

Agenda

- Welcome
- Read Principles & Guidelines
- Check-In 2 min.
- Group Discussion
- Closing

Group Guidelines

- Start and stop on time
- 2-3 min. time limit for check-in
- What is said here stays here.
- Be a mindful listener.
- Empathize & Support: Each person's experience and feelings are valid.
- Words can hurt AND help: if you can, reflect before speaking.
- Keep descriptions 'PG-13' to respect your groupmates' well-being and emotional limits/capacity

Principles of Support

1. We embrace the cultures of Hawai'i, recognizing our resilience and the importance of cultural traditions in healing our communities and ourselves.
2. We acknowledge each individual's unique experience and pain.
3. We acknowledge that trauma affects the mind, body, and spirit.
4. We recognize that anger and grief are natural responses to this disaster.
5. We find strength and healing in sharing our stories and experiences.
6. We uphold respect, dignity, and compassion for all, regardless of their story.
7. We acknowledge everyone's pain, understanding no one's suffering is lesser or greater.
8. We practice self-forgiveness and self-care.
9. We will find opportunities to laugh, play, and practice Aloha.
10. We accept that some losses are irreplaceable, yet we strive to move forward together.
11. Our collective spirit and unity will ensure we rebuild stronger. We will never lose hope.

Predictable Stages of Emotional Reactions to Traumatic Events

I. Encountering the Trauma

- Initial Shock and Disbelief
- Denial; Searching for normalcy
- Holding onto Hope

Needs:

- Emotional Support
- Comfort
- Empathy for confusion
- Help finding resources
- Early intervention
- Empathy for pain
- NAMI
- Community Support

II. Navigating the Aftermath

- Anger/Guilt/Sadness
- Recognizing the full extent
- Grief

Needs:

- Vent feelings
- Self-care
- Education
- Skill training
- Building Connections
- Collaboration w/ Community
- Trust in Community
- Keep hope
- NAMI

III. Rebuilding & Advocacy

- Gain Deeper Understanding
- Acceptance & “New Normal”
- Advocacy & Taking Action

Needs:

- Finding balance in life & connection
- Channel energy into positive change
- Active Response & Assistance from larger system
- Community
- NAMI