



Samaritan Counseling Center Hawaii

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

Summer 2023

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President's Message David "Kawika" Rich, President

Wow! What a difference a year makes! We have so much to be proud of and grateful for. We've weathered many storms and a pandemic and yes, we are still thriving!

This would not and could not have been possible without everyone who has supported us throughout the years. We are tremendously grateful for you and honored to continue our mission to provide professional, compassionate mental health services throughout Hawai'i. Thank you for your support.

We are deeply indebted to a few key individuals who have played significant roles in solidifying a strong and prosperous foundation for the Center: **The Rev. Dr. Gary Augustin**, who served as Clinical Director and has held numerous leadership roles; **Andrew Bates**, who served as Board President 2015-2018 and worked tirelessly to move our organization from nearly closing its doors to now having a positive annual cash flow; and **The Rev. Dr. George Clifford**, who served as Board President 2018-2022 and built a strong working Board with a healthy operating reserve and endowment. Thank you for your service and leadership.

After serving on the Board for over four years, in March 2023 I was elected as your Board President, taking the helm from our excellent Interim Board President, **The Rev. Dr. Bert Sumikawa**. It is indeed an honor to serve and support our mission!

I am very passionate about our community and love serving our 'ohana. Prior to moving to Hawai'i, I served in the military for 26 years as a Medical Service Corps Officer with the Air Force, where I managed the Aeromedical Evacuation System. After retiring from the Air Force, I served as a State Director with the US Department of Labor, Veteran's Employment and Training Services. My entire military career, my federal employment, and my role with the Center, have all been in service to others. And frankly, I wouldn't change a thing!

As your Board President, I am seeking to expand our presence on O'ahu, while working to expand our footprint on each of the Hawaiian Islands. We are reaching out to other community service organizations such as Rotary Clubs, Lions Clubs, Elks Clubs, Mason Lodges, and any other organization who will welcome us.

As a motivational speaker, I enjoy speaking and sharing things I am passionate about. I am creating a team of Samaritan Ambassadors to help with community outreach and engagement. If you would like me to speak at your organization or want to become an Ambassador, please email me at kawika@samaritanhawaii.org.

Thank you for placing your confidence in me to lead us into Samaritan Counseling Center Hawai'i's next chapter. We have a lot of work ahead of us and you can rely on our extremely passionate and dedicated Board leading the way.

Sincerely,

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: samaritancounselingcenterhawaii.org Instagram: [Instagram.com/scchawaii](https://www.instagram.com/scchawaii)



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



YouTube: [youtube.com/@samaritanhawaii](https://www.youtube.com/@samaritanhawaii)



Accreditation is an Opportunity

Rachelle Chang, Executive Director

Every four years, the Center undergoes accreditation with the **Solihten Institute**. They review our programs, policies, and operations, benchmarked against national industry standards.

It's like a mental health check-up for organizations. We offer clients hope and healing in their lives, and the Solihten Institute offers oversight and guidance in our work.

And it's a lot of work! It takes time and effort to make sure that we meet or exceed best practices for healthcare and community-based organizations. It involves self-assessment, self-reflection, and vision.

Instead of a burden, I choose to see accreditation as an opportunity to ensure that we are accountable for our actions and decisions, helping us to become more mindful, more capable, and more vibrant.

Thank you to everyone who makes our accreditation possible: our dedicated board members, compassionate staff, thriving partners, committed donors, and energetic volunteers.

How well are we serving our clients and our community? I invite you to have honest conversations with us.



When We Find Ourselves in the Darkness

Diana Honeker, Clinical Director, LMFT

Many of us have been there. A time in our life's journey sometimes referred to as "The dark night of the soul." A time of deep instinctive fear of the darkness, the vast void of the unknown.

I recently learned of the ancient Hawaiian world view in which all creativity and healing comes through this darkness. This darkness is honored, not by denying it, but by embracing it. *Kina Ka Po*, the goddess of the underworld and darkness, taught that to pass successfully through the darkness, we require the strength of deep compassion and the warm embrace of unconditional love.

The description of passing successfully through the darkness struck me as the spiritual journey clients often experience in psychotherapy. A successful healing journey from trauma, depression, and anxiety requires compassion and in psychological speak, unconditional positive regard.

Kina Ka Po asked one to bring her their *hilina'i* (trust), their *pomaika'i* (blessings), their *aloha*, as they embrace the darkness. This is so in the therapeutic session as well. In that trusted sacred space, may a client find the strength to face those difficult questions, "What do I need to learn about this? What is the lesson, the gift, the blessing?" Then the healing can begin.

This deep healing process reminds all of us to love ourselves. To love ourselves for never giving up, for having the courage to continue on through the dark moments of our journey. For loving ourselves for learning that the journey back to wholeness is worth every moment in the Darkness.

Charity Walk Champions



Mahalo for walking with us on May 6 at the O'ahu Charity Walk at Magic Island. We were 15 walkers strong and we raised over \$750 for mental health — our biggest year ever! Thank you to everyone who supported us!



CHARITY  WALK '23

A Client's Words

"From the start, I felt, and STILL feel, my counselor's great caring for ME, as a person. That has gone on for all of the time I have been with him, the time between jobs and keeping my head up as I adjusted, and now that I have found a great job and career. He has been like a rock for me."

For more ways to give

samaritancounselingcenterhawaii.org/giving

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



Mind • Body • Spirit • Community



Taking Care of Your Spirit

**Bryan Talisayan, Executive Director,
Mental Health America of Hawai'i**

Tips on health and wellness often include suggestions like eating well, exercising regularly, getting 8 hours of sleep, etc. Far too often the importance of taking care of your spirit is left out.

You may be wondering 'but what does that even mean?' For many folks, being spiritual is associated with rituals, learning different types of scriptures, attending services. For others, it may be a different process – one without a traditional structure.

Spirituality can mean many things. Some may find it in God or gods, perhaps within your own being, or in nature, art, through kindness, mindfulness, grounding, meditation, or by practicing gratitude. You get to decide. Research has shown that spiritual beliefs and practices support coping strategies for life stressors, resulting in improved mental wellness.

Some of the other benefits of taking care of your spirit include:

- Reassured belief in a greater force or being
- Sense of meaning and purpose
- Individual universal wisdom
- Connection with self and others
- Reminder of the good in the world

Whatever spirituality means to you, practice it daily for fifteen minutes and see how your overall wellbeing begins to change.

Bryan Talisayan is the Executive Director at Mental Health America of Hawai'i, a nonprofit statewide training, education, and advocacy organization. For more information or access to resources, visit noshamegethelp.org or mentalhealthhawaii.org.

Wāhine Wellness

Our **Wāhine Wellness** workshops were such a success that we brought them back this year! These free, interactive workshops offer mental health education and group support to empower and uplift women and girls.

"**Wāhine Wellness: Vision Boards!**" was presented by Diana Honeker, Clinical Director, LMFT of Samaritan Counseling Center Hawai'i on May 2, in partnership with First United Methodist Church in Honolulu. Together, we reflected on our goals, priorities, and vision for the future.



"**Wāhine Wellness: Empowerment!**" was presented by Robin Stueber, Executive Wellness Coach, on May 20. Together, we talked about mental fitness and built resilience and self-confidence skills.

NEXT: "**Wāhine Wellness: Healthy Boundaries**" with Kumi Macdonald, Executive Director of NAMI Hawai'i on June 24.

Mahalo to event coordinator **Katie Uekawa** for organizing this workshop series! For more news and events, visit www.samaritancounselingcenterhawaii.org.

Meditation 64

By Susan M. Schultz

I can't get away from the man in the park, the man who sat planted like a mirrored C on a picnic bench, back bent, chin to chest. I returned; he was gone, white truck gone, blue lights gone. CLOSED reads the sign on the swing set, held up with yellow tape. My daughter kicks her soccer ball against a wall; an older man, dribbling, fakes out no one, stutter-stepping to the hoop. Lilith reads scents on the concrete walk. In isolation, we make causes to mimic effects. Or we get stuck on causes, losing effects.

I can't get away from the man in the park. His isolation fails to mime a two person game. He's effect without cause, cause without name. His hurt is like the post-it note my cat attacks, before he turns to bite his tail. "That's a heavy story," a friend writes. Stories end when we arrive at their predicates, but the ordinary stops short, like a woman leaning over a cliff to count shades of blue in the English channel. Her neighbor, who wears yellow pants, is an "alien" from the sky where dolphins swim. I resist her narrative, but admire the ending, love as sure as sonnets. "I'm ok," he said. Words, aspiration, a flag to wave me off.

— 26 May 2020, for Jono Schneider

Susan M. Schultz is author of several volumes of poetry and poetic prose, teaches poetry and creative writing at University of Hawai'i at Mānoa, and runs Tinfish Press, which publishes experimental poetry.





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



RETURN SERVICE REQUESTED



Welcome New Board and Staff Members:



Cody Lange
Board of Directors

Cody draws from a wealth of knowledge in logistics, management, and problem solving in his eight years as a Naval Officer.



Lisa Westly, LMHC
Staff Counselor

Lisa strives to provide a safe space that is compassionate and genuine in order to collaboratively work through challenges.



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

For information, call 808-545-2740
 or email info@samaritanhawaii.org



Community Impact Report 2022

Mahalo for helping to make 2022 an amazing year! Together, we served 609 clients and provided 5,227 counseling sessions. We presented 9 free mental health education workshops, participated in the O’ahu Charity Walk and Out of the Darkness Walk, and hosted a Mahalo Luncheon. We also welcomed Diana Honeker, LMFT as our Clinical Director and Rev. Dr. Bert Sumikawa as our Interim Board President.

The need for mental health services remains strong. Our staff and board members, donors and grantors continue to help people make positive changes in their lives through professional, accessible health counseling that is sensitive to people’s spiritual traditions. Thank you for being a mental health champion!

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.



Mental Health Challenges

The COVID-19 pandemic highlighted the importance of mental health to our physical health and over-all well-being. However, 69% of adults in Hawai’i with a mental illness received no treatment — and cost is the biggest barrier to care.

- **18%** of adults in Hawai’i have a mental illness.
- **37% of counseling sessions** are subsidized.
- **43% of clients** receive subsidized counseling.

Mental Health Education

for individuals, youth, and communities



9
Free Community Workshops

Mental Health Services

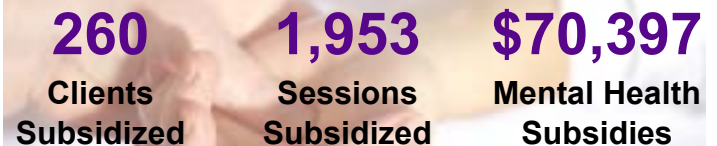


With counseling, 87% of clients are better able to deal with situations that were a problem for them and 95% of clients would recommend SCCH.
- Self-reported client surveys, 2023

The Rev. Dr. Gary C. Augustin

Client Assistance Fund (CAF)

for uninsured, underinsured, elderly & low-income clients

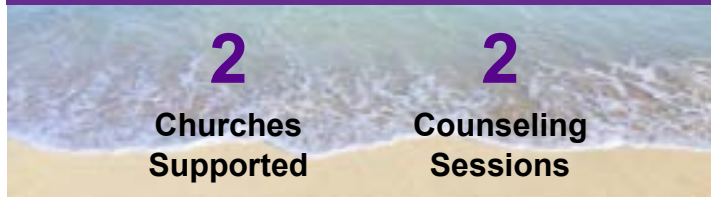


"So grateful to have found my counselor! She has helped me work through so much." - a Client

The Rev. Dr. George M. Clifford

Pastoral Care Assistance Fund (PCAF)

for clergy and lay ministers in need of counseling



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



Mahalo Luncheon



Mahalo Luncheon. To share appreciation for our compassionate and generous donors, partners, Board members, staff, and volunteers, the Center hosted a beautiful Mahalo Luncheon on October 8 at Church of the Crossroads.

We offer a special thanks to Shakuachi musician Katsumi Takemoto, Malu Productions, Roddy Lopez of the Pandanas Club, Tess Macoag and Crystale Cayaban for their uplifting oli, and Shirley's Flowers.



Management Team

Executive Director | Rachele Chang
Clinical Director | Diana Honeker, LMFT

Board of Directors

As of December 31, 2022

President | Rev. Dr. Bert Sumikawa
Vice President | Rev. Dr. Robert Steele
Secretary | Chandra Davis
Treasurer | Dr. M. Stanton Michels

Directors | Michelle Malulani Ake; Kapono Faitau; Dr. AnneMarie Gumataotao; Rev. Kimberley Houff; David "Kawika" Rich; Linda Rich; Veronica Rich; Rev. Jeannie Thompson

Community Outreach



Wähine Wellness. To empower and uplift women and girls, the Center presented four free interactive "Wähine Wellness" workshops, sponsored by the Woman's Fund of Hawai'i. Women learned about setting healthy boundaries with Kumi Macdonald of NAMI Hawaii; envisioning a positive future with Diana Honeker, LMFT; yoga poses with instructor Natasha Bailey; and building self-esteem with Clara Priester of the Woman's Board of Missions.

"No judgment. I felt safe." - a Workshop Participant

Creative Coping. To practice self-expression and improve mental wellness, the Center presented three virtual "Creative Coping" workshops with poet Destiny Sharion, MSW; art educators Chabora, APRN-Rx, BC and Nancy Jo Moses, BS, MA of Self Discovery Through Art; and poet and activist 'Ihilani Lasconia. Attendees were invited to share their works in a "Creative Coping" anthology.

Embracing Hope. To raise awareness about suicide prevention and build mental resilience, the Center presented "Embracing Hope," in partnership with BDK Hawai'i, Honpa Hongwanji Mission of Hawai'i, and the Prevent Suicide Hawai'i Task Force. Jeanelle Sugimoto -Matsuda, DrPH and Deborah Goebert, DrPH led two free virtual "talk stories" with Ernestine Enomoto, mindfulness practitioner; Chad Starr, a suicide loss survivor; and Candice Biernesser, PhD, LCSW.

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





Samaritan Counseling Center Hawaii

Double Your Donation, Double Your Impact

Starting today, your gift to support mental health counseling for those in need will be matched, dollar for dollar, **up to \$5,050!**

Mental health counseling can change someone's life.

Psychotherapy provides a safe, professional, and confidential space where people can become healthier and make positive changes. We believe in treating the whole person — mind, body, spirit, and community.

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

The greatest barriers to mental health care are cost and access to care. At Samaritan Counseling Center Hawai'i, we don't turn anyone away for financial reasons. Our Client Assistance Fund is a safety net for people struggling with life's challenges.

Last year, with your help, 260 clients received subsidized care, through 1,953 subsidized counseling sessions. You made that possible!



A Gift of Strength

Your gift could help someone like Cara, who is receiving support for her anguish and stress from being away from family, and whose insurance does not pay for counseling.*

* name changed

Will you be a Mental Health Champion today, and double your impact with matching gift from our Board of Directors?

Please give \$50, \$100, \$500, or any amount you can. This matching gift challenge runs from now **through June 30, 2023**. Your tax-deductible donation will help those who need it most.

Make A Gift and Double It!

Yes! I'll be a Mental Health Champion!

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 Pastoral Care 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 Uninsured & Under-insured Clients:

The Rev. Dr. Gary C. Augustin 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 Clergy and Lay-Leaders in Need of Counseling:

The Rev. Dr. George M. Clifford Pastoral Care Assistance Fund

The Pastoral Care Assistance Fund subsidizes counseling for clergy and lay-leaders in need of mental health counseling who have limited financial resources.

For Future Generations:

The Jolene Gerell Memorial Endowment Fund

Created in 2015, the 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 embodied the spirit of compassion, generosity, and hope.

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 more ways to give, visit <http://www.samaritanhawaii.org/giving/>.

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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