

It's About Recovery!



State and city officials were on hand for the annex dedication.

New Challenges Ahead As Treatment Evolves

Hina Mauka CEO Alan Johnson perhaps said it best: "This building is a symbol of change."

to be addressed. New drugs are also being tested that could reduce cravings.

On June 20, State legislators, City Council members, and government representatives joined staff and Hina Mauka alumni for the dedication of the new Harry & Jeanette Weinberg Annex at the Kaneohe treatment center.

Equally important, he said, is the concept that recovery should include both an individual life plan and family reunification plan as well. Hina Mauka recently hired a new family counselor to help clients repair relationships

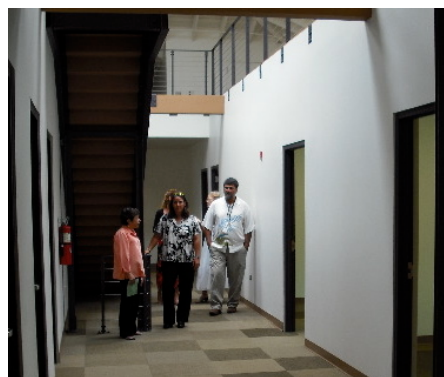
with loved ones, who are critical to their ongoing sobriety once they leave the treatment center.

Director of Adult Services Bill Mousser picked up on

the theme of change too. He observed that clients are "way different than 10 years ago." By that, he meant the types of drugs they do, and the nature of the addicts themselves.

Bill said more specialized and individualized services are needed today, and the new annex will help provide the right environment. "We're going to make good use of this building," he promised.

The additional 2,600 square feet of space was sorely needed. Hina Mauka's proven success and the growing



need for inpatient treatment has created a large waiting list. Thanks to grants and donations totaling \$2.5 million, they will be able to expand services and add staff.

But the annex also signifies how treatment is changing. Alan noted programs are "evolving" because of better understanding of addictions as a disease, which may entail psychiatric problems that need

INSIDE:

OUR NEXT BIG GOALS

DELANCEY STREET PROJECT UPDATE

We're planning to build a facility to rehabilitate and house up to 500 ex-offenders, based on the San Francisco model. Help us make this vision a reality.

KAUAI TLP HOUSE

Since there are no residential treatment centers on Kauai, we hope to establish a Therapeutic Living Program home there.

KOKUA FUND

Many addicts who want to change their ways can't pay for treatment. Find out how you can be a real life angel!

RECOVERING ADDICTS TALK STORY

Read about Hina Mauka's new Saturday Night Special speakers meeting.

VOLUME 8, ISSUE 1

It's About Recovery is a periodic publication of Hina Mauka, a 501 (c)3 nonprofit corporation.

Delancey Street Project Update

As you may know, our long term goal is to build a 500-bed facility on Oahu that will provide housing and job training for ex-offenders who are in recovery. We believe this is the best way to keep former inmates from relapsing and going back to prison.

Our plan is to start with small steps that include Therapeutic Living Program homes. These are not the same as Clean and Sober houses. The TLPs will have 24/7 supervision, and participants will be carefully screened. No sex offenders or individuals with a history of violence will be selected.

Unfortunately, due to neighborhood resistance we will not be moving forward with the Waianae TLP. The irony is the house we had

acquired, used to be an alleged drug house. To overcome that kind of NIMBY opposition, we need your continued support.

On Kauai, there are no residential services, so we are now in the process of starting a TLP there. Hina Mauka will lease a house for 10-15 clients, then transport clients daily to our existing treatment site for outpatient services.

In addition to around the clock supervision, clients will get life skills training and education about treatment issues.

Kokua Fund: Together, We Give Help and Hope

The sad reality is we have to turn people away every day because they may not have insurance or the ability to pay for treatment.

In response, we've created a Kokua Fund 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.

Inpatient services normally cost about \$10,000 per client. But when compared to prison expenses, treatment is a bargain for taxpayers.

More importantly, we're in the business of saving lives and breaking the cycle of addiction in families.

Our clients are living proof that there *is* hope as long as people like you care. To make a contribution, please call Greg Tjapkes at 447-5261 or visit www.hinamauka.org. Your donations make real change possible!

HINA MAUKA AWARDED ACCREDITATION

Hina Mauka has been awarded a CARF three-year re-accreditation for fourteen different programs serving a variety of clients ranging from adolescents to adults and criminal justice clients. This achievement represents the highest level of accreditation that can be awarded in the addiction treatment field. Organizations must go through a rigorous peer view process, including on-site visits to determine if programs and services measure up to the highest standards.

Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, CARF is an independent, not-for profit accrediting body whose mission is to promote quality, value, and optimal outcomes of treatment services.

Out of 2,465 standards evaluated, CARF made only a small number of recommendations. CEO Alan Johnson was elated with the results. "We want to commend the Hina Mauka Board of Directors and our staff for a superb performance," he said. "Mahalo to all for an outstanding job!"



SATURDAY NIGHT LIVE:

NEW TALK STORY MEETING FOR ALUMNI

It's not your typical 12 Step meeting. There's an emcee who gives out door prizes such as Hina Mauka shirts, recovery books, plus other donated items. Guest speakers take questions from the audience, which is a mix of new inpatient clients at the Kaneohe facility and alumni with several years of sobriety. And it's growing in popularity, according to Andy Anderson, Director of Community and Alumni Relations. The meetings are held on the second Saturday of each month from 7 pm until 8 pm. Below is a recap of a recent Saturday Night Special. For more information, call Andy at 447-5227.



A Tale of Two Addicts

Two very different speakers told their uplifting stories of recovery at a recent Saturday Night Special meeting. But their messages were the same: Go to 12 Step group meetings, get a sponsor, and work the Steps. Do those things, and you'll find happiness and joy in life.

Simple? Yes. Easy? No. As both speakers can attest, sobriety is not something you can take for granted or be complacent about.

Patti J. will be celebrating 19 years of sobriety. Her drugs of choice were alcohol and Xanax. Kevin has been clean and sober for five years. He drank too, but says when he had enough money, crack cocaine was his go-to drug.

Patti had what appeared to be an ideal life: successful flower business, nice home, a good marriage and two beautiful kids. Kevin, by contrast, was committing crimes and doing time in prison. Each had their own speaking style too. Patti was thoughtful, articulate, and funny at times. When it was Kevin's turn, it was apparent he was a little nervous.

For a brief moment, Kevin fell silent while he struggled to gather his thoughts. Then he spoke from the heart. He smiled and said crack had left him with "pukas" in his brain, and sometimes his thoughts jumped around. The understanding group laughed, and after that Kevin was able to relax and be himself. His infectious grin and local kine pidgin had the crowd in stitches.

What's amazing is how people who are so different on the surface, can share so much in common when it comes to recovery. The things that helped Patti stay sober, were the same ideas Kevin later touched on: honesty and finding out who we really are.

Kevin recounted incidents that would have caused him to use or rob someone in the past. But now he has the tools to avoid relapses and trouble. He drew laughs from the crowd when he admitted he was an "egomaniac with an inferiority complex." Yet he moved them when he said, "I could not do this alone."

Patti said she was a "strange drinker" in that she liked to drink alone before she got into prescription drugs and cocaine. In rehab, she wanted the night nurse to give her aspirin to help her sleep because she just felt the need to pop a pill of any sort. The nurse pointed out that aspirin is for headaches -- not insomnia.

Even though she's been sober for over 18 years, Patti still goes to meetings because it keeps her connected to others. Loneliness is a thing of the past. She said she had been "searching for happiness" all her life. Then she read something in her little *Twenty-Four Hours a Day* book that said, "Happiness is a byproduct of a life well-lived one day at a time."

Kevin ended his talk on a similar note: "It's amazing. I'm not an angry person anymore. I enjoy life... I fall short every day, but the one thing I do perfectly is not take that drink or drug for that one day."

CALENDAR:**SEPTEMBER**

Support Hina Mauka during National Drug & Alcohol Recovery Month at www.recoverywalkhawaii.org.

OCTOBER

Hina Mauka benefit dinner at the Sheraton Waikiki, Oct. 22. Special guest speaker Gary Stromberg has written books about rock stars in rehab, and will also be featured at the Hazelden one-day conference on Oct. 24 in Waikiki.

Call Andy Anderson at 447-5227 for more information.

Hina Mauka Board of Directors

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You are invited to a Benefit Dinner for Hina Mauka

Rebuilding Lives, Rebuilding Community

Wednesday, October 22, 2008

Sheraton Waikiki, Kauai Ballroom

Registration begins at 5:00 PM

Dinner, Silent Auction, Entertainment 5:30 – 9:00 pm

Hina Mauka will be honoring HMSA with the *Andy Award* for their advocacy for treatment. And Bob Brown, LCSW, CSAC, and long time facilitator of the Hina Mauka *Family Program* will be presented with *The Harry and Mary Lake Award for Compassion* for his work educating families about the disease of addiction.

Entertainment will be provided by Melveen Leed as she sings and talks story about entertainers she's bailed out and buried because of drugs and alcohol, and guest speaker Gary Stromberg author of *The Harder They Fall* will share personal stories of addiction and recovery from rock stars and celebrities in the 60's and 70's.

Sponsorship Levels

Master Craftsman \$5,000

- ⇒ Table for 10 with Priority Seating
- ⇒ Validated Valet Parking (space at Sheraton parking lot dependent)
- ⇒ Priority checkout from silent auction
- ⇒ Full page ad in program
- ⇒ Thanked from the stage

Journeyman Sponsor \$3,000

- ⇒ Table for 10 with Priority Seating
- ⇒ Validated Valet Parking (space at Sheraton parking lot dependent)
- ⇒ Priority checkout from silent auction
- ⇒ Half page ad in program

Apprentice Sponsor \$1,500

- ⇒ Table for 10
- ⇒ Validated Valet Parking (space at Sheraton parking lot dependent)
- ⇒ Priority checkout from silent auction
- ⇒ Quarter page ad in program

Handyman Half-Table Sponsor \$750

- ⇒ Seating for 5, may share table with individual ticket holders
- ⇒ Priority checkout from silent auction
- ⇒ Business card size ad in program

Please RSVP by October 15

Please reserve:

- ❖ I wish to be a Master Craftsman Event Sponsor for \$5,000 \$ _____
- ❖ I wish to be a Journeyman table sponsor for \$3,000 \$ _____
- ❖ I wish to be an Apprentice table sponsor for \$1,500 \$ _____
- ❖ I wish to be a Handyman half-table sponsor for \$750 \$ _____
- ❖ I wish to purchase _____ individual tickets at \$125 each \$ _____

Or/In addition I would like to make a donation to Hina Mauka for:

__ \$50 __ \$100 __ \$250 __ \$500, \$ __ other \$ _____
Total \$ _____

Please make checks payable to Hina Mauka or charge to: __ Visa __ Master Card

Account Number _____ Exp. date _____

Signature _____ CSV# _____
(Last 3 digits on back of card)

Card Holder Name (please print)

Address _____

City/State/Zip _____

Phone _____ Email _____

For more information on the benefit dinner please contact Greg Tjapkes at
447-5261, gregt@hinamauka.org, or visit www.hinamauka.org.

The mission of Hina Mauka is to provide prevention, treatment and recovery services
to individuals, families and communities touched by alcoholism, chemical dependency
and related challenges.