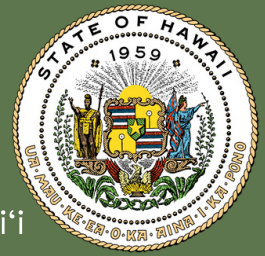


# Newsletter



For a more resilient Hawai'i



From left to right: Naomi Leipold, project manager; Keala Kaopuiki-Santos, project manager; Kevin Thompson, project manager; Gov. Josh Green, M.D.; Jodie Burgess, executive administrative assistant; Tia L. R. Hartsock, director; Keona Loftis, intern; Erica Yamauchi, director of communications and engagement

## Director's Message



Tia L. R. Hartsock,  
Director

During the early morning after the Maui fires, in complete shock at what was taking place, I sent an email to a dozen colleagues within our state mental health system and on the Trauma-Informed Care Task Force, asking them to join a Zoom call at noon to discuss a coordinated mental health response to the disaster. When our team signed on, we were so moved to see more than 250 people join the meeting.

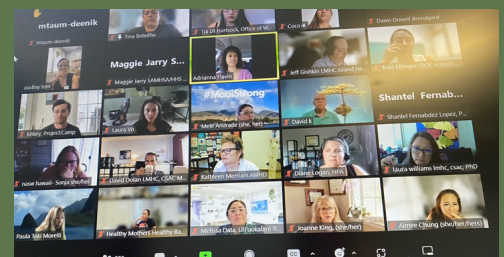
Since then, our Office has held almost daily Maui Mental Health Coordinated Response meetings, totaling 400+ people, including mental health professionals on the ground on Maui, philanthropic, nonprofit and advocacy organizations, service providers and government employees. The meetings have been instrumental in standing up crisis services reaching 1,000+ survivors, breaking down barriers, and sharing resources and lessons learned.

I want to mahalo some of our key collaborators on the ground in this effort, including the Hawai'i Depts. of Health, Human Services and Education, University of Hawai'i, County of Maui, Hawai'i Psychological Association, National Association of Social Workers, Hawai'i Community Foundation, Kamehameha Schools, Queen's Health System, Kaiser Permanente, National Child Traumatic Stress Network, and Substance Abuse and Mental Health Services Administration.

Our thoughts and hearts continue to be with Maui.

Mālama pono,

*Tia*



### About the Office of Wellness and Resilience

Our mission is to strengthen our state systems and services, using healing-centered care principles as strategies to make Hawai'i a trauma-informed state. We break down barriers that impact the physical, social and emotional well-being of Hawai'i's people - from keiki to kūpuna.

## Working Group & Task Force Updates

In August and September, both the Breakthrough Therapies Task Force and Mālama 'Ōhana Working Group (Act 86) held their first meetings. Mālama 'Ōhana launched a website for the public to document their work. Visit: [malamaohana.net](http://malamaohana.net).

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In July, Tia traveled to Washington, D.C., to present to the federal Substance Abuse and Mental Health Administration's Interagency Task Force on Trauma-Informed Care (below) on Hawai'i's work around trauma in our state systems.



## What is trauma-informed care?

The Hawai'i Trauma-Informed Care Task Force defines trauma-informed care as an approach to understanding, recognizing, respecting, and responding to the pervasive and widespread impacts of trauma on our ability to connect with ourselves and others, our place and the elements around us, and our ways of being. Simply put, the six pillars of trauma-informed care (see image, right) protect against causing trauma, as well as the re-traumatization of trauma survivors. For more information, visit [traumainformed.hawaii.gov](http://traumainformed.hawaii.gov).



## Maui Strong

### Wellness & Resilience Resources

#### Hawai'i CARES 988

Local counselors available.  
Call 808-832-3100/800-753-6879,  
or call/text 988.

#### In-Person Support

Available at Maui Community Health Centers in Wailuku at 121 Mahalani St. and Lāhainā Comprehensive Health Center on Akoakoa Place (below the Civic Center). Services include counseling, psychiatric care and resource guidance.

#### REACH

Free, confidential, short-term counseling services for state employees.

Visit: <https://dhrd.hawaii.gov/>.

#### Disaster Distress Helpline

Free, 24/7 for support at 1-800-985-5990 or text "TalkWithUs" to 66746. Multilingual support is available. ASL: call 1-800-985-5990 from your videophone.

## Collective Trauma



The wildfire disaster is an example of a new type of trauma phenomenon because it's happened so close to the pandemic, and that's cascading collective trauma. We may see this complex trauma more as we grapple with more weather-related and natural disasters, on top of manmade ones, like mass violence.

Some people may feel like it's harder to get back to their "baseline" right now. This type of trauma is just starting to be studied, but we can build on what we know works to minimize trauma's long-term effects – more support, connection, and culture and āina-based practices.

If you are not feeling like yourself, that's normal. Take time to rest, connect with a loved one and talk about how you're feeling, spend time in nature or do something that you have found relaxing in the past. If you need someone to talk to, or if you or someone you know is in crisis, call or text Hawai'i CARES at 988.

This newsletter is a publication of the Office of Wellness and Resilience, within the Office of Governor Josh Green, M.D.

How can we be of service? Let's talk story.

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