



**"There isn't any medication out there that will give the consumer the skill to know how to write-up a job resume, to balance a checkbook, or to find the nearest bus-stop ... that's where MHK comes in."**



**"If anything is wrong, they talk with me, and consul me, so it's like a big brother, big sister kind of thing. That's what it feels like to me."**



# **Mental Health Kokua**



**"I don't know what I would have done without this program. I had no place to go, no safe place to go. I built a lot of confidence in myself and courage that I don't have to find in a bottle, or a drug."**

**"Just talking to them and finding out a little bit about them, and what's going on with them, can really help them as an individual; because some of them just need someone to talk to."**



**Governor Linda Lingle**

**"When you preserve their dignity, you're preserving our dignity, our dignity as citizens of the State of Hawaii. Because, you can't have dignity and have people on the street in these kind of vulnerable situations ... I view you all as angels of mercy."**



**Mental illnesses are biologically based brain disorders. They cannot be overcome through will power, and are unrelated to character or intelligence.**

**"Last August I lost my brother and I went into a severe depression. The case manager made me aware of all the doors open at MHK. Every door they have opened I have walked into, fearfully but I have come out gratefully and secure. My confidence has been built-up, my self esteem has been risen again, my depression obviously is over."**



## SAVING LIVES

**Mental disorders are the leading cause of disability in the U.S. and Canada for people ages 15-44.**



**LES GUSMAN**  
OAHU COUNTY  
SERVICES DIRECTOR

"We're just a place that saves lives. We reach people wherever they are, and move and work with them in a direction that is safe, nurturing and caring. We meet them where they are, where they come from, whether it's from the streets, Safe Haven, the state

hospital, or a family that has disengaged from them. We meet their needs, and move with them through residential care to enhance or develop the skills necessary to live in the community."

"I think I've seen many, many folks come through that, I think it was sad, they ran out of options. That's the most challenging part, when someone feels that they have run out of options. So, for us, our task is to provide those options, and show that there is hope, there is time, and there are the supports that we provide."

**MHK served over 1,300 people statewide in 2006.**

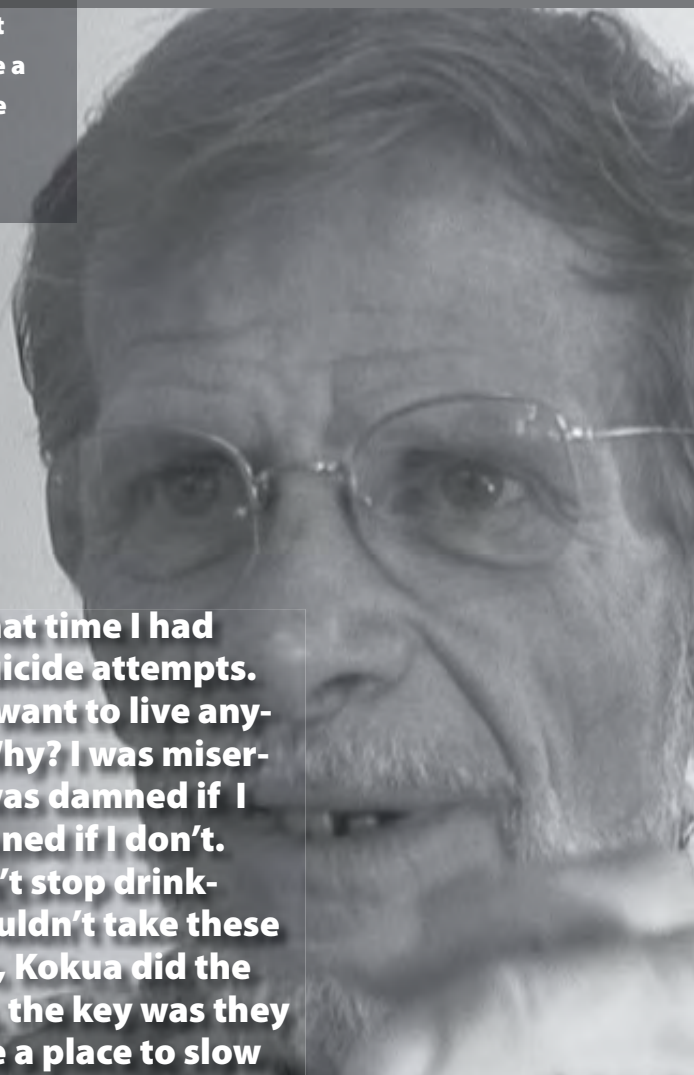
**53% were males**

**55% were other than Caucasian**

**47% were between the ages of 28-47**

**50% were diagnosed with schizophrenic disorders**

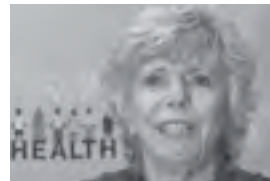
Over 90% of people who commit suicide have a diagnosable mental disorder.



**“... by that time I had three suicide attempts. I didn’t want to live anymore. Why? I was miserable. I was damned if I do, damned if I don’t. I couldn’t stop drinking, I couldn’t take these pills. So, Kokua did the miracle, the key was they gave me a place to slow down, a little room.”**

# INTRODUCTION

**The most serious and disabling psychiatric conditions affect 30,000 people in Hawaii.**



**JOANNE LUNDSTROM**  
CHIEF EXECUTIVE OFFICER

“Mental Health Kokua is an agency that focuses on services in the community to people in recovery from mental illness. What we’re hoping that you will gain from our video presentation, and from this brochure, is a better understanding about mental illness, the impact of

mental illness on the community, and an appreciation for those courageous folks who are struggling to move to the mental health side of the line. Mental Health Kokua really specializes in assisting in that process, we believe in, and are committed to recovery, and the voices and images you’ll hear in the video, will give you a picture of those that we serve, and a little bit about how we are able to assist them.”


**MHK services are statewide and o’hana oriented.**

**Services include:**

- **homeless outreach**
- **crisis stabilization**
- **case management**
- **psycho-social rehabilitation**
- **peer support**
- **residential placement**

“Mental illness is both mysterious and common. I hope our presentation will open your mind and touch your heart, and that you recognize the need for attention to this very special vulnerable population.”

With treatment, over 70 percent of individuals have significant reduction of symptoms and an improved quality of life.



**“MHK has been my saving grace. I found people who believed in me when I couldn’t believe in myself ... people who saw things in me that I didn’t see in myself, and they pushed those issues until I saw them myself.”**

# HOMELESSNESS

**A consistent, caring, personal relationship is required to engage people who are homeless in treatment.**



**DOLORES GLOVER**  
OUTREACH PEER  
SPECIALIST

“Gaining their trust, I think that’s the biggest factor, and once you do that – I’m not saying that you don’t have any problems with follow-up – but once that happens, it makes it easier to get in contact with them. Usually I find out where they hang-out, and I’ll go back to follow up

with them. Some are really hard to find because they move around so much. They tend to be the hardest case, they usually do have a psychiatric problem and they don’t want your help at the time. I’m not supposed to force anyone, so every time I see them I’ll go over and talk with them and ask them if they want any help, and they’ll say ‘I’ll give you a call.’ You know, that’s the most positive one. Some of the others say ‘get away’ or ‘go away.’”

“There’s a lot of disabled people that are homeless ... if they stop taking their medication they may end up finding themselves out on the street.”

**People with serious mental illness are often homeless due to:**

- lack of treatment
- impoverishment
- co-occurring mental illness

**30% of homeless people have mental health problems.**

People with serious mental illnesses are homeless longer than others. Many have been on the streets for years.

**"I would keep all my belongings in the car, I had some pictures of my father who passed away in 1981, and a lot of things that couldn't be replaced ... but, my car broke down, so I had to park it somewhere, and every day I would go there to get an extra change of cloths ... one day the car got taken away, I couldn't find it ... I lost all these things, it was a real hard time."**

# RECOVERY MOVEMENT

**The most serious and disabling conditions affect 5-10 million adults and 3-5 million children in the U.S.**



**FRANK CUMMINGS**  
MAUI COUNTY  
SERVICES DIRECTOR

"The movement in today's world of people who are defined as mentally ill is called the Recovery Movement."

"What the Recovery Movement is about, is attempting to have people be involved in their own recovery, in every

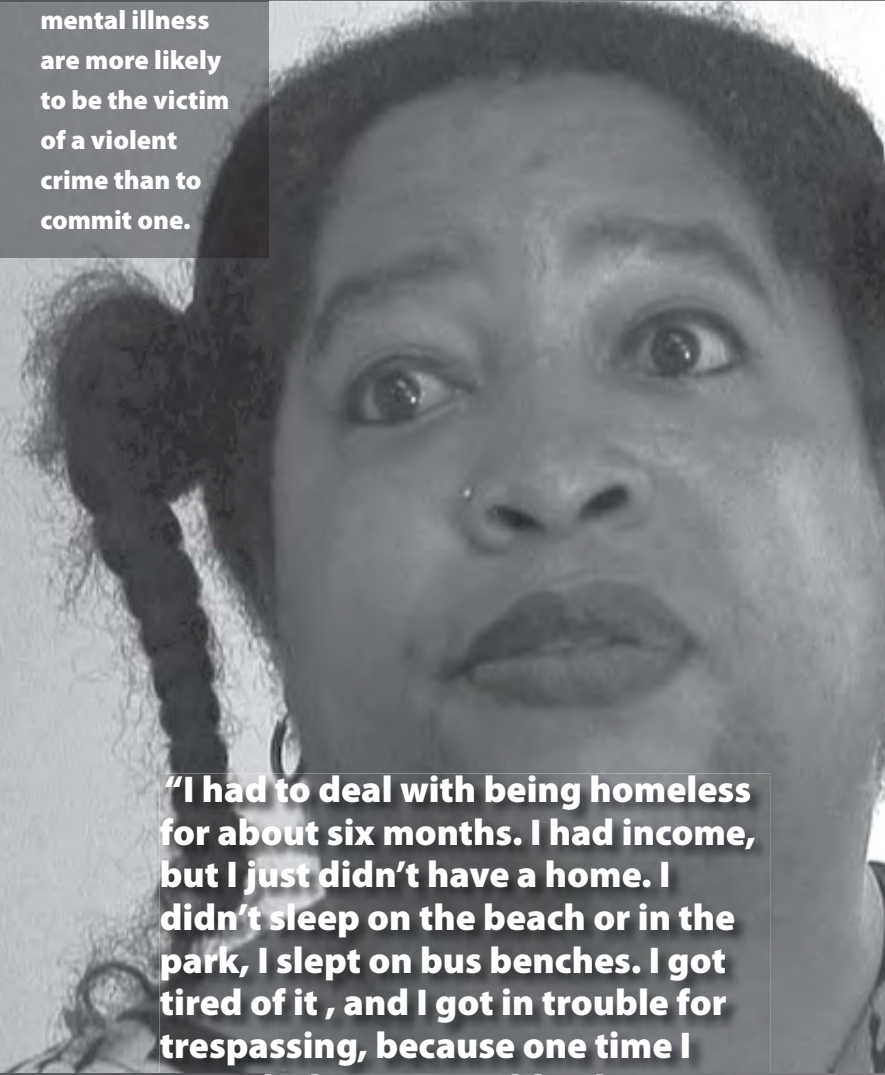
step of their own recovery, so that they are actively participating rather than being treated as a patients, or being treated as a typical medical model might refer to people."

"The Recovery Movement for me has been very rewarding because as a therapist, I know that unless there is real genuine buy-in, there really is not any change."

So much of what we do now is in line with the Recovery Model, it's really a promotion of the person, an empowerment of the person who has mental illness.

**The Recovery Movement creates support groups for people who are mentally ill and works on building self esteem.**

Research shows people with mental illness are more likely to be the victim of a violent crime than to commit one.



**“I had to deal with being homeless for about six months. I had income, but I just didn’t have a home. I didn’t sleep on the beach or in the park, I slept on bus benches. I got tired of it , and I got in trouble for trespassing, because one time I stayed when I was told to leave.”**

## STIGMA

**Some people with mental illness avoid treatment in fear of being given a label that is impossible to ever shed.**



**JIM CARTER**  
DIRECTOR OF PROGRAMS

“There’s a lot of misconceptions about people with mental illness. People think that people with mental illness are just plain crazy, and you can’t trust them, and there is a high incident of crime. National averages say it’s the same percentage of people

with mental illness who commit crimes as people without mental illness. Same percentage of people with mental illness are liars as people without mental illness. It’s the same percentage for people that are really nice people. So, really it’s stigma’s that’s the enemy.”

“People with mental illness are stigmatized, and many times they promote that themselves unknowingly. They become a mentally ill person, and that’s their place in society. The Recovery Model offers a different focus. Instead of being a mentally ill person, they’re a person who has a mental illness, and so it’s just like anyone else that has any other kind of illness. You go forward as a person.”

**Many people would rather tell employers they committed a petty crime and went to jail, than admit to being in a psychiatric hospital.**