Mental Health America of Hawai‘i (MHAH), an affiliate of the renowned national organization, is a highly regarded 501(c)(3) non-profit organization serving the State of Hawai‘i. For nearly 80 years, MHAH has been fulfilling its mission “to promote mental health & wellness through education, advocacy, service, and access to care” through its vision of ‘mental wellness for all.’ We endeavor to reduce the shame and stigma of mental illness and improve the overall care, treatment, and empowerment of those with or at risk for mental health challenges and illness across all stages of life in Hawai‘i. Through our leadership, we have been expanding mental health awareness, preparedness, understanding, and action through trainings, education, and advocacy since 1942.

In 2020 the bedrock of our organizational structure was made up of layers of connectedness, community, and adaptability. Sometimes the best way to address a challenge is to brave it while you make your way through it - this is the sentiment that guided our overarching philosophy throughout the year. Considering the ongoing pandemic, cries for justice, and the political unrest in 2020, we redirected significant effort into virtual community-based education and training. In addition to providing tips, tools, and strategies on mental health and wellness, our trainings gave consumers an opportunity to connect at a time when physical distancing was required. As the year progressed, we monitored the local and national environments to identify areas in which we could be of benefit which ultimately led to the development of nine new trainings across the year. Some of these include Self-Care for Youth, A Practice in Coping Skills, Tips & Strategies for Surviving and Thriving, and Braving the Negative Impact of COVID-19 on Mental Health. Demand for trainings continued to increase throughout the year. In fact, when compared to the year prior the number of trainings offered in 2020 increased by nearly 300%, serving nearly 8,000 participants.

In addition to our trainings, we worked closely with partners out of our Maui office to produce a Maui County Suicide Prevention PSA viewed nearly a thousand times on YouTube, 1,500 engagements on social media, and multiple plays on Akaku Television, Hawaii Public Radio, and other Maui stations. Our statewide efforts realized a 46% increase in media appearances over 2019, local and national speaking engagements, and a 15% increase in our statewide help calls. We were also fortunate to host multiple creative collaborations like the four-part Healing Arts series with our friends at the Hawaii Arts Alliance in May, and a suicide prevention initiative in partnership with Hawai‘i State Representative Della Au Belatti and PhRMA.

One of the positive outcomes of 2020, and a trend that continued through much of the year, is that the discussion on the importance of mental health and wellness moved to the forefront like it has never been before. However, the stigma and shame associated with mental health continues to be a significant barrier to accessing resources. In the coming year we are committed to keeping this conversation going through all our efforts. As Barack Obama said, “Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”
**Education & Engagement**

With a global pandemic, quarantine, and political unrest impacting the country and our state, Hawai‘i communities are focused on being healthy, safe, and resilient in these challenging times. They are gathering to learn new skills, practice self-care, and improve community engagement and resiliency. The most readily available and safest formats are our virtual trainings and online resources.

Our youth program has been focused on creating a virtual training version to provide education and skills related to bullying prevention and suicide prevention. Our adult program has been focused on certifying our trainers in new, virtual versions of trainings, including Mental Health First Aid - Adult Version and Youth Mental Health First Aid. These trainings teach the warning signs of a mental health crisis and concrete intervention skills to support those in need of mental health help.

<table>
<thead>
<tr>
<th>Youth Mental Wellness</th>
<th>Adult Mental Wellness</th>
<th>Community Education &amp; Advocacy Events</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2,093</strong> youth and adults trained in YSBP curriculum and other youth-serving trainings</td>
<td>Adult Version Mental Health First Aid (MHFA): <strong>3</strong> MHAH staff certified as trainers in the redesigned virtual format</td>
<td>Maui Suicide Prevention Mini Conference: Building Connection and Honoring Culture to save lives. October 1, 2021 <strong>185</strong> participants</td>
</tr>
<tr>
<td><strong>383</strong> youth received the one-hour Self-Care for Youth training</td>
<td>Nearly <strong>120</strong> community mental health advocates trained and certified in Adult MHFA</td>
<td>Maui County Suicide Prevention Public Service Announcement with nearly <strong>1,000</strong> views</td>
</tr>
<tr>
<td><strong>11</strong> Community mental health advocates certified in Youth Mental Health First Aid on Oahu and Maui</td>
<td><strong>114</strong> community mental health, wellness, and resilience-based trainings for <strong>5,009</strong> participants</td>
<td></td>
</tr>
<tr>
<td><strong>2,093</strong> youth and adults trained in YSBP curriculum and other youth-serving trainings</td>
<td>Adult Version Mental Health First Aid (MHFA): <strong>3</strong> MHAH staff certified as trainers in the redesigned virtual format</td>
<td>Maui Suicide Prevention Mini Conference: Building Connection and Honoring Culture to save lives. October 1, 2021 <strong>185</strong> participants</td>
</tr>
<tr>
<td><strong>383</strong> youth received the one-hour Self-Care for Youth training</td>
<td>Nearly <strong>120</strong> community mental health advocates trained and certified in Adult MHFA</td>
<td>Maui County Suicide Prevention Public Service Announcement with nearly <strong>1,000</strong> views</td>
</tr>
<tr>
<td><strong>11</strong> Community mental health advocates certified in Youth Mental Health First Aid on Oahu and Maui</td>
<td><strong>114</strong> community mental health, wellness, and resilience-based trainings for <strong>5,009</strong> participants</td>
<td></td>
</tr>
<tr>
<td>Social Media: <strong>1,207</strong> Instagram followers</td>
<td><strong>1,207</strong> Instagram followers</td>
<td></td>
</tr>
<tr>
<td>Nearly <strong>200</strong> self-care related posts</td>
<td>Nearly <strong>200</strong> self-care related posts</td>
<td></td>
</tr>
<tr>
<td><strong>1,923</strong> Facebook followers</td>
<td><strong>1,923</strong> Facebook followers</td>
<td></td>
</tr>
<tr>
<td><strong>3</strong> groups with <strong>391</strong> unique members</td>
<td><strong>3</strong> groups with <strong>391</strong> unique members</td>
<td></td>
</tr>
</tbody>
</table>
Community Outreach & Assistance

We are here as a resource for individuals and organizations alike with special emphasis being placed on support and resiliency. 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.

346 Help Calls Statewide
connecting people with mental health resources

141 Virtual Trainings
7,616 total participants in Live Your Life Well, Self-Care for Youth, Sexual and Gender Minority 101, Managing Complex Emotions in a Complex World, YSBP, Suicide Prevention 101, and others.

28 Media Appearances
including video and print on PBS Insights, Civil Beat, KITV, and Maui News

Notable Speaking Engagements
Honolulu Magazine Life Interrupted Series; Mental Wellness: Tips & Strategies for Surviving and Thriving for Hawai‘i Public Health Institute; A Practice in Coping Skills: Addressing Stress and Anxiety for Hawai‘i Public Health Association

200 Finding Help Directories Distributed;
55 Electronic Versions Emailed
Advocacy

For 79 years Mental Health America of Hawai‘i has been championing change through empowering the community and advocating for systemic transformation through advocacy. We have positioned ourselves as mental health leaders and advocates through our focus on policies related to Access to Care, Healthy and Supported Families, Resilient Youth, and Suicide Prevention.

Prioritized support for COVID-19 relief and response bills

3 priority bills passed: Relating to clarifying definitions of emergency psychiatric examinations; Expediting fitness assessments and hearings; and Expanded access to adolescent mental health services.

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

Coalitions Co-Coordinated: Mental Health Task Force

Fundraising Events

Malama Mana’o featuring Alx Kawakami
- May 29, 2020
- Raised $8,113.00

ZJAU Fall Concert on Twitch.TV
- August 28, 2020
- Raised $2,044.69

YP Virtual Yoga Fundraiser
Chamber of Commerce Young Professionals
- November 18, 2020
- Raised $150.00
Mental Health of America of Hawai‘i has been working with the Maui community and agencies. We are working to ensure that the needs of Maui are heard and answered through our full-time Maui staff member, with dedicated Maui Advisory Board members, and volunteers. While majority of in person trainings were postponed in 2020, virtual services began early on.

Maui County residents reached through Suicide Prevention PSA: 974
Maui County residents reached through community outreach: 1,603
Maui Police Dept. officers trained on community mental health resources: 34
Youth and adults trained on YSBP: 432
Maui Suicide Prevention Virtual Mini Conference
October 1, 2020
$5,000.00 in sponsorships
185 attended

Maui County residents certified in MHFA: 40
2020 Board of Directors

RYAN KUSUMOTO, President: President & CEO, Parents and Children Together
PHYLLIS DENDLE, Vice President: CEO, Waikiki Health
ANDREW PARK, JD, Secretary: Attorney
MARY PAT WATERHOUSE, Treasurer: former Director of Budget and Fiscal Services, City and County of Honolulu
ADAM A. COLES, MD, Clinical Director, Maui Family Guidance Center, Hawaii State Department of Health
ANDY DOWNES, Senior Vice President, Sales and Service Manager, Bank of Hawaii
ROBIN JOHNS, M.Ed. in Educational Psychology, Learning & Instruction
BETH-ANN KOZLOVICH, Senior Development Officer, Sutter Health Kāhi Mōhala
ANN MAHI, Complex Area Superintendent, Hawaii Department of Education
KIMBERLY MIYOSHI, Senior Manager, Audit, KPMG
ELIZABETH NAHOLOWAA MURPH, Hawaii Island Community Director, Catholic Charities Hawaii
SHERRY 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
ANNE SWAYNE KEIR, President, The Keith and Judy Swayne Family Foundation

Pro Bono Legal Counsel
PAUL ALSTON, Dentons US LLP

Advisory Board

HON. MICHAEL BRODERICK, Chair, President & CEO, YMCA of Honolulu
JOHN BOYD, PsyD, MHA, CEO, Mental Health Services, Sutter Health
TIM JOHNS, President & CEO, Zephyr Insurance Company Inc.
PATTI LYONS, Founder & Board of Directors, Consuelo Foundation
SHERRY MENOR-McNAMARA, President & CEO, Chamber of Commerce of Hawai‘i
MICHAEL O’MALLEY, Managing Partner, Goodsill
JERRY RAUCKHORST, Retired President & CEO, Catholic Charities Hawai‘i
ROY SAKUMA, Ukulele Master
JEFF WATANABE, Retired Founder, Watanabe Ing LLP

Maui Advisory Board

ADAM COLES, MD, Chair: Clinical Director, Maui Family Guidance Center
CHARMAINE BISSEN, PhD, Psychologist (retired)
THERESA HEGARTY, Vacation Service Coordinator, The Westin Kaanapali Ocean Resort Villas
BRIAN HOUSER, Advocacy Coordinator, Aloha Independent Living
SUWAN McGrath, APRN, Psychiatric Nurse, Maui Memorial Medical Center
AMBER ROHNER, MD, Child Psychiatrist, Kaiser Permanente
VIRGINA SHAW, PhD, Retired, Community Member
ALISHA YOSHITSGUG, PsyD, Clinical Psychologist, Maui Family Guidance Center
Financial Statement
Statement of Financial Position as of December 31, 2019

<table>
<thead>
<tr>
<th>ASSETS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>$ 235,514.00</td>
</tr>
<tr>
<td>Receivables</td>
<td>$ 86,250.00</td>
</tr>
<tr>
<td>Investments</td>
<td>$ 162,945.00</td>
</tr>
<tr>
<td>Deposits</td>
<td>$ 64,278.00</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$ 548,987.00</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIABILITIES AND NET ASSETS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Liabilities</td>
<td></td>
</tr>
<tr>
<td>Accounts payable and accrued liabilities</td>
<td>$ 26,972.00</td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td><strong>$ 26,972.00</strong></td>
</tr>
<tr>
<td>Net Assets</td>
<td></td>
</tr>
<tr>
<td>Without Donor Restriction</td>
<td></td>
</tr>
<tr>
<td>Undesignated</td>
<td>$ 255,297.00</td>
</tr>
<tr>
<td>Board Designated Endowment</td>
<td>$ 162,945.00 $ 418,242.00</td>
</tr>
<tr>
<td>With Donor Restrictions</td>
<td>$ 103,773.00</td>
</tr>
<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>$ 522,015.00</strong></td>
</tr>
</tbody>
</table>

| **Total Liabilities and Net Assets** | **$ 548,987.00** |

<table>
<thead>
<tr>
<th>STATEMENT OF ACTIVITIES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total public support and revenue</td>
<td>$ 580,094.00</td>
</tr>
<tr>
<td>Total expenses</td>
<td>$ 617,188.00</td>
</tr>
<tr>
<td>Change in net assets</td>
<td>$ (37,094.00)</td>
</tr>
<tr>
<td>Net assets, beginning of year</td>
<td>$ 559,109.00</td>
</tr>
<tr>
<td>Net assets, end of year</td>
<td>$ 522,015.00</td>
</tr>
</tbody>
</table>

Audit conducted by Wikoff Combs & Co., LLC
Please contact the MHAH Office if you’d like to see the full Audited Financial Statements. Audited Financial Statements for the year ending 12/31/20 will be available in July 2021.
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.

GRANTORS

$100,000 and above
Hawai‘i Resilience Fund of the Hawai‘i Community Foundation

$50,000 - $99,999
County of Maui
Kaiser Foundation Health Plan
McInerny Foundation
Swayne Family Fund
Zilber Family Foundation

$25,000 - $49,999
ABC Stores - Kosasa Foundation
Atherton Family Foundation
Bank of Hawaii Foundation
Nā Lei Aloha Foundation

Under $25,000
Chamber of Commerce Hawai‘i
The Fusayo Urago Memorial Fund
Garmar Foundation
Gary T. & Hilde M. Nii Fund
Johnson & Johnson Health Care Systems, Inc. - Janssen
Maui United Way
Ohana Health Plan
PhRMA
Sutter Health Kāhi Mōhala

DONORS

$10,000 and above
Movie Museum

$5,000 - $9,999
Cades Schutte LLP
First Insurance Charitable Foundation
Ohana Health Plan

$2,000 - $4,999
Aloha United Way
Zachary-Jordan Angeles
Consuelo Zobel Alger Foundation
Facebook
Pedro Haro & Troy Siruno
Jhamandas Watumull Fund
Kawakami Family Fund
UHA Health Insurance
Zephyr Insurance Company, Inc.

$1,000 - $1,999
KPMG LLP
Dorvin D. Leis Charitable Remainder Unitrust
German Benevolent Society of Honolulu
Michael Niethammer and Sherry Niethammer

$500 - $999
Phyllis Dendle
Highway Inn
Pamela Lichty
Dona Elizabeth Murph
Rainbow Drive-In
Bryan Talisayan

continued on next page
## Thank You to Our Supporters

### $100 - $499
- Jean Adair-Leland
- Kathryn Au
- Katherine Bennett
- Puahi Benzon
- Church of the Crossroads
- Adam Coles
- JoAnne Ebba
- Jessie Faige and Tara O’Neill
- Raymond Folen
- Friends of the Children’s Justice Center of Maui
- Melanie Furugen
- Terrence George
- Cynthia Goto
- Lisa Halvorson
- Horizons Foundation - girls just wanna have fun
- Michelle Iha-Yu
- Harvey Iwamura
- Trisha Kajimura
- Kaohu Kaninau-Santos
- Lloyd Kawakami
- Alex Kawakami
- Carla Kawakami
- David Kisaba
- Bethann Kozloch
- Ryan Kusumoto
- Jeffrey Low and Gail Low
- Cindy Martinez
- John McComas and Christine Kobayashi
- Kimberly Miyoshi
- Ashley Nagaoka
- Christine Nakagawa
- Edwin Nakaya
- Daniel Nitahara
- Patti Nitzel
- Janace Oda
- Michael O’Malley
- Susan Webster Schultz
- Lesley Slavin
- Wade Tonaki
- Charlotte Trotter
- David Watanabe

### Under $100
- AmazonSmile Foundation
- Ivan Awa
- Benevity
- Danielle Bergan
- Nikolos P C Bonifacio
- Michele Bucichchio
- Ahna Chien
- Karen Codilla
- Laurie Cook
- Dorothy Dang
- Kevin Doyle and Susan Au Doyle
- Jackwayne Fernandez
- Carlene Flores
- Mestisa Gass
- Marya Grambs
- Yoshie Hackney
- Charles Halvorson
- Stephanie Haro Sevilla
- Ana G Haro Velez
- Kevin Harrison
- Marilyn Hashisaka
- Suzanne Horn
- Betty Johnson
- Donna Kanetake
- Jan Kanno
- Tatsuya Katagiri
- Christina Kelley
- Marjorie Y. Kitahara
- Lea Kitamura
- Kristina Kokame
- Paul Kometani
- Leilani Lee
- Elizabeth Li
- Bri Littlefield
- Victoria Louie
- Christy MacPherson
- Amanda Martinez
- Daryl Matsuo
- Margaret McNeil
- Jason Medeiros
- Jerelenn Medeiros
- Sue Miano
- Alec Miller
- Lynn Miyahira
- Mary Morrow
- Trevor Newman
- Chelsie Noh
- Denise Noyle
- Laurie Oda
- Kalipekona Ortiz
- Andrew Park
- Stephen Park
- Mary Pigao
- Micaela Poomaihealani
- Patrick Saka
- Satoko Sato
- Sandra Simms
- Marianne Spellman
- May Sze
- Tina Takamoto
- Travis Tamura
- Michael Tom
- Vivian Trieu
- Tricia Usagawa
- Courtney Wagner
- Valerie Wannall
- Deanna Wong
- Kenji Yamada
- Erin Yamauchi
Thank You to Our Supporters

Mahalo to the following friends who generously supported our work by sponsoring fundraisers on Facebook or providing in-kind donations:

Ramir Y. Baysa
Jeffrey Bonsato
Tanya Gabriel

Pedro Haro
Chris Iwamura
Sara Jelley

Lynda Lauer
William Shiroma
Troy Siruno

Mahalo to our collaborators in 2020 for helping us achieve our shared goals:

Partners

Akaku Maui Community Media
American Foundation for Suicide Prevention – Hawaii Chapter
Bank of Hawaii
E Ola Hou Prevent Suicide Maui County Task Force
Hawaii Arts Alliance
Hawaii Child and Adolescent Mental Health Division
Hawaii Children’s Action Network
Hawaii Department of Education
Hawaii Health and Harm Reduction Center
Hawaii Public Health Association
Ho’oikaika Partnership

Honolulu Magazine
Institute on Violence, Abuse and Trauma
Maui Disability Alliance
Maui Police Department
Mai Economic Opportunities, Inc
Mental Health America National
NAMI Hawaii
Oahu Prevent Suicide Task Force
PhRMA
Rep. Della Au Belatti
Sutter Health Kahi Mohala
TrustCircle
UH West Oahu

Memberships

Chamber of Commerce Hawaii
Hawaii Alliance of Non-Profit Organizations
Hawaii Employers Council

Hawaii Public Health Association
Maui Non-Profit Directors Association
PHOCUSED