

# Hānai Ahu: Anchoring Culture in Substance Use Treatment & Prevention Models



*Understanding the Upstream: How does the Compact of Free Association (COFA) affect Social Determinants of Health and Policy for Federated States of Micronesia migrants in Hawaii*

Presented by:  
Carol Ann Carl, the Māpuna Lab  
& Lilinoe Kauhikaua - Papa Ola Lōkahi

## Image Description:

Depicted to the right is an **ahu** adorned with ho'okupu of pū'olo, lēi lā'ī, and pa'akai symbolizing the wealth of blessings and knowledge that our training series offers to participants this summer.

**Please take some time to introduce yourself in the chat.**

Who are you?

What mountain and waters do you belong to?

Where are you tuning in from?

If you have the means to do so, feel free to grab some water and a bite to eat before settling in. If you have 'awa or sakau nearby please feel safe to partake as we open with an adapted sakau ceremony. We'll begin the Opening Protocol with a *sokama* at around **10:05AM**



Artwork & Photo credit: Keali'imakamano'nalani Po'olua





# Opening Protocol: Genealogy and Connecting to Place Through Poetry

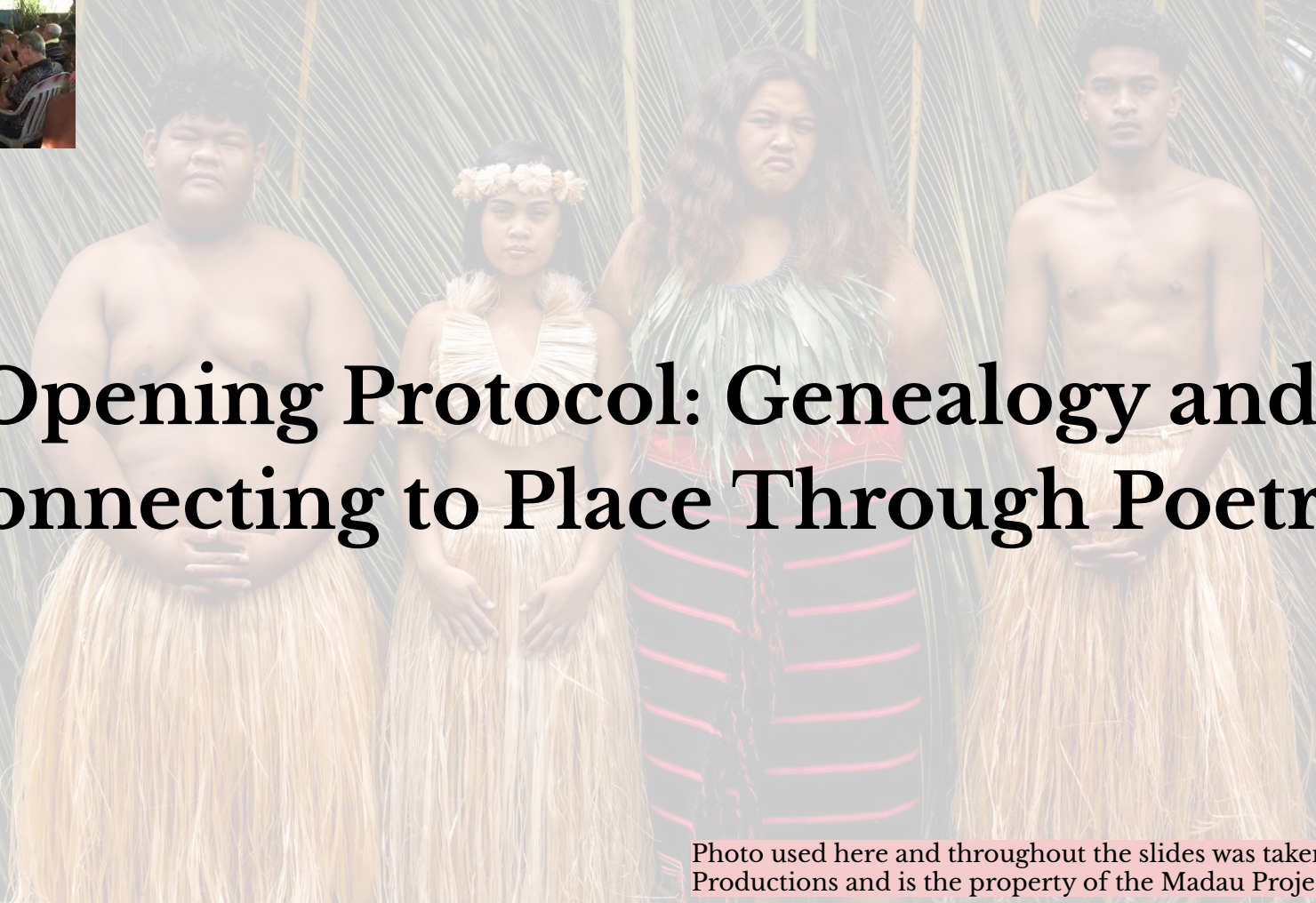


Photo used here and throughout the slides was taken by Soused Productions and is the property of the Madau Project



## Ho‘i ka ‘o‘opu ‘ai lehua i ka māpunapuna

The lehua-eating goby returns to the spring.

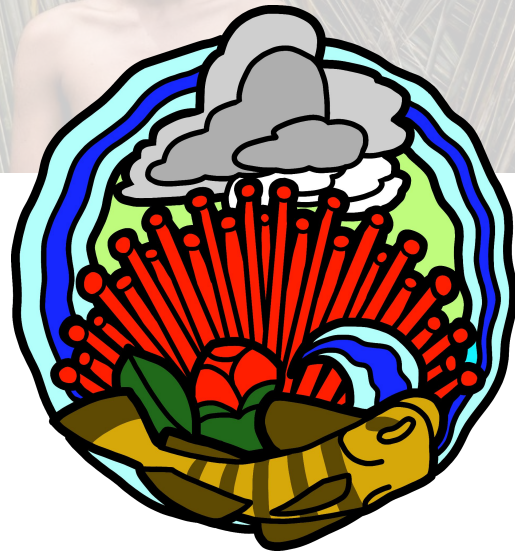
Said of one who has gone back to the source.

(Pukui #1034)

The **MĀPUNA LAB** is a place of respite for those experiencing colonial trauma. Our work is na‘au centered and focused on health and healing. Guided by ‘ōhi‘a lehua as our teacher, an endemic Hawaiian tree, we work in reciprocity and partnership in healing the chronic and existential pain of historical and intergenerational trauma with our Pacific Islander brothers and sisters.

Viewing the land as our communities and health as water cycle resilience, the lab looks to the cloud catching, truth-telling, ‘ōhi‘a lehua (*Metrosideros polymorpha*) for ways to ho‘i ka wai, to remove seen and unseen emotional blockages to restore waters (waiwai) stolen by trauma.

Aimed at creating safe spaces for co-learning, the Māpuna Lab convenes all those who believe that when Indigenous leadership is uplifted, wellness is accessible to all.



[Mapunalab.com](http://Mapunalab.com)



# What does Hānai Ahu mean to you?



Artwork by Keali'imakamano'nalani Po'oloa



Photo by: Carol Ann Carl

Photo by: Carol Ann Carl. entrance to Pahn Kadira, Nan Madol, Pohnpei Federated States of Micronesia





LEARNING  
OBJECTIVE  
**ONE**

# Learning Objectives

Participants will engage in an immersive learning experience and learn how (the) Understanding the Upstream: How does the Compact of Free Association (COFA) affect Social Determinants of Health and Policy for Federated States of Micronesia migrants in Hawaii fits into the SAMHSA's Working Definition of Recovery and the Ahupua'a Model.

LEARNING  
OBJECTIVE  
**TWO**

Participants will learn to identify the barriers to substance use prevention and care that acculturation can create for Federated States of Micronesia Compact of Free Association (COFA) migrants in Hawaii using the Ahupua'a Model.

LEARNING  
OBJECTIVE  
**THREE**

Participants will understand how to utilize the Ahupua'a Model to improve health services access for Federated States of Micronesia Compact of Free Association (COFA) migrants



# Agenda

1. Consent to Deepen
2. Introduction to *The Impacts of Colonization on Ahupua'a Conceptualization V 3.0* by Papa Ola Lōkahi
3. SAMHSA Recovery Model & 12 Core Functions of a Substance Abuse Counselor
4. A Political Map of the Pacific: Finding Micronesia
5. Brief Overview of COFA and Risk Factors
6. Break
7. Constitutional Convention and Protective Factors



# Consent To Deepen

*E nā kupukupu o nā kupuna, e mālama ka māpuna*

It is through our ancestral memory we acknowledge our systems of support that surround us, bear witness to our own resiliency, so that we may participate in the process of truth-telling, healing and emotional intelligence.





# Papa Ola Lokahi

Composed by Aunty malia Craver for Papa Ola Lōkahi, ‘Ea na  
‘Anakala ‘Iokepa DeSantos

## Oli Heahea

Aha hea kēia, nou lā e nā ‘ohana  
Pua mae ‘ole e, o ka ‘āina māle  
Ahe nani wale nō, i ka maka aloha  
Eia kahi leo ē, e pane mai ho‘i lā  
Aloha ē, aloha ē, aloha ei...ei...ē

## Request to Enter

This is our call for all the family  
Oh fadeless children of this calm land  
Indeed, you‘re beautiful to our eyes with love  
Oh hear our request, Oh do give us an answer  
Greetings of love, greetings of love, greetings  
of love





## AANHPI 'OHANA CENTER of EXCELLENCE

The AANHPI 'Ohana Center of Excellence is your source for empowerment, education, and support for individuals seeking behavioral healthcare, including mental health and substance use resources. We center (w)holistic and cultural approaches to serving the needs of the Asian American, Native Hawaiian, and Pacific Islander communities.

We also provide training and technical assistance for those working in the fields of substance use, behavioral, and mental health to better serve the needs of the Asian American, Native Hawaiian, and Pacific Islander communities through culturally responsive care.

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The AANHPI 'Ohana Center of Excellence serves a diverse group of populations of Asian Americans, Native Hawaiians, and Pacific Islanders living in the U.S., U.S. Associated Pacific Islands, Puerto Rico, and U.S. Virgin Islands.





Papa Ola Lokahi  
Nāna I Ka Pono Na Me

# Papa Ola Lōkahi



Papa Ola Lokahi  
Nāna I Ka Pono Na Me

## Native Hawaiian Health Care Improvement Act

The Congress hereby declares that it is the policy of the United States in fulfillment of its special responsibilities and legal obligations to the Indigenous People of Hawai'i resulting from the unique and historical relationship between the United States and the government of the Indigenous People of Hawai'i:

- To raise the health status of Native Hawaiians to the highest health level
- To provide existing Native Hawaiian health programs with all resources necessary to effectuate this policy

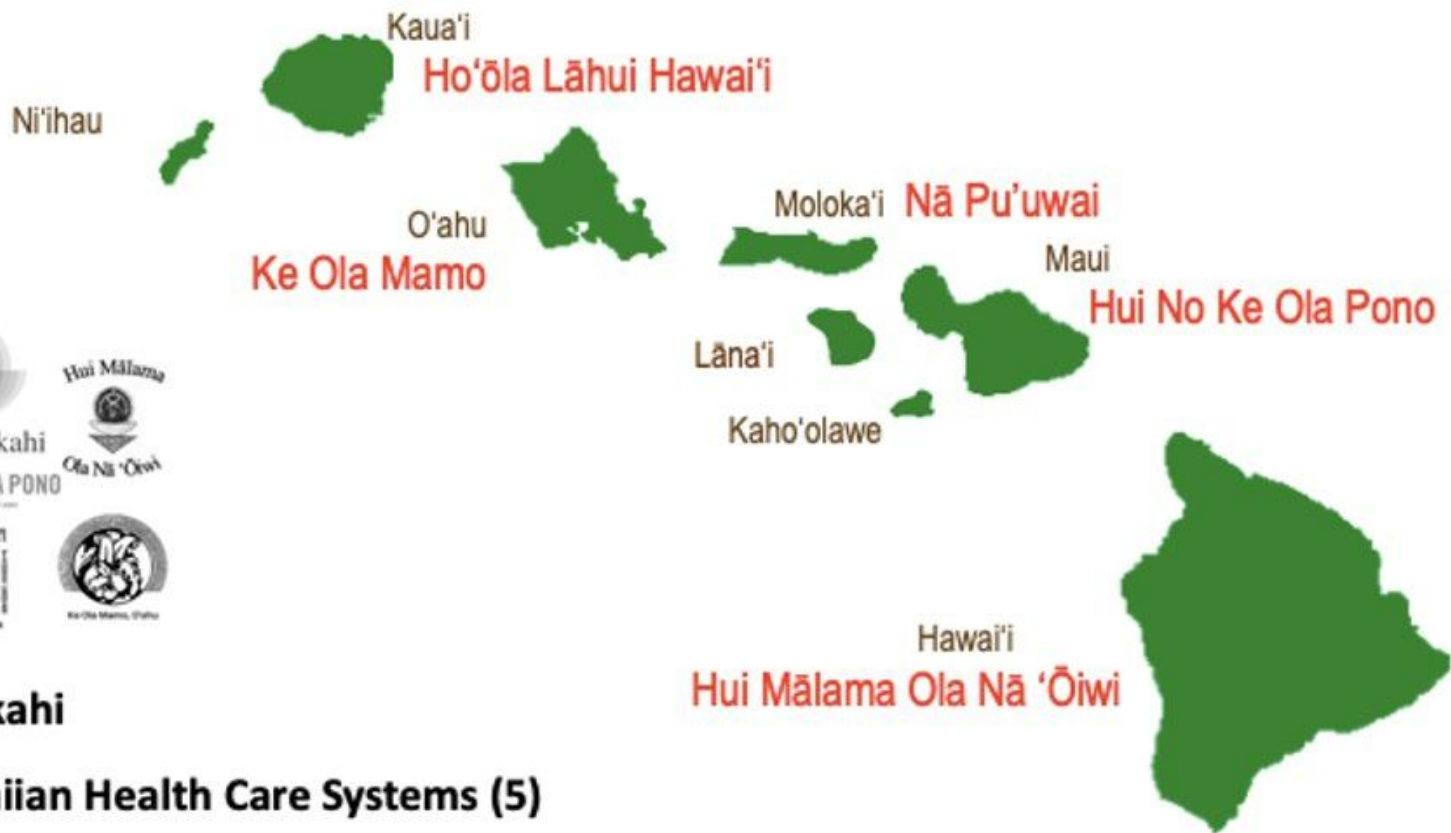
Reauthorized in 1992 as Native Hawaiian Health Care Improvement Act (NHHCIA)

(P.L. 102-396).

Reauthorized in 2010 via the Affordable Care Act.



# Papa Ola Lōkahi



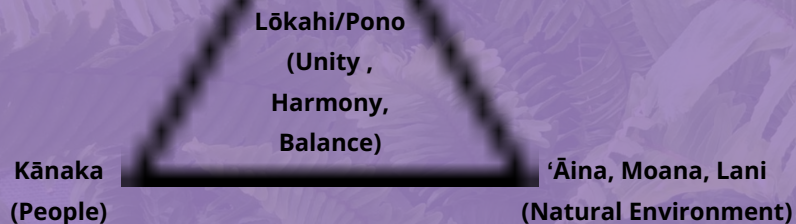
- Papa Ola Lōkahi
- Native Hawaiian Health Care Systems (5)
- Native Hawaiian Health Scholarship Program

# Framework for the Hawaiian Perspective

Source: Richard "Likeke" Paglinawan

Akua/Nā Aumākua  
(Higher power, spiritual guardians)

## Macro Level (World View)



'Uhane (Sprit)

## Micro Level (Individual View)

Lōkahi/Pono  
(Unity,  
Harmony,  
Balance)

Kino (Body)

Mana'o, Na'au  
(Mind, Gut feeling)



Papa Ola Lokahi  
Nāna i ka Pono Na Me

# I ka wā ma mua, I ka wā ma hope

Prior to European contact, Native Hawaiians understood that health must include balance between

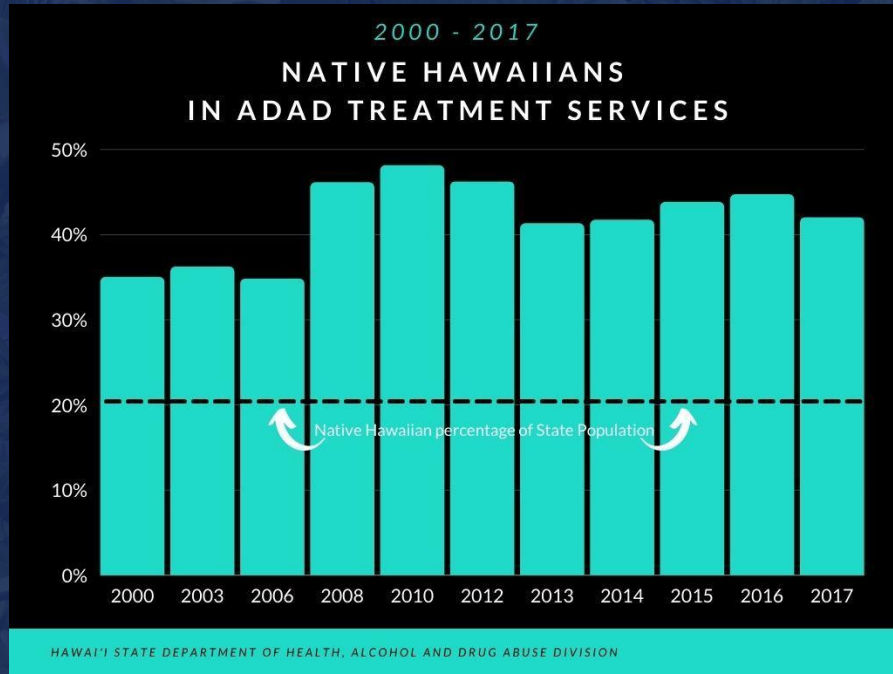
- Mind
  - Body
  - Spirit
  - Individual/family /community
  - Environment
  - Spirituality
- =Mauliola

## Western Influence & Colonization



= Imbalance, Shifted Paradigms,  
Cultural/Historical/Intergenerational Trauma, H  
Disparities

# Manifests as Mental Health & Substance Use



NH consistently overrepresented in  
Addiction treatment for over 2 decades

Highest incidences of behavioral health  
problems

Higher prevalence of depression (13%)  
than the state's overall population (8%).

Suicide rate among NHs ages 15–44 is the  
highest compared to all of Hawaii's major  
ethnic groups.

# 'Imi Ke Ola Mau

*In order for Kanaka Maoli to heal...*

"We need a sense of self, retrieved from our past through ancestors, present through purpose, and future through descendants. We need the resiliency and protection our culture provides, in order to prevent relapse and redefine ourselves away from pathological diagnoses"



Papa Ola Lōkahi

*We need the resiliency and protection that culture provides through...  
language, traditions,  
ceremonies, ancestral  
knowledge*



*Native Hawaiians need not become Western to heal*

"We need a sense of place to anchor values and balance life. Beyond Western practices, Native Hawaiians need to care for the aina, which they understand to deeply care for them"



# Papa Ola Lōkahi



Papa Ola Lōkahi  
Nana I Ka Pōto Na Ma

# 'Ahupua'a Model



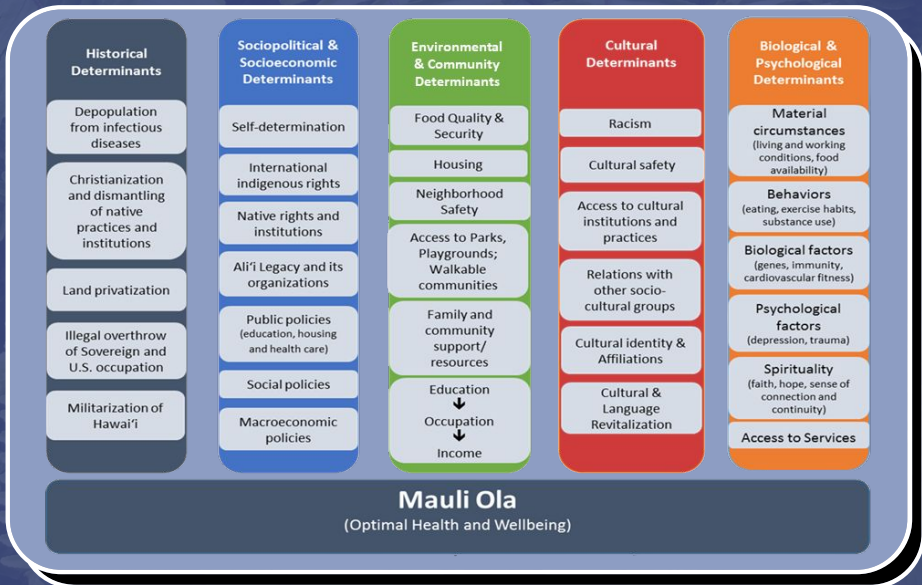
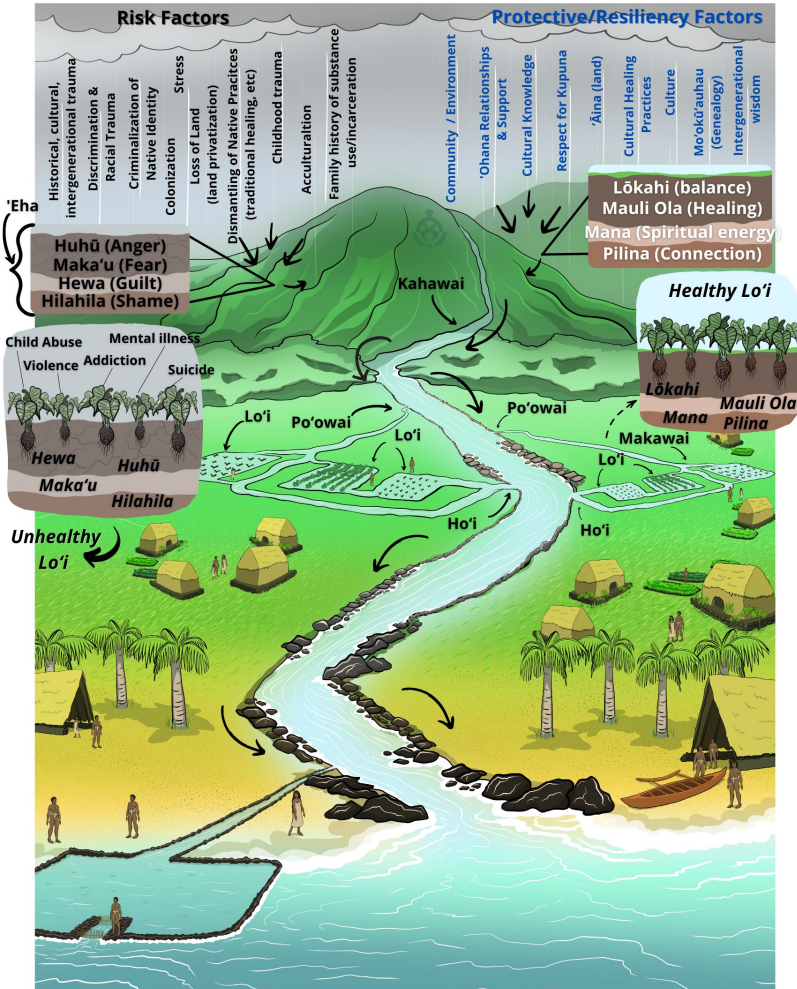
Papa Ola Lokahi  
Nana I Ka Pono Na Ma

Influenced by White Bison & Healing Forest

Dr. Keawe Kaholokula's Social & Cultural Determinants of Health

Artist - Kimo Apaka

- Interconnected Systems
- Each system must be healthy for all to flourish
- Water Cycle
- Intergenerational
- Collective





# 'Ahupua'a Model



Papa Ola Lokahi  
Nana I Kai Pono Na Ma

Influenced by White Bison & Healing Forest

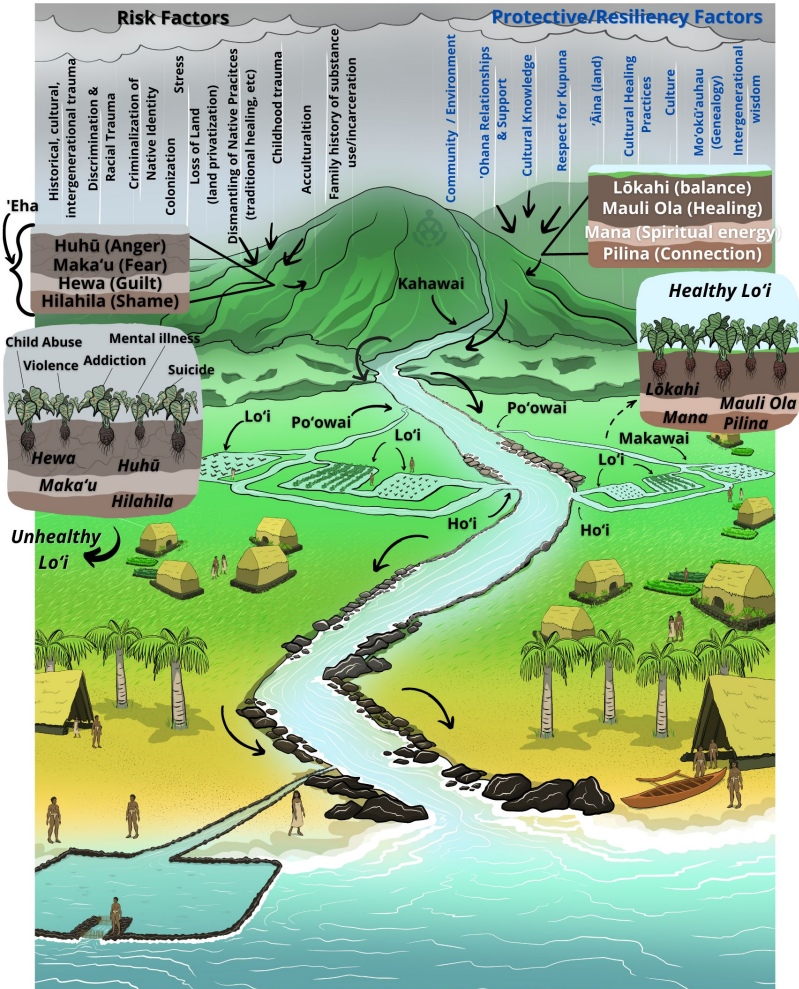
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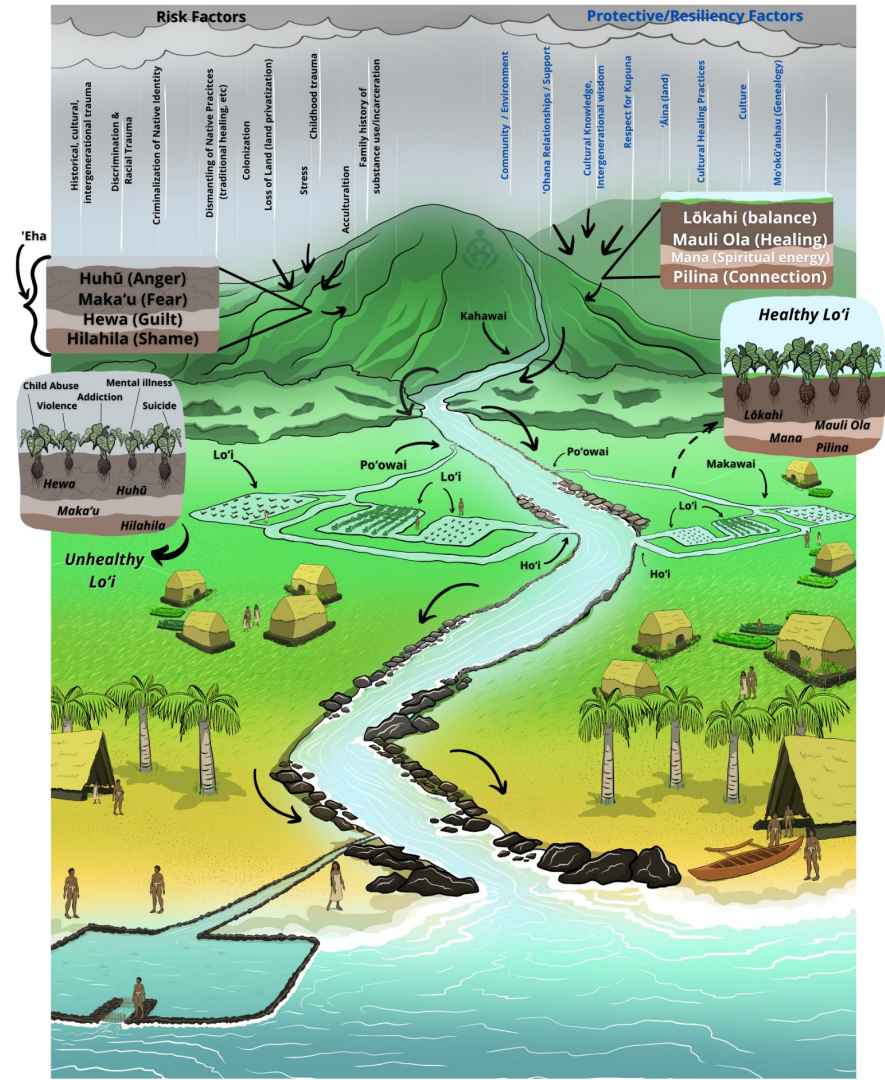
SCAN ME



# Papa Ola Lōkahi

## The Impacts of Colonization on Ahupua‘a. Conceptualization, V3.0

Questions to consider:  
What is your ahu?  
What is your pua‘a?



# The First Four Cups of the Sakau Ceremony

Internalizing wisdom, knowledge, and reflection



# Framework Overviews:

## SAMHSA's Working Definition of Recovery

"A standard, unified working definition [of recovery] will help advance recovery opportunities for all Americans, and help to clarify these concepts for peers, families, funders, providers, and others."

- Hope
- Purpose-Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Cultural
- Addresses Trauma
- Strengths/Responsibility
- Respect

[SAMHSA's Working Definition of Recovery](#)

## 12 Core Function of a Substance Abuse Counselor (CSAC)

Substance abuse counselors are expected to show competency in the 12 Core Functions of substance abuse treatment.

- Screening
- Intake
- Orientation
- Assessment
- Treatment Planning
- Counseling
- Case Management
- Crisis Intervention
- Client Education
- Referral
- Report and Record Keeping
- Consultation with other Professionals in Regard to Client Treatment and Services

[CSAC](#)



A photograph of four young people standing in a row against a background of vertical palm fronds. From left to right: a young man with a serious expression, a young woman wearing a white flower lei and a white fringed top, a young woman with a concerned expression wearing a green fringed top, and a young man with a serious expression wearing a white fringed skirt. The text 'The First Cup' is overlaid in the center in a black serif font.

# The First Cup

Internalizing wisdom, knowledge, and reflection



# Framework Overview:

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- Hope
- Purpose-Driven
- Many Pathways
- Holistic
- Peer Support
- **Relational**
- Cultural
- Addresses Trauma
- Strengths/Responsibility
- Respect

### Recovery is supported through relationships and social networks

An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change. Family members, peers, providers, faith groups, community members, and other allies form vital support networks. Through these relationships, people leave unhealthy and/or unfulfilling life roles behind and engage in new roles (e.g., partner, caregiver, friend, student, employee) that lead to a greater sense of belonging, personhood, empowerment, autonomy, social inclusion, and community participation.



A photograph of four young people standing in a row against a background of palm fronds. From left to right: a young man with a serious expression wearing a grass skirt; a young woman wearing a white floral headband and a white grass top and skirt; a young woman with a serious expression wearing a green grass top and a red and black striped skirt; and a young man with a serious expression wearing a grass skirt. The text 'The Second Cup' is overlaid in the center.

# The Second Cup

Internalizing wisdom, knowledge, and reflection



# Framework Overview:

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- Relational
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- Addresses Trauma
- **Strengths/Responsibility**
- Respect

### **Recovery involves individual, family, and community strengths and responsibilities**

Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery.

Individuals should be supported in speaking for themselves. Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery. Communities have responsibilities to provide opportunities and resources to address discrimination and to foster social inclusion and recovery. Individuals in recovery also have a social responsibility and should have the ability to join with peers to speak collectively about their strengths, needs, wants, desires, and aspirations.

[SAMHSA's Working Definition of Recovery](#)





A photograph of four young people standing in a row against a background of palm fronds. From left to right: a young man with a serious expression wearing a grass skirt; a young woman wearing a flower crown and a grass top; a young woman with a concerned expression wearing a green grass top and a red and black striped skirt; and a young man with a serious expression wearing a grass skirt. The text 'The Third Cup' is overlaid in the center.

# The Third Cup

Internalizing wisdom, knowledge, and reflection

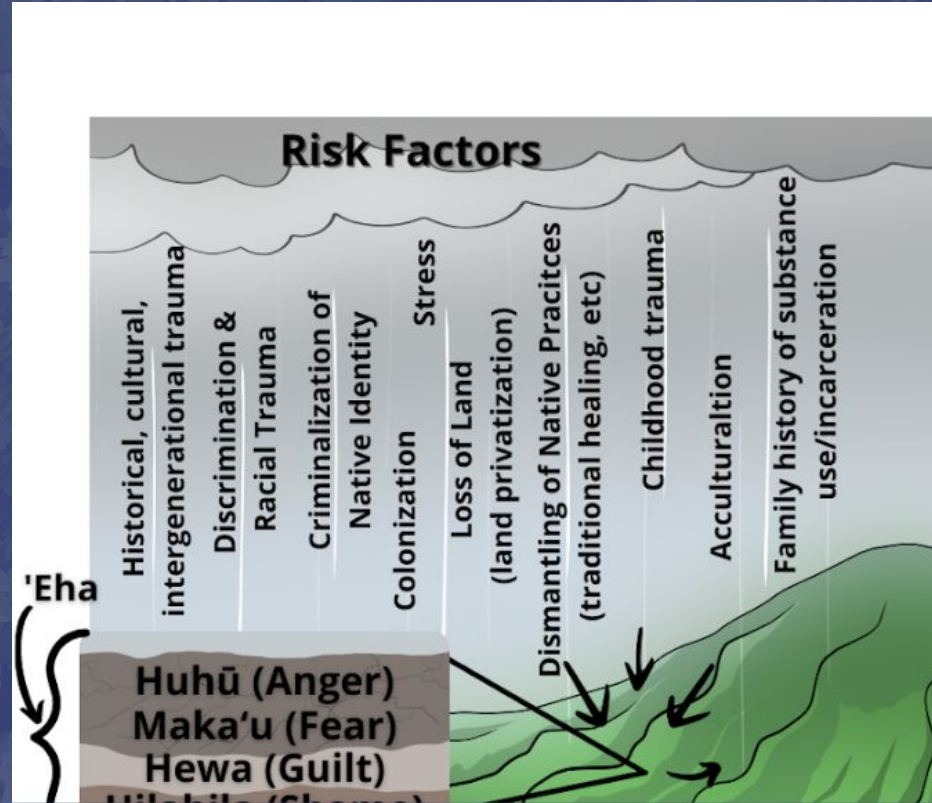


# 'Ahupua'a Model



Papa Ola Lokahi  
Hawaiian Health Services

Influenced by White Bison & Healing Forest & Dr. Keawe Kaholokula's Social & Cultural Determinants of Health



# The Fourth Cup

Internalizing wisdom, knowledge, and reflection

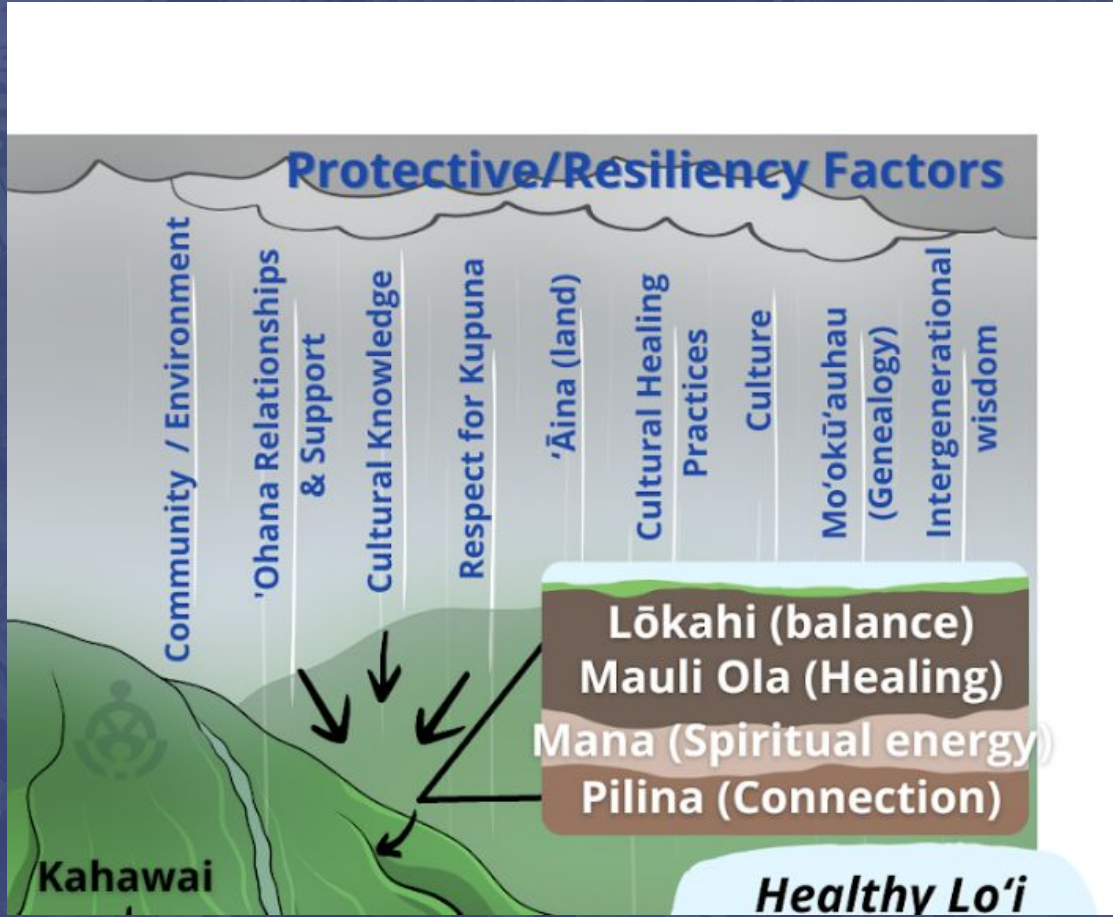


# 'Ahupua'a Model



Papa Ola Lokahi  
HHS, MA

Influenced by White Bison & Healing Forest & Dr. Keawe Kaholokula's Social & Cultural Determinants of Health



# Definition(s) to keep in mind specific to this webinar

1. Micronesia = refers to US-affiliated islands which are Guam, Northern Marianas, Palau, Marshall Islands, Pohnpei, Yap, Chuuk, and Kosrae
2. Free Association = the forming of a political alliance without any constraint or external restriction



# A Political Map of the Pacific: Finding Micronesia



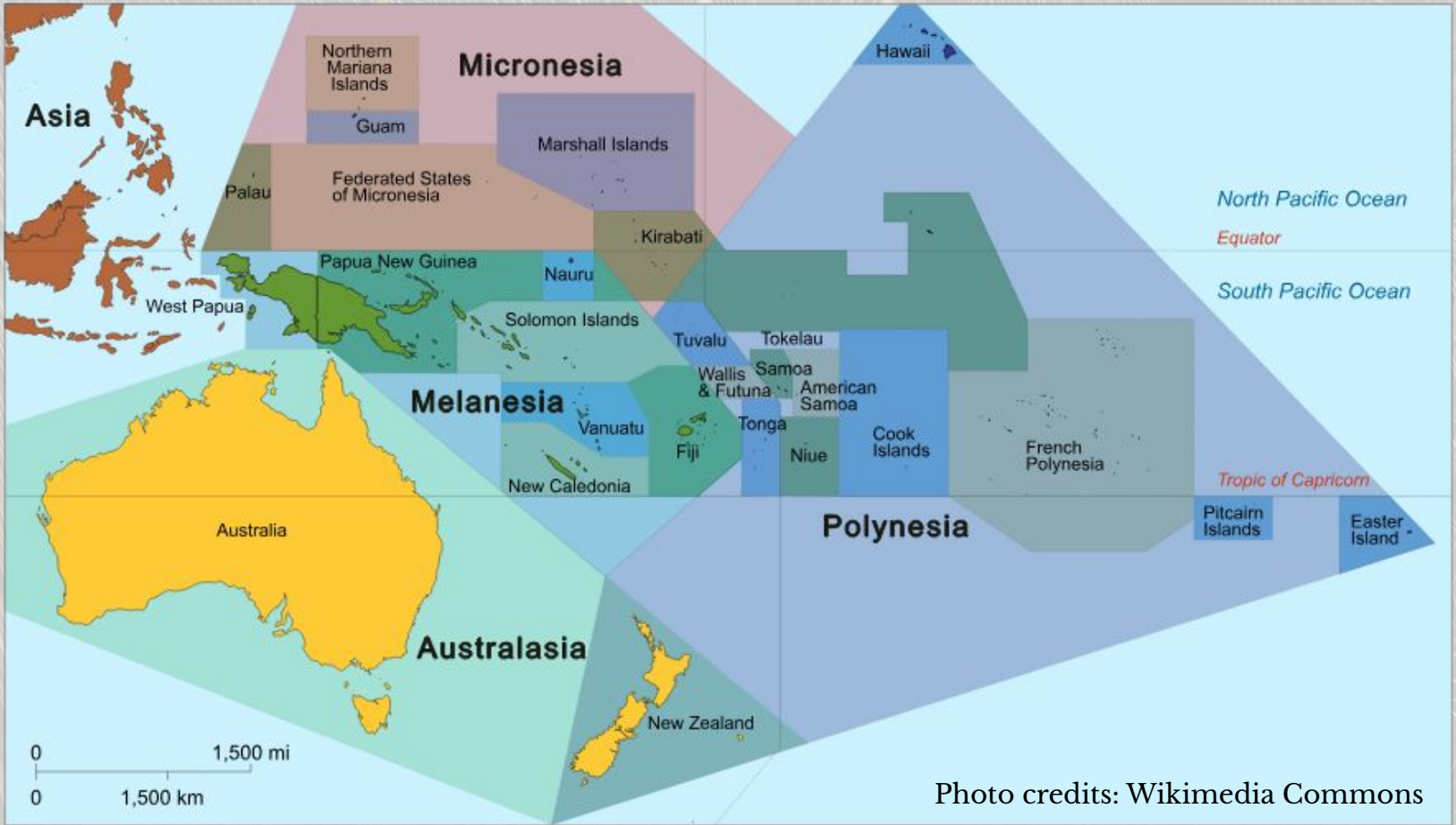


Photo credits: Wikimedia Commons



A photograph of four young people standing in a row against a background of palm fronds. From left to right: a young man in a grass skirt, a young woman in a grass top and skirt with a flower crown, a young woman in a red and black striped dress, and a young man in a grass skirt. The text is overlaid on the center of the image.

# Brief Overview of the Compact(s) of Free Association and the Freely Associated States





# Framework Overview:

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# Step Back in Time

Micronesia: 4 major periods of imposed colonial administration

South Seas Mandate 1914-1945

- After WWI, Japan annexed Micronesia as ordered by the League of Nations

Micronesian survivors of WW2 describe Japanese occupation as brutal

- Infliction of cruel punishment
- Land appropriation
- Slave labour (*kinrosi*)
- Unwarranted execution
- Forced prostitution
- Countless massacres of innocent lives

Japan's naval base was located in Chuuk

- Attack on Pearl Harbor December 7, 1941
- US performed an aerial attack on Chuuk harbor (Operation Hailstone February 17, 1944)
  - o Bombed Japanese fleets, airports, and main installations

Atomic bombs launched on Nagasaki and Hiroshima were launched from an airfield in Tinian (August 1945)



# Engagement with the US

Micronesians used this opportunity to rebuild and contemplate the future (politically)

US was planning how to acquire the islands for military strategic purposes, to protect itself in the Pacific

- US negotiated with the UN to make Micronesia a US Trust Territory = US Trust Territory of the Pacific Islands (TTPI)
  - Gave US exclusive free hand on the islands
  - Prioritised nuclear testing sites in the Marshall Islands
  - Created CIA training camp in Saipan

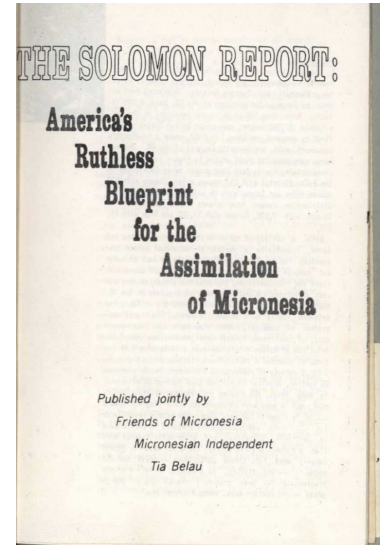


US Pentagon imposed a political “wall of silence” around the region. Any engagement between Micronesia and the outside world had to be approved by the Pentagon first



# A United Nations Obligation Unmet

- The US had an obligation to the UN to support the development of Micronesia
- Anthony Solomon was tasked to survey the islands and draw up a master plan for development which would realize and focus on US political goals in Micronesia



Laid out “an integrated master plan for bringing Micronesia into permanent affiliation with the US”


# The Micronesian Led Push for True Self-Determination

## Congress of Micronesia

- Prioritized self-determination
- 1975 - In Saipan, drafted the constitution of the Federated States of Micronesia (FSM)
- By 1979 - region split by divided negotiations
  - 4 districts left ratified the FSM Constitution (Pohnpei, Yap, Chuuk, and Kosrae)

## The New York Times

### *Micronesian Nationalists Accuse U.S. of Plan to Keep Islands*

 Give this article



By Robert Trumbull; Special to The New York Times

May 9, 1971

An offer of “Commonwealth status,” affiliating the islands with the United States in a relationship like that of Puerto Rico, was rejected last year by the Congress of Micronesia, the islandwide legislature. The Congress demanded a looser “free association,” which the American side refused.



# The Compact(s) of Free Association

Defined: an international, bilateral agreement establishing and governing the relationship of free association between the United States and a Micronesian sovereign state

## THERE EXISTS THREE

1. The Compact of Free Association between the US and the Federated States of Micronesia (today's focus)
2. The Compact of Free Association between the US and the Republic of the Marshall Islands
3. The Compact of Free Association between the US and the Republic of Palau

Each is distinct in the priorities and benefits outlined and negotiated



# The Compact of Free Association between the US and the Federated States of Micronesia

Can be summarized into **TWO MAJOR AGREEMENTS:**

## 1. Subsidiary Agreement: outlines Economic Relations (Title 2)

- a. **Sector grants: US will provide FSM with annual financial assistance in the following sectors:**
  - i. **Education**
  - ii. **Health care**
  - iii. **Private sector development**
  - iv. **The environment**
  - v. **Public sector capacity building**
  - vi. **Public infrastructure**
- b. **Trust Fund: to be saved and used only when the annual financial assistance is terminated**

## 2. Tertiary Agreement: outlines Security and Defense Relations (Title 3)

- a. **Gives the US full authority and responsibility for security and defense matters in or relating to the FSM**
- b. **Gives the US responsibility and authority over FSM's lands, waters, and airspace, as needed to conduct activities necessary for security and defense**
- c. **Title V section 352 states**
  - i. **This agreement can stay in effect after termination of the compact**
  - ii. **This agreement can only be terminated if there is mutual agreement between the US and the FSM to do so**
  - iii. **If this agreement is terminated then the subsidiary agreement will also be terminated**

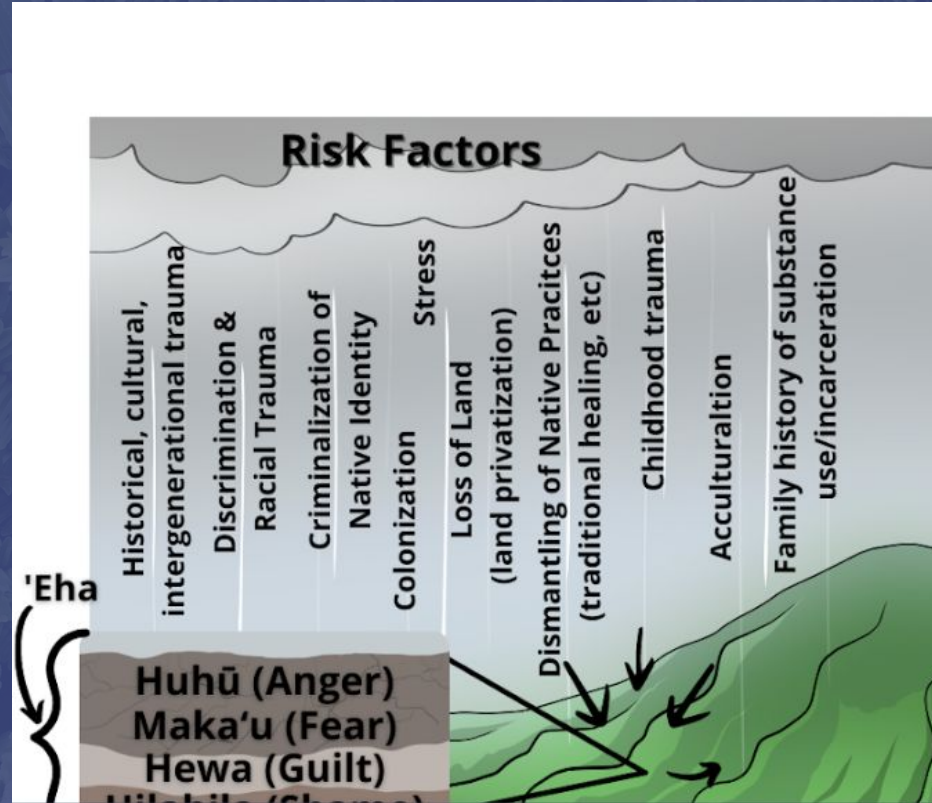


# 'Ahupua'a Model



Papa Ola Lokahi  
Ma'ohi'ala

Influenced by White Bison & Healing Forest & Dr. Keawe Kaholokula's Social & Cultural Determinants of Health





# Hawaii Micronesians In Hawaii Still Struggle To Get Health Care

Low-income patients are afraid of going to the doctor and being saddled with co-payments. Unlike U.S. citizens or many green card holders, they aren't eligible for Medicaid.

By Anita Hofschneider / April 3, 2019  
Reading time: 13 minutes

On a recent Friday, Lola Santy of Waipahu only had three pills remaining of her anti-diabetes medication. She wasn't sure what she'd do when they ran out.

# Beyond Hawaii After Super Typhoon Yutu, Many Left Without Federal Disaster Aid

Non-citizens without green cards — including citizens of Micronesian nations and temporary workers — are excluded from federal disaster cash assistance.

By Anita Hofschneider / November 6, 2018  
Reading time: 5 minutes

The most powerful storm of the year, Super Typhoon Yutu, just blew through the U.S. Commonwealth of the Northern Mariana Islands in the western Pacific.

# Hawaii Hawaii's New Unemployment Application Excludes Micronesian Migrant Workers

Migrants from three Micronesian nations are losing jobs due to COVID-19 but can't apply for unemployment the same way as other legal workers.

By Anita Hofschneider / April 11, 2020  
Reading time: 6 minutes

More than 200,000 people have applied for unemployment insurance in Hawaii as multiple industries in the state skid to a halt due to restrictions intended to slow the spread of the coronavirus.



# Hawaii Trump Administration Backs Off From Restricting Driver's Licenses For Micronesians

Update: The Consul General of the Federated States of Micronesia in Honolulu said that policy had created "tremendous hardship" for Pacific Islanders in Hawaii.

By Anita Hofschneider / September 3, 2019  
Reading time: 5 minutes

Thousands of citizens of three Micronesian nations can now get federally approved driver's licenses in the U.S., reversing a policy change four months ago that caused widespread confusion and pushback from Pacific Islander communities in Hawaii.

# For Micronesians in Hawai'i, the struggle for health care can be traced back to nuclear tests

Hawaii Public Radio | By Jackie Young  
Published October 12, 2021 at 11:39 AM HST

LISTEN • 2:06




Kikua Kalhi Valley started in 1972 with four female employees from the Kalhi Valley community whose job it was to walk door to door.



Nearly 25,000 Micronesians live in Hawai'i — and their struggle for affordable health care has lasted for more than 20 years. There have been recent changes, but challenges remain. This week, HPR's Jackie Young looks at some of those changes and challenges — starting with some history.

## Micronesians in Hawaii: Migrant Group Faces Barriers to Equal Opportunity



A Report of the Hawaii Advisory Committee to the U.S. Commission on Civil Rights

March 2019

# Hawaii No Aloha for Micronesians in Hawaii

Migrants suffer from discrimination, lack of understanding of their culture and rights in America.

By Chad Blair / June 10, 2011  
Reading time: 12 minutes

Updated 6/20/11 9:15 a.m.

Editor's note: This is the first of two articles on Micronesians in Hawaii. Tomorrow we examine whether media coverage has contributed to negative attitudes toward the group. Also, to learn more about Micronesians and why they have special status in the United States, read this background.

THE DIPLOMAT  
READ THE DIPLOMAT. KNOW THE ASIA-PACIFIC


FEATURES | DIPLOMACY | OCEANIA

## America's Micronesia Problem

The end of the Compact of Free Association with the Federated States of Micronesia would have serious repercussions.

By Thomas R. Matelski  
February 19, 2016

In December 2015, in an oft overlooked corner of the globe, the Congress of the Federated States of Micronesia (F.S.M.) introduced a resolution\* signifying the intent to end the Compact of Free Association with the United States of America in 2018. The two sides were in the process of discussing a potential renewal of the Compact when it expires in 2023.




Credit: U.S. Department of State

WORLDWIDE CIVIL BEAT

## An Untold Story of American Immigration

First we nuked their islands and then we took control of the whole region. In exchange, Micronesians can move to the U.S. without restriction. And they are coming — by the tens of thousands — for health care, education and jobs.

BY CHAD BLAIR  
PHOTOGRAPHER MARK EDWARD HARRIS / OCTOBER 14, 2015




HIR  
HARVARD INTERNATIONAL REVIEW

US EUROPE ASIA MIDDLE EAST & AFRICA AMERICAS OCEANIA ARCHIVES LOG IN  
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## Micronesia: The Next US-China Battleground

06.DEC.2021 9:00 AM · 6 MIN READ



# POLITICO

## MAGAZINE

WASHINGTON AND THE WORLD

## 'They Did Not Realize We Are Human Beings'

In Iowa, a community of Marshall Islanders has found a place to settle, decades after the U.S. dropped nuclear bombs on their Pacific home. Now can Washington deliver on the promises it made?

ISLAND TIMES  
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Opinion

## Micronesia climate refugees increasingly relocate to Oregon

# Minnesota Reformer

POLITICS WORK & MONEY CIVIL RIGHTS HEALTH CARE SCHOOLS HOUSING & TRANSPORTATION

GOVERNMENT & POLITICS WORK & MONEY

## Milan, Minnesota swelled with immigrants. But will the census count them?

BY: APRIL SIMPSON - AUGUST 25, 2020 11:51 PM



In 2002, Elias was among the first people from the Federated States of Micronesia to move to Milan, Minn., the self-proclaimed Norwegian capital of the United States. Milan's population had been declining when the first sprinkling of Micronesians newcomers arrived. Then more came.



Break



# Word Search



- |                       |                      |
|-----------------------|----------------------|
| 1. Compact            | 1. Yap               |
| 2. Freely             | 2. Chuuk             |
| 3. Associated         | 3. Kosrae            |
| 4. Micronesia         | 4. Micronesian       |
| 5. Migrant            | 5. Excellence        |
| 6. Self-determination | 6. Culture           |
| 7. liberation         | 7. Genealogy         |
| 8. Sovereignty        | 8. Heritage          |
| 9. Protective         | 9. Intergenerational |
| 10. Risk              | 10. Wisdom           |
| 11. Citizenship       | 11. Knowledge        |
| 12. Canoe culture     | 12. Respect          |
| 13. 'Āina             | 13. Relationships    |
| 14. Pohnpei           | 14. Community        |
|                       | 15. Environment      |

E Y O Q W H F T H E C B O U Y L E E R F J B J T C  
 W A N C N F P R O T E C T I V E G U Y Y B L Y C O  
 X P S G T O S W Z S O S Y K K B C H T Q F A L V M  
 Z X I H M U E I Y W Y E O O M S V O N B E N T V P  
 Q A K F K X L A O T U Y Z S V C X L G K N O T E A  
 V K N R Q L F D P N P F K E F F R U I G R I X S C  
 C X U I L G - F N C F O V A M I K S E Y R T D Y T  
 I H Y V Ā S D T Q T I I I J M R E Y R V Q A L Y B  
 S I U S V ' E K P H J D W N Q C T P E Z O R G B S  
 P N G U J K T O S I Y A S Z N M L Z V M A E S Y F  
 P Z H I K N E N J X H X K E D I Y V O S Q N P Q K  
 R H D P J G R O R K B S L V L Z D K S B E E I Y O  
 D A F X F I M I L D O L N C W T Y O E B G G H W S  
 Z I M W P U I T F M E A P E O V C A M I A R S G R  
 K S I C N T N A K C I W O W Z I Y H D E T E N E A  
 N E C C E E A R X U E G P R A I N S S P I T O N E  
 O N R O S Y T E K I Z V R T C D T G J N R N I E G  
 W O O M T U I B W M U Z E A Q A V I D H E I T A N  
 L R N M E C O I R I H D A O N W U E C O H T A L S  
 E C E U G D N L E Q C U T P O T T X W P F V L O X  
 D I S N O F C R S I I S C U C D Y I L B O T E G J  
 G M I I Q R E I P M F C N A A X S E O N A C R Y I  
 E E A T A Y H S E D J S G E X D W P C U L T U R E  
 V A N Y R D W K C V P L R T O O U X O G S G O J Y  
 K E V T P N J B T E N Z K M E N V I R O N M E N T





# Word Search

- |                       |                    |
|-----------------------|--------------------|
| 1. Compact            | 1. Yap             |
| 2. Freely             | 2. Chuuk           |
| 3. Associated         | 3. Kosrae          |
| 4. Micronesia         | 4. Micronesian     |
| 5. Migrant            | 5. Excellence      |
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| 12. Canoe culture     | 12. Respect        |
| 13. 'Āina             | 13. Relationships  |
| 14. Pohnpei           | 14. Community      |
|                       | 15. Environment    |

Word search grid with words highlighted:

YELEERF  
 PROTECTIVE  
 SWZSOSYKKBCHT  
 IYWYE OOMS VON  
 AKFKXL AOTUYZSVCXLG  
 VKNRQLF DPNPFKEFFRU  
 CXUILG - FNCFOVAMIKSEYRTDYT  
 IHYVASD TQTIIIMREYRVQALYB  
 SIUSV' EKPHJDWNQCTPEZORGBS  
 PNGUJKT OSIYASZNM LZVMAESYF  
 PZHIKNE NJXHXKEDIYVOSQNPQK  
 RHD PJGR ORKBSLV LZDKSBEIYKO  
 DAFXFIM ILDOLNCW TYOE BGGHWS  
 ZIMWPUI TFM EAPEOV CAMIARSGR  
 KSICNTNAKCIWOWZ IYHDE TENEA  
 NEECEEARXUEGPRAINS SPITONE  
 ONROS YTEKIZVRTCDTGJN RNI EG  
 WOOMTUI BWMUZEAQAVIDHEILTAN  
 LRNMECOIR IHD AONWUECOHTALS  
 EC EU GD NLEQCUTPOTTXWP FVLOX  
 DISNOFC RSIISCUCDYILBOTEGJ  
 GMIIQREIPMFCNAAXSEONACRYI  
 EEATA YHS EDJSGEXDWPCULTURE  
 VAN YRDWK CVPLRTO OUXOGSGOJY  
 KEVTPNJB T ENZK MENVIRONNMENT



# Self- Determination and the FSM Constitutional Convention



# Framework Overview:

## SAMHSA's Working Definition of Recovery

"A standard, unified working definition [of recovery] will help advance recovery opportunities for all Americans, and help to clarify these concepts for peers, families, funders, providers, and others."

- Hope
- Purpose-Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Cultural
- Addresses Trauma
- **Strengths/Responsibility**
- Respect

### **Recovery involves individual, family, and community strengths and responsibilities**

Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery.

Individuals should be supported in speaking for themselves. Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery. Communities have responsibilities to provide opportunities and resources to address discrimination and to foster social inclusion and recovery. Individuals in recovery also have a social responsibility and should have the ability to join with peers to speak collectively about their strengths, needs, wants, desires, and aspirations.



Federal  
Negotiations

The fall on  
State shoulders





# Obtaining the Fishing Pole: FSM States Reclaiming their Power and Resources





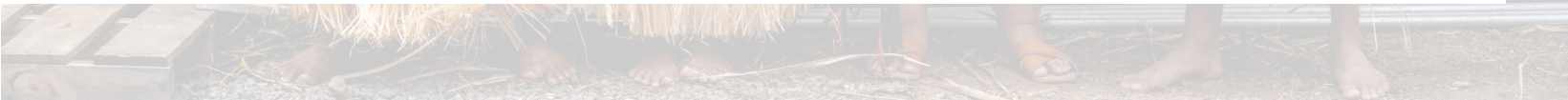
# **THE FOURTH FSM CONSTITUTIONAL CONVENTION PROPOSED AMENDMENTS FOR REFERENDUM**

Public Education Materials

*“OWN YOUR CONSTITUTION AND VOTE!”*

## General Overview

General Description	Article	Section(s) (Subsection(s))	General Notes
1) Dual Citizenship	III	3, 4, 5	An FSM citizen can also be a citizen of another country, (especially USA because of the compact treaty).
2) Rev. Sharing-Fishing Fees	IX	2 (m)	States will be entitled to not less than 50% of total fishing fees collected per year: 70% of that amount will be divided by population and 30% is divided equally among the States. <i>(Currently 100% is for FSM and 0% for the States)</i>
3) Presidential Veto Override	IX	2 (q)	Affirmative votes by 2/3 of election- district-representatives and 3/4 of at-large-members. <i>(Currently, affirmative votes by 3 of 4 State Delegations)</i>
4) REV. DISTRIBUTION- Seabed /Subsoil Resources	IX	6	State(s) where resources are found is/are entitled to 50% of net revenue collected by FSM. Division between State(s) shall be equal.
5) Eligibility criteria to run for Congress	IX	9	At least 30 years of age on election day, citizen of FSM by birth, domiciliary of the represented State, must be residing in the FSM for at least 5 years.
6) Exclusive Jurisdiction for land matters	XI	6 (b)	Competent state courts shall have exclusive jurisdiction in national court cases where an interest in land is at issue.
7) Creation of the Office of INDEPENDENT PROSECUTOR	XII	4 (new)	To establish a new FSM Office for Independent Prosecutor; appointment, authority and removal.
8) THRESHOLD	XIV	1	Amending the FSM Constitution will require 2/3 of affirmative votes by 3/4 of the States. <i>(Currently it requires 3/4 of affirmative votes)</i>



A New  
 Constitution  
 increases the  
 focus on  
 Micronesian  
 priorities and  
 provides a  
 hand-up for  
 its citizens

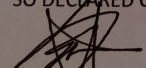
**POHNPEI STATE:**

<u>Amendments:</u>	<u>Percentage</u>
Dual Citizenship	87.47%
Eligibility for Congress	86.03%
Independent Prosecutor	80.51%
Land Case	86.03%
Presidential Veto	87.99%
Revenue Distribution	87.56%
Revenue Sharing	87.77%

**YAP STATE:**

<u>Amendments:</u>	<u>Percentage</u>
Dual Citizenship	78.63%
Eligibility for Congress	82.58%
Healthy Environment	87.97%
Independent Prosecutor	83.44%
Presidential Veto	82.64%
Revenue Distribution	75.08%
Threshold	79.61%

SO DECLARED ON THE 10<sup>th</sup> DAY OF July

  
 Ausen T. Lambert  
 Director  
 National Election Office

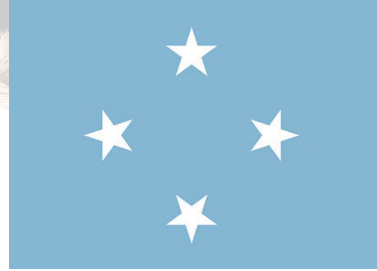
**CHUUK STATE:**

<u>Winning Candidate:</u>	<u>Total Votes Received</u>	<u>Election District</u>
FABIAN SITAN NIMAE	3,576	AT-LARGE
<u>Amendments:</u>	<u>Percentage</u>	
Dual Citizenship	87.47%	
Eligibility for Congress	86.03%	
Healthy Environment	87.99%	
Independent Prosecutor	80.51%	
Land Case	86.03%	
Presidential Veto	87.99%	
Revenue Distribution	87.56%	
Revenue Sharing	87.77%	
Threshold	87.77%	

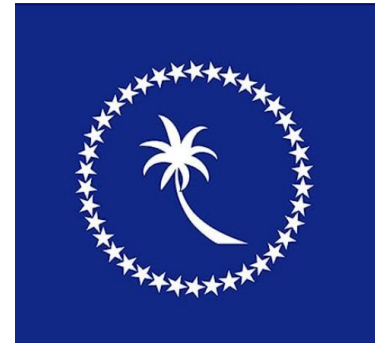
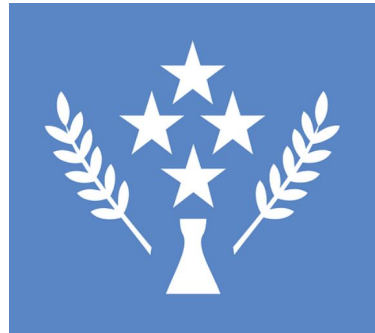
**KOSRAE STATE:**

<u>Winning Candidate:</u>	<u>Total Votes Received</u>	<u>Election District</u>
YOSLYN G. SIGRAH	697	AT-LARGE
<u>Amendments:</u>	<u>Percentage</u>	
Dual Citizenship	86.6%	
Eligibility for Congress	86.0%	
Healthy Environment	93.0%	
Independent Prosecutor	86.5%	
Land Case	85.7%	
Presidential Veto	84.8%	
Revenue Distribution	87.3%	
Revenue Sharing	87.7%	
Threshold	90.9%	





**The FSM is a loose Federation**  
100% of Compact funds go to the states



# Increased Benefits for FSM citizens

- Amendments will help realize Micronesian priorities as we continue to navigate this relationship with the US
  - Dual Citizenship will ensure that both states in the FSM and the US can support citizens abroad by sharing the load
- Relationships between State organizations and leadership should be increased and maintained
  - Appropriate funds to help citizens in the FSM and abroad
  - Advocate for the provision of basic necessities
    - Housing
    - Education
    - Labor
    - Healthcare
    - Freedoms of expression





NAACP

### Support for Micronesians Living in the United States

The NAACP through its staff and/or volunteers demonstrate such support through written statements to members of Congress for redress of COFA migrants by calling for an amendment to Title IV of the Personal Responsibility and Work Opportunity Reconciliation Act of 1996 to permit Medicaid coverage for citizens of the Freely Associated States lawfully residing in the United States under the Compacts of Free Association between the Government of the United States and the Governments of the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau.

Jan 1st, 2013

NAACP

Local News

## Over 20 years later, expanded Medicaid brings affordable health care back to Micronesian patients

Hawaii Public Radio | By Jackie Young  
Published October 14, 2021 at 11:21 AM HST



▶ LISTEN • 2:48

## Micronesians Building Healthier Communities During the COVID-19 Pandemic

Dina M. Shek JD, MA; Rebecca Delafield PhD, MPH; James Perez Viernes PhD; Joseph Pangelinan PhD, MA; Innocenta Sound-Kikku; Jendrikdrik Paul; Tulpe Tosie Day BA; and Shanty Sigrah Asher JD, MS

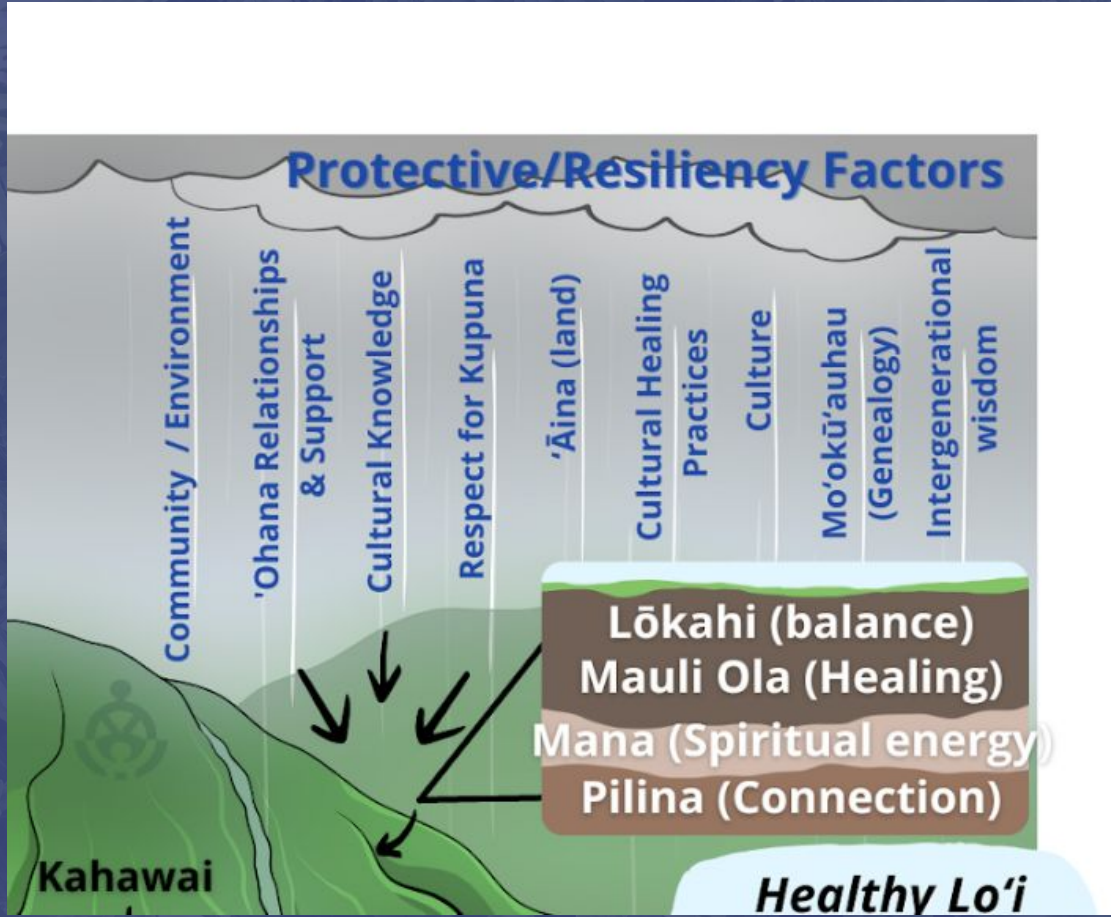


# 'Ahupua'a Model



Papa Ola Lokahi  
HHS, MA

Influenced by White Bison & Healing Forest & Dr. Keawe Kaholokula's Social & Cultural Determinants of Health





# Closing Protocol



# Mana'o I'o

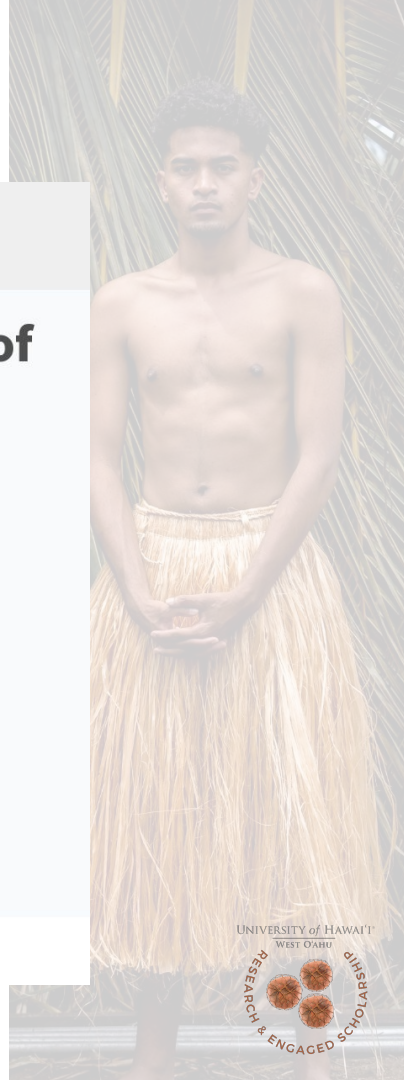
🌐 When poll is active, respond at [pollev.com/mapunalab361](https://pollev.com/mapunalab361)

📄 Text **MAPUNALAB361** to **37607** once to join

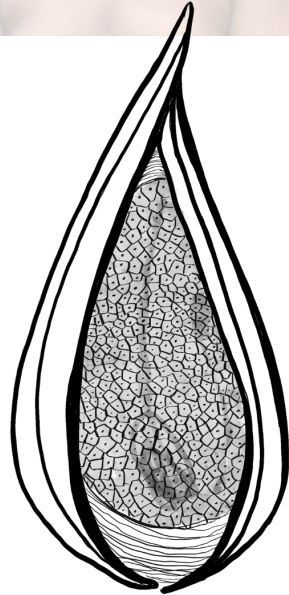
## Understanding the Upstream - How does the Compact of Free Association (COFA) affect Social Determinants of Health and Policy for Federated States of Micronesia migrants in Hawaii - Mana'o I'o

much-needed community benefits understanding  
truth strength love grounded resilience culturally-rich  
informative intentional cultural wow culturally history  
impactful resilient knowing freedom  
invigorating

Powered by  Poll Everywhere



# Hawai'i TRAIN & YouTube



*Artwork by Keali'imakamana 'onalani Parker Po'olua*



‘Ulu State Disaster Response

Native Hawaiian Cultural Intervention



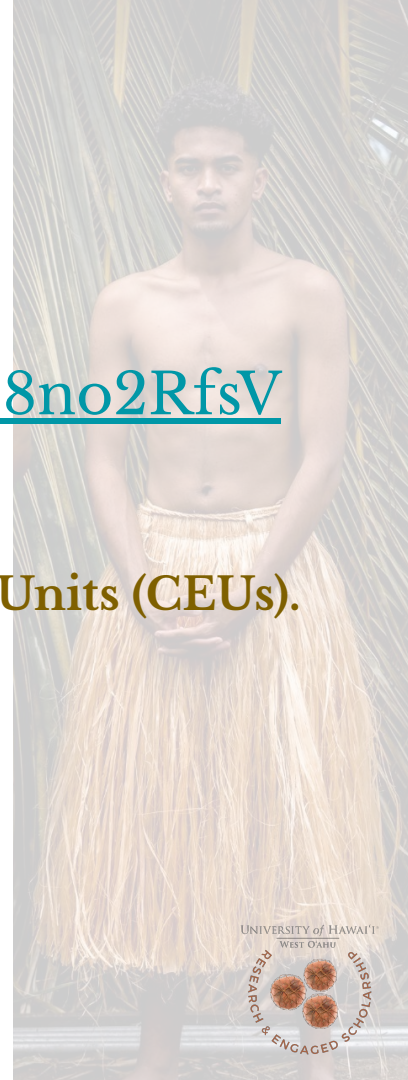
# Evaluation

Please complete the evaluation feedback survey:



[https://mapuna.qualtrics.com/jfe/form/SV\\_cAN48no2RfsVXx4](https://mapuna.qualtrics.com/jfe/form/SV_cAN48no2RfsVXx4)

The evaluation is required to receive Continuing Education Units (CEUs).

We look forward to your feedback



# TOMORROW! In Hānai Ahu



**SCAN THE QR CODE TO REGISTER**

## HĀNAI AHU: ANCHORING CULTURE IN SUBSTANCE USE TREATMENT & PREVENTION MODELS


**Makawalu Na'au'ao Primary Prevention  
Curriculum for Substance Use:  
Reconnecting to Culture Part 2 ~  
Knowing Our Audience: Meeting Our Youth Where They're At in Hawai'i  
and Abroad with Trevor Atkins**

EARN UP TO ONE AND A HALF (1.5) CONTINUING  
EDUCATION UNITS!  
CSAC, CPS, CCS, CQIP, and CSAPA.  
(\*\*Note: Only available for HAWAII)


**Learning Objective 1**  
Participants will engage in an immersive learning experience and identify how addressing trauma through the Makawalu Na'au'ao Preventative Curriculum, a culturally based curriculum(s) fit into SAMHSA's Working Definition of Recovery.

**Learning Objective 2**  
Participants will learn how to utilize The Impacts of Colonization on Ahupua'a. Conceptualization, V3.0 to understand the root causes of trauma disconnection from our past, and the 'āina that impact our keiki, as it relates to substance use and recovery.

**Learning Objective 3**  
Participants will understand how to utilize the Makawalu Na'au'ao Preventative Curriculum, a culturally based curriculum in their professional role.









Guest Speaker: Trevor Atkins



OR REGISTER AT  
[mapunalab.com](http://mapunalab.com)

Wednesday, July 12, 2023  
**10AM-11:30AM**

REGISTRATION LINK IN BIO - @MAPUNALAB



Artwork & Photo credit: Keali'i makamano'ihalani Po'olaha



# O MAIKONESIA KĒIA

This is Micronesia - poem by Carol Ann Carl

As navigators it is our destiny  
To at some point leave home  
in pursuit of opportunity  
To create, for our descendants, a better life than we've known

'O Maikonesia kēia, stories carried across oceans  
Of fishermen  
who chase ririn men  
Where we pound our food with coral and lava rocks  
And make magic potions

'O Maikonesia kēia  
When ocean peoples become landlocked  
We lose our depth perception  
We can no longer see ourselves in ourselves  
So we search for the oceans of reflection

'O Maikonesia kēia  
We remember  
The story laden garments we were taught to sew  
By Native Hawaiian missionaries,  
into our mwuhmwu, urohs, and skato

Losing sight of histories  
No longer etched in skin  
Blood once drawn in liberation  
Now quantified and weaponized  
To delegitimize and destabilize  
Indigenous, sovereign nations

O Hawaii kēia  
Where navigation found its way home  
Papa Mau reminding every single one of us  
Of our shared kumulipo  
O Hawaii kēia  
Where navigators find themselves off course  
But together, just like the little gobi,  
We can help each other return to our source

It is in community with each other,  
Where we learn how to tell our stories again  
Finding all the things we thought we'd lost  
Mirrored in our new friends

Hands reaching across a canvas of orange and blue  
Our stories merged and emerged  
Into each others oceans  
We found ourselves immersed  
As tears turned water color  
Baptizing lenses in ancestral saltwater  
We found ourselves in each other

O Hawaii kēia, This is Hawaii  
Where we lay our heads at night  
Where we struggle to see ourselves in ourselves  
So we look to our left and to our right

O Hawaii kēia  
Home of the ahu that looks like pei  
Stone altar  
Stone altar  
Mirrored across oceans in praise  
Of ke akua  
Of enihlap  
The struggles our ancestors endured, the same  
We are each other's liberation, alive in this pae aina we will free each other again

