

AMHD *news*

Newsletter of the Hawai'i State Department of Health's Adult Mental Health Division

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Thanks among friends

Donations help spread holiday cheer among clubhouse members



From Left: AMHD Statewide Clubhouse/PSR Director Kathleen Rhoads, Hale O Honolulu member Terri Avilla, Plaza Club Cook Roxanne Cullen, Plaza Club General Manager Robert Onstad, and Hale O Honolulu staff member Maria Curley.

Members of Hale O Honolulu and Diamond Head Clubhouse are guaranteed delicious food and good cheer this Thanksgiving due to the generous donations of turkeys from Safeway and trimmings from the Plaza Club.

Close to 100 Hale O Honolulu and Diamond Head Clubhouse members are expected at the Honolulu clubhouse for dinner and festivities on November 24, Thanksgiving Day.

Robert Onstad, Plaza Club general manager, said that

contributing back to the community is what Plaza Club members believe in. "We want the community to view the Plaza Club as part of the family and as a contributing partner," said Onstad. "Giving back [to the community] is just the right thing to do."

Kathleen Rhoads, AMHD's statewide clubhouse/PSR director, is appreciative of the clubhouse staff for working on state holidays such as this one. "Mental illness occurs beyond Monday through Friday work schedules and often gets worse on holidays,"

she said. "I'm so proud of the staff who helped me launch these clubhouse evening/weekend/holiday programs."

This is the second year that the Plaza Club is donating prepared mashed potatoes, gravy, stuffing, and vegetables to the Hale O Honolulu event. Onstad, however, sees more to it than just the food. "It's really not about what is on the plate," he said, "but it's about that warmth and emotion created by the fact that someone's caring enough to bring it about." ❀

ADAD and AMHD join forces to provide better services



From left: AMHD Chief Tom Hester and ADAD Chief Keith Yamamoto sign the agreement of understanding.

The needs of individuals with co-occurring mental illness and substance abuse disorders brought together two Hawai'i State Department of Health chiefs on November 4. Alcohol and Drug Abuse Division (ADAD) Chief Keith Yamamoto and AMHD Chief Tom Hester met to sign an "agreement of understanding" between the divisions to collaborate on improving services for this segment of Hawai'i's population.

According to Co-occurring State Infrastructure Grant (COSIG) project manager Jackie Hong, this "agreement of understanding" is the first document in Hawai'i to create an official collaboration between the two divisions.

Both chiefs are enthusiastic about what the agreement means for Hawai'i. "It's a good

idea," said Yamamoto. "It's real important for everyone to understand that we support this initiative." Hester recalls that when he first began with the AMHD in 2001 "there had been no conversation between ADAD and AMHD." He credits the COSIG project for making this new collaboration possible.

In addition to sealing this collaboration in writing, the document establishes a new position. The position, COSIG ADAD co-coordinator, works between the divisions to provide "assistance in planning, development, implementation, and evaluation of services for persons with a co-occurring mental health and substance abuse disorder."

"What this signifies," said Hester, "is two parts of state government working together to meet an obvious need." ❀

Hawai'i State Hospital earns re-accreditation

by David Sohmer, HSH Communications Officer

On October 28, the Joint Commission for the Accreditation of Health Care Organizations (JCAHO) granted re-accreditation status to Hawai'i State Hospital (HSH) after surveying the hospital over four days.

Acting HSH Administrator Bill Elliott and HSH Standards and Compliance Chief Ruth Stewart thanked the staff for providing quality care to the patients and meeting the national standards of the Joint Commission.

"The survey was very successful," said Stewart. "This is especially true since there was a brand new survey process." According to Stewart, HSH's survey result, "accreditation with requirements for improvement," was the highest possible accreditation decision.

The two JCAHO surveyors found the following areas in need of improvement at HSH: screening assessment, medication orders, medical staff privileges, documenting verbal orders, and evaluating patients in seclusion.



HSH staff from left: Dr. David Friar, psychiatry chief; Bill Elliott, acting administrator; Dr. Kim Meyer, rehabilitation chief; Dr. Rupert Goetz, medical director; and Connie Mitchell, nursing director. Photo by David Sohmer.

Stewart said that documenting verbal orders will require demonstrating improvement over time; however, to correct the other areas, the hospital will implement new policies and procedures.

Stewart expressed her appreciation to Elliott, the survey assistance team, treatment teams, and staffers for "a great job all around." ❀

In Brief

Soundbite

"The opposite of depression is not happiness but vitality, and my life, as I write this, is vital, even when sad."

From *The Noonday Demon: An Atlas of Depression* by Andrew Solomon who won the National Book Award in 2001.

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Speak your mind

The *AMHD News* is on the lookout for stories on consumer recovery successes, questions, notes of thanks, special events, and leads for features. If you have something that should be heard, please contact us (see page 8 for contact information).



Religious diversity in the workplace

Dr. Kimo Alameda, Director of AMHD's Office of Multicultural Services

At this time of the year, many people from diverse backgrounds celebrate various religious and cultural traditions with the most popular being Christmas. Some state employees who are Christian complain about not being able to say or use anything with the word “Christmas” during work hours or work-related events. While at the same time, some non-Christian employees object to the overwhelming attention paid to Christmas resulting in the degradation of their own religious observances. Yet, there is another group of employees who are non-religious and who object to the continuous exposure of religious messages in general. There are no simple answers for we all have the right to exercise our religious freedoms. For me, the compromise lies within the framework of respect and inclusiveness — also known by many as political correctness.

Think about it. As a Christian employee, if all your co-workers were to continually greet you with a “Merry Krishna” or “Happy Hanukkah” throughout your workday, is it possible that you might feel excluded or marginalized? What about being asked to participate in an annual Ramadan party that included various Muslim-oriented games, songs, and activities. If you choose to attend, is it possible that you might feel uncomfortable and out of place? Yet, many Christian employees don’t think twice about imposing their Christmas greetings, Christmas decorations (e.g., office Christmas trees), and Christmas-oriented activities (e.g., secret Santa games) on coworkers who may not be Christian.

Making a conscious effort to avoid expressions or actions that can be per-

ceived to exclude people who are already marginalized and socially disadvantaged is what political correctness is all about. Non-Christians are the religious minority and like other minority groups they should receive the same sensitivity and respect. As we approach this holiday season, let us be aware of the many religious observances being celebrated during this time. Here are just a few of the diverse religious and cultural celebrations that mean as much to these faithful observers as Christmas does to Christians.

Jewish people celebrate Hanukkah, an 8-day observance recalling a miracle in the Jerusalem temple during a war fought by the Maccabees in the cause of religious freedom. Between 1996 and 2008, the first day of Hanukkah fell, or will fall, between November 30 and December 26 according to the Jewish calendar.

Muslims celebrate Id al-Fitr on the first day of the tenth month of their lunar calendar. This is the day after the lunar month of Ramadan. It is a time of rejoicing. Houses are decorated and gifts are bought for relatives. Because the dates of Ramadan and Id al-Fitr are determined by the phases of the moon, they occur a few days earlier from one year to the next.

Buddhists celebrate Bodhi Day on December 8, or on the Sunday immediately preceding. It recalls the day in 596 B.C., when Buddha is believed to have achieved enlightenment and escaped the repeating cycle of reincarnation.

The Hindu’s celebrate Diwali, which means “rows of lighted lamps” and is often referred to as the Festival of Lights. During this time, homes are thoroughly

cleaned and windows are opened to welcome Lakshmi, goddess of wealth. Candles and lamps are lit, gifts are exchanged, and festive meals are prepared.

African Americans celebrate Kwanza which is a week-long cultural celebration starting on December 26. Each day focuses on one of the seven principles of Kwanza: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

Native Hawaiians celebrate the Makahiki, which is a festival dedicated to the god Lono. It begins in late October and ends in January. This was a time to celebrate the harvest. Wars were ceased, sporting events organized, religious laws lifted, and cultural practices renewed. Although the Makahiki is not practiced to the same extent today, there are many groups who gather during this time to replicate the Makahiki with the same excitement and enthusiasm.

This is a wonderful time of the year. We should take the opportunity to acknowledge, learn about, and celebrate other traditions, especially if we have colleagues or consumers adhering to those traditions. ❁

Dr. Alameda may be contacted by emailing ckalamed@amhd.health.state.hi.us.

NAMI O'ahu benefit celebrates support, advocacy, and education

On October 23, stakeholders in the local mental health community gathered at the Renaissance Ilikai Waikiki to support NAMI O'ahu's 5th Annual Journey of Return Benefit Luncheon.

The luncheon, which is a major source of revenue for NAMI O'ahu, featured live entertainment, a silent auction, and special guest speaker Denby Fawcett, political reporter for KITV-4 News.

Fawcett related her experience growing up in the 40s, 50s, and 60s, under the care of her mother who had bipolar disorder. "My mother, first and foremost, was an incredible person who happened to be mentally ill," Fawcett said. "I can say that now with a degree of calmness, but for the longest time I deeply denied that something was wrong at all."

In those times, Fawcett said, the stigma of mental illness was especially strong. She wishes that NAMI had been there for her then to support her in realizing early on that "the diseases of the mind are like all other illnesses, treatable and nothing to be ashamed of."



From left: Dr. Hank Chapin and Senator Suzanne Chun Oakland (D-13).

NAMI O'ahu also held a ceremony to award the Jean Butler Chapin Award for Support, Advocacy, and Education. Dr. Hank Chapin, who established the award to honor his mother, presented

the award to Senator Suzanne Chun Oakland (D-13) for her support of NAMI O'ahu's mission. "Suzanne Chun Oakland is most highly regarded by legislators, social workers, doctors, consumers, and just plain concerned citizens," Chapin said. "In addition, she has most recently been fighting the good fight by educating others and advocating parity of insurance payments for mental health with physical health."

The silent auction featured artwork, cases of wine, theatre and symphony tickets, a mountain bike, a bonsai tree, jewelry, and a wide range of unique services and other quality items.

NAMI O'ahu President Mike Durant is pleased that the benefit "did really well financially." According to Durant, this year's benefit grossed the most proceeds since they first started the luncheons five years ago.

Members of NAMI O'ahu now look forward to their annual meeting on December 7 at the Pacific Club. ♣



Floyd Edward Harrison wails at Beyond the Blues.

Feelin' good with

the blues

The Mental Health Association in Hawai'i hosted the soulful rhythms of the 5th Annual Beyond the Blues Festival at Ala Moana Center Stage on Saturday, October 8. The event was the climax of National Mental Illness Awareness Week, which began on October 2.

Live blues and rock bands entertained the audience while booths displayed information on mental health and offered free depression screenings. Between sets, stakeholders took the stage to speak about the importance of mental health awareness.

"The bands are just great," said Ken Wilson, executive director of the Mental

Health Association. "We've always had a great turnout and we're very grateful to the AMHD for being such a big sponsor." HMSA, Eli Lilly and Company, and Pfizer also sponsored the event.

The bands — Floyd Edward Harrison, Zonkers, Boogie, and Slim Mango — volunteered their time for the festival. Community partners with displays included the AMHD, the Hawai'i State Children and Adolescent Mental Health Division, the Hawai'i Clubhouse Coalition, Hawai'i Families as Allies, the Hawai'i Psychology Association, Kahi Mohala Behavioral Healthcare, the National Alliance on Mental Illness, and United Self-Help.

COSIG project sports new symbol thanks to clubhouse artist



Waipahu Aloha Clubhouse member Edward Naong.

Last August, the staff of the Co-occurring Disorders State Infrastructure Grant (COSIG) project decided to brand itself with a welcoming image reflecting the local culture of Hawai'i. Director of Health Chiyome L. Fukino, M.D., suggested using the state flower, the yellow hibiscus, as the new symbol. COSIG staff agreed and believed it was important to have a local consumer as the artist. Through several channels and recommendations, COSIG project manager Jackie Hong found that artist in Edward Naong.

A member of the Waipahu Aloha Clubhouse, Naong spent years drawing, painting, and creating pottery. He participated in the last two Abilities art shows sponsored by VSA arts of Hawai'i and the AMHD. In 2005, Naong received a proficiency award for his work "Naupaka-Kahakai" (featured in the October 2005 issue of *AMHD News*).

Naong fondly remembers his mother giving him homemade

dough to sculpt and play with as a child. Now, he continues to love art and finds it soothing. When an opportunity presents itself where he can share his art, Naong considers it a privilege and is truly thankful. "I feel really good," he said, "— especially when there's a lot of people looking at my work."



COSIG project's new symbol, a yellow hibiscus drawn by Edward Naong

Hong appreciated Naong's enthusiasm and professionalism in creating the artwork. She was pleased with the final version of the hibiscus. "I really like it," said Hong. "It is a reflection of our local spirit and it's even more special since Edward created it."

All future COSIG project materials, including brochures and webpages, will feature Naong's yellow hibiscus. ❀

A Mother's Mahalo

Aloha,

My 36-year-old son was diagnosed with paranoid schizophrenia when he was 16. When we moved to Hawai'i two years ago I was drained from the stress and worry of supporting him. However, from the very beginning, people in Hawai'i's mental health community reached out with kind and generous hearts.

I would like to thank NAMI O'ahu, United Self-Help, the Queen's Day Treatment Program, and the Diamond Head Community Mental Health Center for all their support. Without these organizations, I don't know what would have happened. I also want to express my heart-felt thanks to Dr. Jeffrey Akaka, Walter Reed, Bud Bowles, and Jim Quimby from Steadfast Housing Development Corporation. Jim introduced my son to a new job, which my son has been working at for the last couple of months. This is the first time my son has worked and — best of all — this is the first time he is happy.

After so many years of worry and pain, words cannot express the relief and joy I now feel. To all of you who have touched my son's life and my own, I'd like to say thank you from the very bottom of my heart.

Mahalo,
Setsuko McKenna

Untitled

by Sandra Valadon, poet and consumer

When you feel like you are falling
Or in an endless spiral crawling
If the outcome is anyone's guess
There's a bottom to all of this mess

There's a bottom to all your fears
As the answers soon appear
Just remember my good friend
Every beginning has an end
And the conclusion is sure to come
There's a bottom to all of this

Every beginning has an end
And as your life seems to descend
This misfortune will soon desist
Because there's a bottom to all of this

There's a bottom to the tears
As the problems begin to clear
For you can hold on much longer
And in the process grow stronger
There's a bottom to all this

Spotlight Dr. William Sheehan

Although new medical director, William Sheehan, M.D., has worked in Hawai'i for several years in many clinical capacities, his position with the AMHD marks his first time working for the state. Sheehan began his new career on October 19 excited about the future of the division and its services for Hawai'i's consumers.

To Sheehan, the transition from being chief of behavioral health services at Kaiser Permanente to becoming the AMHD medical director was appropriate. "I've reached that age in my life," he said, "when I'm ready to try something different, unique, something I haven't done before."

Finding something in his field he had not done before does not come easily. Born and raised in Toledo, Ohio, Sheehan graduated from the Medical College of Ohio at Toledo and trained in adult psychiatry in Texas for three years. He then came to Hawai'i for a John A. Burns School of Medicine department of psychiatry Child Psychiatry Fellowship. He later worked at Queen's Medical Center, St. Francis Medical Center, Kahi Mohala Behavioral Healthcare, Kapi'olani Medical Center, Honolulu Medical Group, and in private practice. He held his latest position at Kaiser Permanente for nine years.

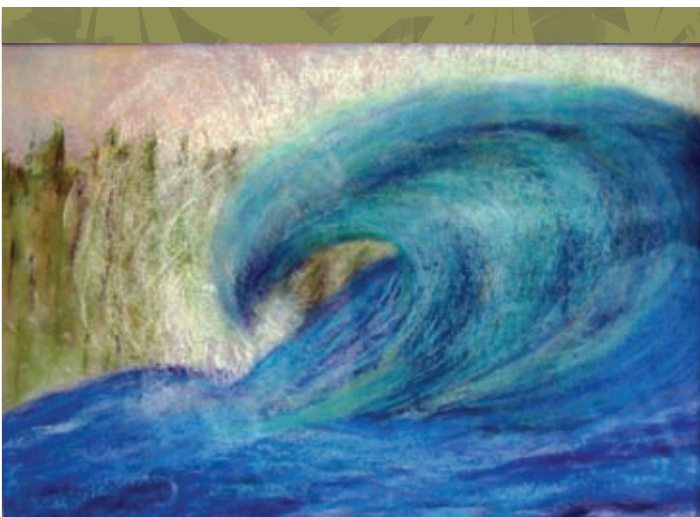
Although Sheehan has a fresh perspective as a newcomer to the state system, he was pleasantly surprised to find that he already knew many key AMHD staff. "[The AMHD] is head and shoulders beyond anything I've seen in the private sector for the most part," he said. "I know half the names of the people who work here just from my past experiences and these are good people."

Impressed by the work being done by current staff and by those before him, Sheehan hopes to continue the work as a positive agent of change. "There is unbelievable effort under way to ensure that consumers get even better care and the best possible care focused on recovery to wellness," he said. "Whatever troubles there were in the system before are actively being addressed and I do think it's exciting to be in a situation where things might continue to change and be a lot of fun."



Dr. William Sheehan left Kaiser Permanente to become AMHD's new medical director in October.

On the job for only a few weeks, Sheehan is thrilled at what he has seen so far. He woke his wife, who has worked for the State's developmental disabilities division for 22 years, early one morning. He told her "Something's wrong, I'm looking forward to going to work." Though his wife was unmoved at the time, Sheehan remains inspired. "It's extremely stimulating," he said. "It's taking care of a whole system as opposed to taking care of one person at a time... It's really exciting to think that I might be able to do something as part of a team to change things for the better for thousands of people." ❀



16" x 12" Acrylic on canvas

Abilities Art

"The Wave"

by Alia Kealoha

Hawai'i has been my home for more than half of my life. Its incredible beauty and spirit continue to inspire me and sooth my inner beauty. I discovered as a child that nature and creativity allow me to be appreciative in the present moment making all other concerns of time and space, past and future, disappear. Since then I have used Hawai'i's ocean and 'āina, as well as various paints, dyes and multi-media to ease my spirit and soothe my soul. I am very grateful.

MEET UP

Neighbor Island Support Groups

The following groups offer free mental health support and education.

Kaua'i

Kaua'i Bridges Support Group
First and fourth Wednesday, from 10 a.m. to 11 a.m. at the elderly housing behind Mahilona. Call Candy at (808) 821-2167.

Maui

Maui Support Group
First and third Thursdays from 6 p.m. to 7:30 p.m. at the Kahului Union Church (corner of Kamehameha and Lono in Kahului), room #15. Call Lynn at (808) 298-5413.

Hawai'i

Hale 'Oluea Support Group
Every Tuesday from 9:30 a.m. to 11 a.m. at the Hale 'Oluea Clubhouse, 1045B Kīlauea Avenue. Call Candy Frye at (808) 968-8858.

Hilo Support Group

First and third Fridays from 12 p.m. to 1:30 p.m. at Richardson Beach conference room. Call Shereen at (808) 443-3213 or Anela at (808) 345-6469.

Ka'u Support Group

Every Friday from 10 a.m. to 12:30 p.m. at Punaluu Beach Park.

Kealakekua Support Group

Second and fourth Thursdays from 1 p.m. to 3 p.m. at Nani Olu in Kealakekua down the hill from the National Guard Armory. Call Kathy at (808) 322-4818.

Kona Support Group

First and third Wednesdays from 2 p.m. to 4 p.m. at Care Hawai'i Kona. Call Mary Ellen at (808) 331-8909 to confirm meeting times.

Pāhoā Support Group

Every Tuesday from 10 a.m. to 11:30 a.m. at 15-2039 Pāhoā Village Road (the neighborhood house of the YMCA across from Pāhoā Elementary). Call Drew at (808) 965-5569.

Chief's Column

Dr. Thomas Hester, AMHD Chief



Aloha All,

Last month I listed the 11 priority areas in the AMHD Action Plan and stated that briefings

on the Action Plan would be conducted throughout our state. I am pleased to report that the Action Plan is now available on our website, www.amhd.org. Please check it out. The Action Plan will be used as a working document by the AMHD, so this document won't be made an order of the court. The Action Plan does not include every detailed step to be taken, but there are many detailed work plans that will guide implementation in many of the priority areas. The AMHD Action Plan team, William Sheehan, M.D., Karen Krahn, Helene Jo, John Jansen, and I will review and update the Action Plan weekly. We plan to post each updated version on our website.

To improve our communications, a PowerPoint presentation outlining the Action Plan has been developed, and it will be used as an aid for orienting division staff and our stakeholders. The service area administrators will soon be conducting Action Plan briefings in each county. To find out when an Action Plan briefing is scheduled for your county, please contact:

- Hawai'i and Kaua'i County: Florence Dunn-O'Neal
- Maui County: Thomas Vendetti, Ph.D.
- O'ahu County: Linda Appel

Last month, I also reported that our 15-year-old CRIPA case was coming to an end next year. On October 26, 2005, a Joint Stipulation and Order Regarding Plan for Community Mental Health Services was signed by Judge David Ezra, and stipulated to by the U.S. Department of Justice and the State of Hawai'i. Before it ends, the AMHD will be work-

ing aggressively to complete the timeline tasks of the Community Plan by June 30, 2006.

Key elements include the following:

- The Special Monitor and Evaluation Team will provide on-going technical assistance, with the Special Monitor continuing to report on the progress of the AMHD
- The state shall develop an Action Plan with court-ordered timelines
- If substantial compliance is not achieved by June 30, 2006, in any specific areas, the state will continue its efforts to implement the Community Plan under the continued supervision of the court, the Special Master, and the Special Monitor until November 30, 2006 when the case will be dismissed

While, it is clear that this case should end no later than November 30, 2006, the AMHD will focus on completing the implementation tasks of the Community Plan by June 30, 2006. Although some may fear the end of federal support and oversight, we now have the opportunity to become a self-directed mental health system that works effectively to support the recovery of our consumers and to continuously improve. We only have a few more months to benefit from the leadership and technical assistance of Judge Chang; Special Monitor Kris McLaughlin; court evaluators, Gail Hanson-Mayer, Dr. Kenneth Minkoff, and Dr. Paul Gorman; and the U.S. Department of Justice. Let's make the most of it. ❀

Editor's Note

"Building Partnerships" the column by Provider Relations Specialist John Carollo, M.S., will resume in the next AMHD News.

Updates

Clubhouses October 2005	Diamond Head Clubhouse (O'ahu)	Friendship House (Kauai)	Hale O Honolulu (O'ahu)	Hale 'Oluea (Hawaii)	Hale O Lanakila (Maui)	Hui Hana Pono (O'ahu)	The Kona Paradise Club (Hawaii)	Ko'olau Clubhouse (O'ahu)	Waipahu Aloha Clubhouse (O'ahu)	Total
Transitional (PT) Employment	0	11	8	11	0	2	3	10	7	52
Supported Employment	3	13	11	17	5	1	1	11	11	73
Independent Employment	5	13	10	7	4	2	2	6	5	54
Total Wages Earned	\$7,234	\$21,189	\$7,730	\$13,960	\$2,160	\$3,022	\$4,087	\$12,945	\$7,169	\$79,496
Average Hourly Wage Earned	\$10.41	\$8.10	\$7.59	\$9.13	N/A	\$8.35	\$9.29	\$8.75	\$6.86	\$8.56
Members in Supported Education	0	2	9	9	2	0	1	4	25	52
Active Members	44	67	187	116	47	73	31	134	143	842
Average Daily Attendance	17	31	53	54	23	27	12.5	41	66	324.5
Outreach Contacts	28	25	120	71	428	464	38	79	78	1,331
Evening/Weekend/Holiday Hours	1	40	32	52	6	16	32	27	72.5	278.5
New Member Referrals	1	2	5	8	4	3	1	9	9	42

Employment

Supported Employment Program

The Steadfast Supported Employment Program found 28 more jobs for consumers in October, for a total of 1,153 job placements and 1,315 referrals made since January 2001.

Consumer Employment Survey

As of October 1, 2005, 1,612 consumers completed a quality of life interview within the previous seven months at state-operated community mental health centers. Of the 1,538 consumers who responded to the employment questions, 310 (20%) reported being employed (118 full-time and 192 part-time).

Request for Proposals

There are currently no new request for proposals (RFPs).

For more information call the State Procurement Office at (808) 587-4700 or visit their Website at www.spo.hawaii.gov.

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ACCESS: Suicide and Crisis Line

Available 24 hours a day, 7 days a week.
(808) 832-3100
Or Toll-free at:
1-800-753-6879