



Na Lei Aloha Foundation Builds bridges in the community



Left: Chieko Steele, Program Officer, presents a check on behalf of Na Lei Aloha Foundation to Kukui Children's Foundation Executive Director Judy Lind. Middle: Hawaii Foster Youth Coalition (HFYC) also received a grant from Na Lei Aloha Foundation to fund staff, work space and youth training. Executive Director Cynthia White and HFYC President Brianne receive a check from Chieko Steele. Right: Program Officer Charlene Flanter presents a check to Family Promise of Hawaii Executive Director Mary Saunders. These funds will help homeless families with children.

The Na Lei Aloha Foundation, one of our newest community partners, is a wonderful organization whose goal is to support programs in the community. They are particularly interested in projects that “strengthen the community by developing people’s desire and ability to care for themselves and others.”

We were thrilled and honored when we were invited to submit a grant request. With this opportunity to identify and meet as many unserved needs as possible, the 9 programs co-located in the center were asked to suggest activities that would build their capacity to serve clients and the community.

We focused on two goals. The first is to expand our capacity within the center for both clients and programs. Our second goal is to take our unique model to the community in order to help others rep-

licate some of the things that contribute to our success, such as the Community Partners Program.

With the help of the Na Lei Aloha Foundation we will:

- Produce a video to increase community awareness of the center and provide training to others who may want to duplicate aspects of our model
- Use the video to recruit more community partners to support our programs
- Provide a fund to translate programs materials into languages prevalent in the community
- Provide training for staff at all levels in a variety of computer programs and updates on such topics as employment law
- Upgrade the technology in our conference room
- Support on site wellness activities

There is great excitement about the potential of these activities to help all of our programs and how resources can be leveraged by working together. Committees from our agencies are working and planning for the next steps. Value added? You bet!

In the coming year, we hope to share what we are doing with other programs in the community in order to help fulfill the goals of the Na Lei Aloha Foundation.

If you are interested in learning more about how your organization or group can increase capacity through collaboration while eliminating duplication and competition, please check our website or contact us to receive our newsletter. We would also like to know about training opportunities we can participate in.

Mahalo nui loa for this wonderful new support.

Literacy volunteers make all the difference



Volunteers at Hawaii Literacy make 1-to-1 help with reading possible for hundreds of adults and keiki in need.

Hawaii Literacy has worked to teach those struggling to read or write for nearly 45 years. Each year we help 2,500 keiki and 500 adults build the literacy and life skills that are the cornerstone to a better future. Remember your favorite teacher who spent the extra time you needed to ‘get it’ or who encouraged you to go for your dream? That kind of individual attention from a caring teacher can make all the difference in the learning process! This

is especially true for keiki with little educational support at home. And it remains true when that child grows into an adult or parent who never learned to read.

But how can we give that ongoing, caring, one-to-one attention to so many keiki and adults who need it? The answer is simple and powerful- VOLUNTEERS! Each year, over 200 volunteers serve as tutors in our four programs, and share their time, skills, and caring to help another person become literate. They give a few hours each week to help change a life. There are over 150,000 illiterate adults in the state of Hawaii. The problem is simply huge and no one can do it alone. But if everyone able to read this pledged to help just one child or one adult become a reader, think of the great change this would mean, for that child, that family, our community and our future!

Teaching someone to read may be one of the most rewarding and lasting experiences a volunteer can have. This year, consider volunteering your time with Hawaii Literacy to teach an adult or child how to read. We have monthly orientations and trainings, multiple sites and times available, and request a one day a week commitment for six months.

Our current volunteer opportunities, wish list and information about our programs can be found at www.hawaiiliteracy.org. It takes many hands to create a more literate and educated state. Can you lend yours? Mahalo!

Keeping Busy at the Mediation Center of the Pacific

In calendar year 2014, the Mediation Center of the Pacific (MCP) served 7,489 individuals through its Mediation, Facilitation and Training Programs. 49% of the individuals involved in mediations were in the gap group population (persons with incomes between 125% and 250% of Federal Poverty Level) and 21% were in the legally poor population (persons at or below 125% of Federal Poverty Level). Approximately 25% of the people in mediations were youth who were served either directly or indirectly through mediation (i.e. the mediation either involved youth or key issues being mediated were about youth).

Altogether, a total of 1,667 mediations were opened and 1,320 mediations were conducted during the year (an approximate 5% increase from 2013). More specifically, 304 divorce mediations were managed with 54% resulting in written agreements; and 212 paternity mediations involving unmarried couples with children, were managed both in-house at MCP and on-site at court, with 52% of the cases resulting in written agreements. 34 hours of facilitation services were also conducted involving 285 people from various organizations and groups including the WRAP Coordinating Committee, and the Downtown/Chinatown Street Festivals Forum.

To ensure quality mediation services were provided, 110 hours of



*MCP Staff: Huimin Yao, Nathan Nikaido, Pomai Villalon, Val Vegas, Theo Fujiyoshi
Top row: Cynthia Moore, Jessica Stabile*

trainings and workshops were conducted for the volunteer mediators in the areas of: divorce mediation; family conferencing; basic mediation; advanced mediation; domestic violence; paternity mediation; parenting plans; TRO mediations; and confidentiality.

Finally, MCP was again a sponsor for the 27th annual Statewide Peer Mediation Conference, It's All About Helping, involving 120 student mediators and adults from six schools from throughout the State.

Jobs and housing needed for homeless families with children

Do you own a business or have friends who own/manage businesses that have job openings from time to time? Do you own an apartment or know somebody who rents out apartments or homes? If the answer is yes, please consider the parents in our program as potential employees and renters.

Our parents are very capable and work extremely hard to provide for their children. They work graveyard shifts and then come home early in the morning to take care of their young children all day. Some of our parents already work a full-time job, but realize they are still not earning enough to afford rent. So, they begin looking for an additional part-time job. All of our families have at least one parent employed full-time.

We have featured stories in the past about Family Promise volunteers offering to rent

their apartments to our families. Others have offered them jobs. Most of these situations have worked out *beautifully*. But we NEED so many more of these stories.

Please remember that you can be an excellent employment and housing resource just by thinking of all the people you know. We hope this will be in your thoughts as you go about your daily business. Contact christy@familypromisehawaii.org if you have rental or employment opportunities to share with our families. It is a truly wonderful feeling knowing that you personally helped a parent with something as significant as employment and housing.



Foster youth coalition studies effects of trauma



Former foster youth gather for weekly book study and learn to heal from childhood abuse.

Former foster youth are learning to heal from childhood abuse and neglect that put them in foster care. The Hawaii Foster Youth Coalition (HFYC), a mentoring project of Kids Hurt Too Hawaii, gathers weekly for a book study. They read, "The Boy Who Was Raised As A Dog" by Dr. Bruce Perry.

A former foster youth and President of the HFYC youth board, Brianne, 20, says, "The book study makes me feel like I'm not alone and that I am able to heal with other foster youth by my side. I enjoy how we all listen to one another so that we can address our concerns and are able to make a difference in the lives of all foster youth in the world."

She organizes the book study by calling youth and creating a syllabus. She also participates. Research tells us that adverse childhood experiences (ACES) have lifelong impact on our health, increasing chances for adult on-set of disease, substance abuse and brain chemical imbalances that result in mental health disorders. According to studies, 67% (2 out of 3) of the population has a score of one on the ACES scale. The higher the score, the higher the impact on health. To learn more about ACES, check out the TED talk with Dr. Nadine Burke Harris, CEO and founder of Center for Youth Wellness in California.

"By learning about the effects of trauma, you can take control of your health and your life," said Kids Hurt Too Hawaii Executive Director, Cynthia White, M.Ed., "The more research shows how to help youth recover from trauma, the more excited I am about what we do at Kids Hurt Too Hawaii."

New staff member helps former foster youth find stability

We are excited to welcome aboard Cherise Braxton-Brooks, a new addition to our Independent Living/Imua Kākou team. She will be taking on the newly established position of Housing Specialist.



She will be working with young adults who age out of foster care, to assist them in securing stable housing. Cherise comes to Hale Kipa with experience working in an Independent Living Program in Kansas where she oversaw a transitional living apartment program for youth from the foster care system.

In addition, Cherise will take over the management of our Hale Pauahi Towers rental program as well as working on finding local housing resources and assisting young adults in their housing search. She will also be teaming up with Rachel Pettit from our Step Up Program to assist Imua Kākou youth with applying for Section 8 Housing.

As so many of our young adults that have aged out of foster care experience housing challenges, we are always open to finding partners in the community who might be a potential resource for our young adults. If you are or know anyone who is a property manager, owner, someone with a room to rent or offer in exchange for assistance in your home, or have a unique situation that you think may be potential housing opportunity for our youth, we would love to talk to you. Please contact Cherise at 354-8472 or cbrooks@halekipa.org. Former Foster Youth in need of assistance can call as well.

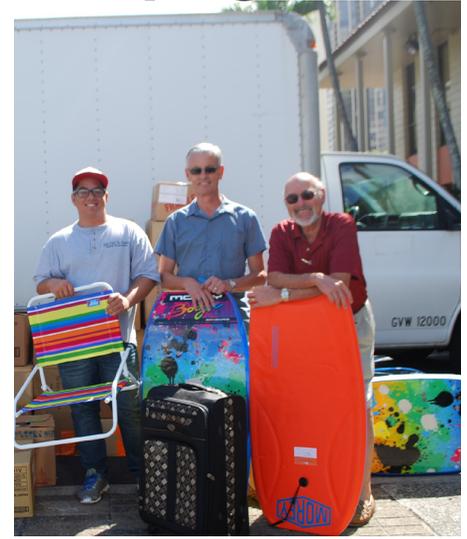
Donations of Services

- Ace Security and Locksmiths
- After School Art
- Alston Hunt Floyd & Ing
- ALTRES
- American Massage Therapy Association-Hawaii Chapter
- Anthology Marketing Group
- Brasserie du Vin
- Carr, Gouveia, Matsumoto CPA's
- HACBED
- Hagadone Printing
- Hawaii Digi Doc
- Hawaii Self Storage
- Hawaii USA Federal Credit Union
- Law Offices of Neal K. Aoki
- Learn to Love Yoga
- Michael Powell Art
- Nathan J. Richards + Associates
- Seymour Kazimirski
- The Bead Gallery
- YMCA of Honolulu

Donations of Funds

- Aloha United Way
- Evans Fund
- Friends of Hawaii Charities
- Ili Ili Fund of the Hawaii Community Foundation
- Jhamandas Watumull Fund
- Na Lei Aloha Foundation

Islander Group donates a wide variety of items to help agencies



Islander Group's Vice President of Operations, Dale Fishell, delivers a truckload of items for the Hawaii Foster Youth Coalition's new project—a youth led store.

Islander Group became a Community Partner late in 2014 and got busy helping right away in a big way. They donate pallets of new and unused items such as Hawaii souvenirs, beach gear, cleaning supplies and batteries that agencies can use for clients, volunteer recognition or sell to raise program funds.

Hawaii Foster Youth Coalition (HFYC) embraced the opportunity to

open their own store and sell the donated items. It is located at 930 Hauoli Street next to Minato Restaurant off of King Street. Not only will running a store produce an income for the organization, it will also teach the youth valuable skills including customer service, financial transactions and other business related skills. Proceeds will go directly back to HFYC and the former foster youth that are supporting the store.

Massage therapists donate services

Promoting wellness at the Kukui Center, volunteers from the Hawaii Chapter of the American Massage Therapists Association provide chair massages at KC events and workshops. They help staff, volunteers and clients take a moment for self care and relaxation.



Volunteers helping volunteers! AMTA Hawaii massage therapists donated their services and provided chair massages at Mediation Center's volunteer appreciation event in December.

Not only do they offer the benefits of massage, but they also give our agencies the opportunity to help their clients and show their appreciation to their volunteers through their services. They provide chair massages at youth wellness, community outreach, tenant and volunteer appreciation events.

Arcadia's dedicated volunteers know how to get the job done



Hazel Theodore and Dorothy Inouye



Tamae Shiraishi and Betty Yoko Nakamura



Betty Alexander

Volunteers from Arcadia Retirement Residence are the ones responsible for getting our newsletter in the mail and out to you—among other things. This dedicated and dependable committee is always at the ready to be of service to our agencies. They collate training materials, assemble invitations for events and even do sewing projects. The work that they do for the agencies and the CPP save our small staffs hours of valuable time and precious financial resources.

According to Sheila Black, who coordinates the volunteers, the work that they do for the Kukui Center offers an opportunity for these seniors to get together and connect with a mutual purpose.

Red Cross training provided at Kukui Center



Bob Harter from Honolulu City and County Department of Emergency Management and Red Cross Volunteer Tim Apicella conducted a one hour emergency preparedness workshop at the Kukui Center

The Kukui Center agencies' staff members attended an on site emergency preparedness workshop on February 23, presented by volunteers from the Hawaii State Chapter of the Red Cross and the City and County of Honolulu Department of Emergency Management. The one hour presentation helped these small organizations begin to develop plans for their offices and a collaborative plan for

disaster preparedness.

Attendees learned that it is as important to have supplies at the workplace as it is at home and what supplies to stock. Other topics included how to assess vulnerability, emergency communications plans and information security.

You can find out information about how you or your business can be prepared at redcross.org.

Donations of Goods

- Auntie Sally's
- Big City Diner
- Central Pacific Bank
- Hawaii Association of Legal Administrators
- Honolulu Sign Company
- Islander Group
- Pepsi Beverages Company
- Soderholm Bus Sales and Leasing
- Vim and Vigor

Volunteers, Service Clubs and Non-Profit Organizations

- Arcadia Retirement Residence
- Bruce McEwan
- Habitat, Inc.
- Hands in Helping Out
- Hawaii Association of Legal Administrators
- Junior League Sustainers
- Kappa Kappa Gamma Sorority
- Luke Center for Public Service at Punahou School
- Rotary Club of Downtown Honolulu
- Trees of Hawaii
- Waianae HS Searider Productions Skills USA Club
- Winners Camp Foundation

How parents can protect their children from cyberbullying



If the word “bullying” makes you think of one child picking on another on the playground, it is time to update your image of how students bully. While face-to-face harassment still exists, new ways of bullying have emerged that can be harmful to children with disabilities. With easy access to cell phones, instant messaging, mobile devices, social networking websites, and other technologies, bullying has found its way into cyberspace. Because of its high prevalence,

it is important that parents of children with disabilities learn what cyberbullying is and how to respond.

What is cyberbullying? It is the use of technology to harass, hurt, embarrass, humiliate, and intimidate another person. It can be done anonymously or not. Today’s children are the first generation to use technology to bully each other. Today’s parents are the first who have needed to learn how to address this issue with their children. These steps are a guide for exploring this topic with your child with a disability:

1. Have the “cyberbullying” conversation. What it is and what it will look like for your child while online or if they have a cell phone and using social media.
2. Set cyber safety rules. Use some simple guidelines such as, don’t do or say anything online that you wouldn’t do or say in person. Don’t reveal anything that you wouldn’t tell a stranger.
3. Know what your children are doing online. As a parent, you have a responsibility to know what your children are doing online. Establish rules about your access to your children’s cell phones, text history, social networking sites and other computer accounts. Keep your child’s computer in an open spot.

Technology offers children with disabilities many advantages and benefits and, occasionally some risks. The solution is not to remove their access to technology but rather to plan ahead to ensure your child is safe. You can do that by being aware of your child’s cyber activities, learning about new technologies, and adding to “cyber parenting” to your list of talents.

Modified from the National Parent Technical Assistant Center.

HIJC plans outreach events to immigrant community

2015 is developing as another fast-paced and active year for Hawaii Immigrant Justice Center at Legal Aid (HIJC at Legal Aid), providing services to adults, families and children. In the first six weeks of the year, HIJC at Legal Aid successfully provided 41 clients with legal services, impacting 19 children. HIJC at Legal Aid plans to continue its community awareness in the new year, reaching out to the general community as well as isolated immigrants in their own languages, about human trafficking, sexual assault and domestic violence issues, and community resources for help. Our calendar includes:

- Co-sponsoring a discussion about domestic workers and human trafficking by Ai- Jen Poo, a 2014 MacArthur “Genius” award winner, and Director of the National Alliance of Domestic Workers, in May
- Organizing and conducting an Immigration 101 training to service providers and others in Hilo, in collaboration with local County Immigration Services Office and other experts, in July
- Coordinating a play by Chuukese children as outreach on domestic violence and community resources for the Chuukese



HIJC staff member Joanne Loeak helped at a Micronesian outreach event held at a local church.

community, tentatively scheduled for October, Domestic Violence Awareness Month

One of the highlights of the year is our annual Bowling for Freedom fundraiser, set for May 2 at Pali Lanes. Both bowlers and non-bowlers are welcome to join us for a fun time to help us raise funds for a summer law clerk from the Richardson School of Law, the Chris Iijima Fellowship.

For more information about these events, please call 536-8826.

HAWAII SAYS
NO MORE

TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT



March 8th through 15th is Hawaii Says NO MORE week. Joyful Heart is excited to announce that it has partnered with dozens of local organizations to launch a statewide effort to end domestic violence and sexual assault. Among other activities, the collaborative will introduce www.hawaiisaysnomore.org. This innovative new website provides tools, resources and facts about domestic violence and sexual assault in Hawai'i.

Modeled after the national NO MORE initiative, Hawaii Says NO MORE promotes the unifying symbol of the blue vanishing point which, in turn, signifies our collective goal to have zero incidences of child abuse, domestic violence or sexual assault.

Along with the website, Hawaii Says No More is also active on Facebook (@hawaiisaysNOMORE), Twitter (@HIsaysNOMORE) and Instagram (@hawaiisaysNOMORE). Through these social me-

dia channels, people are staying connected with communities around the state that are saying, "HAWAII SAYS NO MORE" to domestic violence and sexual assault. Join us by taking part in the Hawaii Says NO MORE Challenge and post a picture of your NO MORE on social media, tagged with #hawaiisaysNOMORE. Watch for other events during Hawaii Says NO MORE week.

Child abuse, domestic violence and sexual assault continue to be important issues in Hawai'i. One in seven women in Hawai'i has been raped in her lifetime and on average over 500 victims seek support from domestic violence shelters in Hawai'i every day. 3,948 cases of child abuse were reported to Hawai'i's Department of Human Services in 2012.

Together we can stop this – will you be a part of saying NO MORE in Hawai'i?

Grieving children connect in safe and healing ways

It is not easy for children to manage the impact of parent loss or trauma. Through Kids Hurt Too Hawaii mentoring programs they learn to never give up at **Surf for the Soul**, to take

care of others at **Poi for the Soul** and to be good citizens at cultural and community engagement events. In peer support groups, children learn they are not alone.



Surf for the Soul mentoring activity held in Waikiki

When asked what helps her at Kids Hurt Too Hawaii, Kaylie said, "Knowing you're not the only one. There are more kids like you." Kaylie lost both parents in a car accident at the age of 6. Like the 3000 grieving and traumatized children who participated over the past 14 years, she found a place of belonging.

Why does it help children to know they are not alone and that people care? The answer may lie in the field of interpersonal neurobiology that sees the brain as a social organ. Feeling connected in the world, according to Dr. Daniel Siegel author of *The Mindful Brain*, "This state is crucial for people in relationships to feel vibrant and alive, to feel understood and to feel at peace."

Kids Hurt Too Hawaii creates places where grief-stricken and traumatized children connect to each other and community in safe and healing ways. It eases a sense of isolation and stigmatization often associated with grief and trauma. Grief from parent loss and trauma from abuse and neglect often deprives children of the experience of being connected when others don't know how to help. For more 545-5683 or visit our website.



Harry and Jeanette Weinberg
Kukui Center

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Family Promise of Hawaii
Resources for homeless families with children
(808) 548-7478
www.familypromiseshawaii.org

Hale Kipa
Outreach services for child abuse victims in, or transitioning out of, foster care to become independent
(808) 853-4660
www.halekipa.org

Hawaii Foster Youth Coalition
Advocacy and independent living skills training for foster youth
(808) 545-5683
www.grievingyouth.org

Hawaii Immigrant Justice Center at LASH
Legal services for immigrant victims of abuse and domestic violence
(808) 536-4302
www.hijcenter.org

Hawaii Literacy
Literacy and lifelong learning services
(808) 537-6706
www.hawaiiliteracy.org

Joyful Heart Foundation
Helping victims of child abuse, domestic violence and sexual assault
(808) 532-3520
www.joyfulheartfoundation.org

Kids Hurt Too
Support for grieving children who have lost a parent
(808) 545-5683
or (808) 256-3176
www.kidshurttoo.org

Learning Disabilities Association of Hawaii
Training center for parents of children with disabilities
(808) 536-9684
www.LDAHawaii.org

Mediation Center of the Pacific
Conflict resolution for cases involving children and others
(808) 521-6767
www.mediatehawaii.org

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