

Our Mission

We believe that all citizens should have an opportunity to live and participate in and contribute to their communities. Through specially designed services and settings, Mental Health Kokua assists people with mental illness achieve optimum recovery and functioning in the community.



"I was isolated before I went to PSR (Psycho-Social Rehabilitation). Going to PSR sessions taught me how to socialize and be with other people again. Through PSR, I got confidence back in myself and I became a leader. Through the years, other clients would come to me and look to me as a leader. This taught me how to direct my leadership positively and taught me the correct way to lead others."



"Safe Haven provides a support network. The staff really tries to help with support and social issues. The case managers, staff from both MHK and Kalihi Palama worked collaboratively to help with my individual needs. MHK provided me with immediate relief and broadened my perspectives. A lot of the focus was on the drive and climb to get my life back."



"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."

Our History

Mental Health Kokua began as The House in 1973, specifically to assist persons recovering from serious mental illness in achieving their optimum level of independent living. Since then, Mental Health Kokua has grown from a single program providing mental health services on Oahu to an agency with programs throughout the State.

The agency is actively involved in advocacy for and action to address the needs of individuals whose mental distress, emotional crisis or mental illness is interfering with their lives. Community based services are designed to be timely, cost effective and focused on enabling mentally ill persons to move toward recovery and restoration.

The cost savings in terms of tax dollars is dramatic — community based intervention services offered by Mental Health Kokua cost approximately 10% of funds required for institutional care.



Opportunities to Begin Again

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Opportunities to Begin Again



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Residential Recovery Services Continuum

- **Safe Haven.** For persons who are homeless and have mental illness, Safe Haven offers outreach, medical and psychiatric care, case management, 24-hour residential services and social rehabilitation activities. Mental Health Kokua and Kalihi-Palama Health Center work collaboratively in operating this unique project in Downtown Honolulu.
- **Transitional Residential Resources.** Mental Health Kokua offers 24-hour supervised group residential facilities and individualized services in transitional housing settings. Agency projects in this category are located on Oahu, Maui, Kauai and in both East Hawaii and West Hawaii.
- **Outpatient Chemical Dependency.** A structured program that offers support and counseling for adults suffering both from mental illnesses and from substance dependence disorders.



• **Supportive Living Housing Sites.** Supportive group housing is provided on a less intense level, with consumer support available 8-16 hours a day on site and on-call. Residences are located on Oahu, Maui, Kauai and in both East Hawaii and West Hawaii.

Consumer Community Support Services

- **Homeless Outreach.** Outreach services are extended on Oahu, Maui and Kauai to connect homeless mentally ill persons with mental health services and other resources, including entitlements. This service also assists clients in moving to transitional or permanent housing.
- **Case Management.** Care coordination services are provided to individuals who need support and assistance in community recovery. Comprehensive services include treatment planning, recovery plan assessments and implementation, individual and group counseling, medication information and self-care education.



- **Psychosocial Rehabilitation.** Social, educational and recreational activities are offered at a dedicated psychosocial rehabilitation activity center on Maui, to support the recovery process.
- **Peer Coach Project.** Empowerment for consumers is a primary objective of this service. Peer Coach Services include training mental health consumers to be peer coaches for others with serious mental illnesses.
- **Respite.** Respite care providers are recruited and trained statewide to provide a break for care givers in the day to day care of their mentally ill family members.



Smiling is infectious,
you can catch it like a flu.
When someone smiled at me today
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about the smile
then I realized its worth.
A single smile just like mine
could travel around the Earth.

So if you feel a smile begin,
don't leave it undetected.
Let's start the epidemic quick
and get the world infected.

by Abraham Cabalo
Maui PSR (Psycho-Social Rehabilitation)
Rehabilitation Assistant Peer

"Mental illness can affect anyone, whether it's you, a family member or a friend. We need to speak out so people know they're not alone and that recovery is possible with a little help. We challenge you to set aside fears about mental illness. Let's work together to change negative attitudes and de-stigmatize the issue.

Help promote opportunities to recover and begin again, with Mental Health Kokua."

Greg Payton, CEO



Opportunities to Begin Again