



Samaritan Counseling Center Hawaii

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

Summer 2024

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President's Message

Linda Rich, President

A Big Mahalo for 35 Years of Community Support!

As we joyfully celebrate SCCH's 35th year, we look back with deep gratitude for all who have supported the Center from the time it was a dream of the founders, Terry Fisher and Judy Hormell. Their vision was to establish an interfaith counseling center where all faiths and spiritual paths would be honored as potential sources of strength, and mental health services would be accessible to all. It was Rev. Bob Nelson who connected them with the Samaritan Institute (now the Solihnten Institute), and its nationwide network of counseling centers. With guidance from the Samaritan Institute, the dedication and fundraising of the founding Board of Directors, and the offices provided at First United Methodist Church, Samaritan Counseling Center of Hawaii opened its doors to clients 35 years ago.

The Center's first decades were times of both growth and tragedy. SCCH thrived and grew but also suffered the sudden death of our first Director, Rev. Dr. Michael Anderson 1991, and in 2001, the tragic death of our second Director Rev. Dr. Phyllis Roe. The financial hard times of the great recession of 2008-2009 also challenged the Center. Despite these setbacks, the support of dedicated staff, Board of Directors, community partners and generous donors kept the Center going. I must mention Jolene and Robert Gerell, who gave SCCH its original endowment funds and continued generous support through the years. We celebrate and thank all of you who have supported and accompanied us on our 35 year journey, including the clients who have trusted us with their pain, loss, joys, and search for meaning and understanding.

Today, SCCH has a skilled, Executive Director, Rachelle Chang, a strong Board of Directors, an outstanding multidisciplinary, licensed clinical staff, with five counseling sites in Honolulu, Pearl City, and Wahiawa, and many wonderful community partners. We are able to accept most insurance plans, participate in employee assistance programs, and continue to subsidize costs for clients without insurance or ability to pay through our Client Assistance Fund. We are living our mission and fulfilling the dreams of our founders. There is a lot to celebrate and we invite you to celebrate with us! Watch for the announcement of our Anniversary celebration in the fall.

I look forward to celebrating together.

Aloha,



Celebrating 35 Years of Service

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Website: samaritancounselingcenterhawaii.org



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



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



A Shelter in the Storm

Rachelle Chang, Executive Director

After the recent stormy weather, I looked out at the calm ocean and thought about the coral reefs that endure and thrive with quiet determination. Symbolizing longevity and successfulness, I reflected that coral is a meaningful symbol for our 35th anniversary.

Coral reefs provide a home or a resting place, an inn, for marine species, sheltering numerous fish, algae, and invertebrates, just as Samaritan Counseling Center Hawai'i is a safe and compassionate place of healing.

Coral reefs are alive, made up of thousands of polyps that live together, just as Samaritan Counseling Center Hawai'i is an inspiring community of counselors, donors, board members, administrative staff, and partners who believe that mental health is vital to our well-being.

And coral reefs are a line of defense against storms, flooding, and shoreline erosion, just as Samaritan Counseling Center Hawai'i can help people cope with and protect against life's challenges and transitions.

Thank you for helping Samaritan Counseling Center Hawai'i to be a shelter for people struggling with the storms and everyday weather in their lives. I invite you to share your stories of hope and resilience at execdir@samaritanhawaii.org.



Curious

Diana Honeker, Clinical Director, LMFT

What might Walt Whitman, Ted Lasso, and a yoga teacher all have in common? How about the words, "Be curious, not judgmental." This sentence came to me from three very different directions, and maybe this is why it hit so hard, because it is hard to be curious, rather than judgmental.

Feel that feeling of judging. We must arrive at a conclusion; make an evaluation; is this good or bad?

Feel that feeling of curiosity. We feel open, not needing to decide anything.

Richard C. Schwartz, PhD, is the creator of the psychological therapy Internal Family Systems (IFS). Dr. Schwartz summarizes the healthy qualities of the Self and Self-leadership with his eight C's: calmness, clarity, compassion, confidence, courage, creativity, connectedness, and yes, **curiosity**. He writes, "When we are able to become nonjudgmentally interested in even our most despised inner demons (such as contempt, racism, and self-hate), we find those internal dialogues to be enlightening and transformative. Buddhists call this kind of nonstriving, open curiosity toward our inner thoughts and emotions 'mindfulness.'"

Dr. Schwartz challenges us to be our higher, healthy selves by being curious, being mindful. It is only with an open heart and a curious mind that we can become transformed internally, as well as being a part of transforming the world externally.

So I ask you to ask yourself, "Can I challenge myself to be more curious, rather than judgmental today?" You may find yourself more mindful, more kind, to yourself and the world around you.

Mental Health Counseling

January to April 2024

243

Clients Served

1,137

All Counseling Sessions

598

Subsidized Sessions
Client Assistance Fund

Welcome New Counselors



Lisa Chilson-McCraw, LCSW, CSAC is a Licensed Clinical Social Worker and Certified Substance Abuse Counselor with 16+ years of experience serving a multicultural and diverse individuals.

Mui "Kaytie" Huynh, LCSW is a Licensed Clinical Social Worker who is fluent in Vietnamese and brings a rich cultural understanding to promote growth and wellbeing.



Returning from retirement, **Gary Augustin, LMFT** specializes in pastoral counseling, working with families, individuals and couples, and those with medical conditions.

Ken Lee, LCSW (CA) is the Center's new Case Reviewer. Born and raised in San Francisco, he is a Licensed Clinical Social Worker and a former freelance photographer.

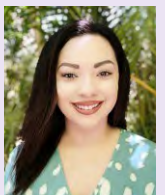


Welcome New Board Members



Emily Andrade has over 15 years of experience working with health care systems and with people experiencing homelessness, and managing both large and small government grants.

Katie Kaahanui oversees the Safe & Sound Initiative at the Waikiki Business Improvement District. She is currently pursuing her Masters Degree in Counseling Psychology with a focus on Mental Health.



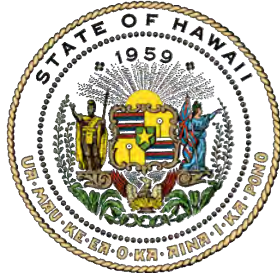
For more ways to give

samaritancounselingcenterhawaii.org/giving

Become a Mental Health Champion!

Scan this QR code to instantly donate online.





A Special Message from
Governor Josh Green, M.D.

In Recognition of the
Samaritan Counseling Center Hawai'i

May 10, 2024



On behalf of the State of Hawai'i I am honored to give my heartfelt congratulations to Samaritan Counseling Center Hawai'i on its remarkable 35 years of dedicated service.

Since its inception in 1989, Samaritan Counseling Center Hawai'i has been a beacon of hope and healing for our communities, embodying the essential values of compassion, inclusivity, and resilience. Founded by the visionary social work students Terry Fisher and Judy Hormell, the Center's mission provides accessible and professional counseling services to all, irrespective of faith or financial circumstances.

With an unwavering commitment to the holistic well-being of our people, the Center has diligently worked to ensure that mental health care is not just a privilege but a fundamental right for every individual in our State. Through their many initiatives, Samaritan Counseling Center has extended its reach to those who are uninsured, underinsured, or facing financial hardships, making mental health support truly accessible to all.

Over the past three and a half decades, Samaritan Counseling Center Hawai'i has touched the lives of over 10,862 individuals and families, offering a staggering 94,583 counseling sessions. Their presence extends across the islands, with counseling services provided at multiple locations on O'ahu and reaching rural communities and neighbor islands through telehealth and home visits.

As we celebrate this momentous milestone during Mental Health Awareness Month, let us reaffirm our collective dedication to promoting mental health and resilience in our communities. Together, let us ensure that Samaritan Counseling Center Hawai'i's vision of universal access to mental health care becomes a reality for all our citizens.

Josh Green M.D.
Josh Green, M.D.

Governor, State of Hawai'i



SAVE THE DATE - COMING THIS FALL!

35th Anniversary Celebration

Fundraising Dinner & Silent Auction & Ho'omenemene Awards

Nominate a compassionate individual,
business, or organization!

Nominations close July 15th, 2024



Scan the QR code or visit
tinyurl.com/scchaward24
to place your nomination!

Info about tickets and
sponsorship opportunities to come!

For more information, please email info@samaritanhawaii.org

2020 Ho'omenemene Award Winners



Rev. Dr. Gary Augustin is a military family and life counselor and licensed marriage and family therapist.

David C. Livingston is a financial advisor at Ameriprise talented event photographer, and YMCA director.



Honpa Hongwanji Hawai'i Betsuin in Honolulu offers Sunday services and Buddhism classes, education, and cultural activities.

Nā Mea Kupono Learning Center in Waialua is a wetland taro patch fed by springwater tended by the Garrido-Bolosan family that teaches the concepts of Hawaiian values and mālama 'āina — caring for the land.

Xi Psi Zeta Chapter of Zeta Phi Beta Sorority Inc. in Hawai'i is an empowering organization dedicated to voluntary service and education for social and civic transformation.



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good stewards of our funds!

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Samaritan Counseling Center Hawaii

Community Impact Report 2023

Everyone deserves to have the quality mental health care they need to be healthier and heal from wounds. With your help, we honored our promise to assist people regardless of their financial situation, serving 296 clients and providing 3,822 counseling sessions. Thank you for your caring and compassion!

2023 was a very fulfilling year. We presented 11 free mental health education workshops, participated in the O'ahu Charity Walk and NAMI Walks Hawai'i, hosted our first "Drive Fore Mental Health" Golf Tournament, and welcomed David "Kawika" Rich as our Board President. In addition, after a rigorous site accreditation visit with Vice President Steve Dusen, we achieved National Accreditation from the Solihten Institute.

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 main barriers to health care are cost, access to licensed therapists, and the stigma of mental illness. To address barriers to care, we advocate to:

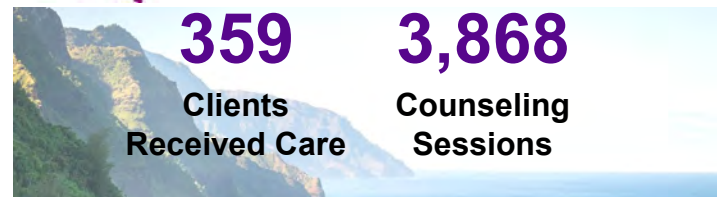
- **Increase payments** from Employee Assistance Programs (EAPs), Medicare, and Medicaid.
- **Streamline the process for licensing and credentialing therapists**, including therapists who have a provisional license.
- **Fund the true costs** of providing care, including operations, and adjust for the cost of living.

National Accreditation

Samaritan Counseling Center Hawai'i achieved Full Accreditation from the Solihten Institute! For a list of benchmark standards, visit www.solihten.org.



Mental Health Counseling



*With counseling, 92% of clients agree that they are better able to **deal with situations** that were a problem for them and 97% of clients would **recommend the Center**.*
- Self-reported client surveys, 2024

The Rev. Dr. Gary C. Augustin Client Assistance Fund

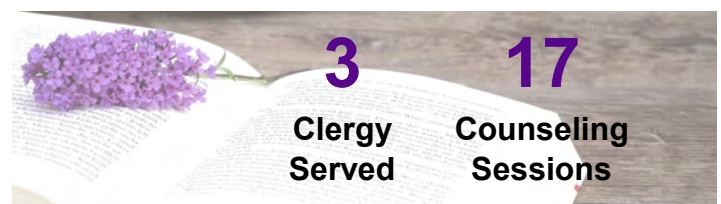
for uninsured, underinsured, elderly & low-income clients



"Finding this center felt like a blessing after searching for the right fit for a while." - a Client's words

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

for clergy and lay ministers in need of counseling



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



Samaritan Counseling Center Hawaii



Growing Community Support

Volunteers. Over 452 hours of service were provided by Board members and volunteers.

O'ahu Charity Walk. On May 6, we walked through Waikīkī to enjoy a beautiful morning, get a little exercise, spend time together, and enjoy 'ono food and drinks; and the **Hawaii Lodging & Tourism Association (HLTA)** gave us a generous grant.

Golf Tournament. On October 27, we hosted our first "Drive For Mental Health" Golf Tournament at the gorgeous 'Ewa Beach Golf Club. Everyone enjoyed a day of golf, fellowship, bento lunch, silent auction, and outstanding dinner — all to support mental health!



Building Our Capacity

We improved operations by switching online billing providers for cost savings; upgrading to a virtual phone system for greater flexibility; and enrolled with a payroll services provider to streamline payroll and human resources. We also negotiated rate increases and more effectively matched counselors with insurance plans.



Management Team

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



Board of Directors

As of December 31, 2023

President | David "Kawika" Rich
Vice President | Rev. Dr. Robert Steele
Secretary | Chandra Mark
Treasurer | Dr. M. Stanton Michels

Directors | Michelle Malulani Ake; Emily Andrade; Dr. AnneMarie Gumataotao; Rev. Kimberley Houff; Katie Kaahanui; Cody Lange; Linda Rich; Veronica Rich; Rev. Jeannie Thompson



Strengthening Our Impact



Throughout the year, we presented free mental health education workshops and participated in community outreach events and resource fairs. Watch recorded videos at <https://www.youtube.com/@samaritanhawaii>.

Wāhine Wellness. To empower and uplift women and girls, we presented five "Wāhine Wellness" workshops. Women learned about healthy cooking with Rebecca Woodland; vision boards with Diana Honeker, LMFT; mental fitness with Robin Stueber; healthy boundaries with Kumi Macdonald; and yoga with Natasha Bailey.

Creative Coping. To practice self-expression and improve mental wellness, we presented three "Creative Coping" workshops and published a "Creative Coping" anthology of poetry and art. Community members made a haku lei and identified strengths with Katie Uekawa; wrote character poetry with Natasha Bailey; and wrote about *space* with Chaz Hill. Download the free anthology at <https://tinyurl.com/scchcc2023>.

A Hundred Million Reasons. To raise awareness about suicide prevention and build mental resilience, we presented a "Sources of Strength" workshop for youth with Dr. Deborah Goebert; a "Feeling Adrift" wellness workshop with Dr. Mestisa Gass; and a "Suicide Education and Awareness" Lunch-n-Learn with Diana Honeker, LMFT.



Mind • Body • Spirit • Community

Summer 2024 Workshops

Join us for one of our mental health workshops to improve your mental well-being! Engage your creativity and self-expression with a "Creative Coping" workshop, practice empowerment strategies with a "Wāhine Wellness" workshop, and learn about suicide prevention and community resources with our "Soul Shop" workshop!



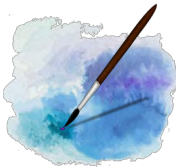
June 15: **"Creative Coping: Photography" (\$3)**
Find beauty around us, keep grounded, and learn photography tips as you enjoy Foster Botanical Garden with photographer Ken Lee. Register at bit.ly/ccPhoto24.

June 29: **"Creative Coping: Poetry" (free)**
Engage your creativity and practice self-expression with a virtual poetry workshop, led by poet Rüdiger Rückmann. Register at bit.ly/ccPoetry24.

July 13: **"Wāhine Wellness: The Powerful Woman" (free)**
Reflect on safety and power and learn how your body language can help you feel empowered with medic, firefighter, and chaplain Victory Lonquist at Aina Haina Public Library. Register at tinyurl.com/scchpowerful2024.

July 19-20: **"Soul Shop Hawai'i" (free)**
Learn how to minister to those impacted by suicide and have supportive conversations about suicide with Michelle Snyder, executive director of the Soul Shop Movement, held at St. Louis School. Register at bit.ly/SoulShop2024.

July 27: **"Creative Coping: Watercolor" (free)**
Paint a beautiful watercolor as you practice slowing down and letting go of "perfection" with artist Paige Su at Aina Haina Public Library. Register at bit.ly/ccWater24.



August 3: **"Wāhine Wellness: Ikebana" (free)**
Experience beauty, harmony, and balance as you learn ikebana principles with Mestisa Gass, PhD of Mental Health America of Hawai'i. Registration coming soon.

August 31: **"Creative Coping: Doodling" (free)**
Discover how something as simple as abstract line art can serve as a mode of self-expression with artist Jayna Wong in this virtual workshop. Register at bit.ly/ccDraw24.

Samaritan in the Community

We are spreading messages of mental health, healing, and hope in the community! This year, we participated in:

- **The Links Family Wellness Day** at Ke'elikolani Middle School on March 16.
- **The NAMI Hawaii State Conference** at the Japanese Cultural Center on March 25.
- **The Spring Festival: Nurturing Mind and Body** at the Buddhist Study Center on April 6.
- **May is Mental Health Month at the Capitol** at the Capitol Rotunda on May 1.
- **The Windward Mental Health and Wellness Fair** at Windward Community College on May 16.

And thank you for walking with us for mental health at the 45th Annual **O'ahu Charity Walk** on May 4!

Healing and Water of Life

Rev. Jonathan Pak, Senior Pastor



Photo by David L. Moore

Waikeola Congregation Church is honored and humbled to be a part of Samaritan Counseling Center Hawai'i's Ohana. Our name, Waikeola, means 'water of life' in Hawaiian and makes our partnership even more meaningful.

In John 4, Jesus was traveling from Judea to Galilee and had to pass through Samaria. Though many Jews avoided Samaria because they considered Samaritans as half-breeds and looked down on them, Jesus chose to go through it. On his way, he stopped at a well where he met a Samaritan woman. She was surprised when Jesus asked her for water because Jews did not interact with Samaritans.

However, Jesus had a different intention. He did not come to get water, but to give her Waikeola. "If anyone thirst let him come to me to drink ... out of his heart shall flow rivers of living water." (John 4:10-12)

Jesus loved them and came to offer hope, healing, and salvation to everyone, including the Samaritans. He loved people regardless of their social status, background, or ethnicity.

Our partnership allows Waikeola Congregational Church to support Samaritan Counseling Center Hawai'i's efforts to help everyone, just as Jesus offered living water to the Samaritan woman. We are grateful for this opportunity to make a positive impact in our community and pray for God's continued blessing on SCCH's efforts.



Samaritan Counseling Center Hawai'i held the first official Board of Directors meeting at Waikeola Congregational Church Hawai'i in 1985, and opened a satellite counseling office in 2011.





Samaritan
Counseling Center
Hawaii

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



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Samaritan
Counseling Center
Hawaii

Scan here
to register!



soul shop

2024

Friday, July 19 - 9AM to 4PM
for Interfaith Leaders

Saturday July 20 - 9AM to 12PM
for Youth Leaders

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

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