



National Alliance on Mental Illness

**NAMI**

**Hawaii**

# **Not Just Surviving, We Are Thriving!**

**Hearing from Individuals  
with  
Lived Experience**



**Not Just Surviving,  
We Are Thriving!**  
**SLIDES**



**Kathleen Rhoads Merriam**

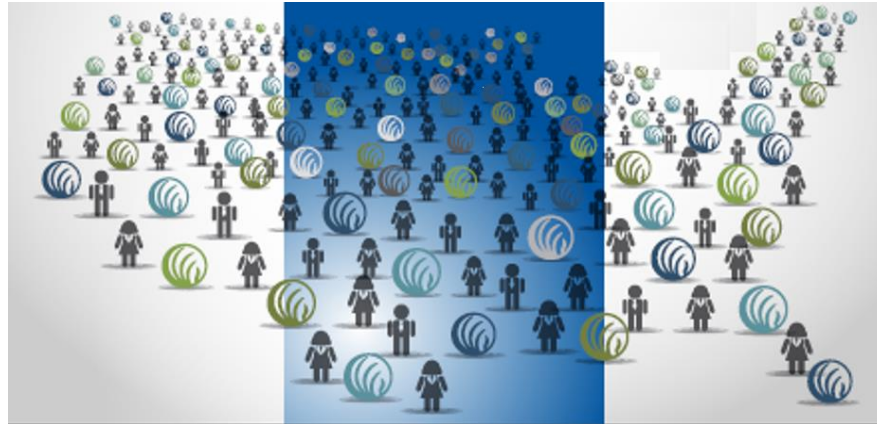
LCSW, CSAC, Adult Mental Health Division, Hawaii  
Department of Health

**Macey Min-Chu Luo-Souza**

MSN,BSN,RN,APRN-RX,PMHCNS-BC,HCPS,  
CSAC, Psychiatric-Mental Health APRN

**Kumi Macdonald**

Executive Director, NAMI Hawaii



Largest Grassroots Mental Health Organization in the U.S. with over 600 affiliates

State Office: NAMI Hawaii on Oahu

Local Affiliates: Kauai, Oahu, Maui, and Big Island

Free Programs Statewide – In Person and on Zoom

# OUR WORK

SUPPORT

EDUCATION

AWARENESS

ADVOCACY



NAMI

# **DISCUSSION**

**What do these people have in common?**

**Mother Theresa**

**Abraham Lincoln**

**Simone Biles**

**Kathleen, Macey, and Kumi**

Mental  
health  
conditions  
are common.



**1 in 5** people lives with a  
mental health condition. (1 in 25  
lives with a serious mental illness.)

**6.9%** Depression

**2.6%** Bipolar Disorder

**1.1%** Schizophrenia

**18.1%** Anxiety Conditions



Adults with disabilities  
reported mental distress 4.6  
times as often as those  
without disabilities

<https://www.cdc.gov/disability-and-health/articles-documents/adults-with-disabilities-mental-distress.html#:~:text=Main%20findings,mobility%20disabilities%20reported%20mental%20distress.>





**Which direction do I go?**

# The value of Peer Support

- My 1<sup>st</sup> revelations in 1984: the power of PS
- Current examples of PS Specialists
  - Internships
  - Homelessness
  - Case management teams
- Hawaii Certified Peer Specialist (HCPS) Program
- Shared/Lived Experience



# Recovery is supported by addressing trauma

Services and supports need to be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

## **5 Core Values of Trauma-Informed Care (Fallot, 2016)**

1. Safety: creating a physically and emotionally safe environment
2. Trustworthiness: working on building trusting relationships
3. Choice: offering involvement in decision making
4. Collaboration: working as partners with each other
5. Empowerment: building skills and confidence for optimal growth
  - These values are essential to building a trauma-Informed culture



# System Navigation & Advocacy: fine tuning our skills to get our jobs done! working toward De-silo-i-zation (Systems Engineering)



Silo-i-zation: The art of perpetuating systems that don't communicate or interact despite similar challenges, mandates, goals or mission. The opposite of system engineering.

De-silo-i-zation: The art of "Linking and Syncing – the core of Systems Engineering

# Websites for your Computer “Favorites” Toolbar...

[bh808.hawaii.gov](http://bh808.hawaii.gov)

Examining Substance Abuse, Mental Health, & Crisis Care

- Mental Health America  
[mhanational.org](http://mhanational.org)/ [mentalhealthhawaii.org](http://mentalhealthhawaii.org)
- National Alliance on Mental Health (NAMI)  
800.950.6264  
[NAMI.org/NAMIhawaii.org](http://NAMI.org/NAMIhawaii.org)/808.591.1297
- National Mental Health Consumer’s Self-Help Clearinghouse [Mhselfhelp.org](http://Mhselfhelp.org)/800.553.4539
- American Foundation for Suicide Prevention  
[AFSP.org](http://AFSP.org)
- David Mee-Lees online [Tips & Topics \(TNT\)/www.changecompanies.com](http://Tips & Topics (TNT)/www.changecompanies.com). Sign up for emails
- Clubhouse International  
[www.clubhouse-intl.org](http://www.clubhouse-intl.org)
- Substance Abuse and Mental Health Services Administration  
[SAMHSA.gov](http://SAMHSA.gov)





Mom, Niece, and Macey (Thanksgiving 2014)

The Convoluted Journey of a Quirky  
Meanderer:  
Surviving, Living, and Thriving  
Together

# Healing Journey of 羅明珠: What's in a Name?

掌上明珠

"A pearl in one's palm" ( A beloved person)

Gung Gung gifted Chinese name

**Lived Experience Pre-2008, Post-2008, 2020-present and beyond:**

**Stigma, Healing, Family, and Peer Support**

- First Generation Chinese-American
- Learned English as a Second Language (ESL) (K-3)
- Resident in Public Housing (K-3)
- Family member
- Proud Graduate of Hawai'i Department of Education (DOE) Public School System (K-12)
- Alumni of University of Hawai'i at Mānoa
  - First in family to attend & graduate from University



Gung Gung & Me at  
Chinatown Cultural  
Plaza

# Lifelong Learning & Advocacy for Mental Health Healing and Recovery

- Lived experience 2008-present: MDD, GAD, PTSD, AS.
- Stigma-cultural, individual and family mental health, healthcare professional.
- **Peer Support: You are not alone. Trauma-Informed Care. Education & Empowerment.**
  - United Self-Help
  - NAMI-HI Women on Wellness (WOW)
  - Lifelong friendships
- Past SSDI Recipient and client of Hawai'i WIPA (Work Incentives Planning and Assistance).
- Hawai'i Certified Peer Specialist (HCPS)
  - Advocacy and Education of Peer Support role in Care Coordination/Case Management Teams and with the interdisciplinary team of the Hawai'i Pathways Project (Substance Abuse Mental Health Service Administration (SAMHSA) Housing First Pilot Program).
- Former client of DVR (Division of Vocational Rehabilitation) services.
- Advocate for person-centered, gender affirming, culturally sensitive, holistic, and trauma-informed care and services in our community **ONE MOMENT AT A TIME.**
- **Current Personal Wellness Tools: Affirmation Pod, Music, Nature, Beach, Stretching, Walking, Hiking, Gym, Laughter, Improv, Dark Comedy, Journaling, Lifelong Learner, finding Safe Spaces (people & places), and regular check-ins with interdisciplinary team of health care providers.**



# Community Resources

ACEs Aware: Screen. Treat. Heal.  
<https://www.acesaware.org/about/>

Alcohol and Drug Abuse Division (ADAD)  
<https://health.hawaii.gov/substance-abuse/home/training-calendar/>

Asian Mental Health Collective (AMHC)  
<https://www.asianmhc.org/>

Depression and Bipolar Support Alliance (DBSA)  
<https://www.dbsalliance.org/>

The HAWAI'I Coordinated Access Resource Entry System (HAWAI'I CARES) for substance use disorder (SUD) treatment and recovery support services.

Call (808) 832-3100 or 1 (800) 753-6879 (toll-free)

<https://health.hawaii.gov/substance-abuse/cares/>

HAWAI'I CARES 988 is a 24/7, free support service for help with crisis, mental health, and substance use.

Call 988, Text 988, Chat 988.

<https://hicare.hawaii.gov/>

Hawai'i Center for Nursing: Connecting Nurses. Transforming Healthcare.

<https://www.hawaiicenterformnursing.org/>

State of Hawaii, Legislative Reference Bureau (LRB), Public Access Room (PAR). Public access to information, facilities, and services to participate in the State legislative process.

<https://lrb.hawaii.gov/par/>

ImprovHI  
<https://improvhi.com/>

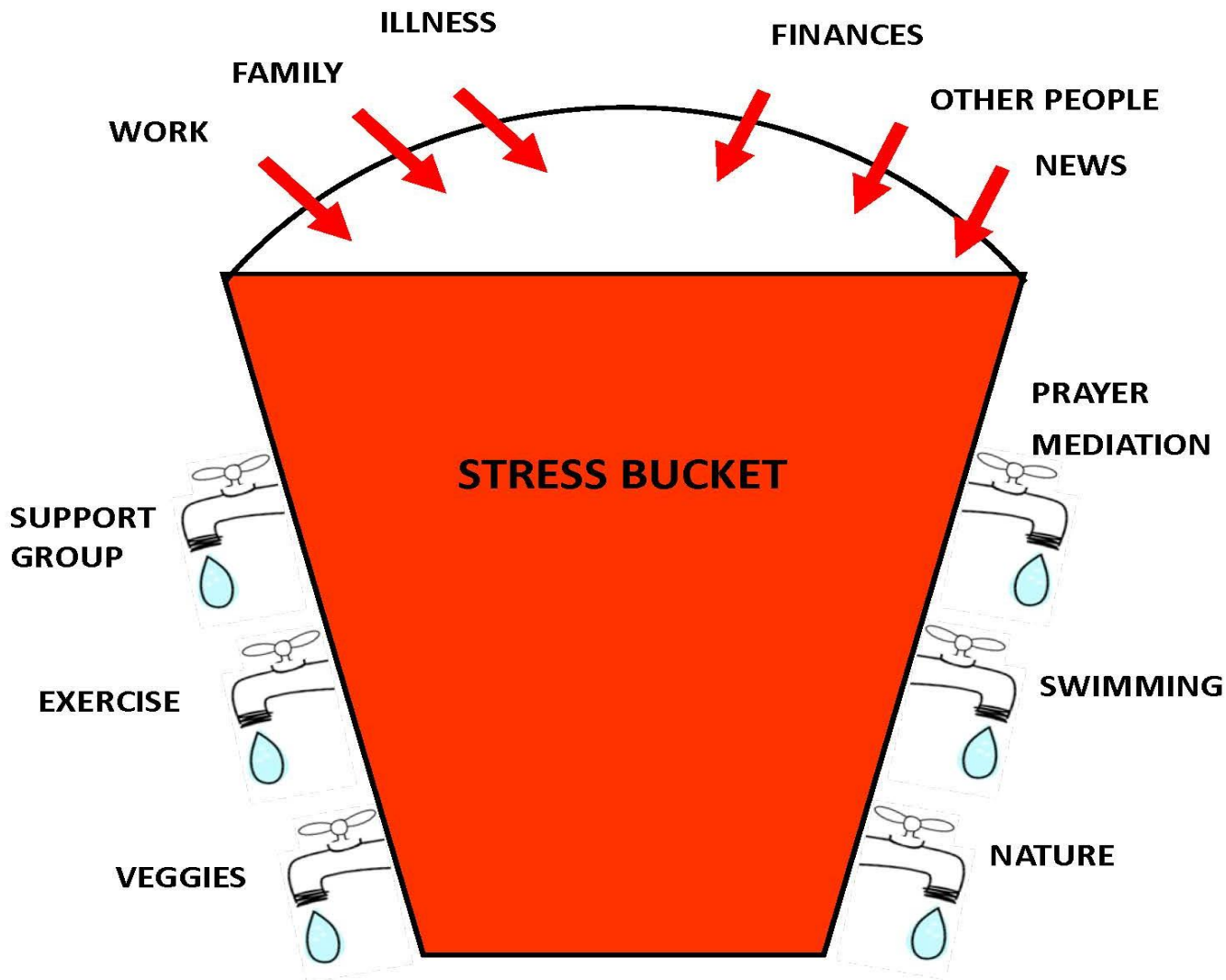
Mental Health Association for Chinese Communities  
<https://www.mhacc-usa.org/>

Surviving Spirit  
mikeskinner@survivingspirit.com  
[https://www.survivingspirit.com/Our\\_Story.html](https://www.survivingspirit.com/Our_Story.html)

United Self-Help: People Helping People Help Themselves.  
<https://unitedselfhelp.org/>

## Kumi Nakano Macdonald Age 4





# SELF CARE

- **Know your triggers and Make a list. what makes you happy, mad, tired...**
- **Take care of yourself: mind, body, spirit**
- **Stay connected with others, get support and INFORMATION**
- **Be kind to yourself and forgive yourself**
- **Help others, give back**



# SELF CARE TIPS

- **Breathe**
- **Practice gratitude**
- **EAT HEALTHY**
- **GET SOME SUNLIGHT**
- **MOVE YOUR BODY**
- **JUMP INTO WATER**
- **GET OUT INTO NATURE**
- **Listen to music**
- **Mental health apps**
- **Social media (as long as it is positive)**
- **Create a self care toolbox**



# What Can You Do?

- **Live by example**
- **Start a social media campaign**
- **Compose a poem, Art, video and SHARE**
- **Schedule a mental health speaker**
- **Movie night on mental health**
- **Talk openly about your own mental health**





**FREE**

**Support Groups, Classes, Presentations, Info & More**



**CIT for Law Enforcement**

[www.namihawaii.org](http://www.namihawaii.org)



# nAMI Walks *Hawaii*



**Saturday, October 11, 2023**

**Start Time: 9am**

**Honolulu Hale**

**Kauai**

**Maui**

**Lanai**

**Hilo**



Learn more at  
[namiwalks.org/hawaii](https://namiwalks.org/hawaii)



# FREE RESOURCES at [namihawaii.org](http://namihawaii.org)

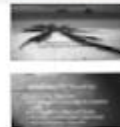
## General Resources:



100 Notable People with Mental Illness



The Crisis



Crisis Line Resolution Scenarios



Family to Family Book Suggestions



Calling 911 and Talking with Police



Circle of Care Guidebook



Navigating a Mental Health Crisis



Teens Mental Health Fact Sheet



Finding Help (MHA)



How to Find Help



NAMI Hawaii Brochures



Supporting a Family Member with Schizophrenia



Wellness - Hope For Mental Health Ministry (Synopsis)



Suggested Readings and Resources



Wellness Recovery Action Plan

## Infographics:



Mental Health in Hawaii



You Are Not Alone



Mental Health Care Matters



How to Help a Friend



It's Okay to Talk About Suicide

It's time to stand up, take a stand and  
make a difference.

**TOGETHER,**  
we can make mental  
health a priority and  
be part of the  
solution to solving  
one of the biggest  
problems we face as  
a nation and a world.





Questions or Comments?

Website: [namihawaii.org](http://namihawaii.org)

Email: [info@namihawaii.org](mailto:info@namihawaii.org)

***Please complete your workshop evaluation for Kathleen, Macey, & Kumi. Mahalo.***