Mental Health America of Hawai‘i, and the E Ola Hou Prevent Suicide Maui County Task Force present the 2nd Annual Maui Suicide Prevention Awareness Mini Conference, “Embracing Cultural and Social Protective Factors in Suicide Prevention.” Our hope is to educate and inform attendees on our uniquely, multi-cultural state, and how the values of the Hawaiian Culture can help to instill lifelong protective factors as a way of life within our entire Maui community.

Presentations will range from Hawaiian cultural values, to the basics of Suicide Prevention, to marginalized groups such as Pacific Islanders and the LGBTQ+ Community.

There is no cost for those who attend. All we ask is you come with a curious mind, a desire to embrace new ideas and respect for all who will be presenting and all who are in attendance.
PROGRAM SCHEDULE

9:00am   WELCOME & INTRODUCTION
Danielle Bergan, Mental Health America of Hawai‘i, Maui

9:10am   KEYNOTE SPEAKER

Keynote
ʻAuamo Kuleana: Living Meaning in Life

ʻAuamo kuleana holds multiple interpretations and definitions. One idea: "Collective transformation through individual excellence" will be explored in this talk. How, then, do we know and express excellence? How do we inhabit the principles that allow us to live into the responsibilities that give us purpose, direction, and joy? What does mutual emergence have to do with meaning, hoʻoponono, and aloha? E komo mai, e ʻoluʻolu mai ʻoe.

Presenter:
Dr. Manulani Aluli Myer
Konohiki: Kulana o Kapolei
University of Hawai‘i, West Oʻahu
Dr. Aluli Meyer is a native Hawaiian scholar-practitioner coming home to Oʻahu after 25 years in Hilo, 7 years on the continental USA, and 6 years in Aotearoa, New Zealand. She is a world-wide Indigenous scholar dedicated to expanding views of knowledge to better address the needs of our time. Dr. Aluli Meyer earned her doctorate (Harvard, 1998) on the topic of Hawaiian epistemology - philosophy of knowledge - and remains dedicated to its capacity to inspire, instruct and heal. She is active in the Food Sovereignty, Aloha ‘Āina, EA Hawaii, and ʻIke Pono movements throughout Hawai‘i, and she is now the Konohiki of Kūlana o Kapolei - a Hawaiian Place of Learning at the University of Hawai‘i, West Oʻahu. She has been a Hoʻoponopono practitioner for 30+ years.
9:35am  BREAKOUT

ROOM 1: Suicide Prevention Basics Using a Cultural Framework

This presentation provides an introduction to foundational suicide prevention concepts including core principles, local data, warning signs, and resources. It will also include ways to adapt suicide prevention training from a cultural framework. This presentation is limited to 50 participants. Participants should be prepared to have their cameras on.

Presenter:
Deborah Goebert, DrPH
Professor, Department of Psychiatry
University of Hawai‘i, John A. Burns School of Medicine
Dr. Deb Goebert is a Professor at the University of Hawaii, John A. Burns School of Medicine, Department of Psychiatry. She is an inaugural member of the Prevent Suicide Hawaii Task Force and is the Director of Hawaii’s Caring Communities Initiative for Youth Suicide Prevention. She has also helped facilitate the Hawaii’s Youth Leadership Council for Suicide Prevention. Her research and scholarly work center on the social-cultural determinants of mental health and well-being by identifying disparities and implementing culturally-aligned interventions through collaborative partnerships. She is a passionate public health person who loves to laugh.

ROOM 2: Shifting Narratives: Re-Igniting Cultural Connectedness to Resiliency

Discussion on the value of cultural connection in acknowledging personal resilience during seasons of change and challenge. Exploration of cultural values and beliefs in relation to health and well-being.

Presenter:
Sheri Daniels, EdD
Executive Director
Papa Ola Lōkahi
Sheri has been leading Papa Ola Lōkahi, the Native Hawaiian Health Board since 2016. In this role, she leads efforts to improve the overall health and well-being of Native Hawaiians and their families, through strategic partnerships, programs and public policy both here in the pae ‘āina Hawai‘i and across the United States.
ROOM 3: “An Introduction to Safety Planning” From the Hawaii Veterans Administration

- Introduce the safety plan as a method for helping to recognize warning signs and to take action to reduce risk or keep it from escalating.
- Describe how suicidal thoughts come and go; that suicidal crises pass and that the safety plan helps not act on feelings, giving suicidal thoughts time to diminish and become more manageable.
- Describe the suicide risk curve.
- Explain how using the strategies enhances self-efficacy and a sense of self control.
- Describe how the development of the plan is collaborative.

Presenter:
Wendy Schwartz, LCSW
Department of Veteran Affairs

Wendy Schwartz, LCSW, currently serves as a Community Engagement and Partnership Coordinator with the Department of Veterans Affairs, Pacific Islands Healthcare System. She previously worked with underserved populations within the VA and in the community, specializing in work with people diagnosed with chronic mental illness and experiencing chronic homelessness. She attained her Masters in Social Work from Loyola University of Chicago and she currently is working on integrating the VA’s full public health approach to suicide prevention within our communities.

10:35am   BREAK (10 minutes)

10:45am   BREAKOUT

ROOM 1: Hoʻopono: Mutual Self-Becoming

This workshop will explore the universal practice of truth-telling at the core of hoʻopono. Hoʻopono is the central operating principle of hoʻoponopono, when we return to truth with the sharing of what has affected us, what we are feeling, or what we are wishing to release. Hoʻopono is aloha in action. It is a kanaka priority that allows ‘ike kupuna to fill our purpose to give us direction and guidance; and when we do this ourselves, we all evolve. We all heal.

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ROOM 2: Nā Hopena Aʻo

What makes Hawai‘i, Hawai‘i - a place unlike anywhere else - are the unique values and qualities of the indigenous language and culture. ‘O Hawai‘i ke kahua o ka ho‘ona‘auao. Hawai‘i is the foundation of our learning. Thus the following learning outcomes, are rooted in Hawai‘i, and we become a reflection of this special place.

Presenter:
Dawn Kau‘i Sang
Director, Office of Hawaiian Education
Hawai‘i State Department of Education

In June of 2015, Dawn Kau‘i Sang was selected as the first Director of Office of Hawaiian Education (OHE), which falls under the Office of the Superintendent of the Hawai‘i Department of Education (HIDOE). Kau‘i began her career with HIDOE 24 years ago as a Special Education teacher at Waimanalo Elementary School and later taught at two Hawaiian Language Immersion schools. In 2005, she became the Educational Specialist for the Hawaiian Language Immersion (Kaiapuni) Program and actively engaged in the revision of Board policies 105.7 and 105.8 and the development of Board policy E-3. Kau‘i continues to serve on behalf of and advocate for the Hawaiian community through her work in OHE and alongside generations of kanaka who work to advance Hawaiian well-being. She is a proud graduate of a public education system earning her high school diploma from Kailua High School and her master’s and bachelor’s degrees in education from the University of Hawai‘i at Mānoa.

Currently, Kau‘i directs the development and implementation of educational P4 (policies, practices, programs and projects) grounded in indigenous culture, context and language and used to address contemporary issues related to commonly marginalized populations in the public education system. As a Native Hawaiian and fluent speaker of ʻōlelo Hawai‘i, Kau‘i brings with her a passion and readiness to address longstanding inequities for Native Hawaiian students.
People within the LGBTQIA+ community have a higher potential of being personally affected, or affected by loved ones, who have suicidal thoughts, attempts, and/or completed suicides at some point in their lives. In clinical practice, there are many layers of interpersonal connections that influence a person’s understanding of who they should be and becoming who they are not, creating internal conflict with one’s true self. Connection to oneself and others with be explored as an integral part of working with suicide or thoughts of meaninglessness.

Presenter:
Patrick K. Kamakawiwoʻole, Psy.D., DBA, MSOL
I was raised in Maunalani Heights, Oʻahu, and I was fortunate to have attended Kamehameha Schools, Kapālama Campus, University of Hawaiʻi at Mānoa, University of San Francisco, American School of Professional Psychology, and Argosy University of Honolulu. I began working in the 1990s in the field of HIV/AIDS field as a therapist in San Francisco, and I continued that work as a prevention outreach worker at the Life Foundation in Honolulu. I worked as a clinical psychologist at the University of Hawaiʻi Counseling Center, was an Associate Professor at HSPP at Argosy University, and am currently in a thriving full-time practice that I have had since 2008. I proudly work with a diverse clientele of adults focusing on identity development and holistic healing from humanistic and EFT perspectives.

11:45am BREAK (10 minutes)

11:55am MESSAGE OF HOPE BY JOY TABON

I will touch on my experience as an attempt survivor and living with depression and anxiety in my current life. I also want to talk about how my little sister (who is 8 years younger than me) attempted suicide just this past month; how to spot warning signs, and how sometimes there aren’t any warning signs, how to deal with a loved one after an attempt and how to support them without making them feel guilty/unworthy of love.

Presenter: Joylene Nina Tabon
12:10pm  PANEL DISCUSSION

Embracing Cultural and Social Protective Factors in Suicide Prevention

Moderator:
Kris Mills
Co-Chair, E Ola Hou Prevent Suicide Maui County Task Force
Kristin Mills is the Public Health Educator for the Maui District Health Office and Co-Chair for the E Ola Hou Prevent Suicide Maui County Task Force. Kristin’s main focus currently is connecting health topics, including physical, mental, and emotional, so we can build resilience and live healthy.

Panelists:
Joanne Bailberde-Kamaili
Hawaii Island Task Force
Aloha! With family roots planted firmly in the soil of Hamakua on Hawaii Island, I am blessed to honor those who have come before me by following their journey of service. I am humbled to share with you the knowledge, guidance and discipline that others have shared with me and I look forward with gratitude to learn from you all. Mahalo.

Sheri Daniels, EdD
Executive Director
Papa Ola Lōkahi
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Madeleine Hiraga-Nuccio
Chair, Prevent Suicide Kauai Task Force
Madeleine has worked for the Hawai`i Department of Health in the Child and Adolescent Mental Health Division on Kaua`i for the past 20 years and remains excited about the expanding efforts to integrate primary health and behavioral health care. She worked for non-profit organizations in California and Hawai`i for 20 years before that in the areas of mental health, foster care, criminal justice, and community health care. She is currently the Center Chief of Kaua`i Family Guidance Center, chairperson of the Prevent Suicide Kaua`i Task Force, and a member of the Resilience Project Kaua`i.

Jeanelle Sugimoto-Matsuda, DrPH
Associate Professor, Office of Public Health Studies
University of Hawai`i at Mānoa
Dr. Jeanelle Sugimoto-Matsuda is an Associate Professor with the Office of Public Health Studies at the University of Hawai`i at Mānoa (UHM). Her research interests include mental/behavioral health, suicide prevention, bullying and violence prevention, and health policy and systems. She teaches undergraduate and graduate students, covering subjects such as health communication, theory, policy, and research methods. Dr. Sugimoto-Matsuda is the current Co-Chair of the Statewide Prevent Suicide Hawai`i Taskforce, and Board Member of the American Foundation for Suicide Prevention’s Hawai`i Chapter. She is also Principal Investigator of the Hawai`i Gatekeeper Training Initiative, coordinating all suicide prevention trainings and trainers across the State.

Reverend John A. Hau‘oli Tomoso, MSW (Retired)
Retired after a 42 year and varied Social Work Practice, including licensure in the State of Hawai`i. The Practice was both the public and private sectors, with the last 10 years in the non-profit sector. Now an Episcopal Priest in the Episcopal Diocese of Hawai`i; Ordained to the Priesthood on July 30, 2016.

12:55pm  CLOSING

Danielle Bergan, Mental Health America of Hawai`i, Maui