



From left to right: Naomi Leipold, project manager; Erica Yamauchi, director of communications and engagement; Rachel Nunies; graduate research assistant; Jodie Burgess, executive administrative assistant; Shugufa Basij-Rasikh, graduate research assistant; Sara Thorn, Leah Delos Santos and Mia Ogata, interns; Kev Thompson, project manager; Tia Hartsock, director; Keala Kaopuiki-Santos, project manager

Kūpa'a Maui Ola

We hosted 275+ state agency leaders on May 31, 2024, at the Ko'olau Ballrooms in Kāne'ohe. We appreciate the continued partnership in making Hawai'i a trauma-informed state! We had several discussions and presentations in the morning related to resilience and trauma-informed care. Later, attendees participated in wellness activities (below), from ukulele and hula to meditation and frond-weaving, as well as an activity to better understand the lasting effects of Adverse Childhood Experiences (ACEs).



Mahalo to Our Speakers

Thank you to Governor Josh Green, M.D., and First Lady Jaime Kanani Green (above) for welcoming everyone to the Summit, and Dr. Val Kalei Kanuha for our keynote address related to her story of resilience. A big mahalo also to our local cultural practitioners for providing cultural protocol, wellness activities, and insight into both historical trauma and intergenerational resilience.

Maui Updates

As the month of August draws near, we are taking more intentional time this month to remember the lives of those we lost in the Maui wildfires in the last year, as well as their families and loved ones.

We all handle loss in different ways. Some of us may want to honor them in our own individual ways, like through community service and/or prayer, while others may want to do this as a family or collective community.

For a listing of remembrance gatherings throughout the beginning of August on Maui, visit kuhiniamau.org.



About the Office of Wellness and Resilience (OWR)

Our goal is to strengthen our state systems and services, using healing-centered principles as strategies to make Hawai'i a trauma-informed state. We break down the barriers that impact the well-being of Hawai'i's people - from keiki to kūpuna.

Director's Message



Tia L. R. Hartsock,
Director

I am so grateful to everyone who was able to attend our inaugural Kūpa'a Maui Ola, Hawai'i's Wellness and Resilience Summit! We are very appreciative to our Summit sponsors for their generous support in making the gathering a success – the Hawai'i Community Foundation, Consuelo Zobel Alger Foundation and Hawai'i Children's Action Network.

Mahalo again to all of you who have taken the workplace wellness and quality of life survey at health-study.com. More than 10,000+ residents responded, officially making it the largest statewide survey on well-being – ever. We'll be sharing out the results soon, and are excited for this data to start making a difference in future state policy and community programming.

One last thing – we are hiring! In accordance with the signing of Act 106 (see right), our Office is growing. We will be adding several wellness and resilience coordinators to our statewide team, both on O'ahu and on our neighbor islands, to engage with local communities in resilience-building, healing-centered work. One of these positions on O'ahu is also reserved for a professional with lived experience in our systems.

Help us spread the word! To apply, visit owr.hawaii.gov/careers.

Mālama pono,

Tia

Signed Bills to Acts

- Senate Bill 3094, now Act 88, was our 2024 legislative session priority bill and establishes a Peer Support Specialist Working Group within OWR. The working group will develop recommendations for a framework for peer support specialists in the state. We plan to convene the first group's meeting in September.
- Senate Bill 3279, now Act 106, expands OWR with additional staff to assess and enhance existing well-being supports in our communities statewide. The State of Well-Being Project aims to strengthen supports by building upon existing programs and establishing services when they are non-existent and/or there are significant gaps with the approach that all well-being services must be culturally grounded and community informed.



Summit Take-Aways and Next Steps

The Kūpa'a Maui Ola Summit validated for us that our state and our leaders are committed to workforce wellness – and creating healing-centered spaces and services for all. In the next few months and throughout the fall, we will be sharing the Hawai'i Well-Being and Quality of Life Survey results with departments and the larger community, as well as creating public data dashboards. We are also meeting with departments to discuss their trauma-informed care goals and how to implement them. Below, graphic notes from the morning session of the Summit. To view them all, visit owr.hawaii.gov.



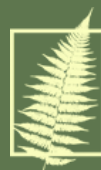
This newsletter is a publication of the Office of Wellness & Resilience (OWR), within the Office of Governor Josh Green, M.D.

Let's talk story!

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Kūpa'a Maui Ola

Hawai'i Wellness & Resilience Summit

May 31, 2024 | Ko'olau Ballrooms, Kāne'ohe

Mahalo for attending our Inaugural Summit for state agency leadership, supervisors and partners!



From left: Danny Goya, Sharon Simms, Tia Hartsock and Patrick Uchigakiuchi speak on the Lessons from the Evolution of Trauma-Informed Care in Hawai'i panel



From left: Mark Kawika Patterson, Adriane Abe, Janae Davis and Laurie Tochiki discuss peer support and other topics on the Inspiring Implementation of Trauma-Informed Care in Our Systems panel



Attendees take a moment of calm and mindful breathing to reset before the next set of activities



Happy Retirement, Laurie!

The Summit coincided with Laurie Tochiki's last day as executive director of EPIC 'Ohana. Mahalo for your many contributions to Hawai'i's families! Laurie poses here with her own caricature by The Good Juju Co., our visual notetakers.

To see all the illustrated notes from the event, visit our website at: owr.hawaii.gov.



Keynote speaker Dr. Val Kalei Kanuha addresses attendees



From right: Rep. Linda Ichiyama, Dr. Trina Orimoto and summit attendees build a brain of pipe cleaners and straws during the Brain Architecture Game, simulating the long-term effects of toxic stress and trauma on a developing brain.