

Above: Attendees from the Office of Wellness and Resilience, the Trauma-Informed Care Task Force and trauma-informed movement gathered to celebrate Governor Josh Green, M.D., declaring Hawai'i a trauma-informed state on Feb. 20, 2024.

## Wellness Survey

In partnership with the University of Hawai'i at Mānoa, OWR filmed a video (below) to promote our statewide survey on workplace wellness and quality of life, with a special focus on state workers. Results will inform future policy and programs. Hawai'i residents ages 18+ are eligible; it takes ~15 minutes to complete. To take the survey, visit: [health-study.com](https://health-study.com).



## Maui Convening

During our Maui convening gathering (above), we also took some time at the end of the day for wellness activities, including lomilomi (Hawaiian: massage), shinrin-yoku (Japanese: forest nature walks) and yoga. It was the first in-person group meeting since meeting daily and now weekly via Zoom to help coordinate the disaster mental health response.

## Maui Updates

OWR convened about 80 people from 45 organizations at University of Hawai'i Maui College (UHMC) on March 6 (below) to debrief the first six months of the mental health response, as well as plan for the long term. We plan to share a findings report and framework to inform future disaster response efforts here in Hawai'i and in other communities. Mahalo to Kamehameha Schools for facilitation support and UHMC's Chancellor Lui Hokoana for hosting us!

In partnership with community providers, we are also excited to announce a new space at the Royal Lahaina Resort to provide mental health and wellness activities.



## About the Office of Wellness and Resilience (OWR)

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



# Director's Message



Tia L. R. Hartsock,  
Director

February 20th was a milestone day for our Office – Gov. Green signed an executive order, declaring Hawai'i a trauma-informed state! It's something we've been working towards for more than 10 years in the trauma-informed movement in Hawai'i, and it was a bit surreal to see come to life. We're excited to start engaging more deeply with state departments on their staff wellness and resilience goals.

It's been a busy legislative session, and we have testified on trauma-informed and healing-centered bills as diverse as medical debt relief and psychedelic therapies, and from wellness programs for first responders to paid family leave. The one thing they have in common is that they all have the potential to support our state workforce, communities and families in our resilience. We're thrilled to see our peer support bill is still moving (HB2405). Mahalo nui loa to everyone who has supported the bill through both in-person and written testimony!

Lastly, make sure to take our statewide workplace wellness and quality of life survey at [health-study.com](https://health-study.com). We have 7,000+ responses so far, making it one of the largest statewide surveys on health and wellness ever, but we need your voice too – it will make a difference in future state policy and community programming. Please share with your network!

Mālama pono,

*Tia*

## Legislative Updates

The 2024 legislative session kicked off in late January, and lots has happened since then! While we have supported a number of bills this year, only a few of our priority bills remain active.

Our primary priority bill (HB2405) proposing a OWR-convened working group to expand peer support in our state systems, a key principle of trauma-informed care, was introduced as part of the Governor's package. Peer support workers provide non-clinical, strengths-based support to others experiencing similar challenges, and are an important source of hope for trauma survivors.

Our two other priority bills that are still moving are SB3094, which would establish the State of Well-Being project within OWR to assess and enhance statewide mental health support services; and SB2305, which would establish a Silver Alert Program within the Dept. of Law Enforcement to help locate and safeguard missing kūpuna, ages 65+ who may be cognitively impaired and/or disabled.


## Executive Order: Hawai'i is a trauma-informed state!

The Office held a news conference and reception in late February to celebrate Gov. Josh Green signing an [Executive Order](#) which invites state departments to collaborate with OWR to integrate trauma-informed care principles like safety, transparency and collaboration, and build resilience in our communities and state workforce. The cover and below photos are from the event. Right to left: Dr. Scott Shimabukuro (CAMHD-DOH), Major Mike Lambert (Honolulu Police Dept.), Dr. Jillian Freitas (UH-JABSOM) and Dr. Evan Beachy (Kamehameha Schools).



This newsletter is a publication of the Office of Wellness & Resilience (OWR), within the Office of Governor Josh Green, M.D.

Let's talk story!

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