could make a decision. At these times, there were many choices before me, many paths I could take, many supportive and kind people who helped to guide me on my way. And as I made decisions, some paths closed, and new paths opened.

What are times when you have been in a *muliwai* and have changed the direction of your life or career? How do you react to uncertainty?



## How Can I Help You? The 3 S’s

### Diana Honeker, Clinical Director, LMFT

We often find ourselves in situations where we feel helpless when it comes to helping someone we care about. We don’t know what to do; we question whether an action might be more hurtful than helpful; we question whether to do nothing might be best.

There is a technique I share with clients which I call the 3 S’s. The three S’s stand for Support, Solutions, and Space. In a situation where we know someone is struggling with intense feelings of perhaps sadness, or frustration, or fear, or any other feeling of overwhelm, we can ask: “How can I help you; what do you need right now? Would you like Support, Solutions, or Space?” This allows the person we are trying to help to tell us exactly what they need and relieves us from trying to guess that need.

What do Support, Solutions, and Space look like?

Support might be an action: “I need a hug.” “I’d like a glass of water”; or words: “I can see why you feel so upset.” “That is frustrating.”

Solutions would be offering ideas or suggestions.

Space might be giving the person uninterrupted time alone; going to another room; not calling or texting them.

Everyone and each situation is different, which is why it is important to talk with each other about the 3 S’s before we actually need to use them. We can ask each other, “What does Support look like to you?” We can share our feelings, “When I tell you I need Space, I am not rejecting your offer of help. I just need some time to recenter myself.”

Remember, what we need today might be completely different from what we need tomorrow for the same situation. Just ask, “What do you need right now? Support, solutions, or space?”

## Mahalo for Your Generosity



**O’ahu Charity Walk:** Thank you for walking with us in support of mental health at the Visitor Industry Charity Walk in August! Diana, Lori, and Rachele spent a fun and beautiful morning in Waikiki, snapped a photo with President and CEO Mufi Hannemann of the Hawai’i Lodging and Tourism Association, and raised money for mental health!



**Give Aloha:** With your help, we raised **\$2,233** for the Client Assistance Fund during Give Aloha Month, Foodland’s Annual Community Matching Gifts Program! This includes a bonus “boost” from **Foodland** and **Western Union**.

## Mental Health Counseling

January to October 2022

**578**

Clients Served

**4,438**

All Counseling Sessions

**1,580**

Subsidized Sessions Client Assistance Fund

### Client Story: Noah’s Journey

35-year old Noah (name changed) writes: “I can’t afford to pay much out-of-pocket, but the Client Assistance Fund subsidizes my counseling so that I could continue to see my counselor. I cannot express my gratitude enough for this incredible program because without it, I would never have been able to receive the counseling that I so desperately needed.”

## For more ways to give

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

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





Samaritan Counseling Center Hawaii



# Mahalo Luncheon

## Church of the Crossroads, Honolulu October 8, 2022

Mahalo for walking alongside us to bring hope and healing to the people of Hawai'i. We offer a special thanks to Church of the Crossroads for their serene space, to Shakuhachi musician Katsumi Takemoto, Malu Productions, and Roddy Lopez of the Pandanas Club for providing gracious music, to Tess Macoag and Crystale Cayaban for their uplifting oli, and to Shirley's Flowers for their beautiful centerpieces.



## Wāhine Wellness

To empower and uplift women and girls, Samaritan Counseling Center Hawai'i presented a series of free interactive workshops in Honolulu. Women and girls learned about setting healthy boundaries, building a healthy vision of their future, learning breathing exercises and yoga, and building self-esteem.

**"Boundaries for Women"** was presented by Kumi Macdonald, Executive Director of NAMI Hawai'i, on April 19, a space where women could be vulnerable and learn about boundaries and how to say "no" in a kind way.



**"Vision Boards!"** was presented by Diana Honeker, Clinical Director and LMFT of Samaritan Counseling Center Hawai'i, on May 25, an encouraging space where 12 women could dream and envision a positive future.



**"Yoga! Feeling Safe in Body and Mind"** was presented by yoga instructor Natasha Bailey on July 21, a safe space where 10 women learn about and practice breathing, stretching, and clearing their minds. "No judgment. I felt safe," one woman shared.

### What is self-esteem? Women wrote...

Accepting one's self and being confident in that

Self-esteem is respect for oneself

Knowing my worth, valuing myself as I am, a child of God

Valuing yourself as you are

**"Building and Nurturing Self-Esteem"** was presented by Clara Priester, MDiv and Executive Director of the Woman's Board of Missions, on October 1, a safe and supportive space where women could be vulnerable, share their experiences, and practice valuing themselves.

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

Mahalo to our workshop coordinator **Lunden Hawkins!**

## Creative Coping

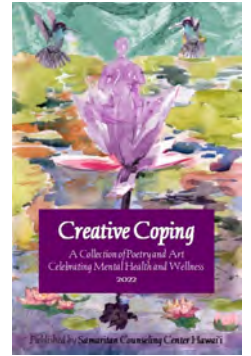
This summer, we presented free "Creative Coping" workshops to practice self-expression, coping with challenging feelings and improving mental wellness.

**"Creative Coping: Poetry."** On June 4, Destiny Sharion, MSW and poet, introduced sensory poems, gratitude poems, and free writing.

**"Creative Coping: Drawing."** On July 2, Nidhi Chabora, APRN-Rx, BC and Nancy Jo Moses, BS, MA of Self Discovery Through Art talked about artful check-ins and rigid vs. flexible thinking.

**"Creative Coping: Odes."** On August 6, 'Ihilani Lasconia, poet and activist, guided us on how to positively process our emotions.

All attendees were invited to share their poetry and art with our "Creative Coping" anthology.



## Embracing Hope

### Suicide Prevention During the Pandemic Years



"Embracing Hope 2022" was an interfaith speaker series presented by BDK Hawai'i, and Honpa Hongwanji Mission of Hawai'i, and Samaritan Counseling Center Hawai'i, in partnership with the Prevent Suicide Hawai'i Task Force. Panel discussions centered on hope and forgiveness as approaches for both suicide prevention and coping with loss.

**"Talk Story: Hope for Communities."** On September 17, Jeanelle Sugimoto-Matsuda, DrPH of the Prevent Suicide Hawai'i Task Force; Ernestine Enomoto, mindfulness practitioner and dharma teacher; and Chad Starr, a suicide loss survivor, talked about coping the pandemic, faith as a source of strength, and how can interfaith communities begin anew.

**"Talk Story: Hope for Youth."** On October 15, Deborah Goebert, DrPH of the Prevent Suicide Hawai'i Task Force; Candice Biernesser, PhD, LCSW of the University of Pittsburgh; and Chad Starr, whose 12-year old daughter died by suicide, talked about suicide awareness among youth and how youth can find strength in the face of challenges and adversity.

Watch the videos at [youtube.com/@samaritanhawaii](https://youtube.com/@samaritanhawaii).

# Mind • Body • Spirit • Community



## Breathing In, Breathing Out Rev. David Baumgart Turner, Church of the Crossroads

Just recently, I returned from a bit of sabbatical and vacation time. Some of that time was spent with family on the Continent, and much was spent here in the beauty of these islands.

I entered into that time with some clear goals. There were books that I wished to read; a certain spiritual focus that I wished to explore; and some projects I hoped to accomplish.

Though I did much of the above, I also discovered that the real gift of this time was to simply slow down and try my best to follow the winds of the Spirit as she blew through my days.

In that process I discovered anew a truth that I have always know but had fallen away from: How I start and end my days is vitally important.

I was blessed to have as a companion some prayer books that shaped those beginnings and closings, and eventually I began to write some prayers of my own in this vein.

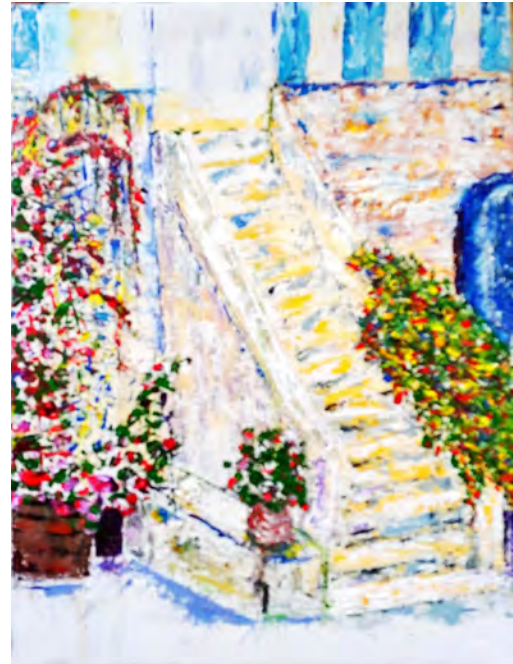
I share the following with you, a prayer for the end of a day.

May your day and particularly, as slumber awaits you, the end of your day be blessed.

Breathing in, I breathe the breath of love;  
Breathing out, I breathe the breath of love.  
No matter the shape and arc of my day;  
Breathing in, I breathe the breath of love;  
Breathing out, I breathe the breath of love.  
No matter who has wronged me or who I have wronged;  
Breathing in, I breathe the breath of love;  
Breathing out, I breathe the breath of love.  
No matter the story that yesterday wrote,  
the moment the present offers,  
or tomorrows yet unknown tale;  
Breathing in, I breathe the breath of love;  
Breathing out, I breathe the breath of love.  
Into holy sleep I offer the wholeness of myself in love;  
Breathing in, I breathe the breath of love;  
Breathing out, I breathe the breath of love.

Rev. David Baumgart Turner is the senior pastor at Church of the Crossroads in Honolulu. He has a passion for sustainability and living as a part of (not apart from) God's Creation, as well as celebrating the joys of lovingly serving the many communities of our lives. David has a Masters of Divinity from Yale Divinity School and was formerly Executive Director of Camp Mokule'ia and a chaplain at Punahou School.

## Upward By Rebecca Woodland



For me, stairs are a metaphor for life. We climb upward towards our goal, by taking one small step at a time. As we climb the stairs, we become stronger, learn to focus on the present, and see the broader view.

This plein air painting was created with acrylic paint and a palette knife. For more information about Rebecca Woodland or her art, visit <https://www.instagram.com/rebeccawoodland808/>.

## Hulihia By 'Ihilani Lasconia

They think we won't survive like we haven't overcome  
genocide three times.  
They try to steal our minds but e ala e  
and still I rise.

We lost our whole world and yet we're still here  
The tip of the pen is the tip of the spear.

Taking up the fight of brain against brain  
Our battle grounds changed  
Our kūpuna the same.

Our 'ike they fear  
These weapons of war

So I'll fight for this 'āina until I'm a corpse  
and then when I die mo'opuna will fly  
Off my shoulders they stand so they reach for new heights.



'Ihilani Lasconia, poet is a kanaka maoli scholar, organizer, and activist from Waimānalo, O'ahu. She graduated from the University of Hawai'i with a Master's in Education and was part of the 'Ōiwi Undergraduate Research Fellowship program.



Learn about mental health  
news & events in Hawai'i.

Scan the QR code  
to subscribe





# Samaritan Counseling Center Hawaii

## You can make a difference in someone's life

### No one should have to choose between basic needs and their 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.

*Your gift could help someone like Isa (name changed). Friendly and articulate, she became withdrawn and admitted being bullied and teased. After seeing a counselor, Isa's demeanor and energy became more positive. She smiled more, engaged well with others, and felt more confident. A follow-up suicide screening came back negative.*



With your help, people like Isa can receive the care they desperately need.

### Will you donate to the Client Assistance Fund today?

Please give \$50, \$100, \$500, \$1,000 or any amount you can. Your generous tax-deductible donation will support mental health counseling those who need it most.

Thank you for your generosity and compassion!

### Yes! I support mental health and Samaritan Counseling Center Hawai'i

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

☞ Annual gift of \$ \_\_\_\_\_ or Monthly gift of \$ \_\_\_\_\_

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 Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Code: \_\_\_\_\_ Signature: \_\_\_\_\_

Designate my gift for  Client Assistance Fund  Pastoral Care Assistance Fund  Endowment Fund

Optional:  In honor of  In memory of: \_\_\_\_\_

Give online today!  
Scan this QR code:



*Mahalo for your generosity and compassion!*



## How You Can Help



*For Uninsured & Underinsured Clients:*

### **Client Assistance Fund**

Created in 1989, 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 Clergy and Lay Ministers:*

### **Rev. Dr. George M. Clifford Pastoral Care Assistance Fund**

Created in 2022, the Pastoral Care Assistance Fund (PCAF) subsidizes mental health counseling for clergy and lay ministers with limited financial resources. It is named in honor of Rev. Dr. George M. Clifford, who served as Board president 2018-2022, and for his leadership and strategic vision.

*For Future Generations:*

### **Jolene K. Gerell Memorial Endowment Fund**

Created in 2015, the Jolene Gerell Memorial Endowment Fund ensures that the Center remains financially stable and continues to serve Hawai'i communities. It is named in honor of Jolene Kim Gerell, who served as Board president for many years, 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."

## **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. Call 808-545-2740 for more information.

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.

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Samaritan  
Counseling Center  
Hawaii

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

Help people make positive changes  
with compassionate counseling.  
Donate online today!

Scan the QR code  
to donate online.




**RETURN SERVICE REQUESTED**



**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

Calvary Episcopal Church  
45-435 Aumoku St., Kaneohe