

# AMHD *news*

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

Volume VIII

Issue 7

Aug./Sept. 2008

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HAWAII STATE  
DEPARTMENT  
OF HEALTH



**A**MHD and Hawai'i State Hospital staff were honored at the 2008 Incentive and Service Awards Celebration on Friday, July 18, at the State Capitol Auditorium. This annual ceremony recognizes the top employees, teams, and managers working at the Hawai'i State Department of Health (DOH).

This year's winners of the Sustained Superior Performance Award included Iris Ijima, Tiffany-Joy Kawaguchi, Kathleen Rhoads Merriam, and the Hale Imua collaboration team.



Top photo: Social worker Iris Ijima (on left) with Behavioral Health Administration deputy director Michelle Hill.

Bottom photo: Occupational therapist Tiffany-Joy Kawaguchi (on left) with Hill.

(See "Awards" on page 2)

## Awards

(From cover)



Kathleen Rhoads Merriam (on left) with Behavioral Health Administration deputy director Michelle Hill.

Ijima, a social worker with the Friendship House clubhouse on Kaua'i, was recognized for her dedication toward improving the lives of clubhouse members over the past 20 years. She regularly volunteers her spare time to organize special clubhouse events and community outreach.

Kawaguchi, an occupational therapist, instituted the animal assisted therapy program at Hawai'i State Hospital. The first of its kind to be located in a psychiatric facility, this program allows consumers to train service dogs that go on to aid people in the community who need support.

As the statewide clubhouse coordinator, Merriam has been a champion for state clubhouses as they became internationally recognized for quality and innovation. Under her leadership, Hawai'i now has more clubhouses per capita than any other state.

The AMHD's Hale Imua program collaboration team was recognized because of their success in conducting community reintegration for discharged patients from Hawai'i State Hospital. By providing housing for those who would otherwise have remained in the hospital, Hale Imua saved the state of Hawai'i more than \$260,000 per year per person. To date, the program has served a total of 46 individuals.

Out of all the award winners this year, the Sustained Superior Performance Awards committee selected Eric Tash as DOH Employee of the Year, Aaron Ueno as DOH Manager of the Year, and the Statewide School Influenza Immunization Project as DOH Team of the Year. The winners of these three categories will represent the DOH in the Governor's statewide awards ceremony in October. ❀

## A time to remember



Participants in the seventh annual remembrance ceremony gathered at Hawaiian Memorial Park Cemetery.

Over 60 people gathered at Hawaiian Memorial Park Cemetery on July 1 to remember 668 people who died as patients of the Territorial Hospital between 1930 and 1960.

For 30 years, unclaimed bodies of patients were cremated on Territorial Hospital (now Hawai'i State Hospital) grounds and stored in urns and cardboard boxes in a hospital basement. The remains were forgotten and neglected over time until ashes spilled from containers and identifying labels became illegible.

After a newspaper article made the situation public, the remains were given a proper burial service on July 1, 1960 at Hawaiian Memorial Park Cemetery. Two bronze plaques with the names of 541 identified remains and 127 numbered remains were laid to mark the memorial.

In 2001, the AMHD Office of Consumer Affairs began a project to help identify the unknown remains in the memorial. The project culminated in 2002 with the start of the annual remembrance ceremony, which acted as a means to acknowledge the poor treatment of Territorial Hospital patients and to recognize that mental health consumers deserve respect in life and in death. The ceremony's message has always been simple: Never forget.

During this year's ceremony, AMHD and Hawai'i State Hospital staff and consumers laid flowers at the memorial as names of the dead were read aloud. Hula Halau Ho'onani 'O Ko'olau performed a hula, followed by a meditation by Rev. Woong-Min Kim and a blessing by Rabbi Peter Schaktman.

# MHT-SIG 2008 annual meeting



The six MHT-SIG task groups report on their progress over the past year.

The \$10.95 million Mental Health Transformation State Incentive Grant (MHT-SIG) made its historic launch in the state of Hawai'i one year ago. To mark the occasion, the MHT-SIG team held a meeting at the Pearl City Cultural Center on July 23 to review their progress and to plan for the steps ahead.

The MHT-SIG kicked off in July 2007 with town hall meetings across the state to recruit participants and to share information about the process. Sub-working groups composed of key stakeholders were formed to address the goals outlined by the President's New Freedom Commission. With the completion of the needs assessment resource inventory of the state's mental health system and the state's comprehensive mental health plan, task groups are currently working to implement recommendations.

"Although today is a time for us to stop, take a breath, and consider what we've accomplished so far," said Lt. Gov. James R. "Duke" Aiona, Jr. at the meeting, "it is also a time for us to renew our commitment to the upcoming phases of this process."

MHT-SIG chief operations officer Sharlene Chun-Lum said the next phases of the process require task groups to



Lt. Gov. James R. "Duke" Aiona lends words of congratulations and appreciation to MHT-SIG participants.

update the comprehensive mental health plan and submit work plans that include federal performance measures. People in the community can expect town hall meetings regarding MHT-SIG updates and funding opportunities and an MHT-SIG website where they can view current news and information about the grant's activities.

"On behalf of Gov. Lingle, mahalo to all of you for all of your time, all of your effort, as well as your energy in helping us get to this point," said Aiona. "We also—in advance—say mahalo for your willingness for continuing this process in the days and the years ahead." ❀

## Consumer advocate inspires hope



Tonier Cain stands before a photo of herself at nine years old, an age when she was already being sexually assaulted and addicted to alcohol.

Consumer advocate Tonier Cain from Maryland spoke at the MHT-SIG annual meeting and shared her life story to inspire MHT-SIG participants. Cain was addicted to drugs and alcohol for years, had her children taken away from her, and was the victim of multiple physical and sexual assaults while living homeless on the streets. While Cain said she takes full responsibility for her bad decisions, she believes she would not have continued down that path if someone had helped her earlier with the neglect and sexual abuse she experienced as a child.

Eventually, Cain had the opportunity to enter a program where she received help for her trauma. Having graduated from the program four years ago, Cain now spends her time caring for her daughter in their new home and serves on various boards as a consumer advocate. Cain often returns to the streets of Annapolis to help people out of their bad situations. Cain: "We need to believe that we can do something to resuscitate them back to life because as long as there is breath, there's hope."

# Special populations report

Eva Kishimoto, AMHD and Other Special Populations Service Director

## Older adult initiatives

I would like to provide an update to my article in the November 2007 issue of the *AMHD News* on activities concerning older adults. In that article, I mentioned the Substance Abuse and Mental Health Services Administration (SAMHSA) Targeted Capacity Expansion Grant pilot, now I would like to let you know what has occurred since then.

Project OASIS (Older Adult Specialized Information Services) on O'ahu has begun to provide caregiver training for its two primary target populations: professional caregivers (care home and foster home staff) and family/'ohana caregivers of older adults. The trainings use a curriculum developed with input from a range of local stakeholder groups. The training course, *Recovering Wellness: Helping People with Late Life Depression*, is provided across three evenings totaling 7.5 hours of class time. Among other things, the course covers symptom identification, risk factors, protective factors, treatment, and other supportive interventions. After being fine-tuned in a series of pilot courses, the refined curriculum is now offered monthly for each target population in locations around O'ahu. Interested parties may contact the project office at (808) 735-3565 or (808) 735-3435 for schedule details.

On Maui (our other pilot site), there have been a couple of innovative activities:

- **Jail diversion:** In the June/July issue of the *AMHD News*, Dr. Neil Gowensmith discussed the forensic service array, which includes jail diversion. The Maui group has been working with the Maui jail diversion staff who alert our Maui Geriatric Mental Health Specialist (MGMHS) when an individual 60 years or older is in the holding cell. The MGMHS does an assessment and works with the individual to link him or her to appropriate

resources. Efforts are coordinated for early identification of mental health issues and for timely linkage to community providers. This presents the court with options for community treatment.

- **Maui Geriatric Mental Health Hui:** This program consists of approximately 18 agencies that meet monthly with a cadre of regularly attending consumer participants.

The Hui produced the video, "Kokua I Na Kupuna," which is used to educate the public on mental health in older adults. It is a brief but poignant piece using local talent. The video depicts a couple struggling with stigma and turmoil related to mental health issues in later life.

The Hui has also completed and made available for distribution the Maui County Resource Directory, a slideshow presentation that includes photos and voice-overs explaining access to mental health services. Also completed is a quick-point brochure that summarizes access to services and lists Maui County resources. This handy resource is available on the AMHD website at <http://www.amhd.org/About/ClinicalOperations/MISA/>.

Finally, the Department of Health has issued a request for information (RFI) for a psychiatric intermediate care facility (ICF) contract. An RFI is the initial step toward a request for proposal (RFP), the process for procuring services with the state. Hopefully, this will result in the state purchasing ICF level of services specifically targeting individuals with behavioral health issues. ❀

## Clinical supervision



Participants in the clinical supervision pilot project.

**People often think that training is the answer to updating services and practices. We attend conferences in the hope of improving services that improve people's lives. Trainings and conferences are a great way to communicate advances, but they are usually not enough to change the way services are being delivered.**

**An important piece of this change puzzle is called clinical supervision. Clinical supervision establishes a learning alliance between the supervisor and supervisee in which the supervisee learns therapeutic skills while developing self-awareness.**

**The AMHD and the University of Hawai'i School of Social Work have collaborated to launch a pilot project to improve clinical supervision. Ten supervisors were selected from AMHD providers across the state. Their first meeting was a half-day session on June 27. This group will be gathering quarterly throughout the year. Between meetings there are homework assignments and exercises to build skills in clinical supervision settings. In addition to the basic curriculum, the participants have choices about what additional topics are covered during training.**

**We are already getting requests to offer more of this training. If it is something you are interested in, please contact Eva Kishimoto at [eva.kishimoto@doh.hawaii.gov](mailto:eva.kishimoto@doh.hawaii.gov) or Robbyn Takeuchi at [robyn.takeuchi@doh.hawaii.gov](mailto:robyn.takeuchi@doh.hawaii.gov).**

# Depression and socioeconomic factors in Hawai'i

## Findings from the Hawai'i 2006 BRFSS data

Debbie Gundaya, University of Hawai'i Graduate Student in Clinical Psychology

Are factors such as race/ethnicity, gender, age, education, work status, and household income related to depression? A study by the Mental Health Services Research, Evaluation, and Training (MHSRET) Program investigated this question using data from the 2006 Hawai'i Behavioral Risk Factor Surveillance System (HBRFSS). Results of the study indicate that when socioeconomic factors are accounted for, differences in race or ethnicity are not strongly linked to the likelihood of having depression.

If only racial disparities are analyzed as a determinant of depression, it appears that Hawaiians are about three times more likely to be depressed than Chinese, Whites, Filipinos, and other ethnic groups. However, when other socioeconomic factors are considered, the association between race/ethnicity and depression disappears. Instead, the factors that are strongly associated with depression are gender, age, education, work status, and household income.

Overall, women are 1.5 times more likely to be depressed than men. Adults between 18 and 64 years old are also four times more likely to be depressed than adults who are 65 years old and older.

The results also show that employment and education are protective against depression. Those who are unable to work are six times more likely to be depressed than those who are employed. Those who have less than a high school education are 2.5 times more likely to be depressed than those who have college or postgraduate degrees. Those who completed high school or have some college education are twice as likely to be depressed than those who completed college or have a postgraduate education.

Findings also show that there is a strong link between household income and depression: higher household income is associated with lower risk of depression. Those whose household income is \$20,000 or less are five times more likely to be depressed than those whose yearly household earnings are at least \$50,000. People with an annual household income of \$20,000 to \$34,999 are twice as likely to be depressed than those in households that earn at least \$50,000 per year. There is no significant difference in the risk of depression between adults with an annual household income of \$35,000 to \$50,000 and those with an annual household income of \$50,000 or more.

The study's overall results suggest that one way to enhance the effectiveness of policies geared toward the treatment and prevention of depression in the state is by targeting low-income population, particularly women. Education and employment are found to be protective against depression. Thus, programs that support education and employment may also have a tremendous impact in the prevention and treatment of depression. ❀

## Come Together

### 23rd Statewide Consumer Conference

The next Statewide Consumer Conference will be held on September 5 and 6. Events on September 5 will be held at the Waikiki Health Center and September 6 events will be at the Pacific Beach Hotel. Highlights of the conference will include a legislative panel and the development of a statewide consumer network. Although the deadline for neighbor island scholarships closed in July, registration for participants on O'ahu will be accepted up to the conference day. For more information, contact Bill Lennox at (808) 586-4687 or email [wclennox@amhd.health.state.hi.us](mailto:wclennox@amhd.health.state.hi.us).

### Clubhouse conference

The 10th Western USA and Pacific Rim Regional Clubhouse Conference will be held at the Pacific Beach Hotel on October 23–26, 2008. The conference will include five plenary sessions addressing today's pressing issues in clubhouses. Topics include health and wellness initiatives, Pacific Rim clubhouse development, employment opportunities for members, and surviving crises. For more information, contact the Waipahu Aloha Clubhouse at (808) 675-0093 or (808) 554-5523.

### Art show call for artists

During the month of January 2009, the Adult Mental Health Division (AMHD) will sponsor a juried exhibit for artists willing to use their art to combat discrimination against people with mental illness. Visit [www.mhsret.org](http://www.mhsret.org) to download the application form.

For more information, please contact Jennifer Miyasaki ([events@mhsret.org](mailto:events@mhsret.org)), Dr. Philippe Gross ([grossphi@hawaii.edu](mailto:grossphi@hawaii.edu)), or call (808) 735-3435.

## Request for Proposals/ Information

The AMHD plans to release the following Request for Information (RFI) and Request for Proposals (RFP):

- RFI for Supported Employment/Micro-Enterprise Development
- RFP for Community-Based Intervention — Statewide
- RFP for Consumer Resource Fund — Statewide
- RFP for Assessment Services — Statewide

If you have any questions regarding RFI's, RFP's, contracts or modifications, please contact the contracts unit at (808) 586-4689.

## DOH offers more suicide prevention workshops

The Injury Prevention Program of the Hawai'i State Department of Health, in partnership with the Suicide Prevention Task Force and Hawai'i S.P.E.A.R. (Suicide Prevention Education Awareness Research) Foundation of America, is again offering suicide prevention workshops statewide. This training is geared to "gatekeepers" who may come in contact with individuals who are considering suicide.

The two-day suicide prevention training, called Applied Suicide Intervention Skills Training (ASIST), prepares individuals to recognize and respond to those in crisis. Workshop participants learn to use a suicide intervention model, thus reducing the suicide risk. The workshop also covers information to link people with community resources.

Counselors, teachers, social workers, clergy, crisis workers, law enforcement, health workers, and anyone concerned about family members and friends are invited.

Scheduled ASIST workshops will be held on the following days:

- Maui, August 22-23, 2008 (Puunene)
- Moloka'i, September 11-12, 2008
- Kaua'i, September 25-26, 2008
- O'ahu, April 28-29, 2008; October 23-24, 2008; December 4-5, 2008
- Big Island, November 6-7, 2008 (Hilo)

Participants must register and pay in advance and commit to two full days (7:30 a.m. to 4:30 p.m.) for the workshops. For registration, cost information, and meeting locations, call (808) 733-9238 or (808) 733-9320. This information will also be posted under the health events section of the DOH website at [www.hawaii.gov/health](http://www.hawaii.gov/health).



**Michelle R. Hill,**  
*Behavioral Health Administration Deputy Director*

There are many exciting initiatives occurring within the State of Hawai'i Department of Health (DOH) Behavioral Health Administration (BHA). Some initiatives offer all three BHA divisions an opportunity to work together in a coordinated effort to improve services to individuals from birth to adulthood. As deputy director of the BHA, I will write a column on a regular basis to inform all our interested staff and stakeholders of the progress of these initiatives. In this column, I will discuss the efforts of the Co-Occurring State Incentive Grant (COSIG) project to develop a "road map" for the divisions to improve services to individuals with co-occurring substance abuse and mental health conditions.

Many people in Hawai'i live with co-occurring substance abuse and mental health conditions. This also seriously impacts their families and our communities in many ways. The COSIG grant completed a statewide needs assessment of current services involving hundreds of stakeholders in both urban and rural areas of our state. The information and data produced by this effort was utilized to build a comprehensive strategic plan for integrated treatment of co-occurring substance abuse and mental health conditions. Four major work groups consisting of both government and community stakeholders met for two years

developing strategies, actions, and goals in four major areas: infrastructure systems, screening and assessment, workforce development and training, and treatment systems. I will discuss each of these areas in more detail in future *AMHD News* columns.

Leaders of the state of Hawai'i substance abuse and mental health authorities for both adults and youth are tasked with the responsibility of implementing the COSIG strategic plan to improve services to individuals, their families, and communities. For the past three months, my office has been working with leadership from all three BHA divisions to develop an implementation plan and to build a foundation to move us forward on this effort.

As part of this progress, a Memorandum of Understanding to Collaborate for the Improvement of Care for Individuals With Co-Occurring Mental Illness and Substance Abuse was signed on May 14, 2008 by all three BHA division chiefs: Keith Yamamoto, chief of the Alcohol and Drug Abuse Division; Dr. Stanton Michels, chief of the Child and Adolescent Mental Health Division; and Dr. Thomas W. Hester, former chief of the Adult Mental Health Division. This document of understanding includes a vision statement, a set of guiding principles, and core values, which will lead us in implementing this important plan to improve co-occurring substance abuse and mental health services to our state system of care. In future columns I will discuss the exciting progress in the developing implementation plan. ❀

# Hawai'i Clubhouse Coalition

## 2008 first quarter totals

Reporting period: January 2008 to March 2008

	Big Island		Kaua'i	Maui	Honolulu				Total
	Hale 'Oluaea	The Kona Paradise Club	Friendship House	Hale O Lanakila	Diamond Head Clubhouse	Ko'olau Clubhouse	Hale O Honolulu	Waipahu Aloha Clubhouse	
<b>Active Members</b>	100	70	74	60	85	178	170	200	937
<b>Average Daily Attendance</b>	33	14	25	23	24	41	47	87	293
<b>Evenings/Weekend/Holiday Attendance</b>	35	43	60	41	41	49	113	152	534
<b>New Members</b>	17	27	14	1	20	21	33	40	173
<b>Transitional Employment</b>	17	12	16	1	11	6	18	33	114
<b>Supported Employment</b>	13	7	11	7	5	16	6	18	83
<b>Independent Employment</b>	16	6	26	9	9	4	19	9	98
<b>Average Hourly Wage Earned</b>	\$8.31	\$9.31	\$8.94	\$8.85	\$9.46	\$7.50	\$8.64	\$7.49	\$8.56
<b>Total Wages For Fiscal Year 2008</b>	\$138,568	\$48,514	\$197,790	\$35,349	\$77,916	\$129,611	\$80,445	\$111,321	\$819,514
<b>Members in Supported Education</b>	10	5	5	2	4	19	21	3	69
<b>Member Receiving Outreach</b>	47	49	73	60	72	121	79	104	605

## AMHD Collaboration

One of eight AMHD Core Values

We value teamwork and endeavor to build partnerships, consumer and community participation to attain our goals.

### Mission:

We provide a comprehensive, integrated mental health system supporting the recovery of adults with severe mental illness.

### Vision:

Everyone has access to effective treatment and supports essential for living, working, learning and participating fully in the community.

## Online

### MHSRET.org

The website of the Mental Health Services Research, Evaluation, and Training (MHSRET) Program has been redesigned to accommodate several new features including:

- Hawai'i Certified Peer Specialists (HCPS) registry and job bulletin — a resource for HCPS and employers to connect
- The MHSRET Program Wire — a video podcast featuring plenary speakers and workshops from the latest Best Practices Conference

Also available on MHSRET.org is the *AMHD FY2007 Annual Report and Five Year Review*, the *Mental Health Transformation State Incentive Grant Needs Assessment and Resource Inventory*, and various other resources.





## ACCESS: Suicide and Crisis Line

If you or a family member are experiencing a mental health crisis or if you need information about accessing mental health services, we are available 24 hours a day, 7 days a week.

**Call (808) 832-3100 or toll-free at 1-800-753-6879.**

The Hawai'i State Department of Health, Adult Mental Health Division's ACCESS Line provides a team of trained and experienced professionals to provide help to you or a family member in times of mental health crisis.

**An accessible digital and a large print version of the newsletter may be obtained by calling (808) 735-1842.**

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