



Samaritan Counseling Center Hawaii

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

Winter 2023

BOARD OF DIRECTORS

President

David "Kawika" Rich

Vice President

Rev. Dr. Robert Steele

Treasurer

Dr. M. Stanton Michels

Secretary

Chandra Davis

Directors

Michelle Ake

Emily Andrade

Dr. AnneMarie Gumataotao

Rev. Kimberley Houff

Lt. Cody Lange

Linda Rich

Veronica Rich

Rev. Jeannie Thompson

STAFF

Rachelle Chang - *Executive Director*

Lori Besignano - *Administrative Assistant*

Diana Honeker, LMFT - *Clinical Director*

Mimi Demura-Devore, LCSW

Darcy Ing, PsyD

S. Jesse Kastelic, LMHC

Harvey Leighnor, LCSW

Tom Miyashiro, LMFT

Marcia Myers, LMHC, CSAC

Stephen Reynolds, PsyD

Daniel Ruseborn, LMFT, CSAC

Wesley Taira, LCSW

Lisa Westly, LMHC, CSAC



President's Message David "Kawika" Rich, President

I want to express my sincerest gratitude to all our supporters, staff, and ambassadors of the Samaritan Counseling Center Hawai'i. Over the past 34 years, we have been able to provide unparalleled mental and behavioral health services, and this would not have been possible without your unwavering support.

I am thrilled to share that this year has been another resounding success for us. Through various platforms and initiatives, we have not only expanded our name recognition but have also qualified for numerous grants and received numerous donations to support our Client Assistance Fund. This has allowed us to continue making a positive impact on the lives of those we serve.

One of the highlights of this year was our First Annual Drive Fore Mental Health Golf Tournament. This event provided us with a unique opportunity to share our Mission, Vision, and Services with the community. As a result, we were invited to be guests on radio shows, submit articles to newspapers, and even serve as keynote speakers for organizations. Additionally, we have made significant strides in increasing our presence on social media, further spreading awareness about our important work.

Looking ahead, we remain focused on the future, and I am pleased to report that our organization is thriving. In 2024, we will be celebrating our 35th anniversary. While plans for the year's festivities have not yet been finalized, I am confident that we will organize a special event to express our heartfelt "Mahalo" to everyone who has supported us along this incredible journey.

As we enter the holiday season, I want to extend my warmest wishes to you for a prosperous New Year. Thank you once again for your unwavering support and dedication to Samaritan Counseling Center Hawai'i. Together, we are making a difference in the lives of individuals and families across our beautiful islands.

Warm regards,

Learn about mental health,
news, and events in Hawai'i
tinyurl.com/subscribescch



Scan the QR code
to subscribe

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)



A Thankful Heart

Rachelle Chang, Executive Director

I am thrilled that Samaritan Counseling Center Hawai'i achieved Full Accreditation from the **Solihren Institute** for 2023-2027. The accreditation review holds us to the highest behavioral health standards. Thank you for being our guiding light.

This good news comes as we are building new partnerships with **HMSA Foundation** and **Hawai'i Community Foundation**. Their generous grants will allow us to continue our work of providing professional mental health counseling, regardless of someone's ability to pay. Thank you for believing in us.

As we move into our 35th anniversary year, I want to acknowledge three partnerships that have supported us since we first opened our doors in 1989: **First Hawaiian Bank**, which manages our business accounts; **First United Methodist Church**, which is our home and sanctuary; and **Takagi & Takagi**, which handles our business insurance needs. Thank you for sustaining us.

I also want to thank those who have trusted us with your healing. What has been your experience with the Center? How has mental health counseling impacted your life? Please feel free to reach out to me and share your story at execdir@samaritanhawaii.org.



Managing Those Holiday Blues

Diana Honeker, Clinical Director, LMFT

The holiday season is upon us, and although it can be a joyous time for some, for others, this time of year can be a challenge. Decorated stores, holiday music on the radio, and advertisements encouraging celebration can be a bittersweet reminder of loss and times gone by. Feelings and memories will surface. Give yourself grace, and those you know that are struggling, the time and space to allow for grieving and healing.

In the meantime, here are possibilities to ease those holiday blues:

- **Make your self-care routines a priority.** Be consistent with your sleep, diet, movement/exercise, and alone time. Not disrupting your usual routines helps lower feelings of anxiety and depression.
- **Surround yourself with positive family and friends** that listen, give healthy advice, are empathetic, and are present. Connection and support lessen the intensity of negative emotions and can provide healing.
- **Practice learning to say, "No."** Declining some social obligations can keep you out of negative experiences. Focus on the quality, rather than the quantity of the experiences you would like to have. Give yourself permission to do what is best for you at this time.
- **Make a plan to manage particularly difficult dates and events.** Rather than isolate or "gut through," make plans for being supported by others or prepare a new positive ritual to mark that time.

Know that the holiday blues will pass, but if you, or someone you know, needs more support, reach out to a mental health professional. Therapy can help alleviate unwanted stressors and negative emotions, as well as provide extra support during this difficult time.

Mental Health Counseling

January to October 2023

380

Clients Served

3,298

All Counseling Sessions

845

Subsidized Sessions Client Assistance Fund

A Client's Words

"Even though my challenging situation is on-going, I am able to handle it much better after counseling."

Mahalo for Give Aloha



Mahalo for Give Aloha. With your help, we raised \$1,747 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**.

NAMIWalks Hawaii



Thank you to everyone who walked with **NAMI Hawai'i** and stopped by our resource table at the Wellness Tent! We created a "Thankful Tree," offered kindness cards, and shared "Creative Coping" booklets.

For more ways to give

samaritancounselingcenterhawaii.org/giving

Become a Mental Health Champion!

Scan this QR code with your mobile device camera and instantly donate online.





Samaritan Counseling Center Hawaii

DRIVE FORE MENTAL HEALTH GOLF TOURNAMENT

FRIDAY, OCTOBER 27, 2023 ~ EWA BEACH GOLF CLUB

Thank you to everyone who helped to make our First Annual "Drive Fore Mental Health" Golf Tournament a success! Golfers and volunteers enjoyed themselves as they supported our mission to provide mental health counseling to those with limited financial resources. Thank you to 'Ewa Beach Golf Club for their beautiful course and facilities; to our fantastic golfers; to our awesome sponsors, silent auction donors, and swag bag donors; and to our volunteers and pageant volunteers who helped to create an exciting, memorable day!

We offer special thanks to our energetic Golf Chairperson, Board President David "Kawika" Rich; to our Silent Auction Chairperson, Director Linda Rich; to our awesomely-talented organizer, Director Veronica Rich; and to our amazing photographer David Livingston for capturing all of our special moments.



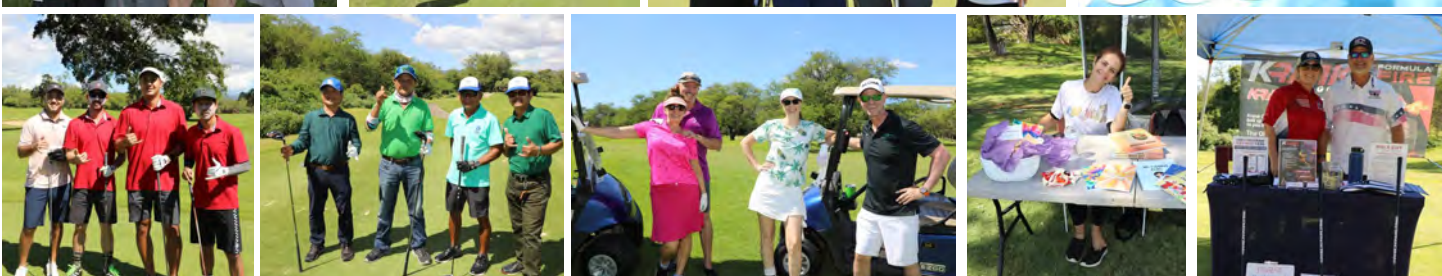
TOURNAMENT CHAMPIONS		
1st Place	Kevin Fung, Reed Suftrin, Phil Sakaba, Rhyen Eugenio	53 (-19)
2nd Place	Bob Isonaga, Creighton Lee, Robyn McKnight, Miles Ishima	54 (-18)
3rd Place	Kelli Ross, Isaac Ross, Joe Strauss, Brennan Sato	54 (-18)
Longest Drive	Men: Kelii Ross Women: Bayle Brooks	

Mahalo and Special Thanks

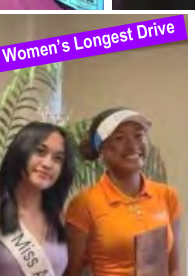




"Such a great cause and beautiful event!"
 --Ashley Murray, Sponsor, Agents of Your Dreams



"Mahalo for putting on an awesome event!"
 --Kelii Ross, Golfer, Malama 'Aina Chem-Dry



Silent Auction Donors: Aloha Kai Luau • Anonymous • Kathryn & Tim Bradley • Mark & Sandi Brekke • Callaway Golf • Coach Hoku • Ellen Godbey Carson • Chick-fil-A Makiki • Elite Fundraising • AnneMarie Gumataotao • Highway Inn • Kenneth Lee • Liko's Tap & Table • Pearl Harbor Aviation Museum • Linda Rich • Ricoh • Roy's Ko Olina • SafeRide Hawai'i • Robert & Jean Steele • Team Lally • Worldwide Golf Shops • Stuart Yamane

Swag Donors: Enagic/Kangen Water • First Hawaiian Bank • KTM Services/ Enjoy Snacks • Chandra Mark • Mental Health America of Hawai'i • Off the Wall • Samaritan Counseling Center Hawai'i • Taro Brand • Team Lally • The LEARN School • Ricoh • Roy's Ko Olina • Team Lally • The LEARN School

Mind • Body • Spirit • Community

Creative Coping

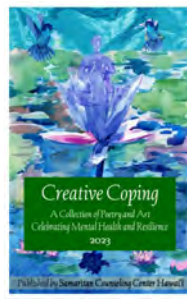
We presented free **Creative Coping** workshops to practice self-expression, coping with challenging feelings, and improving mental wellness.

“Creative Coping: Lei Making” was presented by Katie Uekawa on July 30 at Magic Island in Honolulu. Together, we learned how to make lei po’o (haku lei), encouraged and laughed with each other, and created something beautiful to wear.

“Creative Coping: Art & Poetry” was presented by Katie Uekawa and Natasha Bailey on August 19. Together, we created worry jars, heart maps, word associations, and character poems.

“Creative Coping: Space” was presented as a virtual three-act poem-making workshop by poet and songwriter Chaz Hill on September 2. Together, we reflected about empty space, our space, and their space.

All attendees were invited to share their poetry and art with our “Creative Coping” anthology — free to download, print, and share at <https://tinyurl.com/scchcc2023>.



A Hundred Million Reasons

Suicide is preventable. “A Hundred Million Reasons” workshops helped to raise awareness about suicide prevention and build mental resilience, in partnership with the City and County of Honolulu Grants in Aid.

“Sources of Strength” was facilitated by Dr. Deborah Goebert on July 9, practicing mental resilience, calming exercises, and coping strategies for youth.

“Feeling Adrift: Using Self-Care and Building Safety for Wellness” was presented by Dr. Mestisa Gass on August 26, focusing on self-care, suicide prevention, and crisis resources.



Wāhine Wellness

We presented a free **Wāhine Wellness** workshop to empower and uplift women and girls.

“Wāhine Wellness: Yoga!” was led by Natasha Bailey on October 23, in partnership with First United Methodist Church in Honolulu. This restorative yoga practice uses props and gentle poses for relaxation and peace.



Mental Health Recovery on Maui

By Harvey Leighnor, LCSW



In September 2023, I traveled several times to Maui to provide mental health support to employees affected by the wildfires. Companies understand the value of mental health and their Employee Assistance Programs (EAPs) worked quickly to provide much-needed services.

Initially, people were focused on taking care of their families and homes. One person described Lahaina as “going from full color to black and white.” A nurse showed me where her home was on Google Maps and said that it is “all ashes now.” Other people told me that they didn’t have electricity or WiFi for two weeks, and didn’t even know that Lahaina burned for several days, since roads were also blocked.

Every family had their own stories and felt lucky to be alive. Many people felt survivor’s guilt, but were more comfortable talking about it during one-on-one sessions.

One supervisor set up a schedule for each employee to meet with me. There was no shame or stigma. Everyone had time to talk, to cry, or just to sit with someone who cares. It was the best EAP experience I have ever had.

Tears can be healing, but healthcare providers, staff, and volunteers needed to remain calm, so I taught them how to redirect their thoughts and anger. We talked about stages of grief to understand their emotions. I also suggested journaling and writing letters to individuals who died to help cope with feelings of loss. It is very, very exhausting and very fulfilling work.

Most of Maui is going strong, and businesses are open. The need for mental health services will continue, and I am grateful for the opportunity to offer comfort and understanding.

Harvey Leighnor is a Licensed Clinical Social Worker at Samaritan Counseling Center Hawai’i. He has extensive experience with military, family violence, emergency response, trauma, and leadership.





Samaritan Counseling Center Hawaii

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

Help people become healthy and more whole with counseling
Donate online today!



Scan this QR code:

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

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