



Left to right: Keala Kaopuiki-Santos, project manager; Tikki Bisbee, wellness and resilience coordinator (WRC - Maui); Tia L.R. Hartsock, director; Trina Orimoto, deputy director; Telesia Pasese, executive administrative assistant; Leilani Willing, WRC (O'ahu); Nannie Apalla, WRC (Kaua'i); Kev Thompson, project manager; Ana Kia, WRC (O'ahu).

## Wai'anae Community Holiday Parade

Several members of our OWR team (below) helped coordinate state resource tables at the end of the Wai'anae Community Christmas Parade on Saturday, December 14, hosted by the Rotary Club and Wai'anae Comprehensive Health Center. The 2024 theme celebrated the Magic of the Wai'anae Coast.



## Psychedelic Policy

Rick Doblin (second from right), founder of the Multidisciplinary Association for Psychedelic Studies ([MAPS](#)), and [The Clarity Project](#) visit the Office of the Governor to discuss policy as part of our ongoing advocacy for innovative, "breakthrough" therapies for mental health challenges.



## Hau'oli Makahiki Hou! Happy New Year!

We spent the last week of 2024 preparing for the new year as a team, putting together period poverty kits as a service project for Ma'i Movement, and celebrating the holidays with our colleagues. We also made Japan-style kadomatsu with local bamboo, which are said to bring good fortune in the new year.



## About the Office of Wellness and Resilience (OWR)

Our kuleana is to strengthen our state service systems, using hope-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

Hau'oli Makahiki Hou! Happy New Year!

As you can see on the first page, our Office of Wellness and Resilience team had fun together crafting kadomatsu with local foliage to help bring in the new year of 2025.

Kadomatsu is a Japanese tradition that is also very popular here in Hawai'i. It's not uncommon to see entrances to homes and other buildings flanked by these bamboo bunches during the days leading up to the New Year and the week thereafter. With their bamboo, pine and/or flower blossoms, kadomatsu symbolize longevity, luck, prosperity and steadfastness. Designs vary throughout Japan, but it is believed that their primary purpose is to welcome and house one's ancestors during the harvest time during the transition to the new year.

Creating the kadomatsu was a grounding cultural practice to learn about and do as a team, and then share with our 'ohana and friends.

We're taking intentional time this month to reflect on everything we have accomplished in 2024, and plan for 2025. We look forward to an exciting year of collaboration with you, your teams and your organizations.

Mālama pono, *Tia*

## Policy Updates

- Mahalo for visiting us on Opening Day on January 15 (below photo)!
- We continue to work on the implementation of policy recommendations as convener of the Mālama 'Ohana Working Group toward transformational change in the child welfare system, and two initial bills are in the Governor's administrative package: [SB1399/HBI080](#), [SB1398/HBI079](#).
- The Peer Support Specialist Working Group ([Act 88](#)), convened by OWR, is meeting monthly. The working group is developing a framework for state peer support specialists. For more information, visit [owr.hawaii.gov/peersupport](https://owr.hawaii.gov/peersupport).
- The State of Well-Being Project ([Act 106](#)) expanded OWR with staff to assess and enhance existing well-being supports in key stakeholder communities statewide. We have begun work on the landscape analysis.



## Hawai'i Quality of Life & Well-Being Dashboard

In partnership with the College of Social Sciences' Health Policy Initiative at the University of Hawai'i at Mānoa, the Office of Wellness and Resilience (OWR) launched the 2024 Hawai'i Quality of Life and Well-Being Dashboard on December 10, with a news conference, in-person gathering (below photo) and webinar. Surveying more than 10,000 residents statewide, the dashboard provides an in-depth look at pressing social, economic and health issues affecting Hawai'i's residents. To view the data dashboard, visit [health-study.com](https://health-study.com).



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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