



**2020**  
**ANNUAL REPORT**  
**April 23, 2021**

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# About & 2020 Year in Review

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.

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

# 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**

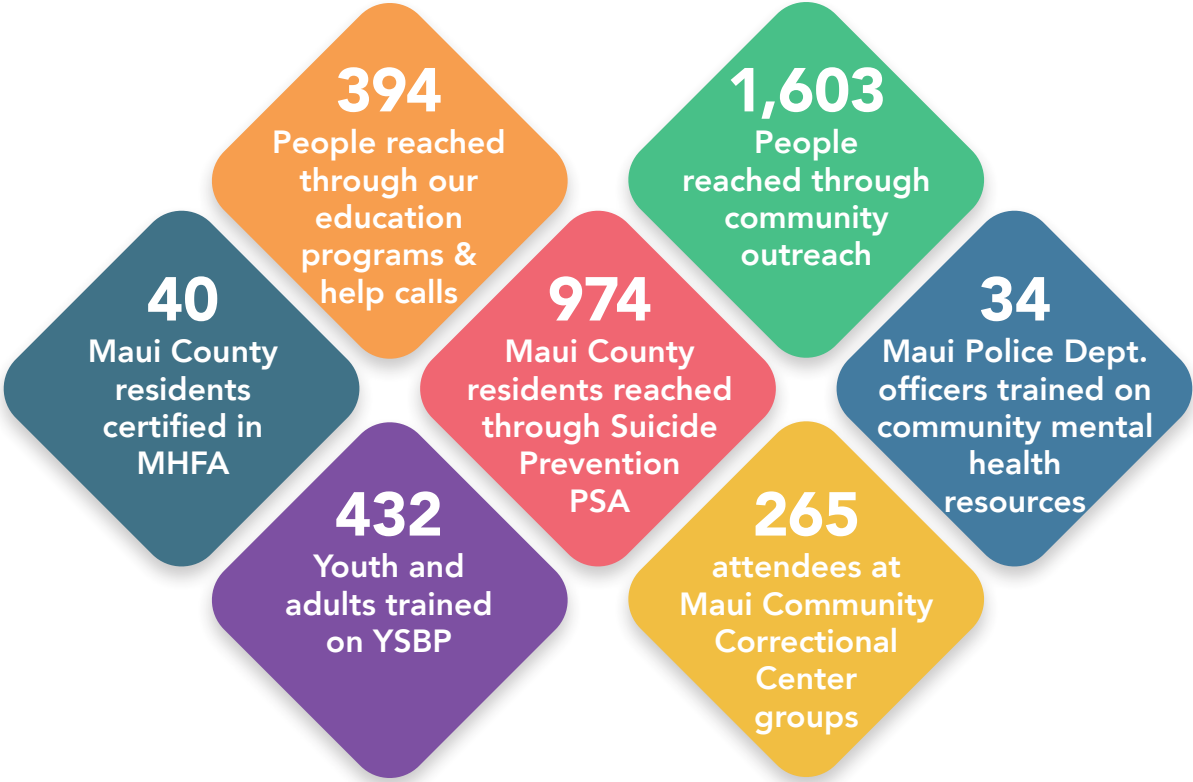
August 28, 2020  
Raised \$2,044.69

**YP Virtual Yoga  
Fundraiser  
Chamber of Commerce  
Young Professionals**

November 18, 2020  
Raised \$150.00

# Maui

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 Suicide Prevention Virtual Mini Conference**

October 1, 2020  
\$5,000.00 in sponsorships  
185 attended

# 2020 Board of Directors

**RYAN KUSUMOTO, President:** President & CEO, Parents and Children Together

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**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

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**PAUL ALSTON,** Dentons US LLP

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**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 YOSHITSUGU, PsyD,** Clinical Psychologist, Maui Family Guidance Center

# Financial Statement

## Statement of Financial Position as of December 31, 2019

ASSETS			
Cash		\$	235,514.00
Receivables		\$	86,250.00
Investments		\$	162,945.00
Deposits		\$	64,278.00
	<b>Total Assets</b>	<b>\$</b>	<b><u>548,987.00</u></b>
LIABILITIES AND NET ASSETS			
Liabilities			
Accounts payable and accrued liabilities		\$	26,972.00
	<b>Total Liabilities</b>	<b>\$</b>	<b><u>26,972.00</u></b>
Net Assets			
Without Donor Restriction			
Undesignated	\$	255,297.00	
Board Designated Endowment	\$	162,945.00	\$ 418,242.00
With Donor Restrictions			\$ <u>103,773.00</u>
	<b>Total Net Assets</b>	<b>\$</b>	<b><u>522,015.00</u></b>
	<b>Total Liabilities and Net Assets</b>	<b>\$</b>	<b><u>548,987.00</u></b>
STATEMENT OF ACTIVITIES			
Total public support and revenue		\$	580,094.00
Total expenses		\$	<u>617,188.00</u>
Change in net assets		\$	(37,094.00)
Net assets, beginning of year		\$	559,109.00
Net assets, end of year		\$	<u>522,015.00</u>

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  
McInerney 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

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## 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

## DONORS (cont.)

### **\$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 funD  
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Trisha Kajimura  
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Susan Webster Schultz  
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Wade Tonaki  
Charlotte Trotter  
David Watanabe

### **Under \$100**

AmazonSmile Foundation  
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Ahna Chien  
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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

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**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  
Maui 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

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Hawaii Alliance of Non-Profit Organizations  
Hawaii Employers Council

Hawaii Public Health Association  
Maui Non-Profit Directors Association  
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