

DEPARTMENT OF HEALTH RECOGNIZES ALTON TAMASHIRO AS MANAGER OF THE YEAR

The Hawai'i State Department of Health (DOH) recognized staff for being an outstanding employee, team and manager of the year: Evan Matsushima of Kaneohe (Social Worker and Unit Head Supervisor in the Developmental Disabilities Division), Alton Tamashiro of Kapolei (Central Oahu Family Guidance Center Chief) and the 2009 Pandemic H1N1 Laboratory Response Team (State Laboratories Division). The annual recognition honors employees nominated by their peers and selected by a peer committee for their outstanding performance throughout the previous year.

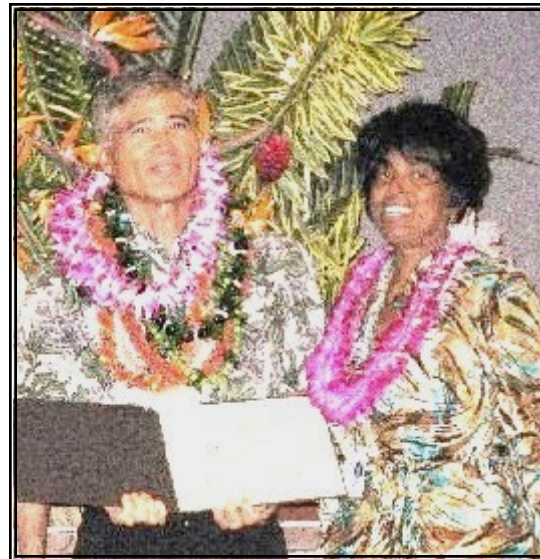
"The employees that were honored are just a few examples of our workforce that have shown considerable resiliency and commitment to serving the public despite decreases in staff and operating funds for services," said Health Director Chiyome Fukino, M.D.

CAMHD's Alton Tamashiro was named the Outstanding Manager of the Year. In July 2009, Tamashiro had been tasked to supervise another Family Guidance Center, which lost its Branch Chief and several support staff positions through the reduction-in-force. The consolidation of the two branches doubled Tamashiro's workload creating challenges that he approached by leading his subordinates through team building, trust and mutual respect.

If you want to build a ship, don't herd people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea. --

Antoine de St. Exupery

The DOH's outstanding employee, manager and team of the year will be recognized during the Governor's Outstanding Performance Awards Ceremony in October.



Deputy Director Michelle Hill presents Alton Tamashiro with the Department of Health Manager of the Year Award.

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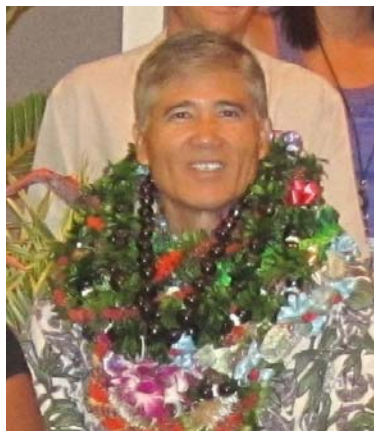
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Staff Highlights: Congratulations Alton Tamashiro

By Ku'ulei Wilton



Alton Tamashiro has worked for the state of Hawaii since 1976 when he began working for the March 1978 with Adult Probation Division. In 1981 he moved over to the Department of Health (DOH) and worked with the Developmental Disability Division. Later in

May 1986, he continued his state service and worked in children's mental health under the DOH in the Central Oahu area as a member of the Children's Team. In 1997 the DOH went through a re-organization that included the establishment of the current Family Guidance Center branches across the state. In 1997 Alton took the position of Branch Chief for Central Oahu Family Guidance Center and continues in this position today.

Born and raised in a Del Monte pineapple plantation camp in Kunia Village on Oahu, Alton attended Wahiawa schools and graduated from Leilehua. He pursued his education at the University of Hawaii at Manoa where he received his Masters in Social Work and later was credentialed as a Hawaii Licensed Clinical Social Worker (LCSW). Along the way he increased his ohana that now includes a wife, four children and two grandchildren with two more on the way.

Alton is known throughout the Child and Adolescent Mental Health Division (CAMHD) and provider network as a leader who has a thoughtful or contemplative personality and one who is very knowledgeable about his staff, the youth and families the Branch serves, the CAMHD's system of care and CAMHD's journey through the Felix Consent Decree years. It is those valued years of experience that give way to wisdom in his responses to issues, situations or questions, collaborative skills with community partners and his overall leadership as well as team player qualities.

Alton's personal goal as a Branch Chief has always been, and I quote him to "provide leadership, support and direction to staff to carry out the CAMHD initiatives and mission. But more concretely and fundamentally, it's to have role clarity for staff. I like to have staff understanding their roles so that they know expectations and can get good at what they do. I like for staff to see their individual value and importance and how their contributions collectively make the program work."

As for the DOH's Manager of the Year recognition... "It's nice to be recognized and I feel very honored. But what I really feel is that this is a Team award. Any kind of recognition like this is really a reflection of the support received. I would want to thank Dr. Michels and CAMHD for the support we've received. Most especially I would want to thank the staff out at Pearl City and Kaneohe for their support, and for their good work and attitude in pulling together as a team in the consolidation effort to bring the Central and Windward programs together. "



Oahu Family Guidance Center Ohana

(Top Row) Josh Ford, Rhoda Fajardo, Beverly Okabe, Gina Fallau, Tracy Kobayashi, Kevin Oshiro, Scott Hashimoto

(Bottom Row) Barry Constantino, May Shindo, Jan Sharp, Gladys Waiyaki, Alton Tamashiro, Liane Nakamichi, Earl Young, Kahealani Freitas-Cockett, Lisa Farias, Vicky Ramil

The task of the leader is to get his people from where they are to where they have not been.
~Henry Kissinger

NATIONAL SUICIDE PREVENTION WEEK

SEPTEMBER 5-11, 2010

Suicide Prevention Week for 2010 is set for September 5 through 11, 2010. This year is the 36th annual National Suicide Prevention Week with the theme: *Families, Community Systems and Suicide*. Starting Sunday, September 5th, communities across the United States are collaborating to host events to spread awareness of suicide prevention and the resources available to support this effort.

A suicidal death is often most difficult for friends, family, and loved ones to fathom. Oftentimes there are warning signs, in the form of depression or a mental illness, and other times suicide seems to strike seemingly out of nowhere. Regardless of the motivation behind it, suicide is the most extreme case of self-harm, and for those who are contemplating such an act, or for those left behind, there are numerous resources available in Hawaii.

To promote those services and provide awareness to the nation and individual states, National Suicide Prevention Week is held from September 5-11, marking the days leading up to and after National Suicide Prevention Day, which will be commemorated on Friday, September 10, 2010.

Local Data on Suicides

(Information from DOH Injury Prevention and Control Program covering period from 2005-2009)

- Ranks 43rd nationally in its rate of suicide deaths.
- The single leading cause of fatal injuries over the 2005-2009 time period, with a significantly increasing trend in the annual rate of suicide among Hawaii residents.
- Most consistent trends seen for males and residents 55 years of age and older.
- Victim age was widely distributed, although almost all (95%) were 19 years or older. Elderly residents (85 years and older) and those in the 40 to 54 year age range had the highest fatality rates.
- Male victims outnumbered females by approximately 3-to-1.
- According to 2009 YRBS (Youth Risk Behavior Survey) data, Hawaii high school students had the highest self-reported prevalence of considering suicide (19%), the highest for making a plan (16%), the highest for attempting (13%), and the 4th highest prevalence for being treated for a self-inflicted injury (4.5%) in the country.
- Among Hawaii students the prevalence of these risk factors was generally higher among female students, although there was an increasing trend in the self-reported attempts among males from 2003 to 2009 (from 9% to 12%), compared to a decreasing trend among females over that time (from 17% to 14%).

National Data on Suicides

(The national data is from 2007 from the American Association of Suicidology)

- 11th leading cause of death in the United States with one suicide occurring on average every 15.2 minutes.
- 3rd leading cause of death among 15- to 24-years-olds.
- Approximately 864,950 Americans attempt suicide each year.
- Estimated that 5 million living Americans have attempted to kill themselves.
- Every year in the United States, more than 17,000 men and women kill themselves with a gun, two-thirds more than the number who use a gun to kill another person.
- An estimated 4.6 million Americans are survivors of the suicide of a friend, family member, or loved one.

Maui Disability Alliance Legislative Forum

By Virginia Shaw, PhD, Maui Family Guidance Center Branch Chief

The 15th Annual Maui Disability Alliance Issues Legislative Forum was held on Thursday, August 19, at the Velma Santos Community



Center in Wailuku from 4:30-7 p.m. Hawaii's elected State and County government officials were invited to participate. The public was invited to the program at 4:30 p.m. and the catered dinner that followed. Close to 220 people, including 30 candidates, attended this year's forum.

The Legislative Forum was begun in 1996 as a cooperative effort between the Maui Developmental Disabilities Committee and Mental Health America/Maui along with community advocacy and support groups. About 50 people including Congresswoman Patsy Mink, State and County legislators and most candidates representing Maui who ran for election that year attended it.



Maui FGC Branch Chief, Virginia Shaw and Senator Roz Baker

This year, Senator Roz Baker gave a legislative update and awards and commendations were made

Maui individuals and companies who have embraced employment of the disabled. There was a panel presentation by 16 consumers/providers on the following topics: Transportation, Education, Adult Mental Health, Veterans, Employment, DD/MR Waiver Services, Housing Homeless, Family Support, and Health. A packet with position papers on each topic was given to participants along with a services resource directory. Attendees were introduced to and able to hear from and meet with State and County legislators and candidates. People with disabilities and their families were able to share their experiences. In addition, over 22 Maui agencies worked together to sponsor this event. The evening provided an interplay between the candidates and panelists.

This year's education forum was sponsored by: Aging with Aloha Coalition, The ARC of Maui, Autism Bridges Maui, Community Children's Councils of Maui, Easter Seals Hawaii, Hale o Lanakila Clubhouse, Hawaii Center for Independent Living, Hawaii Disability Rights Center, Hawaii Families as Allies, Ka Lima O Maui, Department of Human Services Division of Vocational Rehabilitation, AFL-CIO Community Services in Partnership w/Maui



Virginia Shaw, Maui FGC Branch Chief and HFAA Parent Partner, Caren Pantezzi

United Way, Lokelani Ohana, Maui Commission on Persons w/Disabilities, Maui County Aging & Disability, Maui Family Guidance Center, Maui Kokua Services, Maui Wheelers, Mental Health America in Maui County AKA Maui Mental Health Association, Quality Behavioral Outcomes, Workforce Development and the Hawaii State Council on Developmental Disabilities.

Multisystemic Therapy Services International Recognition Congratulations Jim Hallett

James Hallett of the PACT Honolulu MST Team has been awarded the international MST "Whatever It Takes" Award for 2009. He was nominated by his supervisor, Cheryl Nagano-Ige, because he truly exemplifies a "whatever it takes" attitude to help each and every family



he works with. He displays a positive, strengths-based, "never give up" sense of persistence when working with families, which is evidenced by

the positive outcomes he achieves with even the most challenging of families.

Cheryl has been Jim's supervisor since October 2008, but had the privilege of being his colleague for seven years prior, so she is very familiar with Jim's work. She described Jim as not only willing to go out on a limb for families, but for fellow colleagues as well. She has seen him as not only a wonderful support, but a great mentor. To describe Jim's work in just a few words was difficult for Cheryl, since he does so much, but two that came to mind were "passionate and dedicated." She could give Jim a case that might appear "hopeless" to others and he was able to turn that hopelessness into hopefulness.

Cheryl sent a closing letter for one such case, and although there had been many others, Cheryl thought this was a perfect example. This was a homeless family who was allegedly dealing drugs and breaking and entering into homes. The client was truant from school for a year, using drugs, and involved in breaking and entering as part of the "family business." The closing letter described the outcomes of the case and the excellent work that Jim did with this family, which included searching for the family daily in the community and not giving up when they couldn't be located; maintaining clinical lead and increasing collaboration between stakeholders and family; assisting with basic needs and legal concerns related to guardianship; improving family relationships, communication, and roles/responsibilities; and assisting in finding prosocial activities for the client. The outcome was a complete turn around and is a true example of how doing "whatever it takes" to help a family can make such a tremendous difference in their lives!

The following is a reprint from MST[®] Newsletter, Summer Issue 2010, "In the Loop"

"A'ohe mea nana e ho'opuhili, he moho no ka la makani"

There is no one to interfere, for he is a messenger of a windy day.

This 'olelo no'eau, or Hawaiian proverb, is said in admiration of a person who lets nothing stop him from carrying out the task entrusted to him; in essence, from doing whatever it takes. In **Jim Hallett**, Hawaii's MST program has been graced by such a messenger. For the past ten years, that persistence and hope has on more than one occasion been translated into a request for "just one more week" or "a little more time." Time for one more conversation with a mom who was homeless, drug-addicted, living downtown on a park bench, and who eventually agreed to her child living with family and getting helped by MST. Time to get consent from a homeless caregiver of a gang-involved girl. Jim walked tirelessly around Honolulu's rough Palolo Valley, approaching neighbors and folks in the park in his quiet, humble fashion, leaving business cards on windshields, until one evening a van window rolled slowly down, and an arm reached out with a signed consent form in hand. Later, when that family's child was to be honored with a judicial award, Jim came down with a mysterious 24-hour illness, and the girl's aunt had to go to the ceremony in his stead to receive the accolade.

Jim's belief that families can change is infectious: we've watched parents catch it, and start believing in themselves; we've watched communities catch it and start working for families once forgotten. A hopeless, isolated immigrant mother, whose teen sons were regularly physically aggressive toward her, headed one of Jim's families. Mom's cultural background and personal experiences did not leave her open to help from an "outsider," especially a man. But Jim just kept stopping by - about three times a day. Through those frequent visits and Jim's gentle and skillful support, Mom was able to enlist the support of her neighbors, landlord, and even a local police officer, who routinely stopped by to monitor the boys while mom worked. The aggression stopped - for good.

The trades blow stronger on some days than others in Hawaii, but we've yet to see a wind that holds Jim Hallett back from helping families. Congratulations, Jim, and **Mahalo Nui Loa** for continuing to do whatever it takes!

2010 NATIONAL SUICIDE PREVENTION WEEK EVENTS

OAHU

Agencies collaborating on Suicide Prevention Week activities: Hawai'i S.P.E.A.R.; Mental Health America of Hawai'i; Queen Lili'uokalani Children's Center - Honolulu Unit; Survivors of Suicide Grief Group; Prevent Suicide Hawaii Task Force members, agencies, and organizations; Department of Health, Injury Prevention and Control Program, Suicide Prevention Coordinator.

Oahu Activities: Oahu Governor's Proclamation; **Hawaii's Lifekeeper Faces of Suicide Memory Quilt**; SafeTALK (suicide alertness workshop); Youth Suicide Prevention Skills presentation .

Name of main contact for further information: Pua Kaninau-Santos at 851-7731 or 271-8582; kkanina@qlcc.org

HAWAII ISLAND

Agencies collaborating on Suicide Prevention Week activities: Department of Education; Department of Health: Adult Mental Health Division, Developmental Disabilities Division, CAMHD -Hawaii Family Guidance Center; County of Hawaii: Office of Aging, Prosecutor's Office, Police Department; Care Hawaii, Inc.; Hospice Hilo; Kokua Mental Health; Office for Social Ministry; Veteran's Administration

Big Island Activities: Suicide Awareness Sign Waving, Depression Screening, Mayor's Proclamation, **"Faces of Suicide" Memory Quilt**, Radio PSA.

Name of main contact for further information on these events: Charmaine Alameda at (808) 933-0607 or charmaine.alameda@doh.hawaii.gov

MAUI

Agencies collaborating on Suicide Prevention Week activities: Department of Education; Department of Health: Adult Mental Health Division; UH-Maui College; County of Hawaii-Office of Aging; Neighborhood Place; Maui Police Department.

Maui Activities: Suicide Awareness Booth on Sept 11 from 10am-2pm at Queen Ka'ahumanu Center; **collection for Maui Memory Quilt**

Name of main contact for further information: Madeline Colon at (808) 984-2150 or madelinedominguez@doh.hawaii.gov or Ann Nakagawa at (808) 244-6491 or ann.nakagaway@mpd.net

KAUAI

Agencies collaborating on Suicide Prevention Week activities: Kauai Police Department; Queen Lili'uokalani Children's Center - Kauai Unit; Department of Education; Department of Health: Adult Mental Health Division and Public Health Nursing

Kauai Activities: safeTALK training (suicide alertness workshop); **collection for Kauai Memory Quilt**

Name of main contact for further information: Gina Kaulukukui at (808) 651-6637 or rkaulukukui@hawaii.rr.com

Memory Quilts



In 1995 Sandy Martin formed the **The Lifekeeper Foundation** in memory of her son and only child, Tony, who died by suicide at age 17, on December 16, 1988. In December 1997, she started the national Lifekeeper Memory Quilts result of events that occurred at the first National Suicide Awareness Event in Washington, DC in 1996. Sandy felt that putting faces to statistics would have a greater impact on Congress that would prompt it to declare suicide a national problem. As a result of that thought, and her follow-up actions, The Lifekeeper Memory Quilts are now displayed every year at Annual National Suicide Awareness Events, as well as at other local events throughout the nation.



Youth Factors that Predict Elopement from Out-Of-Home Services



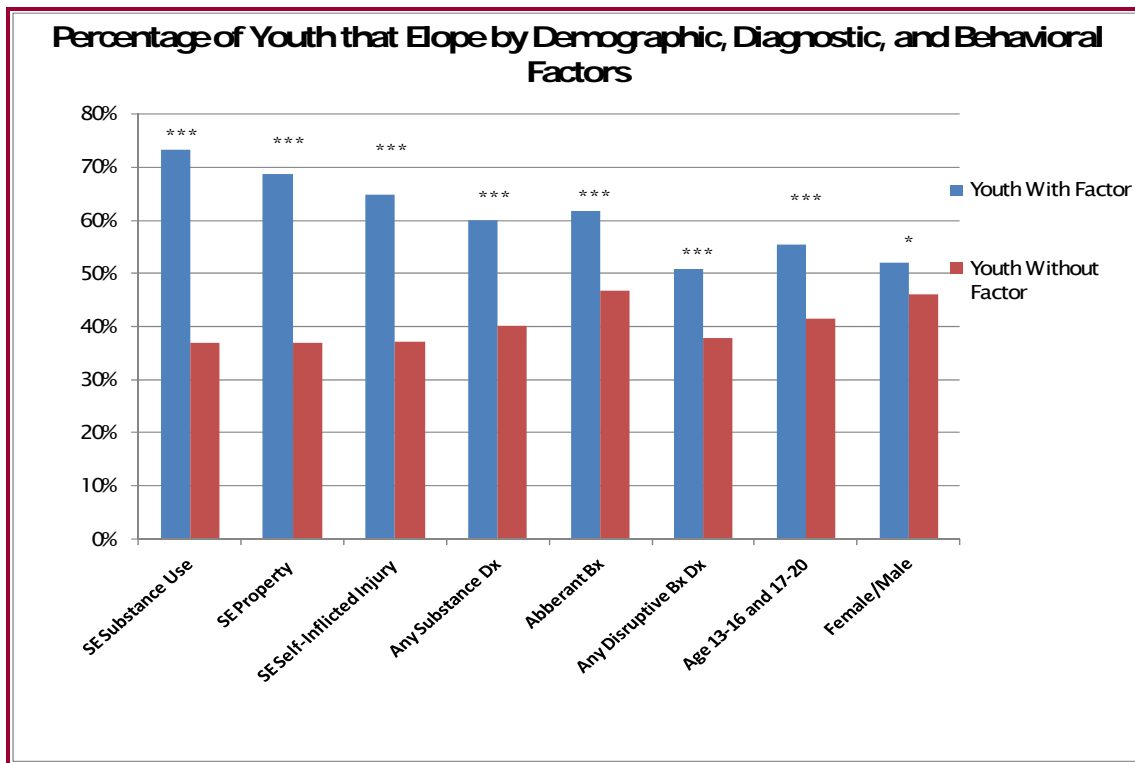
By: Taryn Moreno Oh, Jarrett Ku and David Jackson, Ph.D
Research and Evaluation Office

A presentation examining CAMHD youth characteristics that predict elopement was exhibited at the Annual National Mental Health Block Grant and Data Conference. Conducted by Jarrett Ku, Ki'i Kimhan Powell, David Jackson, Charles Mueller, Melissa Mattos, and Sarah Fukumoto, this preliminary analysis furthers our knowledge about the behavior of elopement, or running away, from an out-of-home service in the unique context of Hawaii. The goal of the analysis is to find youth factors that are associated with elopement, and then compare the findings with national literature.

The results showed that youth in the CAMHD system were comparable in many respects to those in the general national research. Particularly, youth with externalizing behaviors of property offenses (e.g., destruction of property), personal misconduct (e.g., sexually inappropriate behavior), Substance Disorder, substance use (e.g., testing positive for drug use), Disruptive Behavior Disorder, aberrant behavior, self-inflicted injuries (e.g., suicide attempt), and being female were associated with a higher likelihood of elopement than those without the characteristic. However, the results also found youth who were younger at

the time of entry (age 13-16) were disproportionately more likely to elope than an older group (age 17-20), which seems to conflict with other national findings.

Elopement is argued to be a prevalent hindrance to providing mental health services to youth in the CAMHD system. The findings of this preliminary analysis showed comparable results to national literature, which gives crucial insight into the phenomena of elopement. The next step is to develop a predictive model, which could be used to identify youth at high-risk for elopement from a program.



Note: Sentinel Events (SE) represent child incidents involving serious physical or psychological harm or the risk thereof. SE Property represents property directed events (i.e. theft or destruction of property); SE Person represents person directed events (i.e. assault and sexually inappropriate behavior).

Note: Each factor represents two distinct youth groups contrasting youth with and without a particular facet; *p<.05; **p<.01; ***p<.001



EVENTS OF NOTE

SAVE THE DATE:

Friday, October 29, 2010
Ala Moana Hotel, Honolulu
**Hawaii Psychological Association (HPA)
Annual Convention**

Contact Melissa Pavlicek, HPA Executive Director, for more information. Phone: 521-8995 or email hpaexec@g.mail.com

National Suicide Prevention Week

September 5—11, 2010

See page 6 for information of activities
scheduled around the state

Provider Quarterly Meeting

September 23, 2010, 10 am to 12 noon
Room 418, Diamond Head Health Center

CEO/CAMHD Meeting

September 7, 2010, 10 am to 12 noon
Room 418, Diamond Head Health Center

Evidence-based Services Committee Meeting

September 7, 2010, 10 am to 12 noon
Room 418, Diamond Head Health Center

Share Your News

Please share your stories of success, special events, trainings, and any other noteworthy activities that others may want to hear about. Call Ku'ulei Wilton, Provider Relations Liaison at 733-9857 or email her at

Harriet.Wilton@doh.hawaii.gov

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CAMHD reserves the right to edit all materials printed in this publication. Send requests for items to be published in this newsletter to



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