

Will my sessions be private?

- You have control over your private information.
- State and federal laws protect your confidentiality.
- If you want us to share information, you must give us written permission.

Is there a reason my sessions can be shared?

Yes. The law allows release of your mental health information under some conditions that include:

- If you are danger to yourself or others.
- If there is evidence of abuse or neglect of your children or aged persons.
- If you commit a crime in our offices.
- If you have a court order that directs us to release certain information.

What if I have concerns about my care?

Your **satisfaction** is important to us:

- Please complete a satisfaction survey.
- Please read about your rights, which are posted.
- Please discuss your concerns with your clinician.
- Please talk with the director if you have further concerns.

*How would you like
to feel right now?*

Visit us online at
www.mhkhawaii.org

Locations

Oahu

1221 Kapiolani Blvd, Suite 345
Honolulu, HI, 96814
808-529-4550

Maui

220 Imi Kala St., Suite 203
Wailuku, HI, 96793
(808) 986-0059

Kona

75-166 Kalani St., Suite 103
Kailua-Kona, HI 96740
(808) 331-1468

Emergency

During Business Hours:
Call your local clinic.

After Business Hours:
Call (808) 737-6517 or
go to your nearest hospital.

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Kokua Counseling Centers



everyone needs a little help
now and then



Opportunities to Begin Again

What is mental health treatment?

- At Kokua Counseling Centers, we help people find hope again through developing skills, solving problems, and building confidence.
- We use best practice care to help you reach your goals and care pathways for common behavioral health challenges; e.g., depression and anxiety.

What happens in treatment?

- **Individual therapy** – “Talk therapy” is a way to learn how life got this way, and to get you where you want to be. Psychotherapy is performed by licensed, behavioral health professionals (non-physicians), for children, adolescents, and adults.
- **Groups, Parenting & Couples Therapy** – It’s good to know that you are not alone. Groups and classes can be fun and helpful.
- **Medication Management** – For some symptoms, medication is a choice for you. A psychiatrist is a medical doctor who can prescribe medication.

How long will I be in treatment?

Most people complete treatment within 6-12 sessions.

- Individual or Family appointments are usually 45 to 50 minutes.
- Group Therapy and/or educational classes usually range from 60, 90, or 120 minutes.
- Medication Management appointments are usually 20 to 25 minutes.

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How does treatment work?

Screening

- Once you call our offices, one of our clinicians will talk with you to find out what service might be best for you.

Evaluation

- On your first visit we will ask you questions about what brought you to us, as well as learn about you, and how we can help you.

Treatment Planning

- You will tell your clinician what you want from treatment, and together you will create a written plan that describes your goals and how you would like your life to change.

Services

- The type of services you will receive depends upon what you have defined as your goals.

Discharge

- You can discontinue treatment whenever you choose, or when you have completed the goals on your treatment plan. An aftercare or self-management program is provided upon planned discharge.



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What do you want happiness to look like?



How much does it cost?

- Most services are covered by your insurance.
- Depending upon your insurance plan, there may be a co-payment or co-insurance.
- You also have a private payment option. Ask for our fee schedule.

What services are NOT provided?

- Spiritual, or faith-based counseling.
- Treatment that is not proven effective.
- Court-ordered treatment; e.g., ordered by a court, parole/probation officer, Child Protective Services, or your employer.
- Testing for learning disabilities, aptitude, intelligence, ability, or level of education.
- Evaluations for possession of a gun, child custody or workman’s compensation.

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