

It's About Recovery!



*Join the Voices for Recovery!
Together we learn, together we
heal. For more information and
events go to recoverymonth.gov.*

INSIDE:

KOKUA FUND

Many people who want to change their ways can't pay for some or all of their treatment. Find out how you can lend a helping hand!

RECOVERY WALK & DRY RUN 5K

Register now for a bigger and better Recovery Walk & Dry Run 5k on September 19 at Kapiolani Park

EXCERPT FROM *BROKEN*

Get a peek into Wm. Cope Moyers book *Broken*.

ALUMNI ROUNDUP

Get the details and contact info for the Hina Mauka Alumni Roundup in September.



Moyers to Speak at Fall Fundraiser

William Cope Moyers, son of famed journalist Bill Moyers will be our Keynote Speaker this year's fundraising dinner. Mr. Moyers is the Executive Director of the Center for Public Advocacy at the esteemed Hazelden treatment center in Minnesota, and author of the first-person addiction chronicle "BROKEN".

Moyers has committed himself to helping people, families and communities understand the power of addiction and the promise and possibility of recovery. Come hear his amazing personal story, along with other heart-rending journeys back to sobriety and a special performance that night. The dinner will be Thursday, November 5 at the Hilton Hawaiian Village Tapa Ballroom.

Contact David Stachelski at 236-2600 x106 for early reservation information.



Recovery Walk & Dry Run 5k set for September 19

This year's Recovery Walk & Dry Run 5k is set for September 19, and will take place at Kapiolani Park. Celebrate National Drug and Alcohol Recovery Month in Hawaii by walking the walk, and running the good race. Join the Voices for Recovery. Come, celebrate recovery and support Hina Mauka and the Hawaii Substance Abuse Coalition by raising money for treatment.

For more information and to register online go to RecoveryWalkHawaii.org or call 236-2600.

Special thanks to our sponsors: The Recovery Project, HMSA, and The Queen's Medical Center. Mahalo!

Kokua Fund: Together, We Give Help and Hope

Hina Mauka would like to thank all of our *Kokua Fund* donors. You have reached out to help someone that you don't know, but wishes to change their life. Mahalo for your compassion!

The sad reality is that the requests for Kokua Funds are greater than ever. Fortunately, the *Kokua Fund* is there for those in need. Through generous donations from people like you, we're able to provide treatment to individuals who are willing to do whatever it takes to get clean and sober.

Please use the attached envelope to make a contribution, donate online at hinamauka.org.

Mahalo to all of our donors that make real change possible!



The United Way offers another way to give to Hina Mauka through payroll deduction. Please consider designating all or a portion of your United Way giving to Hina Mauka.

Leverage Your Gift Help More People!

You can leverage your gift to Hina Mauka through Foodland and Sack N Save's **Give Aloha** program. In September they will accept and match donations up to \$249 to Hina Mauka, and will then pass on the donations plus a percentage of their \$325,000 matching gift.

Present your
Maika'i Card
at checkout



and tell the cashier that you would like to make a donation to Hina Mauka, **code #78239**. The amount you have donated and Hina Mauka will appear on your receipt.

Donor names won't be released, so if you would like us to know of your gift, please do so, so that we may properly acknowledge your gift. Please save your store receipt for tax purposes since it will be the only record you will have of your donation.

Mahalo to the Following Foundations for their Generous Grants to our Kauai High School Teen CARE Wheelchair Ramp Project:

McInerny Foundation

G. N. Wilcox Trust

Grove Farm Foundation

Please Kokua! We still need \$15,000 to complete the project. Contact Greg at 447-5261 if you can help.

Many Thanks to our Recovery Walk & Dry Run Sponsors:

The Recovery Project

HMSA

The Queen's Medical Center



Excerpt from *Broken*

William Cope Moyers

"My shame and my drug use ran along parallel lines until they eventually merged and became one. I drank because I was ashamed, and I was ashamed because I drank. Which came first, the chicken or the egg? I'm not sure I will ever know the answer to that question, but at some point "want" became "need" and I drank and used not to feel better but to feel normal. It wasn't just about lack of self-esteem, childhood trauma, right and wrong, or making good choices -- something deeper and more insidious than feeling bad about myself was going on. I needed to get high and that need became so deep and strong that I was powerless before it. When want became need -- and, truthfully, that transformation is only clear to me in retrospect -- the nature of my problem changed from using too much and too often to not being able to stop using. From the outside, I still looked like a healthy, balanced, ethical young man. On the inside, however, I was raging against everything and everyone, especially myself. I didn't understand what was happening to me and because no one else could see it or name it for what it was, I was left alone with my tormented self. All my energy became focused on one goal -- to keep the inside from showing on the outside, to hide the truth of my misery and my shame from others and even from myself."



From Chapter 5, "Free Fall"

For more information about William Cope Moyers and his book *BROKEN* go to WilliamMoyers.com.

Don't miss your chance to see and hear this inspiring speaker and author. He'll be here for the November 5 benefit dinner for Hina Mauka. For more information contact David S. at 236-2600 x106.

ALUMNI NEWS

1ST ANNUAL ROUNDUP

The 1st Annual Hina Mauka Alumni Roundup 2009 will take place in September, Recovery Month. This is an alumni directed event for Hina Mauka alumni and others in the program.

Come join us for food, fellowship, and fun in the sun!

Place: CYO Camp- Hau'ula

Date: September 18-20, 2009

Cost: \$20 (includes 5 meals, 2 snacks, drinks, entertainment, activities, and great meetings)

** \$10 (Ages 13-16) \$5 (6-12) Free (5 & under)

***\$12 (Day pass-Saturday only)

ANYONE AND EVERYONE IS WELCOME

If you need more information or would like to get into service please call:

"T" 699-9297 or Uncle Bill 282-4259

Tuesday Night is Alumni Night!

The Tuesday night meeting at Hina Mauka is especially for our folks that have gone through the Hina Mauka program at any of our sites.

- Alumni Speaker
- Connect with friends
- Find out what the alumni group is up to

For more information contact Robin Chun-Teixeira at 447-5253 or rchun@hinamauka.org.

Supa!

CALENDAR:**SEPTEMBER**

National Drug and Alcohol Recovery Month is September. Walk the walk or participate in other events to celebrate recovery. For more information go to www.recoverymonth.gov.

NOVEMBER

Hina Mauka benefit dinner at the Hilton Hawaiian Village on November 5th. Special guest speaker William Cope Moyers will be the keynote speaker. Expect a heart warming, hope-filled evening.

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