




# Friends

of the Children's  
Justice Center of Maui

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

## Healing Our Keiki Through Collaboration

It will take years to recover from the emotional, financial, and ecological impacts of the recent wildfires on Maui. The healing process for our community requires extensive resources and support. It is imperative now more than ever to bring everyone to the table to assist in the healing process for those directly impacted and traumatized by the recent wildfires. As we bring them to the table, we also need to address the trauma that our 1st responders and service providers are now being faced with after responding to the situation. Supporting people through their traumatic situations can be a trauma of its own, called vicarious or secondary trauma. It's especially common among our helping professionals. It's important to provide avenues for our community to process grief, communicate their new needs, and share their hopes for the future. We need to accept feelings of fear, loss, and loneliness that have manifested themselves in different ways for all of the individuals impacted by the fires. We need to recognize that everyone processes their grief and trauma in different ways.

The chronic stress of taking in others' trauma can lead to symptoms similar to post-traumatic stress disorder (PTSD) such as emotional exhaustion or hypervigilance. Taking time to relax and decompress away from work can help ease these symptoms. In November the Friends of the Children's Justice Center was able to collaborate with Ho'oikaika Partnership in creating and supporting a program called "Ho'oikaika Cares: Healing the Healers". Healing the Healers is a supportive wellness hui and creates a safe space for providers to share and connect and refill their cups so that they can continue to pour themselves into the families of Maui. This is an exceptional resource for caregivers, 1st responders, and other professionals working with the community, and is long overdue.



**Paul Tonnessen**  
Executive Director

It provides deep insight into the pain incurred by them as they endeavor to care for the broken and wounded within our community. Healing is a personal and an interpersonal process. Though it is a personal journey, it is not taken alone. We would like to extend our gratitude to Hawaii Community Foundation for assisting Ho'oikaika Partnership with funding to continue this program.

The Friends were founded to provide a healing process for children who have been traumatized. Trauma is defined as a deeply distressing or disturbing experience. With this in mind the Friends knew when the fires hit our Island that this fully aligned with our mission.

Child trauma occurs more often than you think. More than two thirds of children reported at least 1 traumatic event by age 16. Potentially traumatic events include:

- Psychological, physical, or sexual abuse
- Community or school violence

- Witnessing or experiencing domestic violence
- National disasters or terrorism
- Commercial sexual exploitation
- Sudden or violent loss of a loved one
- Refugee or war experiences
- Military family-related stressors (e.g., deployment, parental loss or injury)
- Physical or sexual assault
- Neglect
- Serious accidents or life-threatening illness

A traumatic event is a frightening, dangerous, or sometimes violent event that poses a threat to a child's life or bodily integrity. Witnessing a traumatic event that threatens the life or physical security of a loved is also traumatic. This is particularly important for young children as their sense of safety depends on the perceived safety of their parents or guardians. Traumatic experiences can initiate strong emotions and physical reactions that can persist long after the event. Children may feel terror, helplessness, or fear, as well as physiological reactions. Children who experience an inability to protect themselves or who lacked protection from others to avoid the consequences of the traumatic experience may also feel overwhelmed by the intensity of physical and emotional responses.

*Continued on Page 2*

### Inside:

- Who are the Friends
- Owen's Message
- **Helping Children Impacted by wildfires**
- Preventing Child Abuse
- How to Prevent Child Abuse
- Much much, more



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# 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 support for the healing of abused and neglected children.** We do this by receiving requests from over 40 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 16-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 advocate for 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 16-page prevention newspaper supplement
- 3,000 readers through two newsletters
- 8,000 children and parents reached through community events

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, Sentry Tournament of Champions 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).

*Continued from Page 1*

Our entire community was impacted, further undermining our children's sense of security and normalcy. Wildfires present a variety of unique issues and coping challenges, including the need to relocate when home or community have been destroyed. The role of our community is to address the trauma and emotional reactions and to provide healthy coping techniques and services for the healing process.

This is where the Friends knew we had to step in to assist in part of the healing process and how it perfectly aligned with our mission. We worked with our Governor's Office of Wellness and Resilience, County of Maui, State Agencies and multiple service providers and 1st responders to find out the needs of the keiki and

how we could play a role in meeting some of them. Through the generosity of the Hawaii Community Foundation, The Murray Foundation, and an array of private donors along with utilizing our reserves we were able to immediately respond to and meet some of the most urgent needs of our keiki.

We provided items such as school supplies, laptops that were lost in the fires, clothing, toys, sports equipment, musical instruments, personal hygiene items, beds, and bedding and are continuing to address and meet the needs as they arise for our Keiki's healing journey. Due to the generosity of our supporters, we are pleased to have been able to expand our mission and play a key role in the lives of our keiki as they recover from the recent tragedy that affected our island.

# Thank you for making a difference in our lives

Hi everyone, my name is Owen and I just want to share my Journey to New Beginnings and how the Friends of the Children's Justice Center has helped me let go of all the negativity in my life. Without the Friends helping me change my mindset and showing me the right path to take I do not think I would be the good-hearted person I am allowing myself to be today.

The best support programs I had were both the Kanehoalani Boys Home and the Friends of the Children's Justice Center's program called "Journey to New Beginnings". The Kanehoalani Boys home gave me a roof over my head with a structured household. They also have shown me how much potential I really have when I'm in a safe and secure environment.

The Friends of the Children's Justice Center's program called "Journey to New Beginnings" is about showing you the weight from trauma that you carry around every day. Being mad because of that or having other emotions towards people or even yourself shows you that you need to begin a healing process. They have also taught me what the word "empathy" really means, and they show you and explain to what feeling loved is really like.

Mahalo for being a part of the biggest support system for me and others. Everyone involved has made the biggest difference in not only my life but in so

many other children's lives. Also, the Friends are amazing, they are the voice that us kids need because most of us are what we call "voice less". We are too afraid to say or do anything about what has occurred in our lives because of our past trauma and any other negative experiences that we have encountered.

My journey since I've opened up to Friends has been a difficult path for me. Learning the right path has been way more difficult than doing what I was taught in my past but worth every step of the way. Without having the proper support systems as a child, I did not have a structured life. Kanehoalani and the Friends have provided me that structure.

When I met the Friends, they got me new clothes, hygiene supplies, and best of all was the Christmas, birthday and the other incentives. gifts I have received. It's really easy for people like me to go backwards but the Friends keep in touch with me to make sure I am doing alright and making sure I have everything I need like books and schooling supplies. Also, by providing a strong support system. With others sharing their stories of their struggles with me I now realize I'm not alone.

No one else has ever invested in me like how the Friends have and continue to and I want to say thank you for investing in the Friends. Because of you people like me can lead a healthy and productive life in our Maui community, Owen

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

From providing education programs, support services, and advocacy efforts, Central Pacific Bank deeply values your role in making Maui a safer place for our keiki.

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# Mahalo to the Governor's Office of Wellness and Resilience

The Friends would like to extend our gratitude for the tireless and continuous support that the Governor's Office of Wellness and Resilience has been providing our Maui Community since the recent wildfires. The trauma that our community members were exposed to is to say the least devastating for those impacted by the wildfires, especially our keiki. They have not only been focused on the mental health and emotional needs of our families and individuals directly impacted by the fires but also focused on the needs of our 1st responders and service providers who have been exposed to secondary trauma while assisting the victims. Secondary trauma — aka compassion fatigue, vicarious trauma, or secondary traumatic stress — occurs when someone is significantly impacted by someone else's trauma. While assisting the victims.

The Office of Wellness and Resilience (OWR), housed in the Office of the Governor, was crafted out of the work of the state's Trauma-Informed Care Task Force, the community supporting the task force and champions of trauma-informed care in the legislature.

## Maui Coordinated Mental Health Response:

During the early morning after the Maui fires, in complete shock at what was taking place, Director Tia Hartsock sent an email to a dozen colleagues within our state mental health system and on the Trauma-Informed Care Task Force, asking them to join a Zoom call at noon to discuss a coordinated mental health response to the disaster. When our team signed on, we were so moved to see more than 250 people join the meeting. Since then, in collaboration with county, state, and federal agencies, nonprofits, private practitioners and community advocates, the Office of Wellness and Resilience (OWR) convened daily calls from Aug. 9, 2023, to Sept. 4, 2023. OWR then transitioned to meetings three days a week (Mondays, Wednesdays and Fridays) until Nov. 1, 2023, when OWR began the current cadence of weekly calls, which we plan to continue for the foreseeable future. The purpose of the Maui Strong Mental Health Response Coordination meetings is to provide a safe space for Maui and state professionals and community leaders to discuss unmet needs, barriers to wellness, mental health services, coordination of resources, wellness and cultural healing activities, and training for Lahaina, Maui and statewide communities impacted by the wildfires. We have also featured speakers from Hawai'i CARES/988, Maui Medic Healers Hui, the Prevent Suicide Task Force and Project Vision.

This effort totaled 45 calls held since Aug. 2023 with more than 400 unique individuals and 3,300 total participants representing 100+ local, state and national agencies, including mental health professionals on the ground on Maui, philanthropic, nonprofit and advocacy organizations, service providers and government employees.

Maui Strong Mental Health Response Coordination meetings have been instrumental in standing up crisis services reaching 1,000+ survivors, breaking down barriers, and sharing resources and lessons learned. In addition, more than 200 mental health professionals on Maui and across the state stepped forward to volunteer in

the immediate aftermath of the crisis, ensuring those affected by the fires had healing-centered, Hawai'i-informed mental health support when they needed it. By coordinating volunteers with the Department of Health, Queen's Health System and Kaiser Permanente, the Office of Wellness and Resilience (OWR) was able to offer "talk story and support" services, available for all ages at the major West Maui non-congregate shelter (NCS) hotels from 10 a.m. to 4 p.m. most days of the week for more than two months, including at the Hyatt Regency Resort & Spa (Ka'anapali), the Royal Lāhainā Resort, the Outrigger Ka'anapali Beach Resort and Outrigger Honua Kai Resort (Ka'anapali), and the Westin Maui Resort & Spa (Ka'anapali). In addition, we deployed volunteers to mental health "pop-ups" in natural gathering places. The locations differed day to day, but the places of focus included Lāhainā Gateway Shopping Center, Honokōwai Beach Park, Napili Market, Pohaku Beach Park (more commonly known as "S Turns") and Kahana Bay Boat Ramp.

This support ranged from simply listening to survivors and their stories, to resource navigation and referrals for more long-term support. Volunteers also assisted with other efforts, including "re-entry" onto private properties and door-to-door wellness checks at the hotel shelters. After about eight weeks, the Department of Health was able to hire temporary positions and stand up more permanent help. More than 2,000+ hours were also volunteered in a 24/7 Zoom Room to support all "helpers" during the disaster, including mental health and other health care workers, which a number of our call participants supported. In total, 460 shifts were covered by 158 different volunteer mental health professionals across the state of Hawai'i, and there were close to 800 total volunteers nationwide from 48 states and 14 countries. We want to mahalo some of our other key collaborators on the ground in this effort, including the Hawai'i Departments of Health, Human Services and Education, especially the Behavioral Health Administration; County of Maui and Office of the Mayor, University of Hawai'i, Hawai'i Psychological Association, National Association of Social Workers, Maui Medics Healers Hui, Hawai'i Community Foundation, Kamehameha Schools, Queen's Health System, Kaiser Permanente, Harvard University's Baker Center for Children and Families, National Child Traumatic Stress Network, and Substance Abuse and Mental Health Services Administration.

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*Mahalo to the Governors... continued*

In a letter from Director Tia L. R. Hartsock she shares: We're winding down what has been both a momentous and tumultuous year for our Office, our islands, our world. It's hard to believe that when the year began, our Office didn't even exist yet. And at the beginning of August, none of us knew what would transpire on Maui and that we would have our resilience as a state put to the test in such a devastating way. As we prepare for the long-term recovery effort on Maui, I am again reminded of how much our lives can change in an instant and how our plans for the future can be thwarted by one day's events. This is the long-lasting effect trauma can have on our lives, on our 'ohana and in our communities. The wildfire disaster is an example of a new type of trauma phenomenon because it has happened so close to the pandemic, and that's cascading trauma. We may see this complex trauma more as we grapple with more weather-related and natural disasters, on top of manmade ones, like mass violence. This type of trauma is just starting to be studied, but we can build on what we know works to minimize trauma's long-term effects – more support, connection, and culture- and āina-based practices. Reflecting on this year has also been a good way to remember where and why we started, and what we've accomplished together — we stood up and fully staffed our Office, convened two ground-breaking working groups, and were part of the national, state and

local conversations on trauma and trauma-informed care. While we had different plans for the Office this latter half of the year, our team agrees that our most impactful work so far has been helping to coordinate the mental health response on Maui with our government, healthcare and community partners. We look forward to continuing our work to make Hawai'i a healing-centered state in 2024. If you have questions about this report and/or just want to talk story, please don't hesitate to reach out to us at [gov.owr@hawaii.gov](mailto:gov.owr@hawaii.gov).

## Make A Difference

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### The Friends of the Children's Justice Center

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## Child Abuse is Linked to Future Substance Abuse

Children of parents with substance abuse issues are at greater risk for abuse or neglect, and this childhood abuse will have a devastating impact throughout their lives. These children are more likely to experience trauma, face difficulties with concentration and learning, control their physical and emotional responses to stress, and form trusting relationships. Several epidemiological studies have shown that experiencing abuse as a child increases the risk for substance abuse later in life. Adults who were abused as children often turn to drugs and alcohol as a coping mechanism for dealing with their childhood trauma. Results from a long-term study following abused children up to the age of 24 showed that physical abuse during the first five years of life predicts subsequent substance use later in life.

Unfortunately, substance abuse later in life also increases the likelihood that these adults will perpetrate child abuse through the abuse of their own children. A recent study published in the journal *Development and Psychopathology* demonstrated how child abuse is reproduced across generations through increased use of alcohol and drugs.

Childhood abuse is a strong indicator of substance abuse and addiction later in life. Adults who were abused or neglected during childhood often turn to drugs and alcohol for self-medicated coping. Along with the development of substance abuse problems, these adults are at increased risk for abusing their own children; increased stressors such as poverty, loss of employment, and illness only make things more difficult. These factors often result in a vicious cycle of child maltreatment and substance abuse across generations of family.

Substance abuse treatment is an essential step for adults seeking recovery and looking to break the intergenerational cycle of child abuse and neglect. In addition to parents receiving the appropriate therapy at a rehab center, assistance for abused children may be provided by child welfare services, school systems, and healthcare providers. This assistance will allow parents with addiction to get the necessary help they need while ensuring that their children are free from further abuse and neglect.

Source: AmericanAddictionCenters.org

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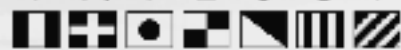
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# Parent Guidelines for Helping Children Impacted by Wildfires

Wildfires cause emotional distress as well as physical damage. People may fear that their loved ones will be killed or injured. Separation from family members can occur, with hours or days passing before being reunited. Neighborhoods and communities may be called on to evacuate on short notice, forcing people to make important decisions in minutes – whether to evacuate, where to go, when to leave, and what to bring with them (including pets). People may live in shelters for days, not knowing if their homes and businesses have been saved or lost. Routine is disrupted and one's sense of security is undermined. Families and communities should not underestimate the cumulative effects of evacuation, displacement, relocation, and rebuilding.

In the aftermath, as the scope of the damage is known, families may learn of injuries to loved ones. The loss of homes, pets, livestock, and valuables, including sentimental items, will increase feelings of sadness and vulnerability. If a fire is found to have been set intentionally, people grapple with increased anger and blame. Like other traumatic events, wildfires will be particularly difficult for individuals with special needs.

Post-wildfire problems with housing, food, water, electricity, transportation, work, school, childcare, and daily routines can disrupt living for weeks or months. People suffer financial hardships when their homes, businesses, or jobs are lost. Confusion can mount as they seek disaster assistance from local and federal agencies or their insurance companies. As a result, signs of stress may become evident even months after the fires.

Children's reactions to the wildfires and their aftermath are strongly influenced by how their parents, teachers, and other caregivers cope during and after the events. They often turn to these adults for information, comfort, and help. Below are common reactions parents may see in their children. These generally diminish with time, but knowing that these reactions are likely can help you be prepared to help your child.

## Common Reactions

- Feelings of anxiety, fear, and worry about safety of self and others (including pets):
  - Children may have increased fears and worries about separation from family members
  - Young children may become more clingy to parents, siblings, or teachers
- Fears of wildfires spreading or new ones starting
- Distress and anxiety with reminders of the wildfires (e.g., burning smell, sounds of sirens or helicopters, burnt landscape and buildings)
- Changes in behavior:
  - Increased activity level
  - Decreased concentration and attention
  - Increased irritability
  - Withdrawal
  - Angry outbursts
  - Aggression

Increased physical complaints (e.g., headaches, stomachaches, aches and pains)

Prolonged focus on the wildfires (e.g., talking repeatedly about it – young children may “play” the event)

Changes in sleep and appetite

Lack of interest in usual activities, including interest in playing with friends

Changes in school performance

Regressive behaviors in young children (e.g., baby talk, bedwetting, tantrums)

Increased chance of high-risk behaviors in adolescents (drinking, substance abuse, self-injurious behaviors)

## How Can I Help My Child?

Spend time talking with your child. This will let your child know that it is OK to ask questions and to express their concerns. Because during and after wild

fires includes constantly changing situations, children may have questions on more than one occasion.

Issues may need to be discussed more than one time. You should remain flexible and open to answering repeated and new questions and providing clarifications. If you have to evacuate suddenly, tell your child briefly where you are going and that you will answer their questions once you get to safety.

You should answer questions briefly and honestly, but also ask your children for their opinions and ideas about what is discussed. For younger children, try to follow wildfire conversations with a favorite story or a family activity to help them feel more safe and calm.

## Things I Can Do for Myself

Take care of yourself. Make sure you take good physical care of yourself, including eating well, sleeping well, getting exercise, and receiving proper medical care.

Listen to each other. Parents and other caregivers should provide support for each other during this time.

Put off major decisions. Avoid making any unnecessary life-altering decisions during this stressful post-wildfire period.

Give yourself a break. Try not to overdo clean-up activities. These activities may include lifting heavy items or working for extended periods of time. Using moderation when doing such work can reduce injury.

## Things I Can Do for My Child

Be a role model. Changes in living conditions can be extremely stressful for children. They will take cues of how to handle situations from their parents. Modeling calm behaviors will be important during chaotic times.

Encourage your children. Help children help take care of themselves by encouraging them to get appropriate rest, exercise, and diet. Be sure there is a balance of quiet and physical activities.



Reassure children that they are safe or the plans you have for their safety. This may need to be repeated many times during and after a wildfire. You should spend extra time with your children and stay connected. It doesn't matter whether it's playing games, reading together, or just cuddling. Be sure to tell children they are loved.

Maintain routines. Even in the mist of chaos and change, children feel more safe and secure with structure and routine. As much as possible, stick to everyday routines (including mealtimes, bedtime, etc.).

Maintain expectations. Stick with family rules, such as rules about good behavior and respect for others.

Limit media exposure. It is important for you to protect your child from overexposure to sights and images of the wildfires, including those in newspapers, on the Internet, or on television.

Calm worries about friends' safety. As phone service may be disrupted, communication will be difficult. Reassure your children that their friends' parents are taking care of them just as they are being cared for by you.

Talk about community response and recovery. Reassure children about the work being done in their community to contain the wildfires (such as first responders protecting people, homes, pets, and wildlife), to restore electricity and water, to remove debris, and to help families find housing.

Encourage children to help. Children recover and cope better when they feel they are helping. Find opportunities in which they can contribute in the aftermath of the wildfire. Give small tasks related to clean-up or family activities. After children spend time in clean-up activities, provide activities that are not related to the wildfires. This may include playing a game, reading a book, playing cards, etc.

Be patient. Children may need a little extra patience and attention during these times. They may need added reminders or extra help with chores or homework once school is in session as they may be more distracted.

Give support at bedtime. Children may become anxious when they separate from their parents, in particular at bedtime. First try to spend more time with your child at bed time with such activities as reading a book. It's okay to make a temporary arrangement for young children to sleep with you, but with the understanding that they will go back to normal sleeping arrangements at a set future date.

Monitor adult conversations. Be aware of what is being said during adult conversations about the wildfires and its aftermath. Children may misinterpret what they hear and can be frightened unnecessarily about something they do not understand.

Seek professional help. If children have difficulties for more than six weeks after the wildfires, parents should consult a mental health professional for an evaluation.

Keep things hopeful. Even in the most difficult situations, it is important to identify some positive aspect and to stay hopeful for the future. A positive and optimistic outlook helps children see the good things in the world around them. This outlook can be one way to help them get through even the most challenging times.

*Further information about children, families, and wildfires can be found at the website of the National Child Traumatic Stress Network, [www.NCTSN.net](http://www.NCTSN.net).*

-Source: The National Child Traumatic Stress Network



**Mahalo**

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# Preventing Child Abuse

You can take important steps to protect your child from exploitation and child abuse, as well as prevent child abuse in your neighborhood or community. The goal is to provide safe, stable, nurturing relationships for children.

Here's how you can help keep children safe:

- Offer your child love and attention. Nurture and listen to your child and be involved in your child's life to develop trust and good communication. Encourage your child to tell you if there's a problem. A supportive family environment and social networks can help improve your child's feelings of self-esteem and self-worth.
- Don't respond in anger. If you feel overwhelmed or out of control, take a break. Don't take out your anger on your child. Talk with your health care provider or a therapist about ways you can learn to cope with stress and better interact with your child.
- Think supervision. Don't leave a young child home alone. In public, keep a close eye on your child. Volunteer at school and for activities to get to know the adults who spend time with your child. When old enough to go out without supervision, encourage your child to stay away from strangers and to hang out with friends rather than be alone. Make it a rule that your child tells you where he or she is at all times. Find out who's supervising your child — for example, at a sleepover.
- Know your child's caregivers. Check references for babysitters and other caregivers. Make irregular, but frequent, unannounced visits to observe what's happening. Don't allow substitutes for your usual child care provider if you don't know the substitute.
- Emphasize when to say no. Make sure your child understands that he or she doesn't have to do anything that seems scary or uncomfortable. Encourage your child to leave a threatening or frightening situation immediately and seek help from a trusted adult. If something happens, encourage your child to talk to you or another trusted adult about what happened. Assure your child that it's OK to talk and that he or she won't get in trouble.

- Teach your child how to stay safe online. Put the computer in a common area of your home, not the child's bedroom. Use the parental controls to restrict the types of websites your child can visit. Check your child's privacy settings on social networking sites. Consider it a red flag if your child is secretive about online activities. Cover online ground rules, such as not sharing personal information; not responding to inappropriate, hurtful or frightening messages; and not arranging to meet an online contact in person without your permission. Tell your child to let you know if an unknown person makes contact through a social networking site. Report online harassment or inappropriate senders to your service provider and local authorities, if necessary.

- Reach out. Meet the families in your neighborhood, including parents and children. Develop a network of supportive family and friends. If a friend or neighbor seems to be struggling, offer to babysit or help in another way. Consider joining a parent support group so that you have an appropriate place to vent your frustrations.

## If you worry that you might abuse your child

If you're concerned that you might abuse your child, seek help immediately. In the United States, you can get information and assistance by calling or texting the Childhelp National Child Abuse Hotline: 1-800-4-A-CHILD (1-800-422-4453). Or you can start by talking with your family health care provider. Your provider may offer a referral to a parent education class, counseling or a support group for parents to help you learn appropriate ways to deal with your anger. If you're misusing alcohol or drugs, ask your health care provider about treatment options. If you were abused as a child, get counseling to ensure you don't continue the abuse cycle or teach those destructive behaviors to your child. Remember, child abuse is preventable — and often a symptom of a problem that may be treatable. Ask for help today.

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# Definition of Child Abuse

Any intentional harm or mistreatment to a child under 18 years old is considered child abuse. Child abuse takes many forms, which often occur at the same time.

**Physical abuse.** Physical child abuse occurs when a child is purposely physically injured or put at risk of harm by another person.

**Sexual abuse.** Child sexual abuse is any sexual activity with a child. This can involve sexual contact, such as intentional sexual touching, oral-genital contact or intercourse. This can also involve noncontact sexual abuse of a child, such as exposing a child to sexual activity or pornography; observing or filming a child in a sexual manner; sexual harassment of a child; or prostitution of a child, including sex trafficking.

**Emotional abuse.** Emotional child abuse means injuring a child's self-esteem or emotional well-being. It includes verbal and emotional assault — such as continually belittling or berating a child — as well as isolating, ignoring or rejecting a child.

**Neglect.** Child neglect is failure to provide adequate food, clothing, shelter, clean living conditions, affection, supervision, education, or dental or medical care. In many cases, child abuse is done by someone the child knows and trusts — often a parent or other relative. If you suspect child abuse, report the abuse to the proper authorities.

## Symptoms

A child who's being abused may feel guilty, ashamed or confused. The child may be afraid to tell anyone about the abuse, especially if the abuser is a parent, other relative or family friend. That's why it's vital to watch for red flags, such as:

- Withdrawal from friends or usual activities
- Changes in behavior — such as aggression, anger, hostility or hyperactivity — or changes in school performance
- Depression, anxiety or unusual fears, or a sudden loss of self-confidence
- Sleep problems and nightmares
- An apparent lack of supervision

- Frequent absences from school
- Rebellious or defiant behavior
- Self-harm or attempts at suicide

Specific signs and symptoms depend on the type of abuse and can vary. Keep in mind that warning signs are just that — warning signs. The presence of warning signs doesn't necessarily mean that a child is being abused.

## Physical abuse signs and symptoms

- Unexplained injuries, such as bruises, broken bones (fractures) or burns
- Injuries that don't match the given explanation
- Injuries that aren't compatible with the child's developmental ability

## Sexual abuse signs and symptoms

- Sexual behavior or knowledge that's inappropriate for the child's age
- Pregnancy or a sexually transmitted infection
- Genital or anal pain, bleeding, or injury
- Statements by the child that he or she was sexually abused
- Inappropriate sexual behavior with other children

## Emotional abuse signs and symptoms

- Delayed or inappropriate emotional development
- Loss of self-confidence or self-esteem
- Social withdrawal or a loss of interest or enthusiasm
- Depression
- Avoidance of certain situations, such as refusing to go to school or ride the bus
- Appears to desperately seek affection
- A decrease in school performance or loss of interest in school
- Loss of previously acquired developmental skills

## Neglect signs and symptoms

- Poor growth
- Excessive weight with medical complications that are not being adequately addressed
- Poor personal cleanliness
- Lack of clothing or supplies to meet physical needs
- Hoarding or stealing food
- Poor record of school attendance

- Lack of appropriate attention for medical, dental or psychological problems or lack of necessary follow-up care

## Parental behavior

Sometimes a parent's demeanor or behavior sends red flags about child abuse. Warning signs include a parent who:

- Shows little concern for the child
- Appears unable to recognize physical or emotional distress in the child
- Blames the child for the problems
- Consistently belittles or berates the child, and describes the child with negative terms, such as "worthless" or "evil"
- Expects the child to provide attention and care to the parent and seems jealous of other family members getting attention from the child
- Uses harsh physical discipline
- Demands an inappropriate level of physical or academic performance
- Severely limits the child's contact with others
- Offers conflicting or unconvincing explanations for a child's injuries or no explanation at all
- Repeatedly brings the child for medical evaluations or requests medical tests, such as X-rays and lab tests, for concerns not seen during the health care provider's examination

## Physical punishment

Child health experts condemn the use of violence in any form, but some people still use physical punishment, such as spanking, to discipline their children. While parents and caregivers often use physical punishment with the intention of helping their children or making their behavior better, research shows that spanking is linked with worse, not better, behavior. It's also linked to mental health problems, difficult relationships with parents, lower self-esteem and lower academic performance.

Any physical punishment may leave emotional scars. Parental behaviors that cause pain, physical injury or emotional trauma — even when done in the name of discipline — could be child abuse.



The Ho'ōikaika Partnership is a coalition of community organizations, individuals, county and state agencies united in the effort to prevent child abuse in Maui County.

***We envision a world where all our 'ohana are healthy, safe, and supported.***

We work together to strengthen and expand the system of support by building a strong prevention and provider network that supports collaboration, shares knowledge and resources, and shapes policy to prevent child maltreatment.

**Our Goals**

1. Create a seamless safety net of services to support children and their caregivers
2. Strengthen the prevention and provider workforce
3. Educate and advocate for policy, program, and systems changes to prevent child abuse and neglect
4. Engage the community in the prevention of child abuse and neglect
5. Strengthen the foundation of the Ho'ōikaika Partnership

**“Protective Factors”**

Help keiki and youth feel nurtured and help adults paddle more smoothly through the waters of parenthood:

*Mālama 'Ohana / Nurturing and Attachment*

*Parenting Can Be Hard, But Can / Knowledge of Parenting & Child Development*

*Show Keiki Aloha / Social & Emotional Competence in Children*

*How You Stay / Social Connections*

*First, Make Yourself Pono / Parental Resilience*

*No Shame / Concrete Support in Times of Need*



**For more information & to join us:  
[www.hooikaikapartnership.com](http://www.hooikaikapartnership.com)**

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### **Home Visits that Provide:**

*(In-Person & Virtual)*

- Information on Child Health & Development
- Developmental Screenings
- Parenting Support
- Community Resource Information

### **In-Person & Virtual Men's Groups**

### **Virtual Parenting Groups**

### **In-Person & Virtual Parent Child Interaction Groups**

### **Youth Life Skills Groups in Intermediate and High Schools**

### **Infant & Toddler Care**

### **Child Care Subsidy Programs**

### **Early Literacy Resources**

### **Navigation Services:**

Providing Connection to Community Resources



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**Debbie Cabebe, SHRM SCP, SPHR**  
Chief Executive Officer

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# 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 888-380-3088 Molokai  
Unit - 808 553-1703 / Lanai Office - 808 565-7102

Maui Police Department - 244-6400 or 911

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 treat-  
ment & 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

Coalition for a Drug Free Lanai  
(808) 236-2600 hinamauka.org

Community Clinic of Maui - Medical  
outreach services 871-7772

It Takes An 'Ohana - ItTakesAnOhana.org  
Children and youth foster care support

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'omalulu - 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 - 244-5911

Imua Family Services - Children with developmen-  
tal delays 244-7467

Ka Hale A Ke Ola Homeless Resource Center  
242-7600  
Ka Hale Pomaikai - (808) 558-8480  
kahalepomaikai.org

Lanai integrated Service System (LISS) Operated  
by PACT, services primarily to DHS families for  
counseling, visitation, & family strengthening 808-  
565-9191 pachtahawaii.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

Malama Family Recovery  
Women-specific outpatient and residential  
substance abuse treatment that targets pregnant  
and parenting women. 808-877-7117

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 preven-  
tion and support Program, Early Head Start,  
Healthy Start and Fatherhood Initiative Program  
242-0900

Maui Farm - 808-579-8271 - themauifarm.org

Maui Food Bank - 808-243-9500

Maui Humane Society - 877-3680

Maui United Way - Call 211

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

MCAPP - (808) 723-2571 - molokaicapp.org

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

Mental Health Kokua  
(808) 986-0059 - mentalhealthkokua.org

Molokai Community Health Center  
808-553-5038

Molokai Community Services - 553-3244  
Molokai Family Support Services-Family strength-  
ening 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 chil-  
dren - 242-6600

## Nationwide Resources

Child Help National Child Abuse Hotline  
1-800-4-A-CHILD or 1-800-422-4453 www.child-  
helpusa.org

National Center for Missing & Exploited Children  
1-800-843-5678, missingkids.org

National Center for Victims of Crime  
1-800-FYI-CALL or 1-800-394-2255 - ncvcc.org

National Children's Alliance  
1-800-239-9950 www.nca-online.org

National Organization for Victim Assistance -800-  
TRY-NOVA or 1-800-879-6682 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

Children's Defense Fund - 1-800-233-1200  
www.childrensdefense.org

Darkness To Light -1-866-367-5444  
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)

Childrens' 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.ncvcc.org](http://www.ncvcc.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.joyfulheartfoundation.org](http://www.joyfulheartfoundation.org)



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