



# Friends

of the Children's  
Justice Center of Maui

25  
YEARS

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A Publication by the the Friends of the Children's Justice Center of Maui • April is "Prevent Child Abuse Month"

## The Friends Welcome New CJC Director

I arrived on Maui on January 14th to start a new job at the Maui Children's Justice Center on January 20th. I left myself only six days to find an apartment, get it furnished, and buy a car. That was challenging, but the most intimidating part of the move was the thought of stepping into the shoes of the previous Program Director, Pat Singsank, who had been the Program Director-the position I was to take-for the past 25 years.

I knew Pat from previous visits to Hawaii and from seeing him in Washington DC at annual gatherings of the national leaders in the children's advocacy movement. I knew that Pat was a conscientious man, dedicated to the community that he served and innovative in finding solutions to challenging problems. I knew that he ran a top notch program here on Maui and that he was universally admired by his colleagues and peers. I found it daunting to be the replacement of someone so accomplished.

I also worried about coming to Hawaii from the mainland. What could an outsider know about the issues with regard to child abuse that were confronting the various communities in Maui county? I worried that I might not succeed because the local community might not support me in my new endeavor.

The Children's Justice Center staff and the community of professionals that utilize the services of center, however, have been nothing but supportive. Everyone, it seems, just wants me to succeed. It has been a truly amazing aloha welcoming.

The purpose of the Children's Justice Center is to provide a comfortable, child friendly environment where children can be interviewed about allegations of sexual

abuse, serious physical abuse, and when a child is a witness to a crime. The person who talks to the child is highly trained and highly skilled in getting accurate information without asking leading questions. The Children's Justice Center is also a place where those from the numerous agencies that deal with cases of child sexual abuse can come together to share information and coordinate services to reduce the trauma for the child and the child's family.



Douglas Miller, MEd - Program Director

Before coming to Maui, I was the Program Director of a Children's Justice Center program in Farmington, UT, a community just to the north of Salt Lake City. The county I served there had a population of just over 300,000, roughly twice the population of Maui County, so of course it was natural for me to compare the statistics from the two communities. At the center I ran in Utah, we saw about 450 children each year, which is consistent with national data. I expected the numbers in Maui County to be about half of what I saw in Utah, but the center here saw about 110 children last year. The inevitable conclusion is that either the reporting of child sexual abuse is much lower here or that the actual incidence of abuse is much lower. I am hoping that it is the latter but worry that it might be the former.

In my experience, it makes some sense that reporting might be lower here. A common dynamic with regard to child sexual abuse is that reporting is frequently lower in tight knit communities with a strong sense of cultural identity. This describes many communities within Maui County. Reporting is also lower in newly arrived immigrant communities. This also describes many communities in Maui County.

*Continued Inside*

## Mayor Signs Proclamation



The Honorable Mayor Alan M. Arakawa, presented the proclamation for Prevent Child Abuse Month for the month of April. The annual event was held on the Maui County Building's front lawn on April 6th, 2015. It was well attended by over 100 adults and keiki. The entertainment from Uncle Wayne was a highlight for all.

There were also a number of social service agencies who deal with child abuse and neglect joining us in the prevention of child abuse campaign.

Ho'oikaika Partnership along with the Mayor's office were instrumental in putting this event together. A big MAHALO goes to Jan Shishido (County of Maui) for the collaboration of combining the "Month of the Young Child" and "Prevent Child Abuse Month". Due to this collaboration we were able to reach a much larger audience with our message of the value of all our Maui County keiki.

Mahalo to everyone who helped make this happen.

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Find out how you can help. Visit: [www.MauiCJC.org](http://www.MauiCJC.org)

# Who are the Friends?

The Friends of the Children's Justice Center of Maui (FCJC) is a private, non-profit corporation, founded in 1989 by a non-partisan group of community and business leaders concerned with the social welfare of children and families who have been traumatized by abuse and severe neglect.

## The Mission of the FCJC has three parts.....

**To provide assistance to abused and neglected children in Maui County.** We do this by receiving requests from over 25 social services agencies and other professions for services or items that will help with the healing of the child. These services could be for education or tutoring, counseling, medical, transportation, social activities, sports activities, after-school programs, self-esteem issues, school needs and everything in between.

## Promote prevention of child abuse and neglect.

We accomplish this task by creating and distributing a 20-page supplement in the Maui News about child abuse and neglect prevention; by producing and distributing DVD's on "Mandated Reporting" and "Shaken Baby Syndrome"; by participating in several community-wide forums such as "Keiki Fest"; by distributing two newsletters annually; and by participating in the 2009 PREVENT Institute, the Ho'oikaika Partners prevention committee, the Hanai Coalition for foster children and the Hawaii Children's Trust Fund Prevention Campaign.

**To support the Children's Justice Center of Maui.** The CJC is part of the State Judiciary, and is the safe and nurturing facility where suspected victims of child sexual abuse and extreme physical abuse are brought for an interview and possible forensic examination.

We provide funds for training of the police and social workers who are involved in those interviews; snacks for the children being interviewed; snacks for the meeting participants; stuffed toys for the children; and support supplies for the office.

## This past year, the FCJC:

- Served 800 children with funding for direct services.
- 1,612 children with Christmas gifts
- Over 24,000 households with our annual 20-page prevention newspaper supplement
- 3,000 readers through two newsletters
- 8,000 children and parents reached through community events
- 500 new parents given Shaken Baby DVD

And we do all of this with one paid staff person and many dedicated volunteers. We receive no Federal, State or County funding. Our funding comes from the Bradley and Victoria Geist Foundation, the Teresa Hughes Trust, Hyundai Championship Golf Tournament and companies and individuals through several fundraisers during the year.

We invite you to learn more about us and to help us through a tax deductible donation. If you have questions, call 986-8634, email us at [info@mauicjc.org](mailto:info@mauicjc.org) or visit our website at [www.mauicjc.org](http://www.mauicjc.org).



Visit one of our locations:

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## Mahalo Friends of Children's Justice Center



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## 25 Years of supporting abused children in Maui County

A message from the Executive Director



incredible job at helping us to expand our outreach while strengthening our programs and services.

Our ongoing goal is to keep our overhead low while increasing our funding for the children and all of you truly make this possible! The Friends of the Children's Justice Center of Maui is stronger than ever due to continually expanding our network of supporters who come together to donate time, resources, and talent to help the innocent victims of abuse and neglect.

Mahalo for wholeheartedly being a part of the Friends of the Children's Justice Center of Maui We are looking forward to much more in 2015!

Paul Tonnessen  
Executive Director

Aloha! Thank you for making 2014 another remarkable year for the Friends of the Children's Justice Center of Maui. 2015 marks 25 years of making a difference in the lives of the children of abuse and neglect in Maui County for our organization.

Our dedicated Board of Directors, volunteers and supporters have done an



25 Years  
*of supporting abused children  
in Maui County.*

### Continued from front page: The Friends Welcome New CJC Director

In both cases there is a reluctance to bring negative attention to a whole community by revealing the misdeeds of just a few. Instead, these communities will often try to address the problem from within, without involving law enforcement or other authorities. Too often the strategy is silence and looking the other way.

But when people fail to report child abuse, especially child sexual abuse, the most likely result is continued abuse, and often for several years. This is especially damaging when the children involved realize that others know about the abuse but do not take any steps to intervene. Children can conclude that they don't have value. They conclude that nobody cares. They conclude that their own community cannot or will not protect them. While it might be understandable when someone has reservations about reporting, it is important for all to know that failing to report is tantamount to abandoning the community's most vulnerable members.

I have been on the job now for only a little over two months, but in that short time I have been very impressed by the number of community agencies that lend assistance to the families and children in Maui County. Queen Lili'uokalani Children's Center has provided us with space when we have held trainings. Child and Family Services partners with us to send a crisis worker to the CJC on every occasion when a child comes into the center for an interview. CFS provides victim advocacy services and helps the families make the connection with needed therapeutic services. I have also learned about the amazing work being done by Parents and Children Together and Ho'oikaika, just to name a few.

It has been my very good fortune to be at the helm of a Children's Justice Center program that runs very well. I did not inherit a program that needs to be fixed. Detectives from the Maui Police Department, investigators from Child Welfare Services and the prosecutors from the County Attorney's office do not need to be convinced of the programs value. I have to thank Pat Singsank and the team

of professionals that created the program here on Maui for that.

I am also fortunate to have a strong and committed Friends Board closely associated with the program here on Maui. Through the efforts of the Friends' Executive Director, Paul Tonnessen, the center has access to numerous resources that benefit the whole community. The Friends provide on-going support to the center but more importantly, they provide direct services to at risk children on Maui, Moloka'i and Lana'i-everything from paying for sports equipment and the fees to join a team to the purchase of a lap top computer for kids transitioning out of foster care and seeking higher education.

There are many challenges ahead but I am grateful for the opportunity to be here and join such a vibrant community of dedicated and caring individuals. As I watched the winter weather reports from the mainland this year I was happy to hear locals tell me, "Lucky you live in Hawai'i."

## Board of Directors

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# History of Friends of the Children's Justice Center of Maui, Inc.



**Cindy Greenwell**  
FCJC President

The Friends of the Children's Justice Center of Maui has a unique history in that it was incorporated for the purpose of supporting a government agency, the Children's Justice Center. The Children's Justice Center, a state Judiciary program, serves youth who are reported victims of abuse by offering a warm, safe environment for interviews.

- 1986 - Hawai'i Legislature establishes Hawai'i Advocacy Center
- 1989 - Planning for Maui Children's Advocacy Center (CAC) which is now known and will be referred to in this history as the Children's Justice Center.
- 1990 - The Children's Justice Center of Maui (CJC) was opened to begin interviews.
- 1990 - The Friends of the Children's Justice Center of Maui (FCJC), incorporated as a 501 © (3) and was the primary force in getting the CJC facility operational. Once the CJC was open, the FCJC conducted an assessment for the unmet needs of abused children with supervisors and social workers at the Department of Human Services (DHS) and the original "programs" were developed. The organization was run primarily by volunteers, especially by Officers of the Board until 1998.
- 1994 - Hawaii Community Foundation (HCF) chose the FCJC of Maui to distribute Persons In Need Funds (PIN), designed to meet needs not funded by the state. FCJC began this program to distribute funds for goods and services.

- 1996 - The FCJC proactively amended their Mission Statement to include "Promote prevention of child abuse and neglect." FCJC began exploring ways to promote prevention.
- 1998 - First Executive Director hired, shortly leaves of own accord
- 1998 - Rosemary Blair is hired as Executive Director, remained in this position to 2005 and built both capacity and awareness.
- 2000 - 'For the Sake of the Children: a Guide for Mandated Reporters of Child Abuse' video is produced.
- 2001 - Re-named Friends of the Children's Justice Center of Maui
- 2002 - 'No More Secrets' play produced; DOE assisted in offering to schools; funded by DOH & FCJC.
- 2003 - FCJC put on a prevention and education play attended by over 4,000 Maui County third, fourth and fifth grade students. "No More Secrets", produced by Maui Academy of Performing Arts, provided instruction on what constitutes sex abuse, brought home the message that sex abuse is never the fault of the child and that it is okay to tell an adult
- 2003 - FCJC accepted a state proclamation naming the FCJC "Hawaii's Outstanding Advocate for Children and Youth" from Governor Lingle.
- 2004 - FCJC received the Liberty Bell award from the Maui Bar Association for outstanding work in helping abused children.
- 2004 - Strategic Plan is created.
- 2005 - Randy Echito is hired as Executive Director
- 2006 - 'Never, Never Shake Your Baby' produced and still are being distributed to Maui parents and relevant agencies.
- 2006 - 'No More Secrets' repeated to ensure that all our children receive this important message.
- 2007 - Randy Echito is accepted in Hawai'i Community Foundation's PONO project, which resulted in a grant for an organizational assessment relevancy project & a co-location feasibility study.
- 2012 - Randy Echito retires and Paul Tonnessen is hired as the new Executive Director.
- 2012 - FCJC produces three anti-bullying prevention videos created by at risk youth and receives amazing social media results and community praise.
- 2012 - FCJC delivers a record 1612 Christmas gifts to abused and or neglected children in Maui County.
- 2013 - FCJC is recognized as one the outstanding non profits in Maui County by the Mayor's Small Business Awards.
- 2013 - Due to the commitment of the Friends Board of Directors and the support of the Maui Community our 23rd Annual Fundraiser is continuing its growth, bringing much needed awareness to the Maui Community through a sold out event and record breaking amount taken in for annual our fundraiser.
- 2014 - FCJC is once again recognized as one the outstanding non profits in Maui County by the Mayor's Small Business Awards.
- 2014 - FCJC renovates a classroom at the Hui Malama Learning Center and installs a ten station computer lab naming it the "Friends of the Children's Justice Center of Maui Computer Center". Classroom was created to help enrich the lives of children in need that Hui Malama serves.
- 2014 - FCJC creates and produces the new Mandated Reporting film due to recent changes in the law and releases it as a statewide training tool for all mandated reporters.
- 2014 - FCJC 24th Annual Fundraiser once again surpasses their goal and has a record year for income from their fundraiser.

**Every child in Maui county  
free from abuse and neglect.**



# CHILD ABUSE PREVENTION MONTH

## Positive and Effective Parenting Strategies



Megan McClelland, Ph.D.

children, even when children are having a temper tantrum. Moreover, parents who have an understanding of typical child development are more likely to link children's behavior to their stage of development. That will also help put a child's behavior in perspective. For example, if you start yelling in your car in a fit of road rage, your child will learn to solve problems by yelling too. Promoting strong self-control in children is important because it predicts how they do in school, how they get along with others, and many long-term outcomes such as stronger health and better educational attainment (e.g., graduating from college).

### **2. Develop a warm and responsive parenting style but keep your expectations high too!**

Parents who are warm and responsive with their children have stronger relationships with them. But don't give up your expectations! Children with warm but firm parents are more likely to comply with adult demands and act in more moral

ways. They are also more likely to do better in school, have stronger self-esteem, and a better sense of who they are.

### **3. Talk, talk, talk with your child!**

Key to developing a positive relationship with your child is to talk with them as soon as they are born and keep talking to them! Use trips to the store, bath time, and meal time as important time with your child. Do not spend this time on cell phones or other mobile devices - it can lead you to be impatient and inattentive with your child. Even if children can't talk, talk to them about what you have to do that day or what you are buying at the store. As they get older, listen to them and ask open-ended questions. Early vocabulary and language skills are important precursors to school readiness and will also promote a strong bond with children.

### **4. Get help when you need it!**

Parenting is Hard! We all need breaks, even if we have resources, a supportive partner, and a job and career that we love.

Remember to give yourself a break! Exercising (even if it's just going for a walk), having time and space to calm down, and getting enough sleep all helps promote positive parenting. For example, research has shown that using mindfulness practices and meditation can lower cortisol (a stress hormone) and promote better parenting. Learning positive parenting strategies is an important way to improve your parenting and your child's development.

Go to parenting classes and access resources! A few good ones include: [www.joinvroom.org](http://www.joinvroom.org), [www.pbs.org/wholechild/parents/building.html](http://www.pbs.org/wholechild/parents/building.html), and <http://www.zerotothree.org/child-development>.

*Written By: Megan McClelland, Ph.D., Katherine E. Smith Healthy Children and Families Professor Oregon State University Hallie E. Ford Center for Healthy Children and Families*

Although many young children have healthy and positive childhoods, disturbing numbers of children continue to experience child abuse, which is a major societal concern. However, there are a number of ways that this can be prevented including supporting positive and effective parenting strategies. Here are a few tips that parents can use to promote positive health and development in their children.

### **1. Work on your own self-control**

Parents who keep themselves calm are more able to respond patiently to their

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## Ho'oikaika Partnership

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[www.hooikaikapartnership.com](http://www.hooikaikapartnership.com)

***The mission of the Ho'oikaika Partnership is to create a seamless safety net of child abuse and neglect prevention services for children and their caregivers.***

Ho'oikaika Partnership is a network of public and private agencies and individuals that support the prevention of Child Abuse and Neglect. We believe there is no shame in offering help as a member of our community or in receiving help when we need it.

When parents and communities possess the following five Protective Factors, the risk for neglect and abuse diminishes and optimal outcomes for children, youth, and families are promoted.

- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete support for families
- Social and emotional competence in children

Maui County Child Abuse Prevention Month Activities are sponsored by

Child Abuse Prevention Planning Council

and



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Big Brother Big Sisters —Kamehameha Preschools —Karen Worthington Consulting — PATCH —EPIC Ohana —Maui Family Guidance—Boys & Girls Club of Maui

IMUA Family Services—Good Beginnings—Catholic Charities —Queen Lili'uokalani Children's Center —Child Welfare Services —HI State Department of Health—PACT

# The Impact of Domestic Violence on Children

Six year old Sarah (not her real name) came to school looking distracted, not able to answer questions and overall, not herself. Her teacher, noticing the change in her behavior, decided to talk to her during recess and asked if everything was ok. At first Sarah said everything was fine and she was just tired. But soon Sarah began to cry and told the teacher that her parents had been arguing all night long, she couldn't sleep and she was worried when she woke up in the morning and her mom had a black eye. Her mom told her that she hit it on the door but she thinks her dad did it "like the other times." The teacher wondered what she should do.

Sadly, this is not an isolated incident in Maui County or anywhere in this country. Indeed domestic violence is a worldwide, manmade catastrophe in the lives of many children. This short article can only touch on a few issues related to this complex topic. The goal here is to raise awareness of this most pervasive of human-rights challenges of our time, describe warning signs, dispel some myths and talk about resources and the importance of intervention and developing resilience in children.

There are many definitions of violence in the home. Most experts agree that domestic violence or, as it is also called, intimate-pattern violence, is a "pattern of assaultive and coercive behaviors including physical, sexual and psychological attacks as well as economic coercion used by adults or adolescents against their current or former intimate partners" as defined by Ellsberg and Heise in a U.S. World Health Organization article from 2005.

When we think of what might be the one or two most important needs that children have, what comes to mind first is a safe and secure home and parents who love and protect them. Children need a sense of regular routine so when things go wrong in the outside world, their home is a place of comfort, help and support.

The reality for hundreds of millions of children in the U.S. is far different. The UN Secretary General's 2006 Study of Violence against Children estimated that between more than 300,000 to 2.7 million children in the U.S. are exposed to domestic violence. These children are in many ways the forgotten victims of violence in the home. Many people in our country are just becoming aware that domestic violence is the single greatest cause of injury to women between the ages of 15 and 44.

The recent cases that have come into public scrutiny in the past year have shone a light on how pervasive and serious this crime really is. But the effects on children remain mostly misunderstood. We still hear the term "child witnesses" to domestic violence. If you hear anyone use that term, please let them know that we no

longer call these children witnesses, which implies a passive role. These children are actively aware of the violence that occurs every day. They frequently try to stop the violence, verbally or often physically, getting between their parents and trying to protect the parent who is being assaulted. Children feel they may be to blame for the fight and try to change their behavior, thinking it will stop the violence.



It is important to identify some commonly held beliefs about children and domestic violence and to realize we've been wrong about so many beliefs just as we've held many wrong assumptions about women who have survived domestic violence. The following is a very brief list of these myths: 1) Myth: a woman who loves her children would get out of an abusive relationship to protect them from harm. Reality: some women stay in these relationships to protect the children because the probability of being murdered or seriously injured increases when the relationship ends. 2) Myth: Children see their mother as a victim and their father as the cause of the problems and abuse. Reality: Children can blame their mothers (or protective parent) as much or more than they blame their fathers. 3) Myth: Children hate a father who abused them or who abused their mother. Reality: Children can love a man who has abused them or their mother. 4) Babies can't understand what is happening between adults. Reality: Babies hear the noise and feel the tension which can affect their development.

We need to understand the effects of the trauma caused by exposure to violence in the home and to know that these effects can vary a great deal. Some children find their own coping strategies and do not show obvious signs of stress. Others, like Sarah in this article, struggle with changes in emotions and behavior after an incident of domestic violence. There may be longer term effects lasting into adulthood if effective intervention is lacking. These effects can include school or job failure, depression or substance abuse, to name just a few.

What can be done? First of all, we must continue to move the discussion of domestic violence from the private family circle to a crime that is public and therefore demands a public solution. We must change the laws where needed and enforce the current laws that keep women -as both major caregivers and major survivors of abuse - safe. We must work to ensure economic equality in the workplace so that women are able to support their children or receive governmental assistance to provide for the needs of their children when there is domestic violence. Governments must support services that aim to keep children safe in their homes and keep them with their nurturing parent. Studies show that providing interventions to abused mothers can also have benefits to children.

Professionals and others who work closely with children- including school counselors, doctors, trained mental health professionals, parents, scout leaders, soccer coaches and others - need to become more educated about the warning signs and what to watch for in the children in their care. They need to be that trusting adult who can make all the difference in the lives of children who are under such stress. The teacher who talked to Sarah in our story can help her and her mother to find support so that Sarah may have a future without fear of violence. In fact the best way to support the child is to support the mother. An essential ingredient for resilience is a secure relationship between the child and a person who loves and believes in them and celebrates their accomplishments. Some survivors have pointed out that a neighbor can also serve in that role.

And here's how you can make a difference. Invite someone to your community or work group to talk about domestic violence and children exposed to violence. Encourage children to share their stories with you and really listen to what they are saying.

Parents And Children Together (PACT) Family Peace Center can provide speakers to your community groups and open up this dialogue as a first step to finding a greater community wide solution. We can also help support the survivor with legal protection through a TRO (Temporary Restraining Order).

Please call us at 808-244-2330 or go to our website at [www.pacthawaii.org](http://www.pacthawaii.org) for more information about our programs so that together we can help ensure the rights of a child to live in a home free of violence.

*Article By: Lucy Feinberg  
Maui Regional Director Parents and Children Together (PACT)*

# Facts about Child Abuse



Every minute, a child is physically, sexually and emotionally abused. But the most upsetting statistic of all is how often abuse is witnessed and ignored. Current reports show that each year nearly 6,000 suspected cases of child abuse are reported in Hawaii, but there's no telling how many cases go unreported.

## What is Child Abuse?

Child abuse is defined as a non-accidental injury or pattern of injuries. It can take the form of physical injury, sexual abuse, neglect or the emotional maltreatment of children.

## The Effects of Child Abuse Can Be Devastating

The emotional and physical pain suffered in childhood often result in low self-esteem, drug addiction, juvenile delinquency, crime and immeasurable wasted human potential.

## Child Abuse Doesn't Discriminate

Child Abuse crosses the boundaries of every economic level, ethnic and religious group. It is happening throughout our state and it can happen to any family on every island.

Visit [www.mauicjc.org](http://www.mauicjc.org) and click:



**Myth:** If children don't tell about the abuse or waited years to tell, it means they must have liked it.

**Fact:** Children don't tell because of fear, embarrassment, shame, wanting to protect parents, or for many other reasons. Children are taught to mind their parents and to do what they are told by adults. Children are inherently reluctant to challenge adult authority and fear the possibility of retaliation. Perpetrators of sexual abuse usually threaten their child victims not to tell. Not telling does not mean that a child "liked" the abuse, or that a peer or adult "liked" being raped, spied on or flashed.

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# How To Prevent Child Abuse In Public

Learn these simple, usable tools and strategies that allow individuals, businesses, and communities to create welcoming, respectful environments for children, young people, adults, and families. If you are witnessing adults and children struggling in public: avoid judging, assess the situation, and assess yourself. If you are ready, then:

1. Offer assurance through a smile or a positive comment.
2. Show empathy - imagine yourself in the other person's shoes.
3. Offer encouragement - say something positive that you see about the child or adult.
4. Distract and redirect their attention away from the stressful situation.

**Judgment:** We make judgments every day to help us make decisions. When we see a person who is struggling and we make assumptions and judgments about who they are and why they are behaving as they are, it is difficult, if not impossible, to see ways to be helpful; it is difficult to see them as fellow, worthy human beings. It's important to move those judgments out of the way in order to help out in situations.

**Culture:** The power and impacts of showing kindness and understanding through simple gestures including



smiles and offers of assistance crosses cultural and language barriers. We all bring culture to the world in many ways. We need to offer the universal experience of empathizing with fellow humans and respectfully reaching across perceived cultural barriers (race, ethnicity, poverty, gender, age, religion, sexual orientation, etc.) to lend a hand.

**Powerlessness:** Violence typically arises from a sense of powerlessness. We may witness people acting violently, misusing their power, but it is generally in response to a feeling of powerlessness.

**Empathy:** Empathy is defined as "the capacity for participating in the feelings or ideas of others".

We all have this capacity, and when we practice it, place ourselves in the shoes of another, it becomes simple to show understanding and offer a helping hand.

**Environment:** People tend to respond very well to welcoming environments. Parents and children can immediately sense whether a public environment is welcoming, and this sense will have a great impact on their behaviors within the building.

**The Moment:** The goal is all about suspending judgment, understanding the impacts of powerlessness and environment, rejoicing in culture, and practicing empathy. We all have the ability, and the obligation, to show caring, kindness and respect in the moment. We do not know what happened before or what will happen next, but we can practice this in the moment and greatly increase the likelihood of peaceful, positive interactions in our communities.

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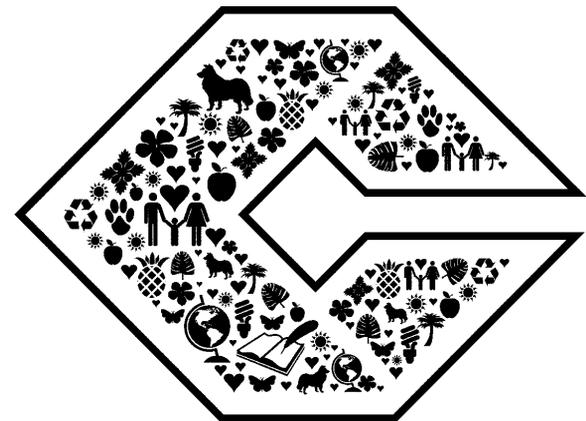
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## Protecting Your Toddler at Home



Toddlers are curious and love to explore, but they don't know when they're getting into dangerous situations. It's up to you to keep your little one safe. As soon as your baby starts to crawl, it is necessary to child-proof your home.

The following tips are a good starting point. Each home is different, so walk through yours with an eye to what will appeal to your toddler. If it's dangerous, do something about it! Put away valuable items you don't want damaged or destroyed, even if they're not dangerous. That will save you from saying "no" too often.

- Keep matches away from children. Your toddler may play with them and accidentally start a fire.
- Never allow a young child to be responsible for your toddler, even for a few minutes. Young children can't always tell what an active toddler will do.
- Putting small toys in wall sockets is tempting to toddlers. Keep the sockets covered with safety plugs.
- Keep electrical cords out of the way. Small children can pull the cord and be injured when something heavy falls on them.
- Lower the thermostat on your hot water heater to protect your child from burns. Fill the bathtub and turn off the water before you place your child in the tub. If the water is running, a toddler can turn the handle and be scalded even if you are supervising him or her.
- Be sure your child is never alone around water. Keep toilet seats covered. Children can drown in as little as a few inches of water.
- Keep emergency numbers next to your telephone in case of injury, fire, poisoning, or any other situation requiring immediate assistance.
- Store medicines and household cleaners on a high shelf. But remember closets and shelves aren't the only place to find these dangerous items. For example, medicine may be found in women's purses, and poisonous cleaners may be in your garage.
- If you have stairs in your home, prevent falls by blocking them with safety gates.

# Bullying



Every day nearly 160,000 children in the U.S. stay home from school because of bullying. Bullying isn't "just part of growing up." It can have a lasting effect on the victim, the bully, the school and the community. Every child deserves an environment where they can develop without fear of aggression or cruelty. Following are some ways parents and adults can help prevent the long lasting effects of bullying.

### General Prevention Tips:

1. Spend quality time with your child. Talk and listen to your child.
2. Be a positive role model. Respect others and stand up for yourself when people don't respect you.
3. Teach your child not to be a bystander. Encourage your child to tell the bully to stop, or to walk away and get help from an adult.
4. Help your child feel good about him- or herself in a healthy way. Encourage your child to set and reach goals.
5. Use positive discipline and teach nonviolence. Teach that using violence to solve problems or deal with anger only makes things worse.
6. If you're worried about your child or yourself, seek help from school counselors, school support groups, private therapists or your family health-care provider.

### Tips for Parents of Bullies

1. Know the warning signs. Your child may be bullying others if they:
  - Enjoy putting others down and don't care about others feelings.

- Disrespect authority and people who are different from them.
- Disregard rules.
- Need to have power over others.
- Make jokes about violent acts or enjoy violence.

2. If parents learn that their child is bullying others, they can do the following:
  - Stay calm. Feeling angry or ashamed is normal, but instead focus on how to help your child learn positive behavior.
  - Talk about it. Ask your child why he or she is bullying others. Talk about non-violent ways to deal with strong feelings like anger. Most importantly, make it clear that you think bullying is wrong and set clear, nonviolent consequences for future bullying behavior.

### Tips for Victims and Witnesses

1. Many children who are bullied keep it a secret. They may think telling will make matters worse, so know the warning signs. A victim may:
  - Seem quiet or depressed.
  - Have bruises or other injuries.
  - Come home with missing or damaged belongings.
  - Ask for more lunch money.
  - Loose interest in school or do poorly in school.
2. If parents learn that their child is being bullied, they can do the following:
  - Again, stay calm. Tell the child that nobody deserves to be bullied.
  - Ask why your child thinks he or she is being bullied.
  - Think of peaceful solutions together.

3. Encourage your child to:
  - Stick with a group. Avoid being alone in "target" areas like locker rooms, rest rooms or empty classrooms, and avoid places where the bully hangs out.
  - Don't fight back or seek revenge.
  - Be assertive and confident. Use body language to show you are not afraid.
  - Agree with the bully. Say, "You're right." Then walk away.
  - Tell the bully to stop or walk away and get help from an adult. Report all bullying incidents.
  - Teach your child not to be a bystander. When no one speaks up, the bully learns he or she can get away with it.



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# Effects of Sexual Assault and Rape

There are many short- and long-term effects of sexual assault and rape that affect the mind, body and spirit. Many survivors experience one or more of these effects and they are not mutually exclusive. For example, a physical reaction to trauma such as self-injury can be the result of depression.

The physical, mental and spiritual effects following sexual assault and rape are difficult to cope with. If you or someone you know is experiencing any of the following effects listed below, know that you are not alone and there are many resources that can help.

At Joyful Heart, we believe in empowering survivors of sexual assault and rape. We understand how difficult the pain of these experiences can be, and we honor the process of acknowledging these effects with the goal to help guide each person's individual path to healing. After a traumatic experience such as a rape or an assault, it is common for a survivor to feel shaken or unlike him or herself. It is a complex form of trauma that breaches the physical, mental and spiritual trust of a person against their will. This can affect a person's mentality, especially during youth when the brain is highly elastic during its formative years.

Below are some of the common mental effects of sexual assault and rape:

**Trauma in the Body.** When a physical danger threatens our control, ability to escape or is something we can't stop, we enact a natural instinct for survival. This includes the body summoning a tremendous amount of energy to fight or flee—short circuits. These short circuits ricochet through a person's body and mind. This can result in shock, dissociation and many other kinds of involuntary responses while the violence is happening. The short circuit stays with us long after the violence ends, and can live on in the mind, body and spirit in a variety of ways.

Many people who go through traumatic events may find that it can take some time to re-adjust and cope for a period after the event. The residual mental, physical and spiritual effects of sexual assault and rape can permeate the daily lives of survivors, which make it difficult to heal. For some, there are severe effects in the immediate aftermath of an assault that may or may not last. For others, the effects of sexual assault and rape come in waves and are not felt until the shock of the event wears off. With time spent healing, developing strong positive coping mechanisms and taking care of oneself, such reactions tend to become less severe.

**PTSD.** Post-traumatic stress disorder (PTSD) is a mental health condition that is triggered by a terrifying event. Some common symptoms associated with PTSD are flash back, nightmares, severe anxiety and uncontrollable thoughts about the event. Many people who go through traumatic events have difficulty adjusting and coping for a while. But with time and support, such traumatic reactions usually get better.



**Depression.** Depression is more than common feelings of temporary sadness. Symptoms can include prolonged sadness, feelings of hopelessness, unexplained crying, changes in appetite with significant weight loss or gain, loss of energy or loss of interest and pleasure in activities previously enjoyed. Depression can affect a person's outlook, which can lead to feelings of hopelessness. This, in turn, can impact his or her thought process and ability to make decisions. In extreme cases of depression, people may even experience suicidal thoughts and/or attempts. If you or someone you know is feeling suicidal, refer them to the National Suicide Prevention Lifeline at 1.800.273.TALK.

**Dissociation.** Dissociation usually refers to feeling like one has "checked out" or is not present. In some instances of dissociation, people may find themselves daydreaming. But in situations where dissociation is chronic and more complex it may impair an individual's ability to function in the "real" world, such as not being able to focus on work related duties or being able to concentrate on schoolwork.<sup>1</sup>

Coping with the effects of sexual assault and rape can be overwhelming. Some survivors may engage in substance abuse of drugs or alcohol to help him or her cope with the overwhelming feelings. Because a survivor's control and sense of safety security have been taken away by the perpetrator, engaging in these self-injurious

behaviors can also bring a sense of control over a person's environment and serve as a release of tension. Although not always performed with suicidal intent, substance abuse can result in severe harm or death. And though these coping strategies may seem to bring immediate relief, that feeling is only temporary and these behavior can lead to more challenges in the future.

It is common for a survivor of sexual violence to experience an array of feelings that may be confusing and can create more anxiety, such as anger, distrust and feeling unsafe. It is also common to experience these feelings if you know someone who has experienced an assault or rape. Acknowledge these feelings, and make sure to practice self-care. There is no "correct" way to react to these experiences, and each person who experiences a traumatic event responds differently. The important thing is to be patient. Know that if you are experiencing any of these symptoms, it is not your fault and you are not alone.

Again, the effects of sexual abuse can vary for each individual. If you have a specific question, reach out to one of the numbers listed at the right or visit [rainn.org](http://rainn.org) to learn more about potential impacts.

In addition to these mental and emotional effects of trauma, sexual assault and rape are crimes that violate the body and bring many physical responses to the forefront. The perpetrator can impose physical harm on a victim. Sometimes, there is no physical injury or harm at all to a survivor—that does not mean what happened was not sexual abuse or assault. There can also be physical effects to trauma that that become apparent, either in the immediate aftermath of the experience or that manifest in waves later on. In the case of pregnancy or sexually transmitted infections or diseases, some physical effects are biological responses.

The immediate physical effects a person can experience after a sexual assault or rape can include:

- Bruising
- Bleeding (vaginal or anal)
- Difficulty walking
- Soreness
- Broken or dislocated bones

Possible prolonged physical effects of sexual assault can include:

**Sexually transmitted infections and diseases.** There is a risk of sexually transmitted infection or disease, especially if the perpetrator didn't use protection during the assault. Medical aftercare may be necessary to ensure

**Continued Next Page**

**Continued: Effects of Sexual Assault and Rape**

that any infections and/or diseases are treated.

In approximately 5% percent of cases, rape results in pregnancy.<sup>2</sup> A survivor who becomes pregnant after being raped might experience conflicting feelings about her pregnancy. It's important to know it is common to have these emotions. It's essential to treat this with compassion and acknowledge any feelings brought up when exploring best options for self-care. If you or someone you know is pregnant as a result of a rape, Planned Parenthood has comprehensive list of local and national resources.

Physical signs of a sexual assault or rape are not always evident. A person could also experience internal damage that may not be easily identifiable unless he or she sees a doctor.

Additionally, there can be emotional impacts that affect the mind, body and spirit of survivors. Due to high levels of stress created by the abuse, a person can experience chronic fatigue, shortness of breath, muscle tension, involuntary shaking, changes in eating and sleeping patterns and even sexual dysfunction. In women, issues with menstrual cycle or fertility are also common. To learn more about these, click here.

Other spiritual and emotional effects of trauma include:

- Changes in how we view trust
- Anger and blame
- Shock
- Numbness
- Loss of control
- Disorientation
- Helplessness
- Sense of vulnerability
- Fear
- Self-blame/guilt for "allowing" the crime to happen
- Feeling that these reactions are a sign of weakness

Beyond these effects, being assaulted can also have impacts that are less tangible. Survivors can feel an impact on their sense of creativity, play and light. Some report being kept awake by nightmares or bad day-dreams. The sense of worry can often overshadow day-to-day activities. One's world view and outlook on life can be affected—sometimes very deeply—by sexual assault. The experience of losing control and feeling like every aspect of life has been violated is common. With the safety, security and trust that have been violated feelings of hopelessness can emerge. A survivor may develop a negative outlook in which he or she may feel "damaged" or unworthy of a better life. This belief system can contribute to feeling discouraged and apprehensive about the future.

Know that these feelings are not uncommon for survivors of sexual assault, and the reason you are experiencing any of them is not your fault. The healing process takes time, safety and attention to self-care. Small activities that bring peace or joy, such as practicing meditation once a day, painting or cooking, can make a world of difference. Just as each person will react to a traumatic event differently, each person will heal according to his or her own methods and own time. Know that no one is alone in their healing process and that there are resources for those who want to seek them out and begin on the restorative pathway to healing.

*Article Credit: Joyful Heart Foundation*

- See more at:  
<http://www.joyfulheartfoundation.org/learn/sexual-assault-rape/effects-sexual-assault-and-rape#footnote-3>



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## Child sexual abuse: A hidden type of abuse



It's not just girls who are at risk. Boys and girls both suffer from sexual abuse. In fact, sexual abuse of boys may be underreported due to shame and stigma.

### The problem of shame and guilt in child sexual abuse

Aside from the physical damage that sexual abuse can cause, the emotional component is powerful and far-reaching. Sexually abused children are tormented by shame and guilt. They may feel that they are responsible for the abuse or somehow brought it upon themselves. This can lead to self-loathing and sexual problems as they grow older—often either excessive promiscuity or an inability to have intimate relations.

The shame of sexual abuse makes it very difficult for children to come forward. They may worry that others won't believe them, will be angry with them, or that it will split their family apart. Because of these difficulties, false accusations of sexual abuse are not common, so if a child confides in you, take him or her seriously. Don't turn a blind eye!

Child sexual abuse is an especially complicated form of abuse because of its layers of guilt and shame. It's important to recognize that sexual abuse doesn't always involve body contact. Exposing a child to sexual situations or material is sexually abusive, whether or not touching is involved.

While news stories of sexual predators are scary, what is even more frightening is that sexual abuse usually occurs at the hands of someone the child knows and should be able to trust—most often close relatives. And contrary to what many believe,

## Break the Cycle of Silence.

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# Signs of Child Abuse and Neglect

## When the child:

- Has unexplained burns, bites, bruises, broken bones, or black eyes;
- Has fading bruises or other marks noticeable after an absence from school;
- Seems frightened of the parents and protests or cries when it is time to go home;
- Shrinks at the approach of adults; or
- Reports injury by a parent or another adult caregiver.

## When the parent or caregiver:

- Offers conflicting, unconvincing, or no explanation for the child's injury;
- Describes the child as "evil", or in some other very negative way;
- Uses harsh physical discipline with the child; or
- Has a history of abuse as a child.

## The Signs of Neglect

### When the child:

- Is frequently absent from school;
- Begs or steals food or money from friends or classmates;
- Lacks needed medical or dental care, immunizations, or glasses;
- Is consistently dirty and has severe body odor;
- Abuses alcohol or other drugs; or
- States there is no one at home to provide care.

## When the parent or caregiver:

- Appears to be indifferent to the child;
- Seems apathetic or depressed;
- Behaves irrationally or in a bizarre manner; or
- Is abusing alcohol or other drugs.



## The Signs of Sexual Abuse

### When the child:

- Has difficulty walking or sitting;
- Suddenly refuses to change for gym or to participate in physical activities;
- Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior;
- Becomes pregnant or contracts a venereal disease, particularly if under age fourteen;
- Runs away
- Reports sexual abuse by a parent or another adult caregiver.

## When the parent or caregiver:

- Is unduly protective of the child, severely limits the child's contact with other children, especially of the opposite sex;
- Is secretive and isolated; or
- Describes marital difficulties involving family power struggles or sexual relations.

## The Signs of Emotional Maltreatment

### When the child:

- Shows extremes in behavior, such as overly compliant or demanding behavior, extreme passivity or aggression
- Is either inappropriately adult (parenting other children, for example) or inappropriately infantile (frequently rocking or head-banging, for example);
- Is delayed in physical or emotional development;
- Has attempted suicide; or
- Reports a lack of attachment to the parent.

### When the parent or caregiver:

- Constantly blames, belittles, or berates the child;
- Is unconcerned about child and refuses to consider offers of help for the child's school problems; or
- Overtly rejects the child.



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## What to do if you suspect abuse

Anyone can and should report suspected child abuse or neglect. If you think a child is being mistreated, take immediate action.

In Maui County, you should call Child Welfare at 1-800-494-3991; Child and Family Service at 877-6888; or 911. You can also call the Childhelp® National Child Abuse Hotline at 1.800.4.A.CHILD (1.800.422.4453).

When you call to make a report, you will be asked for specific information, such as:

- The child's name and location
- The name and relationship (if known) of the person you believe is abusing the child. What you have seen or heard regarding the abuse or neglect
- The names of any other people who might know about the abuse Your name and phone number (voluntary)

We can all help prevent child abuse by recognizing the risk factors, protecting children who are at risk, and supporting families who are experiencing stressors. Reporting the situation may protect the child and get additional help for the family. Some States provide training for professionals who are required by law to report

child abuse and neglect (e.g., child care providers, teachers, doctors, clergy) and workshops on responding to signs of stress in families.

Many nonprofit, public, education, social service, and child care organizations in your community play a role in providing supports and services to children, youth, and families. Parenting education, crisis/respite care, transitional housing, and literacy programs, as well as family resource centers, teen parent support groups, fatherhood groups, and marriage education classes, support families in important ways.

Find more information on the *Child Welfare Information Gateway* website: [www.childwelfare.gov/responding](http://www.childwelfare.gov/responding)



**Myth:** If children don't tell about the abuse or waited years to tell, it means they must have liked it.

**Fact:** Children don't tell because of fear, embarrassment, shame, wanting to protect parents, or for many other reasons. Children are taught to mind their parents and to do what they are told by adults. Children are inherently reluctant to challenge adult authority and fear the possibility of retaliation. Perpetrators of sexual abuse usually threaten their child victims not to tell. Not telling does not mean that a child "liked" the abuse, or that a peer or adult "liked" being raped, spied on or flashed.

Learn More visit [www.mauicjc.org](http://www.mauicjc.org)

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# Recognizing Abusive Behavior in Yourself

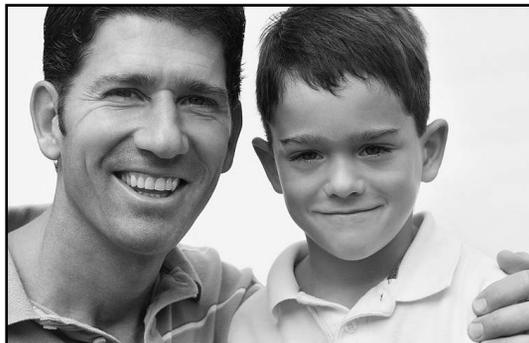
## If you need professional help...

Do you feel angry and frustrated and don't know where to turn? Do you see yourself in some of these descriptions, painful as it may be? Do you feel angry and frustrated and don't know where to turn? Raising children is one of life's greatest challenges and can trigger anger and frustration in the most even tempered. If you grew up in a household where screaming and shouting or violence was the norm, you may not know any other way to raise your kids.

Recognizing that you have a problem is the biggest step to getting help. If you yourself were raised in an abusive situation, that can be extremely difficult. Children experience their world as normal. It may have been normal in your family to be slapped or pushed for little to no reason, or that mother was too drunk to cook dinner. It may have been normal for your parents to call you stupid, clumsy, or worthless. Or it may have been normal to watch your mother get beaten up by your father.

It is only as adults that we have the perspective to step back and take a hard look at what is normal and what is abusive. Read the

above sections on the types of abuse and warning signs. Do any of those ring a bell for you now? Or from when you were a child? The following is a list of warning signs that you may be crossing the line into abuse:



## How do you know when you've crossed the line?

- You can't stop the anger. What starts as a swat on the backside may turn into multiple hits getting harder and harder. You may shake your child harder and harder and finally throw him or her down. You find yourself screaming louder and louder and can't stop yourself.

- You feel emotionally disconnected from your child. You may feel so overwhelmed that you don't want anything to do with your child. Day after day, you just want to be left alone and for your child to be quiet.
- Meeting the daily needs of your child seems impossible. While everyone struggles with balancing dressing, feeding, and getting kids to school or other activities, if you continually can't manage to do it, it's a sign that something might be wrong.
- Other people have expressed concern. It may be easy to bristle at other people expressing concern. However, consider carefully what they have to say. Are the words coming from someone you normally respect and trust? Denial is not an uncommon reaction.



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**Maui Family Support Services** has been a strong advocate and community partner for child abuse and neglect prevention in Maui County. MFSS programs include: \* Early Identification/Outreach and Resource Specialists \* Early Head Start \* Enhanced Healthy Start \* Healthy Families America \* Teen Services \* Na Hui (The Groups) \* Father Involvement Team \* Hāna Infant & Toddler Center \* Women, Infants and Children (WIC) on Lanai. In 2014, MFSS served over 5,600 individuals. To donate or volunteer, please call 808.242.0900 or visit [www.mfss.org](http://www.mfss.org).

# Maui Resources for Information and Assistance

**Child and Family Service -Crisis Response; prevention and education/parenting/ sex abuse treatment Maui 877-6888**  
**Molokai Branch 808 567-6100**  
**24 Hour Hotline 873-8624**

**Department of Human Services (CPS)-Maui Section 243-5143 Intake 800 494-3991 Molokai Unit - 808 553-1703 / Lanai Office - 808 565-7102**

**Maui Police Department**  
**244-6400 or 911**

A Keiki's Dream 242-8476

Aloha House 579-9584  
Child & Adolescent Outpatient  
Mental Health Services 249-2121

Aloha United Way - 24-hour information  
& referrals Phone: 211

ATV (Molokai) - TROs/anger management  
-all ages 808 553-3202

Aloha House - Outpatient substance abuse treatment & mental health services 579-9584

Big Brothers/Big Sisters - Provides 1-on-1 mentoring 242-9754

Catholic Charities 875-2984

Children's Justice Center - Maui 244-7926

Community Clinic of Maui - Medical outreach services 871-7772

It Takes An 'Ohana  
<http://ItTakesAnOhana.org>  
Support for those who care for children and youth affected by foster care

DOH-Family Guidance Center  
- Mental health services for children 243-1252

DOH Family Health Services 984-2136

DOH Public Health Nursing 984-8206

Hale Ho'omalua - 24-hour hot line & women's shelter on Molokai 808 567-6888

DHS-Income Maintenance - Financial, medical, and food stamps 984-8300

Family Life Center  
877-0880

Good Beginnings  
270-5557

Hui Malama Center - Tutoring GED programs and youth services center 244-5911

Imua Family Services - Children with developmental delays 244-7467

Ka Hale A Ke Ola Homeless Resource Center 242-7600

Lanai integrated Service System (LISS) Operated by PACT, services primarily to DHS families for counseling, visitation, & family strengthening 808-565-9191 [pacthawaii.org](http://pacthawaii.org)

Lanai Women Helping Women  
808-565-678

Lanai Community Health Center  
808-565-6919

Legal Aid Society of Hawaii- Civil (not criminal) legal assistance to low income persons 244-3731  
Malama Family Recovery Center - Substance abuse education & treatment-women 877-7117

Maui AHEC Child Sexual Abuse Crisis Response - Molokai 553-3623

Maui County Catholic Social Ministry  
244-8106

Maui Economic Opportunity - possible rent/utility help & child day care program 249-2990

Maui Family Support Services - In-home family strengthening services, Teen pregnancy prevention and support Program, Early Head Start, Healthy Start and Fatherhood Initiative Program 242-0900

Maui Food Bank 877-4357

Maui Humane Society 877-3680

Maui Youth & Family Services - Adolescent programs 579-8414 Molokai 808 553-3907

Mediation Services of Maui - Custody/dispute resolution 244-5744

Molokai Community Health Center  
808-553-5038

Molokai Community Services Council  
553-3244

Molokai Family Support Services-Family strengthening services, 0-5 yr. olds 808-553-3276  
Na Hale O'wainee  
Lahaina Homeless Resource Center  
662-0076

Neighborhood Place Of Wailuku  
986-0700

Ohana Makamae 248-8538

PACT- Violence intervention services (men, women & adolescents), mental health services for public school students  
244-2330

Pact-Ulupono Family Strengthening Program  
244-2330

PATCH - Child care provider referrals  
242-9232

Queen Lili'uokalani Children's Center - Services for children of Hawaiian ancestry 242-8888  
Molokai 808 553-5989

Salvation Army - Possible rent/utility help for homeless 871-6270

Victim Witness assistance Program - Court-related services for victims 270-7695

Women Helping Women - Shelter & help for women victims of domestic violence and their children 242-6600

## Nationwide Resources for Information and Assistance

Child Help National Child Abuse Hotline  
1-800-4-A-CHILD or 1-800-422-4453 [www.child-helpusa.org](http://www.child-helpusa.org)

National Center for Missing & Exploited Children  
1-800-843-5678, [missingkids.org](http://missingkids.org)

National Center for Victims of Crime  
1-800-FYI-CALL or 1-800-394-2255  
[www.ncvc.org](http://www.ncvc.org)

National Children's Alliance  
1-800-239-9950 [www.nca-online.org](http://www.nca-online.org)

National Organization for Victim Assistance -800-TRY-NOVA or 1-800-879-6682 [www.try-nova.org](http://www.try-nova.org)

Office for Victims of Crime Resource Center  
1-800-851-3420 TTY 1-877-712-9279  
[www.ojp.usdoj.gov/ovc/ovcres/welcome.html](http://www.ojp.usdoj.gov/ovc/ovcres/welcome.html)

Children's Defense Fund  
1-800-233-1200 [www.childrensdefense.org](http://www.childrensdefense.org)  
Darkness To Light 1-866-367-5444  
[www.darkness2light.org](http://www.darkness2light.org)  
National Clearinghouse On Child Abuse & Neglect Information <http://nccan.ch.acf.gov/>

Office of Juvenile Justice & Delinquency Prevention <http://ojjdp.ncjrs.org>

Prevent Child Abuse America  
[www.preventchildabuse.org](http://www.preventchildabuse.org)

Annie E. Casey Foundation. Serving children and families.

Child Abuse Prevention Network  
[www.child-abuse.org](http://www.child-abuse.org)

Child Welfare Information Gateway  
[www.childwelfare.gov](http://www.childwelfare.gov)

Connect for Kids.  
[www.connectfor kids.org](http://www.connectfor kids.org)

Faith Trust Institute  
[www.faithtrustinstitute.org](http://www.faithtrustinstitute.org)

National Teen Dating Abuse Helpline  
[www.loveisrespect.org](http://www.loveisrespect.org)

Parents, the Antidrug  
[www.theantidrug.com](http://www.theantidrug.com)

Safe Kids.com Internet safety for kids  
[www.safekids.com](http://www.safekids.com)

US Dept of Health & Human Services  
[www.os.dhhs.gov](http://www.os.dhhs.gov)

Children's' Defense Fund  
[www.childrensdefense.org](http://www.childrensdefense.org)

Connect For Kids  
[www.connectforkids.org](http://www.connectforkids.org)

Delta Society  
[www.deltasociety.org](http://www.deltasociety.org)

National Center For Victims Of Crime  
[www.ncvc.org](http://www.ncvc.org)

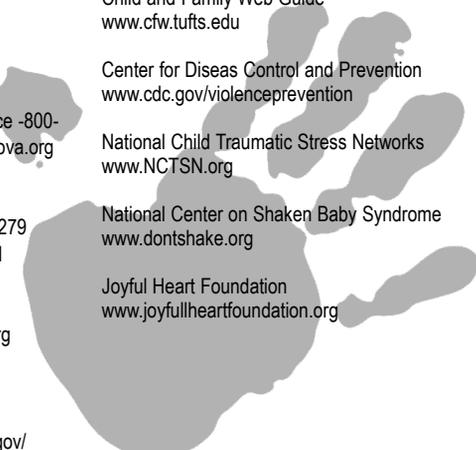
Child and Family Web Guide  
[www.cfw.tufts.edu](http://www.cfw.tufts.edu)

Center for Disease Control and Prevention  
[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

National Child Traumatic Stress Networks  
[www.NCTSN.org](http://www.NCTSN.org)

National Center on Shaken Baby Syndrome  
[www.dontshake.org](http://www.dontshake.org)

Joyful Heart Foundation  
[www.joyfullheartfoundation.org](http://www.joyfullheartfoundation.org)





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