

**Peer Support Specialists Working Group**  
**Office of Wellness and Resilience**  
**Office of the Governor, State of Hawai'i**

**Virtual Meeting via Zoom**

**December 18<sup>th</sup>, 2024**

**10:00am-12:00pm**

**Members Present via Zoom** (12/17): Tia Hartsock (OWR Director), Cynthia Chappell (Department of Education), Samantha U'u (EPIC 'Ohana), Kathy Hammes (NAMI Hawai'i), Scott Shimabukuro (CAMHD), Darryl Tanaka (DOH), Lindsay Pacheco (Project Vision Hawai'i / Hawai'i HOME Project & Lived Experience Homelessness & Substance Use), Malia Daraban (Hawai'i Families As Allies), Cynthia Kaneshiro (Hawai'i Certified Peer Specialist), Heather Lusk (Hawai'i Health & Harm Reduction Center), Judy Mohr Peterson (med-QUEST Administrator), Michael Vincent (DLE Director)

**Members Absent** (5/17): Reina Purvis (Statewide Office of Housing and Homelessness), Debbie Victor Macalino (Pu'a Foundation), Greg Uwono (Judiciary), Kimmy Takata (Pu'a Foundation/PPC), DOH Designee

**Guests Present** (12) Anisa Wiseman (NAMI Hawai'i), Bridgette Bennett (Judiciary-Family Court), Dan Smeby (Key Industries), Laurie Tochiki (Pilina Pathways LLC), Amberly Gould (EPIC 'Ohana), Britney Tavares (EPIC 'Ohana), Jian Tan (Access To Independence), Shanelle Lum (Hawai'i As Allies), Ally Terrell (Hawai'i Families As Allies), Kristina Shibata (EPIC 'Ohana), Deanna Gonda (EPIC 'Ohana), Leilani Willing (OWR),

**Support Staff Present** (3): Naomi Leipold (OWR Project Manager), Kailene Nihipali-Sanchez (Co-Facilitator), Kim Nabarro (Co-Facilitator)

AGENDA ITEM	DISCUSSION	RECOMMENDATIONS/ ACTIONS/ CONCLUSIONS
I. Call to Order; Review and Approval of Agenda; Approval of Minutes; and Welcome and opening remarks	<p>Tia Hartsock (Chair) called the meeting to order at 10:03am. Quorum established with twelve (12) working group members in attendance.</p> <p>Tia Hartsock (Chair) asked for any corrections, deletions, and comments to the November 25, 2024, meeting minutes.</p> <p>Welcome and Opening Remarks by Tia Hartsock (Chair).</p> <p>Tia Hartsock (Chair) welcomed two new members to the Peer Support Specialist Working Group: Darryl Tanaka (DOH) and Malia Daraban (Hawai'i Families As Allies).</p>	<p>Tia called for a motion to approve November 25, 2024, PSSWG Meeting Minutes and all community meetings with technical corrections listed.</p> <ul style="list-style-type: none"> <li>• Moved: Scott Shimabukuro (CAMHD)</li> <li>• Second: Lindsay Pacheco</li> <li>• Approved: by verbal statement of “aye”</li> <li>• Nay: none</li> <li>• Agenda has been approved</li> </ul>
II. Agenda, Focus, & Goals for today and for the Peer Support Specialists Working Group	<p>Kailene Nihipali-Sanchez (Co-Facilitator) shared the agenda for this meeting:</p> <ul style="list-style-type: none"> <li>• Pilina builder</li> <li>• Report to the Legislature</li> <li>• Peer Support Specialist definition discussion</li> <li>• Public comment</li> </ul> <p>Kailene Nihipali-Sanchez (Co-Facilitator) reminded group members about the designated meeting dates for each Permitted Interaction Group (PIG):</p> <ul style="list-style-type: none"> <li>• Family peer support inventory PIG:</li> </ul>	<p>Kailene Nihipali-Sanchez (Co-Facilitator) invited participants to email <a href="mailto:gov.peers@hawaii.gov">gov.peers@hawaii.gov</a> if they are interested in being involved in any of the PIGs.</p>

	<p>December 12th, Thursday 2-3 p.m. &amp; January 6th, Monday 1-2 p.m.</p> <ul style="list-style-type: none"> <li>Adult peer support inventory PIG:</li> </ul> <p>December 20th, Friday 12:30-1:30 p.m. &amp; January 10th, Friday 12:30-1:30 p.m.</p> <ul style="list-style-type: none"> <li>Youth peer support inventory PIG:</li> </ul> <p>December 13th, Friday 11:00-12:30 p.m. &amp; January 10th, Friday 12:00-1:30 p.m.</p>	
III. Pilina builder opening	<p>Kailene Nihipali-Sanchez (Co-Facilitator) asked the question: “How do you give back to your ‘ohana community?” as the pilina builder. Four Working Group members were invited to share their statement:</p> <p>Heather Lusk (Hawai‘i Health &amp; Harm Reduction Center) said that she takes pride in finding and building strengths in others.</p> <p>Michael Vincent (DLE Director) shared his experiences as a coach, scout leader, and teacher at his congregation.</p> <p>Cynthia Kaneshiro (Hawai‘i Certified Peer Specialist) states that she will listen and not judge, followed by questions about their feelings.</p> <p>Lindsay Pacheco (Project Vision Hawai‘i / Hawai‘i HOME Project &amp; Lived Experience Homelessness &amp; Substance Use) said that she is a strong</p>	<p>Kailene Nihipali-Sanchez (Co-Facilitator) encouraged participants to answer the question in the chat.</p>

	believer of “actions speak louder than words” and that she likes to use her own personal lived experiences, especially when advocating and working with folks in the homelessness realm.	
IV. Public Comment and Input: for anyone who cannot stay for the agenda item(s) in question	Kailene Nihipali-Sanchez (Co-Facilitator) asked attendees who may not be able to stay for the duration of the meeting, if they would like to comment to please use Zoom to “raise your hand” so a facilitator can invite them to share.	No comments.
V. Report to the Legislature	<p>Tia Hartsock (Chair) shared a draft of the report to the Legislature of the State of Hawai‘i and asked if any Group Members had any suggestions or changes they wish to see in the report.</p> <p>Heather Lusk agreed with Tia’s suggestion to add Working Group names and their respective roles.</p> <p>Samantha U’u suggested adding all the dates that the PSSWG met.</p> <p>Cynthia Kaneshiro requested that the report mentioned that the Working Group is made up of people throughout the entire state of Hawai‘i.</p> <p>Samantha U’u offered to list each member’s name, the island they reside on, and the organization that they represent.</p>	<p>The report to the Legislature can be viewed through the following link:</p> <p><a href="https://owr.hawaii.gov/wp-content/uploads/2024/12/PSWG_Report_Combined.pdf">https://owr.hawaii.gov/wp-content/uploads/2024/12/PSWG_Report_Combined.pdf</a></p>

VI. BREAK	<p>Kailene Nihipali-Sanchez (Co-Facilitator) reminds working group members about quorum and Sunshine Law.</p> <p>Returned from break at 10:45 a.m.</p>	
VII. Peer support specialist definition discussion	<p>Kim Nabarro (Co-Facilitator) began the discussion by stating that the framework that is going to be developed by the Working Group needs to include clear roles and definitions of peer support specialists, youth peer specialists, adult support specialists, caregiver peer support specialists, and an understanding of peer support in different spaces (formal/informal mentors, coaches).</p> <p>Kim Nabarro (Co-Facilitator) shared a Padlet document that includes two examples from other states and programs of how they define peer support collectively. She requested Group Members and participants to share what language and words they would use to define peer support.</p> <p>Tia Hartsock (Chair) gave tips on how to navigate the system and document.</p> <p>Kim Nabarro (Co-Facilitator) encouraged Group Members to uplift contributions that they see on the document.</p> <p>Kathy Hammes (NAMI Hawai'i) uplifted Leilani's comment about peer support being trauma-informed, especially since Hawai'i is the first state to be declared trauma-informed.</p>	<p>The Padlet document can be viewed through the following link:</p> <p><a href="https://padlet.com/govpeers/peer-support-specialist-definition-2n53yfu136itjze7">https://padlet.com/govpeers/peer-support-specialist-definition-2n53yfu136itjze7</a></p>

	<p>Darryl Tanaka (DOH) liked Cynthia Chappell's comment about the combination of lived experience, professional training and certification to support those who are in need. This stuck out for him because of his work with students and their ability to take it a step further.</p> <p>Judy Mohr Peterson (med-QUEST Administrator) shared her observation of how many of the participants prefer the language of lived experience. She also called out the need for cultural grounding.</p> <p>Samantha U'u (EPIC Ohana) enjoyed all of the comments that were shared. She wanted to be as broad as possible so that everyone has the opportunity to use it in their own space, in their own organization, but also being able to identify walking in their own shoes.</p> <p>Tia Hartsock (Chair) encourages providing a more detailed definition of what lived experience means.</p> <p>Kailene Nihipali-Sanchez (Co-Facilitator) asked Group Members to share their thoughts on how to define that term.</p> <p>Cynthia Kaneshiro (Hawai'i Certified Peer Specialist) emphasizes how to communicate and relate this term to the variety of lived experience that there is.</p> <p>Malia Daraban (Hawai'i Families As Allies) suggests that peer support should be defined in</p>	
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	<p>more broad terms, so that those that are in different systems can still be represented.</p> <p>Tia Hartsock (Chair) asked for more clarity regarding whether someone with lived experience has to have gone through their own personal experiences within a particular system, or if being close to or related to someone that has had those experiences in enough to qualify them as peer support.</p> <p>Malia Daraban (Hawai'i Families As Allies) responded by saying that adding a specific category to the type of peer support they can offer, but still leaving it more generally broad. For example, someone that has experience with being a caretaker for autistic children can be considered a peer support parent of children with disabilities.</p> <p>Kim Nabarro (Co-Facilitator) mentioned that in other states, they have a generalized definition that specialties and certifications are based on what type of experience/shared experience/peer/field work they want to go into.</p> <p>Tia Hartsock (Chair) agreed that the definition shouldn't be too specific and that there needs to be a fine balance between being broad and specific. The large context needs to be considered, not just a particular area of expertise.</p> <p>Kailene Nihipali-Sanchez (Co-Facilitator) suggested that participants add what they think is missing from the definitions.</p>	
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	<p>Heather Lusk (HHHRC) agreed with Tia's suggestion of being broad with the definition and then allowing specificity to be with the certification.</p> <p>Kailene Nihipali-Sanchez (Co-Facilitator) uplifted several comments made on the document and in the chat.</p> <p>Tia Hartsock (Chair) elaborated on how there will be a need for different types of support depending on the type of trauma that has been experienced. Varieties can include individual trauma, family trauma, childhood trauma, community trauma, environmental trauma and more.</p>	
VIII. Public Comment	<p>Kailene Nihipali-Sanchez (Co-Facilitator) opens the meeting for public comment.</p> <p>Laurie Tochiki (Pilina Pathways LLC) thanked all Working Group members for their heart and minds in this work. She wanted to make a distinction between the value of lived experience in different roles, like being an outreach worker or therapist, and to define the role of the specialist, which is a different role and responsibility. The ability of a peer specialist to engage in helping others, engage in work, and then to be able to share an understanding of the system that is so complicated has been really, really powerful.</p> <p>Cynthia Kaneshiro (Hawai'i Certified Peer Specialist) asked is there is a difference between community health worker and a peer specialist.</p>	



	<p>Laurie Tochiki (Pilina Pathways LLC) responded by saying that a community health worker has certification, and it overlaps so well to have a community health worker that has lived experience, but the two may not be exactly the same.</p> <p>Tia Hartsock (Chair) shared her experience at The National Conference on Peer Support, where she attended a presentation about professionalizing peer supports. People attending the presentation commented about how someone can have lived experience/expertise, but once they get a doctorate, master's, or law degree, then they are no longer considered a peer specialist. She doesn't know if this is considered true or if people are still having this type of conversation anymore.</p> <p>Malia Daraban (Hawai'i Families As Allies) shared that she was familiar with this conversation and that the concern was if someone began putting their professionalism ahead of their own lived experience. So, if the approach is not with lived experience but rather with a lens of a doctor or therapist, then there is a removal of the core value of taking that personal experience into the service of assisting others. It is important to be trained to do this work in a meaningful, respectful, and responsible way.</p> <p>Kathy Hammes (NAMI Hawai'i) shared that at NAMI they use people as peers and also very frequently those people have other professional roles, sometimes in that field or related fields. She reminded that when delivering a certain program,</p>	
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	peers remember to wear the hat of the role that they are representing, such a family peer.	
IX. Closing and Adjournment	<p>Kim Nabarro (Co-Facilitator) summarized the meeting and thanked everyone for their participation and involvement in the meeting.</p> <p>Kim Nabarro (Co-Facilitator) reminded participants about the next meeting steps, which includes:</p> <ul style="list-style-type: none"> <li>• Inventory PIGs to continue meeting and will report in January</li> <li>• The definition created today and the information from the January Pigs' report will be drafted for the group to review and discuss in the February meeting</li> </ul> <p>Tia Hartsock (Chair) reminded everyone to take care of themselves and invited the Group to take a few deep breaths together. She reminded participants that the next PSSWG meeting will take place on Wednesday, January 22nd, 2025, at 10:00 am.</p> <p>Tia Hartsock (Chair) adjourned the meeting at 11:52 a.m.</p>	<p>Kim Nabarro (Co-Facilitator) invites participants to email the Peer Support Specialists Working Group email about any topics that they would like to be included in the agenda.</p> <p>PSSWG email: <a href="mailto:gov.peers@hawaii.gov">gov.peers@hawaii.gov</a></p>
Public Comments made during the duration of the meeting:	<p><b>Facilitators posed the question: How do you give back to your 'ohana community?</b></p> <ul style="list-style-type: none"> <li>• Amberly Gould: I am known to be a resource center. I noticed that people come to me when they need help whatever they may need.</li> <li>• Judy Mohr Peterson: I volunteer with several groups and support with resources, mentors and Med Quest leaders, especially young women who are new leaders.</li> <li>• Kim Nabarro-Facilitator: In my friend circle I have a reputation for creating experiences. (travel, celebrations etc.)</li> <li>• Laurie Tochiki: I try to be someone who "shows up" in times of need. I may not always know what to say or do, but I believe in the power of "showing up."</li> </ul>	

	<ul style="list-style-type: none"> <li>• Malia Daraban: They seek personal professional advice or need a sounding board when they have issues and concerns.</li> <li>• Cynthia Chappell: I am known for supporting 'ohana and community of the Hawaiian Islands during times of individual and or collective crisis, also healing through surfing and connecting with the ocean.</li> <li>• Samantha "Sam" U'u: I believe I am known as someone who "shows up" and a safe space to talk to who will listen and not judge.</li> </ul> <p><b>Facilitators posed the question: What language/words do we want to use to ensure it is in the definition we are creating?</b></p> <ul style="list-style-type: none"> <li>• CJ (Rice) Chappell- HIDEOE: I'm in a room with a lot of background noise so sharing in the chat. I like Trauma-informed response and Cultural considerations added to the definition for number 1 and adding in Certification as Scott mentioned for Number 2. Mahalo, CJ.</li> <li>• Laurie Tochiki: I think a peer with lived experience has experience in the system or situation experienced by the peer they are walking along side - I don't think it should be so broad that the experience shared is so different that it is not helpful.</li> <li>• Anisa Wiseman NAMI: I think we need to be specific for the definition of a peer support specialist and then broad on how they provide the support and where.</li> <li>• CJ (Rice) Chappell- HIDEOE: I feel we need to be general, as there are areas and issues that will come up in the future that have not even been identified yet... such as social media addiction etc. The Certification for statewide implementation needs to be broad and overarching covering best practices. Then perhaps specialization certification areas being established I.e. Mental Health, Addiction, Homelessness etc. later. Just a thought, CJ.</li> <li>• Bridgette Bennett, Program Specialist: Too specific could be limiting and an unintended consequence could be discouraging someone with a similar but not exact experience.</li> <li>• Heather Lusk HHHRC (she/hers): Peers often share similar life experiences as those they are supporting and therefore can walk alongside others with compassion and respect.</li> <li>• Anisa Wiseman NAMI: Something going through my head as we are having this discussion is that it's like finding a therapist, they may not have the specialty you need, then if you don't like them or if they don't fit, find another one.....make sure that it is easy for them to find another peer specialist and to change peer specialists. Also, maybe the peer specialists can list their lived experiences from a checklist or something?</li> </ul> <p><b>Facilitators posed the question: What is missing and needs to be included in this definition that is not in the examples?</b></p>
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	<ul style="list-style-type: none"> <li>• Tina: Hopping into the conversation late. Sharing these thoughts... Peer support is about having a shared experience and being in a space to support others navigating that experience currently. Red Hill peer support is an example of something that didn't exist until it was needed. Hoping not to limit the possibilities for peer support in areas that we don't even know will be needed one day.</li> <li>• Deanna Gonda: The inclusion of the Lived expertise/lived experience" wording.</li> <li>• Samantha "Sam" U'u: Culture awareness around services offered and what that may look like going into the space of support. Empathy in all aspects.</li> <li>• CJ (Rice) Chappell-HIDOE: Agreed Tia, being able to empathize due to similar and/or same experience is vital. However, how do we make sure our own lived experience as a Peer Specialist does not get in the way. That is where the best practices certification is so important as well.</li> <li>• Anisa Wiseman NAMI: Maybe something also about recovery, we need to make sure the peers going into the justice system (as an example) are not triggered or retraumatized going back in.</li> <li>• Anisa Wiseman NAMI: Lived experience does not go away if you have a degree. But the approach like Malia is talking about can change and it is about keeping on the hat of the lived experience while doing this work. When I lead peer support groups I don't take my family hat. If I do, I am no longer making the space safe. Leading on lived experience is what keeps people safe, so how do we include that in the definition.</li> <li>• CJ (Rice) Chappell- HIDOE: I know for Heather and I we cover this such as the difference between my role as a counselor and my role as a Youth Mental Health First Aider. We do have to define our roles and when and where we switch hats.</li> </ul>
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