



Aloha and Happy Fall!

We hope you and your 'ohana are safe and healthy amidst the convergence of a pandemic, racial and political turmoil. As we strive to heal, we are reminded that we are all in this together and are hopeful that we will find the appropriate way to move forward. May we resolve to continue to work towards the mission of Ho`omaluhia...



"to improve the quality of life and to contribute to violence-free, abuse-free living for all the peoples of Hawai`i".

May we continue toward our vision for a safer, more peaceful Hawai`i and remember that Ho`omaluhia means "creating peace".

Mahalo Nui Loa Mark!

Ho`omaluhia strengthened and grew under Mark Mitchell's leadership as Executive Director. We are so appreciative of all that Mark has done for Ho`omaluhia, the islands and far beyond. More people value our work because of Mark and his warm smile and friendly personality combined with his great knowledge and experience. We all have learned a great deal from Mark and wish him and his 'ohana the very best!





Family Violence & Sexual Assault Institute
dba Institute on Violence, Abuse and Trauma
10065 Old Grove Road, Suite 101, San Diego, CA 92131
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IVAT Statement on Racial Justice and Equity and Necessary Reforms following our Statement on the Death of Breonna Taylor

2 October 2020

IVAT works to raise awareness, educate, and increase understanding around the myriad forms of interpersonal violence and abuse of power. For 35 years, we have worked with local, national and international partners to advance best practice in these areas. Our work has been multidisciplinary with the goal of linking research, practice, policy, and advocacy to reduce and ultimately end violence. IVAT is a comprehensive resource, training and professional services center concerned with all aspects of violence, abuse, and trauma. Through a focus on key collaborations, IVAT bridges gaps to help improve current systems of care on local, national, and global levels, and to make them trauma informed. One of our programs is related to the current training we are providing on the importance of addressing trauma and wellness for Law Enforcement professionals to enhance de-escalation techniques and to reduce officer-involved shootings.

IVAT's vision is a world free from violence, abuse, and trauma. Our mission is to improve the quality of life for individuals on local, national, and international levels by sharing and disseminating vital information, improving collaborations and networking, conducting research and training, assisting with direct professional services, program evaluation, and consulting to promote violence-free living.

The IVAT statement about Breonna Taylor's death released on September 25, 2020 was intended to raise awareness around: systemic racism and other problems that far too often result in officer-involved deaths; the process by which policies, practices, and historical norms work to reinforce racial inequities in various systems of care; the need for improved officer-focused trainings as one way to address the various traumas that may correlate to officer-involved fatalities; the reforms needed across all of society's systems to improve prevention and intervention services related to interpersonal violence; the need to reduce racial disparities across all systems of care; and how racial trauma can affect people individually and collectively. The recent ban on racial sensitivity training to federal contractors illustrates one current example of the perpetuation of systemic racism.

According to the Center for Policing Equity Report on **Re-imagining Public Safety**, "Criminal justice exposure is fundamentally linked to underlying inequalities in distributions of wealth and power; it burdens the same neighborhoods that have been weighed down by inadequate *Promoting Violence Free Homes, Communities, and Societies*

housing, failing schools, food insecurity, lead poisoning, and so on—often for generations. People must be treated with dignity and respected as citizens. To build a legitimate system we need to invest in resources that prevent people from becoming entangled in the criminal justice system, such as mental health assistance, substance abuse treatment, and public health more generally.” We agree that this should be an important area of focus.

IVAT is currently engaged in training with Law Enforcement in the state of California based on the ***More Than Surviving: From Traumatic Stress to Wellness*** curriculum which is focused on enhancing officer’s overall wellness, notably after dealing with incident responses, organizational stress, and community interactions, to reduce confrontations. The long-term goals of this course are: to 1) help officers take a proactive approach to recognizing and reducing stigma around dealing with stress; 2) increase officer safety and wellness while reducing officer and agency exposure to liability; and 3) promote trauma-informed wellness programs within the agencies. The trainings are conducted by a multidisciplinary team of law enforcement and mental health professionals. The goals are to improve law enforcement morale, provide techniques and tools to reduce trauma in themselves and their colleagues, and to be able to de-escalate situations in the community that can occur due to historical racial trauma and inequities.

Our statement about Ms. Taylor’s death was not intended to judge specific police actions but was intended to highlight the critically needed reform in not only the criminal justice system, but also in all parts of our nation’s systems that can perpetuate systemic racism and practices. These can contribute to barriers in communities and Law Enforcement working together to increase public safety. Education around historical trauma and racial disparities in all systems is critical in the midst of several concurrent national emergencies. The denial of historical and racial trauma and racism promotes and perpetuates it. We hope lessons learned from the death of Breonna Taylor, and too many others in our country, including police officers, will become catalysts to help advance the important discussions around reimagining public safety.

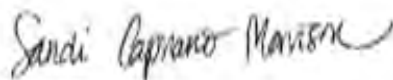
We acknowledge that there is often one sided or false information swirling around individual incidents of violence, and it is important to allow for investigations and disclosures of details to play out before judgements are made. Our intention was not to contribute to these inaccuracies. Our work is to educate and advocate for the intervention and prevention of violence in all its forms as noted above. IVAT condemns violence against Law Enforcement and by those rioting, as well as violence directed at peaceful protesters. We are against violent criminal activity by anyone and believe each person who engages in violent criminal activity must be held accountable.

Leadership at the community, state and national level must work together to diffuse and de-escalate the violence and prioritize safety and justice. We call for the continued work on policy changes and the investment of funds to support community programming that provide expertise and support to Law Enforcement around various community needs. An investment

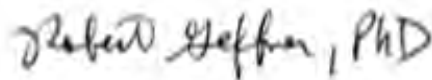
of resources, time and commitment is imperative. As a recent report from the Center for Policing Equity demonstrates, “The **best evidence shows that building a strong partnership between policing agencies and the communities** they serve is the **basis of effective violence reduction strategies.**” Building a stronger partnership between the police and the community requires that we focus on how the public views the fairness of police and other state actors. As the 2015 President’s Task Force on 21st Century Policing concluded, “building trust and nurturing legitimacy on both sides of the police-citizen divide is the necessary foundation of a policy strategy.”

We will continue to do our part to advocate for change around the health and equity disparities people of color and indigenous individuals experience daily. Our hope is that we learn from the situations that lead to loss of life, both of community members and Law Enforcement, so that we can reduce both the amount of violence and the abuse of power, such that the divisiveness in our communities and society that promote and inflame hatred, bias, oppression and racism ends.

Sincerely,



Sandi Capuano Morrison, MA
Chief Executive Officer
Family Violence & Sexual Assault Institute,
dba Institute on Violence, Abuse and Trauma



Robert Geffner, PhD, ABPP, ABN
Founder/President,
Family Violence & Sexual Assault Institute
dba Institute on Violence, Abuse and Trauma

Center for Policing Equity Report: **Re-imagining Public Safety: Prevent Harm and Lead with the Truth A five-step policy plan for policing in America.** Phillip Atiba Goff, Elizabeth Hinton, Tracey L. Meares, Caroline Nobo Sarnoff, Tom R. Tyler.

As Ho`omaluhia strives to improve the quality of life and contribute to violence-free, abuse-free living for the people of Hawai`i, we honor the life and legacy of Supreme Court Justice Ruth Bader Ginsburg who made it her life's work to advocate for justice and equality for all peoples.



**FIGHT
FOR
THE
THINGS
YOU
CARE
ABOUT**

*-RUTH BADER GINSBURG.
1933-2020*



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Updated Statement from IVAT on the Wrongful Death of Breonna Taylor

2 October 2020

Breonna Taylor, 26 years old, was shot and killed when three Louisville police officers raided her home under a no-knock warrant in the middle of the night. Breonna had committed no crime. She was not even a suspect of a crime. She was a victim. Several aspects of this situation where errors were made, some of which remain under investigation, are of concern with respect to the underlying conditions that led to this tragedy. Accountability for her death is needed as well as reforms so this type of situation does not occur again in any of our communities. A grand jury has indicted one of the three officers on charges of wanton endangerment, and no criminal charges have been filed against the other two officers at this point. Investigations as to all aspects of this situation are ongoing and more details are being released daily. We can all agree that Breonna Taylor's life should never have been tragically taken from her and her family!

We support the Taylor family and strongly urge that work on appropriate reforms begins immediately. A paradigm shift is needed to divert attention to the factors that too often perpetuate such violence and abusive practices against black and brown people and other oppressed groups. Violence is rampant, and not acceptable in the above situation nor against law enforcement officers, which is also occurring. We need to acknowledge the intersectionality of structural racism that affects law enforcement, health care, social services, and the judicial systems. We need leadership that acknowledges and addresses systemic change. We are dissatisfied with the current dialogue that creates a misperception about crime and "law and order," and shifts the focus away from racism, bias, and ending violence in our communities by or against police officers. We must reinforce the perspective that police officers are needed public servants and first responders, and not just focus on "enforcers of the law." Reforms are needed as well as open dialogues. Some of this is indeed occurring in our country in some communities now.

Use-of-force legislation and traditional policing have created distrust within many communities. Bias can lead to errors in judgement with fatal outcomes, disproportionately affecting people of color. Perceptions need to change in order to improve officer morale, community policing, and community confidence. Most police officers are also good people trying to do their jobs and they are not happy about what they see either. One part of the system change that is needed requires enhanced police officer training and community outreach, which may offset misunderstandings about culture, race, and behaviors by all

parties. That is part of what IVAT is doing to help.

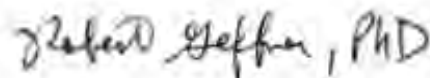
Policymakers need to acknowledge the many roles of police officers . Police de-escalate situations, mediate and provide therapeutic support in the field, and are expected to make quick and accurate assessments, support victims, and protect the community in which they serve. These are difficult situations. We encourage training and guidelines that emphasize the professionalism of the field and encourage accountability and ethical standards that should go hand-in-hand with authority and power. Legislation can be enacted based upon evidence-based standards that reduce the use-of-deadly force. Community policing creates a value system that supports officers and the community in a collaborative manner while seeking to address the problems that can lead to crime prevention. It also works to weed out those who do have or promote racist ideology.

In response to the decision in the Breonna Taylor case, Kristina Roth, the senior program officer for Criminal Justice Programs at Amnesty International USA said: "We call on police to facilitate the right to peaceful protest in the wake of this news," and we support the call for individuals to protest peacefully, without acting violently towards the police. We agree with concerns that the state of emergency declared in Louisville in advance of the announcement of the grand jury's findings, led some community members to feel that property was valued more than life, a feeling that was compounded by the decision of the grand jury. Breonna Taylor should be alive today. Justice for Breonna is admitting this never should have happened in the first place and demanding change to the systems, not just to a few police officers, that continue to devalue, dehumanize, violate, brutalize, and take the lives of black and brown people in this country disproportionately.

Sincerely,



Sandi Capriano Morrison, MA
Chief Executive Officer
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Transforming Trauma into Triumph
25th International Virtual Summit
 on Violence, Abuse and Trauma Across the Lifespan

Celebrating 25 Years of Linking Research, Practice, Policy and Advocacy



Parallel plenary on "What's next for social justice movements?"

Panelists: Jacquelyn White (top row, right), Raquel Buchanan (top row, center), Carolyn West (top row, left); Meghan Fagundes (middle row, left), Azim Khamisa (middle row, center), Marc Pilisuk (middle row, right); Wendy Walsh (bottom row).

Thank you!

We want to send our sincerest gratitude for your participation in our 25th International Virtual Summit on Violence, Abuse and Trauma Across the Lifespan. We hope this summit rejuvenated your commitment to ending violence for all and gave you tools, knowledge, and connections to help you succeed in your valuable work.

With Your Help, Our Summit...



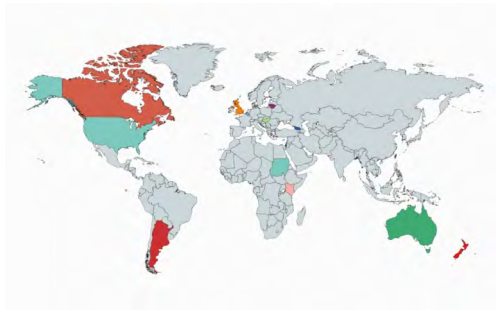
attracted 1050 participants from 17 countries and 49 states



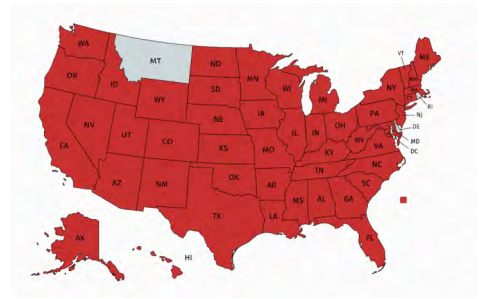
facilitated over 350 speakers, including 99 poster presenters, to share their knowledge and expertise



hosted 130 sessions and 80 poster presentations and provided Continuing Education credits to 360 attendees



Argentina, Australia, Belgium, Canada, Georgia, Hungary, Israel, Kenya, Lithuania, Malta, New Zealand, Taiwan (Republic of China), U.S. Virgin Islands, United Kingdom, United States Minor Outlying Islands, and the U.S.A



Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, Wyoming

We Could Not Do It Without You!

Interested in Becoming more Involved?

Wondering how you can be more involved? **We welcome you to join the 26th San Diego International Summit Planning Committee!**

Meetings are held via Zoom videoconferencing so you can connect from anywhere in the world!

For more information, please contact:

Denise White | Denisew@ivatcenters.org

or

Carlen Haag | carlenh@ivatcenters.org

18th Hawai'i International Virtual Summit

on Preventing, Assessing & Treating Trauma Across the Lifespan

April 27 - April 30, 2021

Celebrating 26 Years of Linking Research, Practice, Policy and Advocacy

Call for Submissions Now Open!

Submissions are being accepted until November 23, 2020.



[Visit here to submit](#)

Summit Tracks

1. Adolescent Trauma & Youth Violence
2. Child Trauma/Adverse Childhood Experiences
3. Criminal & Civil Justice Issues: Violence & Trauma
4. Health Care Systems, Violence & Trauma
5. Intimate Partner Violence
6. Native Hawaiian, Pacific Islander & Indigenous Populations Trauma
7. Prevention & Early Intervention
8. Sex & Labor Trafficking
9. Sexual Victimization
10. Trauma Among Military Personnel, Veterans, & Their Families
11. Trauma & First Responders
12. Vulnerable Adults & Elder Abuse Trauma

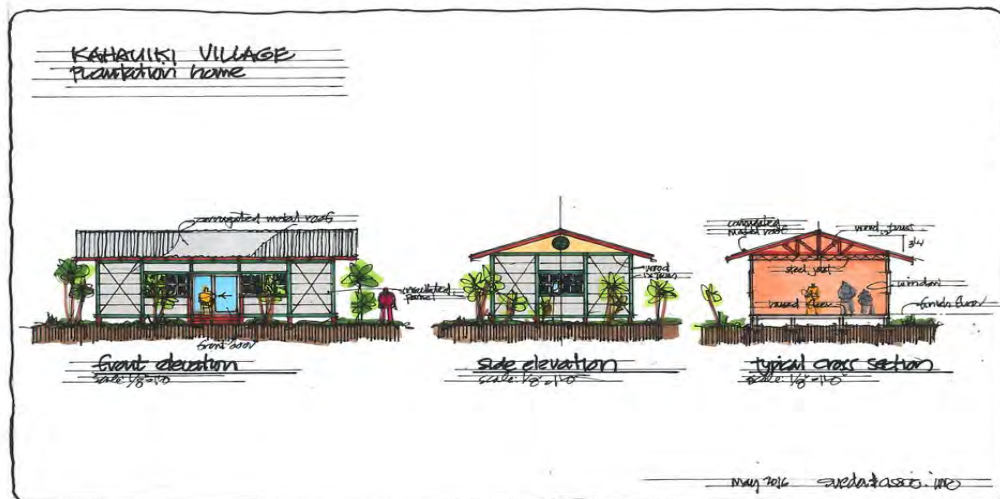
Advanced level submissions are encouraged for those in the field 10 years or more as well as submissions that provide practical application for attendees, those that address racial and historical trauma, homelessness/houselessness and the impact of COVID-19 on interpersonal violence prevention and intervention work.



KAHAUIKI

VILLAGE

Ho'omaluhia is excited to work with The Institute of Human Services, The Harry and Jeanette Weinberg Foundation and HMSA on the evaluation of Kahauiki Village, an affordable Plantation-Style community for Homeless Families.



Kahauiki Village is a plantation-inspired community where cultural diversity and personal pride foster strong neighborhood ties. Designated areas for vegetable gardens, fruit trees and fish farms will not only offer economic relief for resident families, but encourage food sustainability. Common areas for social service programs and recreational activities will be available to provide on-site treatment while encouraging fellowship and shared experiences. An on-site manager will be responsible for facility maintenance and arbitration between neighbors if required.

The core of each residence is remodeled from the emergency homes built for the Tohoku, Japan tsunami victims by System House, formerly known as Komatsu. Local architect, Lloyd Sueda has designed exterior embellishments such as wood sidings and corrugated roofs to give the modular units an exterior reminiscent of historic plantation homes.

Kahauiki Village is modeled after the plantation community culture that has shaped much of modern Hawaii today. By developing a true community rather than just a series of homes, Kahauiki Village offers Hawaii's homeless families much needed stability, shared resources and a strong network of neighborhood support.



UNIVERSITY of HAWAII® NEWS

By [Arlene Abiang](#)

UH contact tracing trainees want to help Hawai'i's communities



By the end of this week, the University of Hawai'i-Hawai'i State Department of Health (UH-DOH) [Contact Tracing Training Program](#) will have trained nearly 450 qualified individuals who will be available to be activated by the DOH, as needed, to trace known contacts of COVID-19 positive cases throughout Hawai'i.

[Track 1: Contact Tracing for Clinical Healthcare Professionals](#), a 1.5-day training course, trained a total of 393 individuals after its completion on July 17. [Track 2: Community Contact Tracer Training](#), a six-week course available year-round for those with bachelor's degrees without necessarily having a clinical health background, will graduate 49 individuals from its first cohort on July 24.

Aimee Grace, UH System lead and director of the UHealthy Hawai'i Initiative, reiterated the university's appreciation to the community for all of the volunteerism and support. "We remain incredibly grateful to every person that has stepped up and reached out to be part of the UH-DOH Contact Tracing Training Program," she said. "Together, we will help to support the DOH in its contact tracing needs to best address the COVID-19 pandemic while building critical health workforce capacity for Hawai'i's future."

Three participants from the UH-DOH program share more about why they decided to apply and become part of the state's cadre of contact tracers during this critical period.

[Read more UH News stories about the UH-DOH Contact Tracing Training Program](#)

Clifford Chang



Chang of Honolulu was part of Track 1 offered by UH Mānoa's [School of Nursing and Dental Hygiene](#). Chang recently retired after 15 years as executive director of the Pacific Islands Primary Care Association and currently works as a public health consultant. An alumnus of UH Mānoa earning his BA in environmental health and an MA in public health in community health development, Chang's extensive background in public health spans more than 40 years.

Chang said he took the accelerated day-and-a-half course to be a resource to the state. "Contact tracing is a time-tested public health tool that can assist in limiting the spread of the virus. As I am no longer working full-time, I am able to devote some time in conducting the very essential, but labor and time consuming contact tracing outreach."

Through the simulations and role playing conducted during the course led by Associate Dean and Professor Kristine Qureshi, Chang gained a better understanding of how to deal with someone when they find out they have been exposed to COVID-19. "It was invaluable to learn the variety of ways the person being notified may react—surprise, fear, suspicion, mistrust, denial, anger, cooperation—and how one may best respond," he explained.

Since completing the course, Chang has begun volunteering as a contact tracer with DOH's Disease Outbreak Control Division. He hopes to be hired by DOH on a full-time basis.

Luisa "Mickey" Abaygar



Originally from the Philippines, Abaygar of Mākaha, O'ahu, is part of the first cohort of Track 2 offered by [UH West O'ahu](#). Her six-week training ends on July 24. A graduate of the University of the Philippines earning her BA in communication (broadcasting), she worked as a DJ/VJ, newscaster and in media sales in Manila before moving to the U.S.

Prior to COVID-19, Abaygar worked as a purchasing manager at Paradise Cove until it was forced to temporarily shut down. Inundated by news about COVID-19 locally and around the world, she felt fearful and helpless. "I thought, 'How can I help, especially my immediate community in Wai'anae? In what capacity can I contribute in tackling this pandemic?'" Abaygar said.

She took the Johns Hopkins contact tracing training course and when the UH-DOH program was announced, Abaygar also applied to help in the state's battle to control the pandemic.

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Abaygar praised Track 2 leaders and UH West O‘ahu Associate Professor Ricardo Custodio and Assistant Professor Camonia Graham-Tutt. “They were extremely effective and knowledgeable in their respective fields and are very cognizant of the fact that this contact tracing endeavor has to be community and team based,” she said. “Having that understanding will help address the needs of our communities and ‘ohana by providing important COVID-19 information and assisting them with services they need to safely quarantine.”

Ilima DeCosta

Ilima DeCosta with Native Hawaiian, Wai‘anae activist Kaukaohu Wahilani



DeCosta of Volcano on Hawai‘i Island is also a student in the first cohort of Track 2, finishing up her last week of the online training course. She earned her BA in political science and studied anthropology at UH Mānoa. DeCosta is a Native Hawaiian cultural practitioner. She is currently helping with a community initiative to convert a local restaurant into a healthcare center in Volcano Village that will support a large Native Hawaiian population who lack access to essential health care.

Growing up in Kāne‘ohe, DeCosta was deeply influenced by the Mango Man, a one-time community fixture who lived on the streets for decades. His circumstances made her aware of the need for a more robust community public health system. This fueled her passion for serving Hawai‘i’s homeless population for more than a decade. DeCosta was responsible for founding the HMSA Homeless Innovation Team whose mission is to determine how to deliver safe, effective and affordable healthcare to those living unsheltered.

“When the Department of Health put out the kahea (call) to train community contact tracers, I saw it as an opportunity to learn more about the disease, overcome my personal anxieties related to the pandemic and to serve my community in a meaningful way,” said DeCosta. “Like the HMSA Homeless Innovation Project, the community contact tracer training program is an opportunity for me to improve and protect the overall health of Hawai‘i’s residents.”

She added, “We all have more in common than we think; in order to maintain our overall community public health and to survive this pandemic, we need to focus on our shared strengths and commonalities.”

Going forward

While Track 1 has formally completed, Track 2 has six more upcoming six-week cohorts of approximately 30–35 individuals each until the end of May 2021. The UH-DOH Contact Tracing Training Program also has an arm to train 100 community health workers (CHWs) over the next academic year. CHWs serve as community health liaisons for high-risk populations and work together with contact tracers. The requirement for the CHW program is a high school diploma or GED.

Related Posts:

[Clinical healthcare professionals needed to become...](#)

[UH begins training COVID-19 contact tracers](#)

[UH, DOH partner for COVID-19 contact tracing...](#)

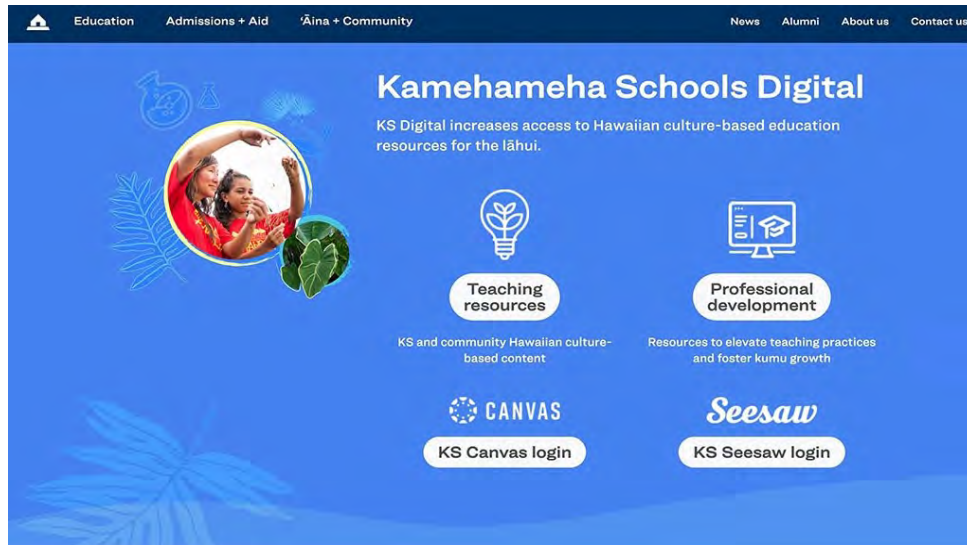
[COVID-19](#) [COVID-19 UH helps](#) [School of Nursing and Dental Hygiene](#) [UH Manoa](#) [UH System](#) [UH West Oahu](#) [UH-DOH Contact Tracing Training Program](#)

For more information on any of these programs, email oshi@hawaii.edu or sign up at go.hawaii.edu/AYD.



**Kamehameha
Schools®**

KS Digital: Modernizing our approach to education



Without question, educators at Kamehameha Schools and around the world are approaching the start of a unique school year. As we prepare to welcome students back to school – via distance learning or in-person classroom instruction – we remain focused on keeping our ‘ohana safe and healthy while continuing to deliver a world-class educational experience.

Our kumu across campuses are at the heart of our ability to deliver on our mission. Amidst the challenges of the COVID-19 pandemic, their role on the frontline has become increasingly vital to our community as the needs of our haumāna and families evolve. As the worldwide crisis continued, we recognized the need for a tool to support our teachers’ efforts and maximize the educational offerings to those we serve.

Today, we are proud to present [KS Digital](#), an important tool that will facilitate learning, provide continuity on and off campus and keep our ‘ohana connected and aligned. The intuitive, streamlined learning management system allows us to modernize our approach to education and ensure continuity so our schools can keep delivering world-class education for haumāna of any age, anywhere and anytime.

Those participating in full online distance learning will rely primarily on the advanced learning system for various needs, including attending classes, accessing coursework and interacting with other students and kumu. Students participating in our hybrid learning model will have access to both in-person classes and the robust suite of online offerings hosted through KS Digital.

The platform is made possible by our partnership with Arizona State University, a national leader in online training platforms and technology that empower teachers and enable students to engage in interactive, exploratory learning.

KS Digital allows us to support educators by sharing Hawaiian culture-based educational resources for their virtual classrooms. Teachers will find reliable HCBE content and teaching materials, whether they are looking for curated work or work created by fellow educators.

Whether in the classroom for in-person instruction, at home for distance learning, or any of the flexible blended educational models in between, KS Digital can serve as an anchor for continuity across learning experiences and a home base for lessons and tools.

As this platform matures and our resource pool grows, our vision is to provide universal, equitable access to high-quality, accredited K through 12 education combined with innovative Hawaiian culture-based education for haumāna across the globe.

Visit the [KS Digital website](#) to see what the learning platform has to offer.

Stay on Top of Your Heart Health During COVID-19, Part I

The pandemic has understandably transformed many of us into housebound creatures, oftentimes moving less and eating more.

“It’s created the perfect storm for developing high blood pressure. For those who are already hypertensive, their blood pressure can get out of control,” says Michael X. Pham, M.D., M.P.H., chief of cardiology with [Sutter’s California Pacific Medical Center](#) in San Francisco.

People may be exercising less, can be generally feeling more stress, and may lack the normal outlets to decompress, including time with family and friends, travel, attending sporting events or going to the movies.

“People are also eating less healthy,” says Dr. Pham. They may be ordering takeout more often or eating processed foods because they last longer and require fewer trips to the store.

But there’s hope for our hearts! Dr. Pham says healthy eating and exercise can help prevent, manage, and stave off high blood pressure. “Even small changes can make a difference,” says Dr. Pham.

Blood Pressure Basics

Blood pressure readings have two numbers—systolic and diastolic. For example, a blood pressure number would be written 118/78 mm Hg. The top number (systolic) accounts for the pressure when the heart beats. The bottom number (diastolic), accounts for the pressure between heart beats.

A person will be diagnosed with high blood pressure if their systolic blood is 130 or higher and their diastolic is 80 or higher. A blood pressure reading of 120/80 mm Hg or lower is [considered normal](#).

A person’s blood pressure rises and falls throughout the day, but, if it stays high for a long time, that person may have the medical condition of high blood pressure, also known as hypertension.

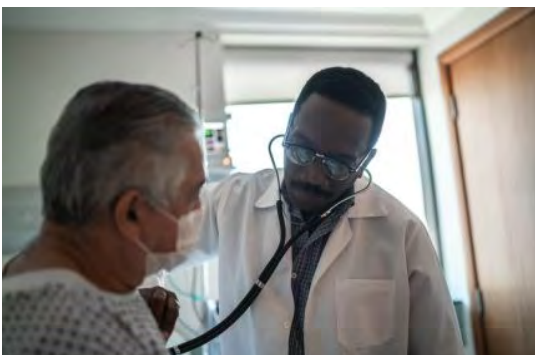
Hypertension can cause heart disease or kidney disease—and may lead to heart attack, stroke or even death.

“High blood pressure doesn’t usually cause symptoms—it’s a silent disease. Most people don’t know they have it until they go to their healthcare provider for a routine visit,” says Dr. Pham.

Safe Care Sites

For hypertensive patients, regular blood pressure checks allow your care team to monitor your treatment plan and the effectiveness of your medications. For those whose blood pressure is under control, preventative care is still important.

Sutter Health’s integrated network has convenient care options available to help you stay on top of your



In-person: Sutter care sites have implemented safety measures to help reduce the risk of COVID-19 exposure. These include, but are not limited to: extra cleaning, screenings before entry, and mandatory masking.

Online: Sutter care sites also offer convenient access to [video visits](#) for those who don’t want to come into an office environment and don’t need direct contact. Video visits allow your doctor to see, hear and talk with you as they would during an in-person visit.



#FernhurstWomen

YWCA O'ahu Appreciates an Overwhelming Support of the Community for its Work Furlough Program

Six Women Who Were Sent Back to the WCCC Safely Returned to Fernhurst This Morning

HONOLULU, HI — The six women who returned to the Women's Community Correctional Center (WCCC) last week all rode a van together from Kailua this morning to resume their lives at Fernhurst in Makiki. Their safe transition was completed as the WCCC's adult correctional officer (ACO) and the Fernhurst staff processed all the necessary paperwork to officially mark the women's return to Fernhurst.

"As the WCCC's van pulled to the front of Fernhurst building, we could hear the women screaming with excitement in the van even though all the windows were closed," said Noriko Namiki, CEO of YWCA O'ahu.

"The Fernhurst staff showed up to work early this morning to welcome the women back to our facility. It's been one week since they left Fernhurst and everyone at YWCA O'ahu was pleading for their return. Seeing the six women walking back into Fernhurst was a joyous occasion for all of us."

Since the community found out about the potential closure of this program due to budgetary constraints as explained by the Department of Public Safety (PSD), YWCA O'ahu has received overwhelming local support.

The state Senate and House of Representatives each issued letters in support of the program. City Council members Ann Kobayashi and Carol Fukunaga and Kauai Prosecuting Attorney Justin Kollar also made statements to urge the state to keep this community-based program.

"We appreciate all those who made calls and wrote to our decision makers to save this program. We are grateful to the House leadership for passing a bill to restore funding for the program. We sincerely hope the Senate and the Governor will be in full support of this bill," Namiki said.

"We also thank the Department of Public Safety Director Nolan Espinda for supporting this bill. Both the PSD staff and the WCCC staff including Warden Eric Tanaka worked quickly to make the women's transition happen. Many professionals had to get involved for this move and I am grateful to all of them."

As the women returned to Fernhurst, they placed their personal belongings in their newly assigned rooms and gathered in the dining room for a welcome-back breakfast. The Fernhurst staff and other Fernhurst residents (non-work furlough) joined the celebration.

"I am so glad I am finally home again," one of the women said. "I can pick up my life and move on. I still feel like I am dreaming but I know this is not a dream. It's really nice to be out."

The community-based work furlough program allows women to prepare themselves for the living conditions they will experience post incarceration.

"This type of environment makes it easier for them to reenter society. From job readiness to family reunification – they can access resources in the community that support their work," Namiki said.

"YWCA O'ahu looks forward to continuing its reentry work in partnership with the Department of Public Safety. We can accomplish a lot as we work together."



THE PŌPOLO PROJECT



We closed our fourth annual observance of [Black August](#) in Hawai'i, hosting 24 virtual learning events, community gatherings, talks, classes, and reading circles over the 31 days of the month. Over the four weeks, we found so much sustenance in making new relationships across our communities, learning hidden histories, and imagining what true freedom can mean for us, our planet, our ancestors, and the generations yet to come.

Mahalo for showing up, sharing videos, and links, and sharing this month with us as we centered Blackness in the Pacific, linking the struggles for a sovereign Hawai'i to the struggle for West Papuan independence and the global movement for Black lives to the global movement for climate justice.

Black August is dedicated to community connection, learning, discipline, and strategy and, while 2020 has brought us lots of surprises and challenges, this past month has been a powerful reminder that we are part of an ancient, worldwide genealogy of resistance to anything that would diminish our humanity.

Black August is over, but we continue to learn and build together.

Re-watch our insightful conversations that focus on the histories and experiences of Black people in Hawai'i and the Pacific

[*Black Liberation Beyond the Gender Binary*](#) with Jen Jenkins and Daniel Ikejimba

[*A talk story with author and historian Dr. Gerald Horne*](#)

[*Educating for Black Liberation from Hawai'i*](#) with Kevin Sledge, Luanna Peterson, Piper Lovemore, and Dr. Keith Cross

[*Blackness, Bodies, and Kanaka Maoli Literary Nationalism*](#) with Dr. Joyce Pualani Warren

[*Pauulu Kamarakafego's Oceanic Legacy*](#) with author and historian Dr. Quito Swan

[Support our work](#)

Humbled & honored: Interview with Catholic Charities Hawaii head



Catholic Charities Hawaii head Robert Van Tassell, center, with Catholic Charities Hawaii board secretary Vernon Wong and Catholic Charities vice president of philanthropy Mary Leong Saunders in December 2019. (Photo courtesy of Catholic Charities Hawaii)

‘The word of the moment seems to be surge. So we did see a surge in our donations to kind of match the need.’

By Anna Weaver

Robert “Rob” Van Tassell became the new president and chief executive officer of Catholic Charities Hawaii this past fall. Van Tassell is originally from Washington State and has more than two decades of experience working first in the private sector and then for the Catholic Church in affordable housing. He left his job as vice president of Catholic Housing Services of Western Washington to take his role here in the islands. Continued on page 11

Van Tassell and his wife of 31-years, Michelle, relocated to Kuliouou in November 2019. They have three grown daughters who live on the Mainland.

The Hawaii Catholic Herald spoke to Van Tassell on the phone on Aug. 28 about the work of Catholic Charities Hawaii and the effects of COVID-19 on the social services agency, which has pared down staff time in the office but continues to work at full-speed and operate its 808-521-HELP line. That helpline has seen calls go from a pre-pandemic average of 400 per month to over 1,000 per month more recently, Van Tassell said.

You started in your role last November. Has it been harder to adjust to the job faced with the uncertainties of a pandemic?

The team here is great so we just kind of rose to the occasion. We knew we were going to be essential services.

We are grateful for our long term collaboration with Catholic Charities Hawaii! Please read the full article at <https://www.hawaiicatholicherald.com/2020/09/02/humbled-honored-interview-with-catholic-charities-hawaii-head/>



State of Hawaii, Department of Health

State offers one-stop hotline for crisis support, mental health resources and substance use treatment services

HONOLULU — The Department of Health, in partnership with the University of Hawai‘i at Mānoa Myron B. Thompson School of Social Work, has expanded its hotline for crisis support to include access to mental health resources and substance use treatment services. Callers in need of these services can now call Hawai‘i C.A.R.E.S.—Coordinated Access Resource Entry System—for support in any of these areas 24 hours a day, seven days a week.

The initiative is designed to provide a “one-stop” hotline for the public, combining services provided by the Crisis Line of Hawai‘i—which offers crisis support to individuals experiencing a mental health crisis—and Hawai‘i C.A.R.E.S.—which addresses gaps in substance use treatment services, including the identification of available beds for residential treatment, reducing wait time for entry into treatment programs, and sharing electronic health information for better patient outcomes.

“People who are experiencing a crisis often struggle with more than one behavioral or mental health issue,” said Eddie Mersereau, deputy director of the Behavioral Health Administration. “The newly expanded Hawai‘i C.A.R.E.S. allows us to provide a more comprehensive, tailored service for callers who need help in more than one area.”

A campaign to promote the new Hawai‘i C.A.R.E.S. services will launch this week through mid-November, through the Hawai‘i Association of Broadcasters Public Education Program. Television and radio spots will let the public know that they can call Hawai‘i C.A.R.E.S. for access to the expanded services.

“When you call Hawai‘i C.A.R.E.S., you will be connected to a local crisis counselor who will ask a bit about you, what your needs are, and how they can help,” said Kathryn Boyer, Hawai‘i C.A.R.E.S. program director. “We are here to listen and to provide you with helpful resources to get you through the challenges you are facing during the pandemic, and beyond.”

To access services through Hawai‘i C.A.R.E.S., call 1(800)753-6879—the same number previously used by Crisis Line of Hawai‘i. Individuals in crisis can also text ALOHA to 741741. Learn more about Hawai‘i C.A.R.E.S. at <http://manoa.hawaii.edu/cares/> and view the public service announcements [here](#).



HONOLULU
CIVIL BEAT

Hawaii Wanted To Save Insurance Money. People Died

A new study shows the impacts of a 2015 decision to cut health insurance for some of the state's poorest and sickest residents.

By Anita Hofschneider

When Josie Howard heard that Gov. David Ige planned to push thousands of low-income Pacific Islander migrants off state-funded public health insurance in 2015, she worried about what that would mean for her community.

Howard, a Chuukese community leader, pictured patients waiting until they were really sick before going to an emergency room. She had flashbacks to the first time the state tried to cut coverage for Micronesian migrants under former Gov. Linda Lingle in 2009. She remembered hearing about cancer patients and people on dialysis who couldn't get the treatment they needed. She was afraid people might die.

Her fears were confirmed by University of Hawaii researchers last week. A new study found that the mortality rate for Micronesians in Hawaii has grown

every year between 2015 and 2018, curving upward compared with that of white and Japanese residents.

Approximately 94 additional Micronesians died between 2015 and 2018 after the Ige administration removed the migrant community from Med-QUEST — the state version of Medicaid that provides health coverage for impoverished people — and transferred them onto more expensive private insurance.

"Oh, I'm not surprised," Howard said of the higher mortality rate. "But what's next? Is this going to really change anything?"

Still, she still has some hope. Perhaps decision-makers will read this study and realize these statistics represent real people, she said.

The study comes as Hawaii's coronavirus pandemic surges to record levels, with daily case counts in the triple digits. On Friday, the state reported that 27% of all confirmed coronavirus cases are among non-Hawaiian Pacific Islanders, even though they make up just 4% of the population.



After Gov. David Ige removed access to public health insurance for poor, sick migrants from Micronesia, many died, according to a new study.

Read the full article at <https://www.civilbeat.org/2020/08/hawaii-wanted-to-save-insurance-money-people-died/>

RESOURCES & UPCOMING EVENTS





**Hispanic
Heritage Month**

September 15 – October 15

**El Mes de la
Herencia Hispana**

15 de septiembre
al 15 de octubre

A BRIEF HISTORY OF DOMESTIC VIOLENCE AWARENESS MONTH

OCTOBER 1981

The National Coalition Against Domestic Violence (NCADV) observes their first **Day of Unity**, intended to bring together advocates from across the nation.

OCTOBER 1989

The U.S. Congress passes a public law proclaiming October to be National Domestic Violence Awareness Month. The same legislation has passed **every year since then**.

OCTOBER 1987

NCADV and domestic violence resource centers all around the country begin to dedicate the **entire month of October** to domestic violence awareness.

HOW CAN I SHOW MY SUPPORT DURING NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH?

- attend **local Domestic Violence Awareness Month events** -- happening all over the country!
- share your support on your **social media**
- **donate** to or **volunteer** for your local domestic violence resource center



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Next month is **Domestic Violence Awareness Month** and we are excited to share three big productions airing on KHON2 in October:

"MAN. KIND." Thursday, Oct. 1, 9:30 pm - 10:00 pm

"HOSTAGE AT HOME" Wednesday, Oct. 21, 9:30 pm - 10:00 pm

"PEACE FOR EVERYONE" Thursday, Oct. 22, 7:00 pm - 8:00 pm

Challenges to safety are pronounced. Staying at home is not safe for those living with abusers. The directives issued by Hawaii Mayor and Governor have life altering, life threatening impacts on women and children who have suffered harm at the hands of an abuser. Chats and texts to DVAC, calls and contacts with agency survivor clients tell us that the community must face this danger, with victims.



Men's March Against Violence 2020 will look a little differently this year. As our 1000 participants will not be able to march down the streets of Honolulu, male allies will present in your homes via a 30-minute televised program, hosted by KHON2's **Howard Dashefsky** and **Rob DeMello**.

The program, entitled "**Man.Kind.**" will highlight why domestic violence is a men's issue. Don't miss this powerful show put on by men, for men: **Thursday, October 1st from 9:30 - 10 p.m.**



"**Hostage at Home**" is KHON2's Town Hall that explores Domestic Violence during COVID-19. Four panelists will discuss the implications of the global pandemic as it pertains to intimate partner abuse, each from a distinct point of view. Be sure to listen to the discussion on **Wednesday, October 21 at 9:30 p.m.**



During Domestic Violence Awareness Month, DVAC will make a lasting impression with a one-hour benefit concert and fundraising event called, "**Peace for Everyone**".

Featuring **Jake Shimabukuro and Pomai Lyman**, **Danny Carvalho**, **Amy Hanai'alii** and **Kalani Pe'a**, this show will be chockful of music, valuable information, and moving testimony by domestic abuse survivors. DVAC will simultaneously be holding an online auction to raise much needed funds.

Thursday, October 22 from 7:00 p.m. to 8:00 p.m.

THIS BILL IS SUPER IMPORTANT.

Help us push it through!

THE CURRENT STATUS OF SB 2638

DVAC is Concerned About The Governor's Position on SB 2638 and his Intention to Veto the Bill

The Governor has indicated that he is reviewing SB 2638, for a possible veto. This Bill pertains to the crime of domestic violence.

The Bill passed this Session, after several years of extensive discussion among the stakeholders, including the Public Defender's office, the Honolulu Prosecutors Office, with weigh in from other county Prosecutors to find ways to improve the criminal justice system. The current system is faltering in its efforts to improve survivor safety and offender accountability. The Women's Legislative Caucus conducted a Listening Tour and visited with domestic violence survivors in communities across the State, learning about the ways the system is not functioning effectively to reduce harm, and the ways the system has failed them.

The reason cited for the possible veto was that abusers, due to the deferral option provided (deferred acceptance of guilt when charged with this crime) does not prohibit abusers from possessing firearms. A "Deferral" (deferred acceptance of guilty plea) is a special type of plea that allows a defendant to plead guilty or no contest, yet keep his record clear of a criminal conviction. To be eligible for the Deferral, the defendant must meet certain requirements and does not have a significant criminal history. In the current practice, offenders are often granted deferrals of acceptance of guilt pleas.

There are also many instances where victims seek restraining orders which prohibit the respondents (their abusers) from possessing firearms or ammunition. Abusers often obtain or possess illegal/unregistered firearms anyway -- a great danger to survivors and island families. There are strong firearms laws in place in Hawaii, enforcement of those laws pose challenges. If firearms in the hands of abusers (with the deferral) is the concern, policy change and leadership is necessary to keep firearms out of the hands of abusers.

Please sign the petition by clicking on the button below, to be forwarded to Governor Ige to advocate for him to change his position.

[Sign The Petition](#)

MAHALO FOR YOUR SIGNATURE!

Domestic Violence Action Center www.domesticviolenceactioncenter.org

PEACE
FOR EVERYONE
Together we can end domestic abuse
#itsgonnatakeallofus

Thursday, October 22
7pm - 8pm

Tannya Joaquin & John Veneri

khon2

DVAC
DOMESTIC VIOLENCE
ACTION CENTER

Don't Miss It!

We encourage you to participate in our online auction, with lots of fabulous auction items available. You can bid on one of **Carissa Moore's surfboards** or a **two-day package at the Lodge at Ko'ele complete with a private plane ride!** There are over **100 incredible items** so don't miss this great opportunity to support DVAC and purchase something special for yourself.

Begins October 19:

www.32auctions.com/DVAC



search:

YMCA OF HONOLULU
ATHERTON BRANCH
MIDDLE & HIGH SCHOOL
teenprograms@ymcahonolulu.org

ATHERTON SERVES
TEENS & COLLEGE
STUDENTS STATEWIDE

REGISTER
FREE
FOR THE
FALL



After registering you'll receive emails
with links to RSVP for any
YMCA hosted virtual event.



Follow Us on IG:
@athertonymca
for the quick link
to our website

OPPORTUNITIES



Starting
September 8 - REGISTER on
YMCA website to get RSVP link

SEPTEMBER

ACADEMIC SUPPORT

Volunteer Office Hours - Login for Help
Matn- Tues & Thur 3pm-4:30p
Lang. Arts - Mon & Wed 3pm-4:30p
Both - Sat 10am-12pm

VIRTUAL WORKSHOPS

Open to ALL unless otherwise noted
9/14 5pm - Voting 101
9/15 6pm - Answering College Essay Questions
9/16 12:30pm - Aiea HS Only: Career Exploration
9/17 6pm - Career Exploration
9/18 5pm - Culture Night
9/23 12:30pm - Aiea HS Only: Internships Count
9/24 6pm - Internships & College
9/29 6pm - Great Letters of Recommendation

SOCIAL & SERVICE EVENTS

Open to all.
9/1-9/11 - Virtual Service - submit cards and or
videos in support of Veterans and healthcare
workers and love for isolated Kupuna. Visit the
Atherton website for submission links.
9/21 5:30p - Social Event Middle School - Games
& Challenges
9/28 5:30p - Social Event High School - Games
& Challenges

PANELS, PROGRAMS, SUMMITS

9/7 - Open Applications - 14yo-18yo
Not a YMCA hosted program
Participate in free workshops on healthy
relationships with Keiki O Ka 'Aina and receive a
\$100 Amazon gift card!
[Apply at https://hpa.haha.org/](https://hpa.haha.org/)
9/7 - Deadline to Apply - High School Only
Not a YMCA hosted program
PAAC, HawaiiKidsCAN, and Ceeds of Peace are
offering a global awareness and civic engagement
opportunity for FREE. Apply to get involved at
<https://hawaiikidscan.org/yaah/>
9/11 10a-11a & 4p-5p - Middle & High School
YMCA supported, not hosted
Student leaders will offer mini-grant opportunities
to encourage service projects and elevate
teen voices. Participate for \$\$\$ prizes.
[RSVP @ https://youthforasbu.org/](https://youthforasbu.org/)
9/16 6p-7p - College Only HR Panel
Hosted by the YMCA and Shilder clubs SHRM
Aloha Chapter and B.E.S.T. - chat with Human
Resources leaders about HR in the world of COVID
and beyond.
[RSVP on our website calendar.](#)
9/26 10a-12p - Middle & High School
Hosted by the YMCA, Funded by USDA SNAP
YPAR Summit - Learn how other students have
impacted our local communities and funding
opportunities so you can do the same!
[RSVP on our website calendar.](#)

SOCIAL EVENTS
SERVICE
CAREER EXPLORATION
JOB SKILLS
COLLEGE PREP
ACADEMIC SUPPORT
SUSTAINABLE GOALS



27th Anniversary



Hawaii
children & youth
day

VIRTUAL EXPERIENCE

Theme: PILINA

FREE - Sunday October 4, 2020 at hawaiiCYD.org

Register Now!

All attendees who register before 9/18/20 will be automatically entered into a drawing for \$100 Apple Gift Card

Nā Hopena A'o (The results of learning)

Hā: **BREATH**

Belonging
Responsibility
Excellence
Aloha
Total Well-being
Hawaii



GOLD SPONSORS



COMMUNITY SPONSORS

Boy Scouts Mālama o Nā Kelki

Fun, Entertainment, and Educational Activities for the Entire Family!

CYD continues the Native Hawaiian Department of Education (NHEA) theme of Hā: BREATH, a program of Nā Hopena A'o. This year's participants offer activities to educate on a Hawaiian value of PILINA/BELONGING to 'āina (land), moana (ocean), kaiāulu (community), 'ohana (family) and 'o wau (myself).

Keiki can join in on our virtual hunt for prizes!





Hawai'i

Children and Youth Summit

Children and Youth Summit 2020

October 8th and 9th at 10:00 a.m. – 12:30 p.m.

Ages 24 years old and younger

Free Virtual Event

Register at
bit.ly/hawaiiicys

Youth Action Alliance Hawai'i!

GLOBAL CITIZENS FOR LOCAL ACTION

Global Perspective

PAAC will kick-off this 7-month program by challenging you to think critically about 5 key global issues and their impact on Hawai'i, including: climate action, educational equity, mental health, food security, and building a more resilient Hawai'i.

Local Change

From September to April, Seeds of Peace's mentors will help teams build Sustainability Action Projects to tackle these issues - with YOU at the lead.

Share your voice!

HawaiiKidsCAN will help you amplify the impact of your work by training you to be a powerful advocate for change not only in the community, but also in the Hawai'i State legislature.

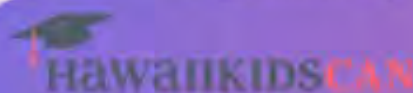
**Learn more &
register:**

hawaiikidscan.org/yaah



FREE
& ALL
ONLINE!

Organized by



Mahalo to our Advisory Council!

Welcome new Advisory Council member Dani Riggs!

Warren Aoki*, United States Army

David Brown, US Army MedCom, Regional Health Command Pacific

Mary Burgess, Sutter Health Kāhi Mōhala

Sandi Capuano Morrison*, IVAT/Ho`omaluhia

Merton Chinen, Hawai`i State Department of Youth Services

Steve Choy, Argosy Univeristy

Suzanne Chun Oakland, Lanakila Multi-Purpose Senior Center

Aimee Chung, UH School of Social Work

Judith Clark, Hawai`i Youth Service Network

Claudia Crist, Sutter Health

Dennis Dunn, Honolulu Office of Prosecuting Attorney Kokua Program

Lisa Dunn*, formerly, The Children's Alliance of Hawai`i

Robert Geffner*, IVAT/Ho`omaluhia

Sage Goto, Dept. Of Health

David Hipp, Liliokalani Trust

Noella Inn, Kamehameha Schools

Mary Komomua, Kaiser Permanente

Kathi Kreinik, PARENTS, Inc.

Keith Kuboyama, Family Programs Hawai`i

Ryan Kusumoto, Parents and Children Together

Edward Meresereau, Dept. of Health-Alcohol & Drug Abuse Prevention

Gordon Miyamoto, Dept. of Education HI-AWARE

Jessica Munoz, Ho`ola Na Pua

Lauren Nahme, Kamehameha Schools

Kaipo Paiva, Honolulu Police Department

Kayle Perez, Dept. of Human Services

Jerry Rauckhorst, Retired, Catholic Charities

Dani Riggs, Therapist, Consultant, Trainer

Camille Rocket, HMSA

Mitch Roth, Hawai`i County Office of the Prosecuting Attorney

Linda Santos*, Retired, Family Programs Hawai`i

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Karen Tan, Child and Family Service

Imani Altemus-Williams*, IVAT/Ho`omaluhia

Danette Wong Tomiyasu, Dept. of Health

* *Executive Committee or Ho`omaluhia staff*