



**For Immediate Release**

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***MENTAL HEALTH KOKUA OPENS KOKUA COUNSELING CENTERS  
OFFERING NEW AND UNIQUE SERVICES TO THE PEOPLE OF HAWAII***

**Center Presently Open in Honolulu with Additional Centers to Open on Maui and Kona**

Honolulu, July 21, 2009 ... Responding to the needs of people on the Islands especially now in these demanding and stressful social and economic times, Mental Health Kokua has instituted a new outpatient counseling program for children, adolescents and adults called ***Kokua Counseling Centers***. The Kokua Counseling Centers offer counseling services utilizing Best Practice Care Pathways and are staffed by licensed behavioral health practitioners. Counseling services are now happening in Honolulu and additional Centers soon will open on Maui and in West Hawaii in Kona.

To spearhead the program, ***Greg Payton, Mental Health Kokua's CEO***, hired ***Greg Browne as Program Director*** of Kokua Counseling Centers, who segued from Kaiser Permanente Behavioral Health Services in Hawaii where he was Clinical Therapist and Supervisor of the Child and Adolescent Program.

“With Kokua Counseling Centers, we encourage hope,” says Mr. Payton. “We provide clients with the opportunity to begin again and with Greg Browne at the helm, we have one of the very best in the behavioral health profession.”

“Over the years, we have seen an increasing need for such an outpatient program in Hawaii, and it has been our long-held vision and goal to implement one that will provide the excellent care and services that has been the trademark of Mental Health Kokua. Our Kokua Counseling Centers model is unique in Hawaii,” concludes Mr. Payton.

Kokua Counseling Centers employ a group practice, competency building approach to outpatient services for children, adolescents and adults. Says Greg Browne: “Our mission is to help people find hope again and develop personal tools and skills to build their confidence and improve their lives. All clients must be an active and integral part of their treatment process.”

“Stress affects all of us and every part of our lives including our personal and business relationships as well as our perception of ourselves,” he continues. “At Kokua Counseling Centers, we see the client as on the road to recovery from the moment his or her program begins. Our goal is to help people in all age groups and all stages of life. In addition, we have expanded our services to accept most private insurance as well as self pay customers.”

“The Kokua Counseling Centers use state of the art treatment modalities including Cognitive Behavioral Therapy,” continues Mr. Browne. “Individualized treatments are discussed and agreed upon. We respect cultural relevance while applying best practice modalities. Each person is his or her own greatest strength, and we see our role as helping them find hope while offering tools to begin again.”

***The Kokua Counseling Centers services and program components include:***

- ***Best Practice Care Pathways.*** We use interventions with proven effectiveness. Our clients are able to see their progress measured from their first session through completion. Most of our clients will receive a specific, individually tailored program of care based on their diagnosis, with a series of appointments scheduled in advance to assure continuity and access to care.
- ***Individual Therapy.*** Performed by licensed behavioral health professionals for children, adolescents and adults.
- ***Group Therapy.*** Performed by licensed behavioral health professionals for those needing education and/or or therapy where a group format is more appropriate.
- ***Couples Therapy.*** Performed by licensed behavioral health professionals for married couples and those in domestic partnerships.
- ***Medication Management.*** Performed primarily by licensed board certified psychiatrists and assisted by licensed advanced practice registered nurses.
- ***Length of Stay.*** Most talk therapy is scheduled for 6-12 appointments with diagnostic assessment completed upon entry. A Care Pathway and treatment plan are agreed upon by the clinician and the person served. About 9 out of 10 people improve on relevant rating scales used during treatment.
- ***Discharge/Transition.*** You can discontinue treatment whenever you choose, or when you have completed the goals of your treatment plan. An aftercare or self-management program is provided upon discharge.

Additional information on Kokua Counseling Centers can be accessed through Mental Health Kokua’s website at [www.MHKHawaii.org](http://www.MHKHawaii.org) or by calling 808-529-4550.

Mental Health Kokua, a non-profit agency with offices and programs throughout the State of Hawaii, believes that all citizens should have the opportunity to live, participate in and contribute to their communities. Through specially designed, highly professional and culturally-sensitive services and settings, Mental Health Kokua assists people with mental illness to achieve optimum recovery and functioning in the community, to live independently, and strives to eliminate the stigma attached to those living with mental health challenges.



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