For the 2019 Mahalo Awards Luncheon theme, we chose the ti leaf plant. In the Native Hawaiian culture, ti leaves have uses that range from utility to the sacred. The ti leaf is a metaphor for our aspirations – to make available tools to enhance your mental health at every level.

In 2019, we aimed for Mental Health America of Hawai’i to be as multifaceted as the ti leaf. We increased the number of youth that were reached by our Youth Suicide and Bullying Prevention curriculum and certified new trainers of the curriculum in every county. We expanded our training resources by offering both the adult and youth versions of Mental Health First Aid, an evidence-based program aimed at providing brief interventions for people facing a mental health crisis. Concentrating on the workforce, we partnered with various organizations to offer our Live Your Life Well training, ten easy steps to improve your mental wellness.

One of our highlights was in bringing greater attention to the issue of mental health. This past fall, we launched the first ever Art & Mental Health Summit, bringing together clinicians with artists to identify emerging strategies to reduce the stigma associated with mental illness. Our Live Na’au campaign continued to target young adults with bite-sized mental wellness tips through Instagram. We also increased our community partnerships and media coverage of mental health, which included our successful event at the State Capitol - Mental Health Awareness Day.

We are proud that Mental Health America of Hawai’i was able to reach all parts of Hawai’i in 2019. In 2020, we expect to intensify our reach and continue to fight to end discrimination and eliminate barriers to mental health treatment.
**Education & Engagement**

Our youth program has focused on providing education and skills related to bullying and suicide prevention. Our adult program has focused on teaching the warning signs of a mental health crisis and concrete intervention skills to support someone in need of mental health help.

<table>
<thead>
<tr>
<th>Youth Mental Wellness</th>
<th>3,288 youth and adults trained with Youth Suicide and Bullying Prevention (YSBP) curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>67 new YSBP trainers certified in Kauai, Oahu, Maui, and Hawaii counties</td>
</tr>
<tr>
<td></td>
<td>197 youth trained with Become a Defender</td>
</tr>
<tr>
<td></td>
<td>103 community mental health advocates certified in Youth Mental Health First Aid on Oahu and Maui</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Adult Mental Wellness</th>
<th>Mental Health First Aid: 3 MHAH staff certified as trainers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>173 community mental health advocates trained and certified in Adult MHFA at 10 different locations on Oahu and Maui</td>
</tr>
<tr>
<td></td>
<td>27 community trainings, including Live Your Life Digitally, Suicide Prevention 101, Workplace Strategies for Mental Health and Stress, Youth Suicide &amp; Bullying Prevention for Adults)</td>
</tr>
<tr>
<td></td>
<td>Live in the Na’au: 770+ Instagram followers &amp; 135+ self-care related posts</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Community Education &amp; Advocacy Events</th>
<th>NAMI Hawaii State Conference in Partnership with Mental Health America of Hawaii and Sutter Health Kahi Mohala: Radical Self Care March 8, 2019 - 252 in attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hawaii Art &amp; Mental Health Summit September 6, 2019 - 134 in attendance</td>
</tr>
</tbody>
</table>
Community Outreach & Assistance

We are here as a resource for individuals and organizations alike. Anyone can contact us for help with finding the right connection for their mental health needs. We promote the simple message that prevention and early intervention are key, treatment must be accessible, and recovery is always the goal.

321 Help Calls Statewide
connecting people with mental health resources

31 Information Tables
Including Children’s Mental Health Awareness Day, Maui Disabilities Fair, Hawaii Children and Youth Summit, Transgender Day of Remembrance, 3rd Annual Joint Services Suicide Prevention Proclamation Ceremony

15 Media Appearances
including 3 TV, 4 radio, and 8 print segments

5 Conference Presentations
including NAMI State Conference, HANOCON, Hawaii Harm Reduction Conference

900 Finding Help Directories Distributed
with updated local resources and info
Advocacy

We believe in empowering individuals and changing systems. Mental Health America of Hawaii has been at the forefront of mental health advocacy in Hawaii for 78 years and continues to organize the community to push for policy change that will better support mental health through our priorities of access to care, healthy and supported families, resilient youth, and suicide prevention.

Prioritized support for 11 issues in 38 bills

Member of 10+ coalitions including: PHOCUSED, Keiki Caucus, & Law Enforcement Assisted Diversion Hui

Fundraising Events

14th Annual Mahalo Awards Luncheon
May 21, 2019
at the Ala Moana Hotel
Raised $55,530
282 in attendance

Emergence
October 17, 2019
Art & Mental Health Event
at Café Julia
Raised $31,065
113 in attendance
Mental Health of America of Hawai‘i has been on Maui for almost 50 years. We ensure that the voice of Maui County is heard and represented through the presence of a full-time, on-island staff member, dedicated Advisory Board Members, a team of volunteers and support from Oahu-based staff. We serve Maui County by connecting people to resources and providing education, advocacy and support.

**Maui**

- **1,392** People reached through our education programs
- **945** Youth and adults trained on Youth Suicide & Bullying prevention
- **80** Professionals trained on Youth Mental Health First Aid
- **57** Professionals trained on Adult Mental Health First Aid
- **34** Maui Police recruits trained on Youth Mental Health First Aid
- **125** Maui Police Dept. officers trained on community mental health resources
- **1,186** Attendees at Maui Community Correctional Center group classes

**Fundraising Event:**

**Maui Luncheon**

**November 7, 2019**

at Kahili Golf Course

Raised $17,132

115 in attendance
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ELIZABETH NAHOLOWAA MURPH, Hawaii Island Community Director, Catholic Charities Hawaii
SHERRIE KING NIETHAMMER, Counseling, Marriage, & Family Therapy
HON. SANDRA SIMMS, Governor-Appointed Member, State Mental Health Planning and Advisory Council
Lesley Slavin, PhD, Chief Psychologist, Child and Adolescent Mental Health Division, Hawaii State Department of Health
MARY PAT WATERHOUSE, former Director of Budget and Fiscal Services, City and County of Honolulu

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JEFF WATANABE, Retired Founder, Watanabe Ing LLP

Maui Advisory Board

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SUKAN McGRATH, APRN, Psychiatric Nurse, Maui Memorial Medical Center
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BRIAN HOUSER, Advocacy Coordinator, Aloha Independent Living
VIRGINIA SHAW, PhD, Retired, Community Member
AMBER SAKUDA, MD, Child Psychiatrist, Kaiser Permanente
ALISHA YOSHITSUGU, PsyD, Clinical Psychologist, Maui Family Guidance Center
Financial Statement
Statement of Financial Position as of December 31, 2018

<table>
<thead>
<tr>
<th>ASSETS</th>
<th></th>
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<tbody>
<tr>
<td>Cash</td>
<td>$ 361,398</td>
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<tr>
<td>Pre-paid expenses</td>
<td>$ 2,289</td>
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<tr>
<td>Investments</td>
<td>$ 203,844</td>
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<tr>
<td>Deposits</td>
<td>$ 1,600</td>
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<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$ 569,131</strong></td>
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<table>
<thead>
<tr>
<th>LIABILITIES AND NET ASSETS</th>
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<tbody>
<tr>
<td>Liabilities</td>
<td></td>
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<tr>
<td>Accounts payable and accrued liabilities</td>
<td>$ 10,022</td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td><strong>$ 10,022</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Net Assets</th>
<th></th>
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<tbody>
<tr>
<td>Without donor restrictions</td>
<td>$ 242,241</td>
</tr>
<tr>
<td>Without donor restrictions - board designated endowment fund</td>
<td>$ 141,844</td>
</tr>
<tr>
<td>With donor restrictions</td>
<td>$ 175,054</td>
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<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>$ 559,109</strong></td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$ 569,131</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STATEMENT OF ACTIVITIES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total public support and revenue</td>
<td>$ 419,620</td>
</tr>
<tr>
<td>Total expenses</td>
<td>$ 544,681</td>
</tr>
<tr>
<td>Change in net assets</td>
<td>$(125,061)</td>
</tr>
<tr>
<td>Net assets, beginning of year</td>
<td>$ 674,023</td>
</tr>
<tr>
<td><strong>Net assets, end of year</strong></td>
<td><strong>$ 559,023</strong></td>
</tr>
</tbody>
</table>

Audit conducted by Jay Miyaki, CPA, LLC. Please contact the MHAH Office if you’d like to see the full Audited Financial Statements. Audited Financial Statements for the year ending 12/31/19 will be available in September 2020.
Thank You to Our Supporters

We are very grateful to the following individuals, corporations, government agencies and foundations who generously supported our work and enabled us to carry out our mission.

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- McInerny Foundation
- Zilber Family Foundation

**$25,000 - $49,999**
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- Sutter Health Kāhi Mōhala

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- Maui United Way
- Swayne Family Fund

**DONORS**

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- Maui Health System
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- The Queen’s Health Systems
- UHA Health Insurance
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- Jerry Rauckhorst and Cheri Rauckhorst
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- Walk the Talk Fund of the Hawaii Community Foundation
- Jeffrey Watanabe

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- Trisha Kajimura and Kirk Hendricks
- Robert Lanser
- Don Lichty and Pamela Lichty
- Matson Navigation Company Inc.
- Dona Elizabeth Murph
- Parents and Children Together (PACT)
- Linda Rosehill
- Muriel Sasaki
- Ivan Tanaka
- Daryl Tawata
- Michael Watanabe

continued on next page
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Anonymous
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Amalia Haro Arvizu
Lili Haro Arvizu
Ana Haro Velez
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Karen Kaulana
Michael Kawano
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**Mahalo to the following friends who generously supported our work by sponsoring fundraisers on Facebook:**

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Aloha Enjada  
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Pedro Haro  
Krista Hitchman  
Kandyce Nitta  
Alexis Panoncillo  
Mia Pascual  
Zedel Taclay  
Mindy Willers

**Mahalo to our collaborators in 2019 for helping us achieve our shared goals:**

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Hawaii FEAST  
Hawaii Health and Harm Reduction Center  
Hawaii Women in Filmmaking  
Maui Police Department  
Maui Mankind Project  
Mai Economic Opportunities, Inc  
NAMI Hawaii  
Ohana Health Plan  
Parents and Children Together  
Project HI-Aware  
Sutter Health Kahi Mohala

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