

# Shifting Narratives: [Re]Igniting Cultural Connectedness to Resiliency

Maui Suicide Prevention Mini-Conference

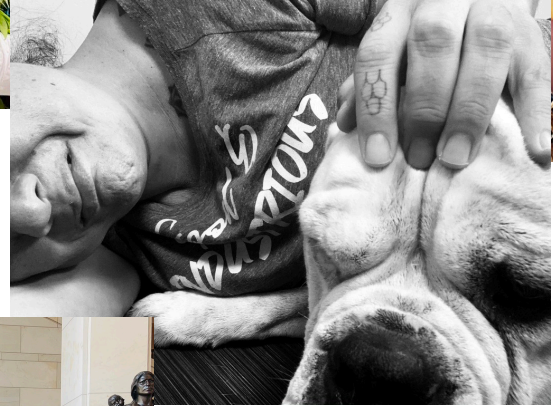
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KNOWING  
YOURSELF  
IS  
THE  
BEGINNING  
OF ALL  
WISDOM







# HONUUA: Ground Cover

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- Lens of Perspective
  - Work in trauma, crisis intervention, addiction, incarceration, mental health = heard stories of struggle of people, families and communities
- Own Space disclaimer
- Getting out of Time:
  - Raise conscious level, create questions, (1) gain in self awareness, +connection with someone else
- Our Purpose Together (for the next hour)
  - Permission for Safe space, thoughtful presence, connect to self, trust & connection
  - For you to see your place in this work
  - This might not be the technical and practical workshop

# KAHUA:

## Foundational concepts

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- Cultural
    - diversity
  - Connectedness
    - Competence
    - inclusion
  - Resiliency
    - Growth...despite \_\_\_\_\_





**“KOE NAE KE  
KULEANA O NA  
KANAKA”**

(P)reserving the rights, relations,  
and responsibilities of native  
tenants past, present, and future

# POU KIHI: Narrative pillars (value)

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- Core concepts
- Includes the intangible





## PĀ: narrative (beliefs)

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- Less in spaces that “matter”
  - Learned concepts
  - Behavior
- More in spaces that don't
- Paint changes, refreshes, peels



It's okay if you thought you  
were over it, but it hits you  
all over again.

It's okay to fall apart even if you  
thought you had it under control.  
You're not weak.

Healing is messy. And there's  
no timeline for healing.

Unknown Author



# KAUPOKU: Action (safety)

- Integrating culture with learned experience
  - Can't teach certain aspects (na'au awareness)







# And now?

- Determine your space/place
- Alignment

A photograph of two children, a girl and a boy, sitting on asphalt and drawing a large, vibrant rainbow with chalk. The girl is in the foreground, wearing a light blue dress, and the boy is behind her, wearing a pink shirt and dark shorts. The rainbow is drawn across the asphalt, with various colors like red, orange, yellow, green, blue, and purple. The text "RESILIENCE IS HAWAII" is overlaid in large, white, bold letters across the middle of the image.

# RESILIENCE IS HAWAII

## Questions

Source: <https://www.youtube.com/watch?v=aqB0E9kgdI0>  
Credit: bank of hawaii