



# Samaritan Counseling Center Hawaii

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

Winter 2024

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## President's Message

Linda Rich, President

In this season of thankfulness, joy, light and hope, the Board and staff of SCCH send best wishes to all people who will be celebrating holidays and holy days in the next weeks. As a mental health provider, we also know that this is a difficult time for many and we remind you that we are here with compassion and support.

This is also a season of endings and new beginnings. The old year comes to a close, and we take time to reflect on the past and then turn with anticipation to a new year. As we come to the end of 2024, we at SCCH pause to reflect on those who have believed in our mission and have supported SCCH through ups and downs, successes and challenges together. We are so grateful. It was a Joy to celebrate together at our October 35th anniversary event.

The new year will bring change. At the end of February, we will be saying "Aloha" to our Executive Director, Rachelle Chang, who has so skillfully directed SCCH for 8 years. Her contributions to the Center have been immense. In her quiet, gentle way, she has guided SCCH to a stronger financial position, improved efficiency, and extended our outreach into the community through partnerships and community engagement in mental health related workshops. She has been a much appreciated partner with our Board of Directors.

Please join us in wishing her the very best as she moves in new directions.

We will be seeking a new Executive Director to continue to move SCCH forward.

We welcome inquiries and referrals.

May the New Year bring us all new opportunities for growth, service, health, and joy!

Aloha,



## Celebrating 35 Years of Service

1020 South Beretania Street, Honolulu, HI 96814

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



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



## Aloha and New Opportunities

**Rachelle Chang, Executive Director**

I have some personal news to share: I will step down as Executive Director in February 2025.

This wasn't an easy decision to make, but I believe it is the right decision.

During my 8 years with the Center, I improved operations efficiency, helped navigate our way through the COVID-19 pandemic, created "Wāhine Wellness" and "Creative Coping" workshops, planned our 30th and 35th anniversary celebrations, and completed two Solihthen Institute accreditation visits. I helped to ensure that the Center is in a stable financial position and today we have an operating reserve, an endowment fund, and tremendous opportunity for growth.

The Center is ready for a new Executive Director and a new vision.

Thank you for allowing me to serve our clients and the Center. I am incredibly grateful for our dedicated counselors and administrative staff; for the Board's guidance, support, and trust in me; and for our donors and partners who have walked this journey with us.

I wish all the best for the Center and look forward to what the Center can become over the next 35 years!



## May We Coexist

**Diana Honeker, Clinical Director, LMFT**

For many clients, friends, and family members, it has been a trying election season, and in this political climate, the concepts of coexistence and tolerance have taken on a certain urgency. Tolerance involves accepting the presence of differing viewpoints, while coexistence goes a step further, fostering active engagement and respect for diversity. In these unsettled political times, the distinction between these two is critical.

Tolerance is often seen as the bare minimum in a democratic society; people have the right to hold beliefs different from our own. While it can help to reduce conflict by creating space for different opinions, tolerance alone does not require genuine interaction or understanding. It may allow for peaceful coexistence on the surface, but it can also maintain an undercurrent of indifference or even passive resentment.

Coexistence, by contrast, calls for a deeper, more constructive engagement. It is not enough to simply "tolerate" opposing views; it demands that individuals work together to find common ground, seek mutual understanding, and build trust despite their differences. In politically charged times, where division often leads to distrust, coexistence promotes collaboration and empathy—values that help bridge divides and heal rifts.

The importance of coexistence lies in our ability to foster meaningful dialogue, strengthen social bonds, and preserve democratic values. It is not sufficient to simply tolerate difference; we must strive to coexist, finding ways to live and work together with respect and empathy. In a seemingly fragmented world, may we walk a more sustainable path where unity is often tested, but essential progress made for all.

## Mental Health Counseling

January to October 2024

**376**

Clients Served

**2,995**

All Counseling Sessions

**2,065**

Subsidized Sessions  
Client Assistance Fund

## Samaritan in the Community

We are spreading messages of mental health, healing, and hope in the community!



Over the summer, we presented four free Creative Coping workshops and three Wāhine Wellness workshops.



In the fall, we participated in **Grandparents' Day at Filipino United Church of Christ**, sharing about mental health resources; and were honored to receive a grant from the **Giving Circle Church**, joining them for a delightful Grantee Celebration.

## Welcome New Case Reviewer

**Harvey Leighnor** is a Licensed Clinical Social Worker who will review clinical files, ensuring that documentation is complete, accurate, and up-to-date. Starting November 2024, he will help foster a supportive, inclusive, and encouraging environment to help clinical staff complete quality documentation in adherence with the Center's clinical policies and procedures, best practices, legal requirements, and insurance billing standards.



## For more ways to give

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

## Become a Mental Health Champion!

Scan this QR code to instantly donate online.







Thank you for helping to make our **35th Anniversary Fundraiser Celebration** a successful event! Guests, partners, sponsors, silent auction donors, and volunteers all came together for an inspiring evening at the beautiful **Waikiki Yacht Club** to honor people and organizations who do compassionate work in the community, celebrate 35 years of service, and raise funds for mental health.

We send a warm mahalo to Event Chairperson **Emily Andrade**; Silent Auction Chairperson and Co-Presenter **Linda Rich**; Master of Ceremonies **David “Kawika” Rich**; Silent Auction Coordinator **Veronica Rich**; volunteer Cynthia Kono; photographer **David Livingston**; and videographer **Mark Brekke**. Your dedication and commitment made the event a night to remember!



Dr. Stephen B. Kemble



**2024 Ho'omenemene Honorees**



Rev. Aldean “Al” Miles



Bank of Hawai'i



Hawai'i Friends of Restorative Justice



Spill the Tea Café

### *Mahalo to Our Sponsors*



**Ian Musa**





## Mahalo and Special Thanks



**Silent Auction Donors:** Emily Andrade • Sandi & Mark Brekke • Center for Natural Healing Hawai'i • Rachelle Chang • Chick-fil-A Makiki • Mimi Demura-Devore • Duke's Waikiki • GourmetGiftBaskets.com • Dr. AnneMarie Gumataotao • Carol Hamada • Rev. Kimberley Houff • Kahuku Farms • Kō Hana Distilleries • Kō'olau Distillery • Jensen & Cynthia Kono • Kualoa Ranch • Harvey Leighnor • Mahi'ai Table • Malu Productions • Heidi Marston • North Shore Sports Therapy • PetSmart Charities • Linda Rich • Rock-a-Hula • SESARI Wellness • Rev. Dr. Robert & Jean Steele • Thomas Taylor • Rev. Jeannie Thompson • Waikiki Crawling

**Advertisers:** Nu'uauu Congregational Church • Physicians for a National Health Program

**Special Thanks:** Emily Andrade (Event Chairperson) • Mark Brekke (Videographer) • David C. Livingston (Photographer) • Roddy Lopez (Guitarist) • David B. Rich (MC) • Lena Wong (Pianist) • **Waikiki Yacht Club**



# Celebrating 35 Years of Service

Join us in celebrating 35 years of mental health, hope, and healing — and help us serve Hawai'i for the next 35 years and beyond!

Samaritan Counseling Center of Hawaii (SCCH) is the culmination of a dream shared by two social work students at the University of Hawai'i. Terry Fisher and Judy Hormell wanted to establish a counseling center where a person's faith could be a source of strength in the counseling experience, while ensuring that people could receive therapy at an affordable cost. In 1989, Samaritan Counseling Center Hawai'i began providing professional, accessible mental health counseling.

## Together we are helping people change their lives!

With the increasing need for mental health counseling, the lack of licensed counselors, and the high costs of living in Hawai'i, we need your support more than ever. **Will you make a contribution to ensure that people can receive the care they need, regardless of their financial situation, and ensure access to quality mental health care?**



10,925

Clients Served

94,612

Counseling Sessions with  
Licensed Therapists  
from 1989-2023



## ☒ Yes! I'll help make mental health counseling accessible and affordable!

I support ☐ Unrestricted ☐ Client Assistance Fund ☐ Pastoral Care Assistance Fund ☐ Endowment Fund

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

☐ One-time gift or ☐ Monthly gift of \$ \_\_\_\_\_

☐ In honor of or ☐ In memory of: \_\_\_\_\_

☐ My check is enclosed # \_\_\_\_\_

☐ Use my Visa or Mastercard Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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

Or scan this QR code:



♥ We would appreciate it if you could share your experiences with us on the back of this page. ♥

Mail to: Samaritan Counseling Center Hawai'i, 1020 S. Beretania St., Honolulu, HI 96814

2024



## How You Can Make a Difference



### ***For Uninsured & Under-insured Clients:***

The Rev. Dr. Gary C. Augustin **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** subsidizes counseling for clergy and lay-leaders in need of mental health counseling who have limited financial resources.

### ***For Future Generations:***

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

### ***Your Mental Health Legacy:***

Leaving a legacy gift can be as simple as adding “Samaritan Counseling Center Hawai‘i” as a beneficiary on your 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.”

Samaritan Counseling Center Hawai‘i is a 501(c)(3) Hawai‘i nonprofit organization, tax ID 99-0250073. For more ways to give, visit: <https://www.samaritancounselingcenterhawaii.org/giving/>

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## Donor & Partner Experience Survey

Thank you for taking 5 minutes to fill out this brief survey so we can get to know you a little better.

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

1. How did you first learn about Samaritan Counseling Center Hawai‘i? \_\_\_\_\_

2. What inspired you to make our first donation to us? \_\_\_\_\_

3. Have you ever attended any of our events or participated in any of our workshops? If so, which ones? \_\_\_\_\_

4. Have you ever volunteered with us? ☐ No ☐ No, but I’m interested ☐ Yes \_\_\_\_\_

5. Why is mental health so important to you? \_\_\_\_\_

6. How would you like to hear from us? *Check all that apply.* ☐ Email ☐ Mail ☐ Social Media



# Mind • Body • Spirit • Community

## 9 Easy Ways to Stay Healthy During the Holidays UHA Health Insurance



As the holiday season approaches, it's tough to resist all those yummy treats at the dinner table. Here are nine simple ways to prioritize joy, family, and health this season.

1. **Exercise regularly:** If you're not already active, start moving! For those who are, try increasing your workout intensity or duration. Walk more, take the stairs, or extend your cardio sessions.
2. **Prioritize breakfast:** Eating a healthy breakfast within two hours of waking helps keep your energy levels steady. Make it a habit every day.
3. **Trade habits:** Swap one unhealthy habit for a healthier one. Drink water instead of sugary drinks or go for a walk instead of spending too much time on screens. Small changes matter.
4. **Embrace whole grains:** Include whole grains like oats, rice, or quinoa in your meals. These grains are packed with antioxidants and nutrients that support your health.
5. **Manage stress:** Stress can increase during the holidays. Try yoga, mindfulness, or spending time outdoors to help reduce stress and maintain a healthy weight.
6. **Prioritize sleep:** Get enough sleep to support your mind and body. Sleep deprivation can lead to health problems, so make rest a priority even during the busy season.
7. **Practice gratitude:** Take time daily to reflect on what you're grateful for. Practicing gratitude can improve your overall mood and mindset.
8. **Stand and move:** Move around regularly, especially if you sit a lot. Try standing during calls or walking while brainstorming ideas.
9. **Floss regularly:** Flossing daily is great for your oral health and can help lower your risk of heart disease.

Focusing on these simple habits can make your holiday season healthier and more joyful.

*Always consult with your doctor or other qualified health care provider before making any changes to your individualized care plan.*

Visit [UHAHealth.com/CTD](https://UHAHealth.com/CTD) for more healthy lifestyle and nutrition tips.

UHA Health Insurance – through the largest physician network in Hawai'i – provides medical, drug and vision plans to over 4,000 Hawai'i employer groups. It is the only homegrown health plan founded by physicians themselves: University of Hawai'i John A. Burns School of Medicine educators.

**UHA**  
HEALTH INSURANCE  
Better Health. Better Life.

## Soul Shop Hawai'i

In July, Samaritan Counseling Center Hawai'i presented Soul Shop Hawai'i, a free one-day training for community leaders and a half-day training for youth leaders, facilitated by Michelle Snyder, Executive Director/Trainer of the Soul Shop Movement.

Suicide is complicated. The goal of Soul Shop is to raise awareness about suicide and develop skills and strategies for the prevention of suicide, including training on basic conversation skills and becoming comfortable asking questions that could help save lives.



Overall, 50 adults and youth received suicide prevention training. Before the workshop, 54% of attendees felt nervous about their ability to help someone who might be having thoughts of suicide. After the workshops, 96% of attendees felt more equipped to talk directly and openly to a person about suicide.



## 35th Anniversary Video

Watch our 35th anniversary commemorative video that shares personal connections with mental health and the importance of access to mental health care. The video premiered at our 35th Anniversary Fundraising Celebration on October 12, 2024.



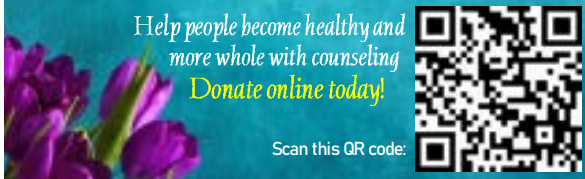
<https://bit.ly/scch35>



Thank you to the counselors and board members, past and present, who shared their stories with us; and special thanks to Mark Brekke and Erik Nordskog for producing this video, which was funded by a grant from the Hawaii Community Foundation and the Namaste Fund!



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



RETURN SERVICE REQUESTED

## Creative Coping 2024

We're excited to present "Creative Coping 2024: A Collection of Poetry and Art Celebrating Mental Health and Resilience."



This anthology is free to download, print, and share! It brings together the works of those who attended our "Creative Coping" workshops in 2024, or who use creativity for self-expression, self-reflection, and healing.

<https://bit.ly/scchcreative2024>

We hope that something in these pages will spark your own creativity. We invite you to try the exercises at the back of the book and share your creativity with us at [info@samaritanhawaii.org](mailto:info@samaritanhawaii.org). Let's get creative!



### 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](mailto:info@samaritanhawaii.org)