

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

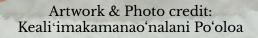
Presented by the Māpuna Lab

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.







#### Hū Ka Wai Māpuna

Composed by Kuʻulei Perreira-KeawekKuʻuleiane Re-Imagined by Kauilanuimakehaikalani Kealiikanakaoleohaililani

Hū ka Wai Māpuna Māpuna kapu ka hāhā Ha'a inu, Ha'a ola Ha'a kapu, Ha'a noa E nā kupukupu O nā kupuna e E mālama ka māpuna Mālama ka māpuna e I ola loa e, i mauli ola e.

Conflict is the catalyst for evolution More to surface, less to hide Held by systems of ancestral resilience I sustain the process of truth-telling, healing, and emotional intelligence to heal generational trauma and disparity to go beyond performative health to truly be well



# 'O Wai Au

'O wau 'o Keali'imakamana'onalani Shannon Parker Po'oloa No Hilo Hanakahi, Waiākea, Hawai'i mai au. 'O ka Mauna a Wākea ku'u wahi mauna, a 'o Maunalua ku'u wahi kai.



Hoʻi ka ʻoʻopu ʻai lehua i ka māpunapuna The lehua-eating golby returns to the spring. Said of one who has gone back to the source. (Pukui #1034)



Mapunalab.com

The MAPUNA 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.



## Learning Objectives

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



#### Agenda

- 1. Opening Protocol
- 2. Framework Overview
- 3. Guest Speaker: Trevor Atkins
- 4. Break
- Makawalu Na'au'ao
  Preventative Curriculum
- 6. Closing Protocol



# 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

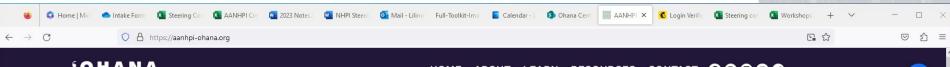
#### <u>Oli Heahea</u>

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







HOME ABOUT LEARN RESOURCES CONTACT () 🕲 🖾 🖸 🎔



#### 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.

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.

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#### 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

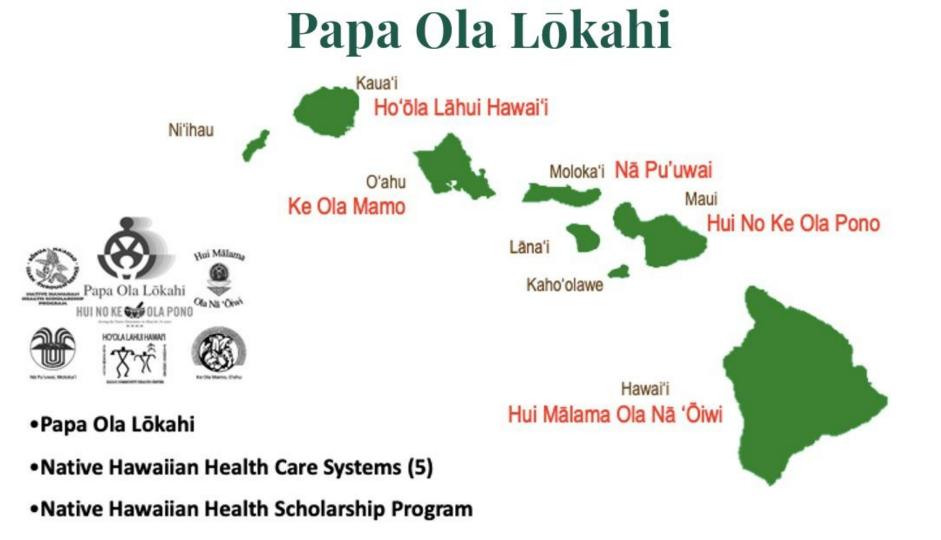
•To provide existing Native Hawaiian health programs with all resources necessary to effectuate this policy Reauthorized in 1992 as Native Hawaiian Health Care Improvement Act (NHHCIA)

(P.L. 102-396).



Reauthorized in 2010 via the Affordable Care Act.





#### **Framework for the Hawaiian Perspective**

Source: Richard "Likeke" Paglinawan

Akua/Nā Aumākua (Higher power, spiritual guardians)

> Lōkahi/Pono (Unity,

> > Harmony,

**Balance**)

Macro Level (World View)

> Kānaka (People)

'Āina, Moana, Lani (Natural Environment) 'Uhane (Sprit) **Micro Level** (Individual View) Lōkahi/Pono (Unity, Harmony, **Balance**) Mana'o, Na'au Kino (Body) (Mind, Gut feeling)

# I ka wā ma mua, I ka wā ma hope

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

- Individual/family /community
- Mind Environment
- Body Spirituality

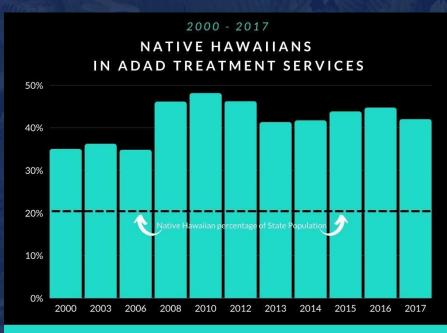
• Spirit

=Mauliola

#### Western Influence & Colonization

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

## Manifests as Mental Health & Substance Use



HAWAI'I STATE DEPARTMENT OF HEALTH, ALCOHOL AND DRUG ABUSE DIVISION



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 Hawai'i'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"





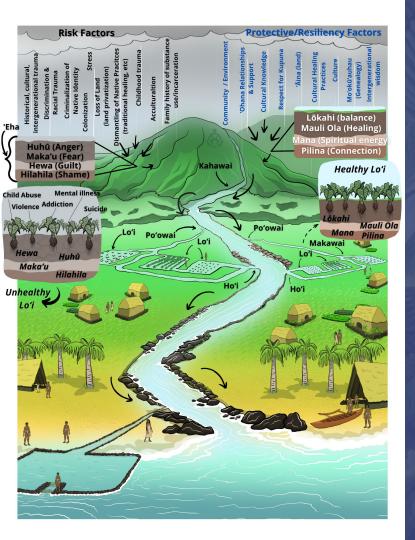
We need the resiliency and protection that culture provides through...

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





## 'Ahupua'a Model 🛞



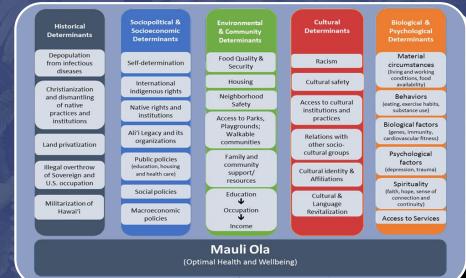
Influenced by White Bison & Healing Forest Dr. Keawe Kaholokula's Social & Cultural Determinants of Health Artist - Kimo Apaka

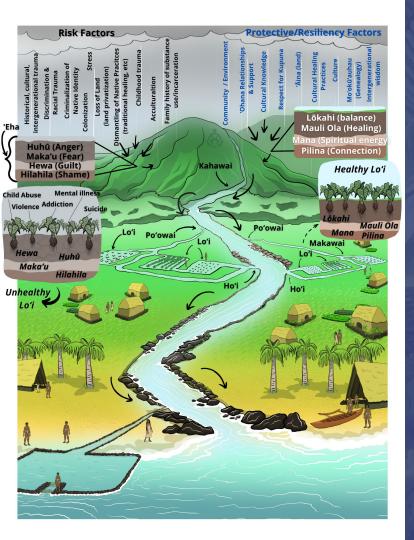
- Interconnected Systems
- Each system must be healthy

#### for all to flourish



- Intergenerational
- Collective





# 'Ahupua'a Model

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
   Wate
  - Water Cycle
  - Intergenerational



SCAN ME

Collective





### **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

#### 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



<u>CSAC</u>

#### SAMHSA's Definition of Recovery and Makawalu Na'au'ao Recovery as Prevention

- **Hope :** Our keiki need hope for their future, having 'ike kupuna allows them to know who they are and where they are from.
- **Purpose-Driven:** Understanding their kuleana as their purpose, strengthening their connection to their culture will equip them with a drive to succeed thru the lens of a Hawaiian worldview.
- Many Pathways: 'A 'ohe pau ka 'ike i ka hālau ho'okahi. "All knowledge is not taught in the same school." Our keiki should learn from many sources, but all rooted in 'ike kupuna.
- Holistic: Learning tools for prevention thru a Hawaiian worldview also teaches how to live in harmony with the world and one another.
- Peer Support: Teaching our keiki their role in their health and in the community fosters a sense of belonging that can be a unifying factor in prevention.

- **Relational:** Relationships are very important in all cultures, but especially in Hawaiian culture, we thrive best when we are in good relationships with our families and community. Creating positive relationships with parents, extended family and community is paramount for our keiki.
- **Cultural:** Immersing ourselves in our living practices is what make us who we are.
- Addresses Trauma: Understanding intergenerational trauma allows us to see what we do not want to perpetuate.
- Strengths/Responsibility: Teaching from a strengths based perspective gives our keiki opportunities to increase their mana or spiritual gifts that is their kuleana to perpetuate for their next seven generations.
- **Respect:** Our culture teaches us respect is foundational in understanding our reciprocal relationship to the 'āina and to one another.



## Why Hānai Ahu?

Creating the Foundation for Intentionality



## What ahu are you feeding?

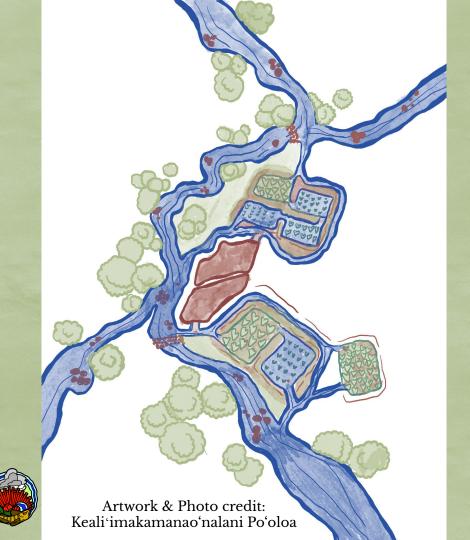
The concept and title of Hānai Ahu comes from our Cultural Educator, Kauilanuimakehaikalani Keali'ikanaka'oleohaililani. He shared the concept of breaking down the meaning of both words, hānai and ahu. Literally speaking, hānai means to feed, to foster, to raise, to rear, to nourish, sustain, it means provider and caretaker.

Ahu means a heap, a pile, collection, mound, mass, altar, shrine and cairn. For this purpose of our concept, we're working with the definition of altar and shrine. As done in Hawai'i lifeways, we look to the kaona of these words and we deepen our understanding of our connection to these words and this concept of Hānai Ahu as it relates to the Ahupua'a conceptualization.

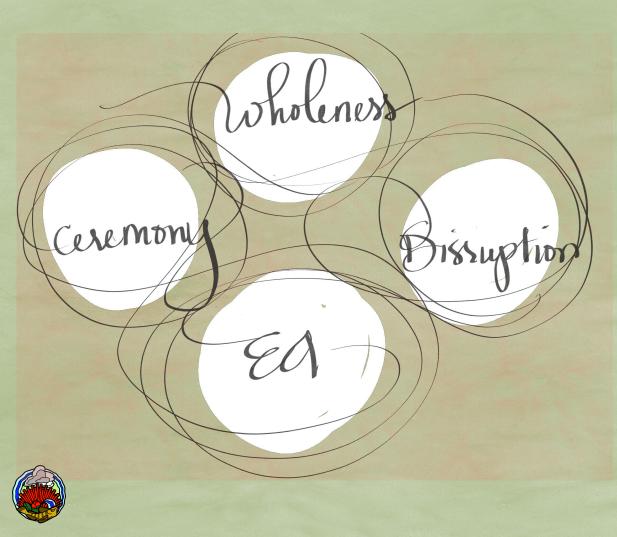
When we work in intentionality to look within to see what ways are we nourishing our bodies that is an altar, what ways are we feeding the 'āina that feeds us? What actions, behaviors, mindsets and lifeways are we feeding on a daily basis that nourishes our ahu? Our foundation? What of these things will bring me mana and serve a purpose that could positively impact the next seven generations?

Balance is also a part of the foundation of hānai ahu. Understanding the straddle between the risk factors and the protective and resilient factors as an important component of the duality of life. That bad comes with good, night comes with the day, there are positive forces and there are negative forces all around us and that its a natural thing, not a thing to fear.





#### The Lived Dream to the Disconnect to Agency



Ancestral wholeness guides us to the future.

Stories of disruption remind us we are not alone.

Sovereignty liberates us into the value of reciprocal relationships.

Ceremony is where we heal thru connection.



# **Guest Speaker**

Trevor Atkins



- Lessons from 15 yrs in Middle School
- Not one size fits all
- Context
  - Hālau Kū Māna
  - Education w/ Aloha
  - Piko
  - Oli (8x)
  - Place-Based Learning (PBL)
  - Overnighters / 5-day camps
  - 'Aha Kāne / 'Aha Wahine
  - Monthly "Health Days"





Creating a Safe Hawaiian Space Anywhere

- Maiau = clean
- Mākaukau = ready
- Aloha = greet w/ love
- 'Ai = feed (food, games, attention, etc)
- Moʻokūʻauhau = honor ʻohana
  - What was your maddah's name?
  - How's your dad?
- Manawa Kūpono = timely and timeless
- Ho'okahe wai = to make water flow
- Hoʻomaʻemaʻe = to make clean





Some Practical Tools:

- Trust. First. Always.
- Break the fourth wall.
- Set the tone. (Abort if necessary.)
- Kane/Wahine or preselected groups
- One on one is always better, if there's trust. (I wait until Dec to gain trust)
- Be real. Be honest
- Stick to facts.
- Personal stories are most valuable
  - They can be used against you.





Creating a safe space for one-on-one:

- Go for a walk
- Ask for help with a chore
  - Pull weeds
  - Carry something
- Ask about home life
- Ask about parents strengths/weaknesses
- Share first-real personal stories
- Ask about surrounding substance use
- Ask about personal use (they WANT to share!)
- Abstinence vs moderation
- Share wisdom (they're curious)
- If you're real, they're hanging on every word







# Break



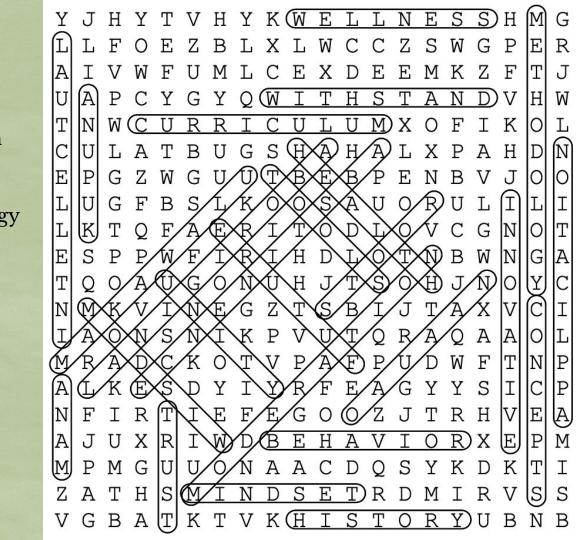
## Word Search

1.	Makawalu	13.	Application
2.	Naauao	14.	Future
3.	Curriculum	15.	Wellness
4.	Health	16.	Methodology
5.	Trust	17.	Kupuna
6.	Abstinence	18.	Mana
7.	Moderation	19.	Behavior
8.	Wisdom	20.	Mindset
9.	Innovative	21.	Aboriginal
10.	Unity	22.	History
11.	Concepts	23.	Roots
12.	Intellectual	24.	Withstand
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### Word Search Answers

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		25.	Tools
~			





### Introduction to the Makawalu Na'au'ao Preventative Curriculum

Keali 'imakamana 'onalani Po 'oloa



## Makawalu Na'au'ao Preventative Curriculum

Our curricula strategic plan is to create a 16 day curriculum aimed at Native Hawaiian and Pacific Islander youth in middle school and high school with the purpose and intent to prevent substance use.

#### **PURPOSE:**

So we may equip our keiki with the knowledge of our foundation, tools to ground themselves in ancestral memory to withstand the onslaught of western ways that can lead to confusion, disconnection and mental health issues.



#### Makawalu Na'au'ao Preventative Curriculum

Curriculum is designed using the Pilinahā Framework and Learning Tools Measurement known as 4Mat (also Moenahā) and is an extension of the work we have done as the Māpuna Lab for the Hawaii Opioid Initiative (HOI) in partnership and collaboration with the Alcohol and Drugs Adult Division of the Department of Health with the State of Hawaii through the University of Hawaii.



## Learning Objectives of the Curriculum

Keiki will engage in an immersive learning experience that will equip them with cultural knowledge, awaken their ancestral memories to develop strategies for the inclusion of Native Hawaiian and Pacific Islander cultural lifeways as a preventive methodology to substance use.

What is Cultural Safety?

Keiki will identify strengths that uplift their own wellness from a cultural perspective.

How can learning about Hawaii lifeways equip me with the tools to withstand the detrimental effects of Western culture on my physical, emotional wellbeing and mental health?

Keiki will experience a paradigm shift of foundational settings that will equip them with the structure of their culture as a holistic method of wholeness and wellness.

How does my mindset, behavior, actions bring mana to me and honor my kūpuna?





### Pilinahā:

## An Indigenous Framework for Health



# Pilinahā

### An Indigenous Framework for Health

- Connection to '**Āina**
- Connection to Community
- Connection to Past, Present, and Future
- Connection to **Better Self**



# Pilinahā - the Four Connections to Health and Livity

To your better Self:

To find and know yourself.

To Others:

To love and be loved, to understand and be understood.

**To Place:** 

To have a pilina (relationship) with the land.

# <u>To Past, Present and</u> <u>Future:</u>

. . . To have kuleana and purpose in the world.





# Pilinahā as Prevention

Ancestral wholeness guides us to know ourselves fully.

Intergenerational stories of disruption remind us we are not alone.

Sovereignty liberates us into the value of reciprocal relationships.

Ceremony is where we heal thru connection.

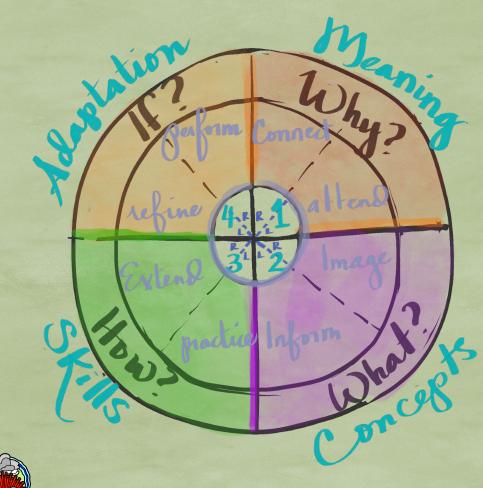






# 4MAT: Learning Assessment Tools





#### THE 4MAT SYSTEM

4MAT is an open-ended learning model that offers educators a method for broadening their delivery of instruction... it specifically encompasses strategies that appeal to the diverse ways students learn.



# Aloha Circle: Every Activity Begins this Way.

Setting Cultural Safety with Aloha

#### Your name

#### Your wai

#### Your mauna





### Your kūpuna

#### Your 'āina

Your mana

Close your eyes, and think back to a place, describe how this place made you feel safe.

## <u>Aloha Circle Activity</u> <u>Example</u>

Have the keiki go outside, find a tree or somewhere peaceful to sit and contemplate this question. After about 5 minutes, have them write their thoughts.



## Learning Style Characteristics for **Quadrant One:**

Imaginative Learners - Type One

- Seek meaning
- Need to be involved personally
- Learn by listening and sharing ideas
- Absorbs reality
- Perceives information concretely and processes it reflectively
- Interested in people and culture.
- Divergent thinkers who believe in their own experience
- Excel in viewing concrete situations from many perspectives, and model themselves on those they respect
- Function well through social interaction
- Are idea people



Learning Style Characteristics for <u>Quadrant One:</u> Imaginative Learners - Type One

<u>Strengths:</u> Innovative and Imagination <u>Goals:</u> Self-involvement in important issues, bringing unity to diversity

Love to ask:

Why?

Ceremony EA EA



The cultural practitioner shares about the importance of place. They give the name the 'ili 'āina, of the ahupua'a, of the moku, of the wind, and the rain of the physical space they are in.

The practitioner shares the stories of the ridge, the name of the cloud hovering over a peak. The class is outside and walking around the place, identifying the place as an entity, bringing awareness to the ancient but current 'ike kūpuna. The keiki feel the wind, see the mountain tops, and connect to the place.



# Learning Style Characteristics for **Quadrant Two:**

### Analytic Learners - Type Two

- Seeks Facts
- Need to know what the experts think
- Learn by thinking through ideas
- They form reality
- Perceive information abstractly and process it reflectively
- Less interested in people than ideas and concepts
- Critique information and are data collectors
- Thorough and industrious, they will re-examine facts if situations perplex them
- Enjoy traditional classrooms.
- Schools are designed for these learners
- Function by adapting to experts



Learning Style Characteristics for <u>Quadrant Two:</u> Analytic Learners - Type Two

<u>Strengths:</u> Creating concepts and models <u>Goals:</u> Self-satisfaction and intellectual recognition

Love to ask:

What?

taina eremony Community Community



After the keiki learn about the area they are in, after they have thought about the places that make them feel safe, invite them to bring their stories together as a group, and work together to find commonalities and differences. They can fast write a haiku, paint a picture. Here is where we encourage them to be hands on.



Ask the keiki, what is a story you heard about the place you're from? Do they have access to this place? Invite them to write it down and share amongst everyone.



## Learning Style Characteristics for **Quadrant Three**:

Common Sense Learners - Type Three

- Seeks usability
- Need to know how things work
- Learn by testing theories in ways that seem sensible
- Edit reality
- Perceive information abstractly and process it actively
- Uses factual data to build designed concepts.
- Need hands on experiences, enjoy solving problems, resent being given answers, restrict judgement to concrete things, have limited tolerance for "fuzzy" ideas.
- They need to know how things they are asked to do, will help in "real life".
- Function through inferences drawn from sensory experience.



Learning Style Characteristics for <u>Quadrant Three</u>: Common Sense Learners - Type Three

<u>Strengths:</u> Practical application of ideas <u>Goals:</u> To bring their views of the present into line with future security

Love to ask: How does this work?



At the end of the day activity, we close with a Mahalo Circle. Every activity ends with gratitude. Here is where the practitioner invites the keiki to share their thoughts of the whole activity. For evaluation purposes, scribing their feedback gives insight to their thought process and the data collected will help the practitioner assess their growth into their kuleana.

Ha'awina: The keiki are to go home and ask their family what is their collective mauna, what is their wai? Invite the parents, grandparents and siblings to share stories of places significant to their 'ohana. Does the 'ohana still have access to this place? This leaves the keiki with a way to identify to a place that is who they are.





## Learning Style Characteristics for **Quadrant Four:**

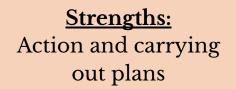
### Dynamic Learners - Type Four

- Seek meaning
- Seek hidden possibilities
- Need to know what can be done with things
- Learn by trial and error, self-discovery
- Enrich reality
- Perceive information concretely and process it actively
- Adaptable to change and relish it, like variety and excel in situations calling for flexibility.
- Tend to take risks, at peace with people but sometimes seen as pushy.
- Often reach accurate conclusions in the absence of logical justification.



• Function by acting and testing experience

Learning Style Characteristics for <u>Quadrant Four:</u> Dynamic Learners - Type Four



<u>Goals:</u> To bring their views of the past into line with future security Love to ask: Don't you all want to know? What can this become?



# **Knowing How to Hold Space**

#### Trust is KEY.

Practitioner must be knowledgeable in cultural history and place. They should know the names and be familiar with place based learning and have a understanding that a spiritual connection to 'āina is foundational for keiki to learn their identity to place. How does these seemingly simple activities tie into prevention?

In the SAMHSA definition of recovery, this activity is purpose driven, is one of many pathways to finding identity, is a holistic approach to strengthening place based foundation building, offers peer support and teaches responsibility and respect from a relational perspective.





# **Closing Protocol**



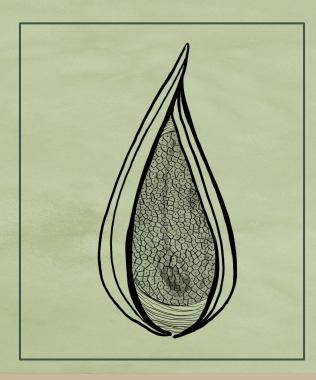
# Mana'o'i'o



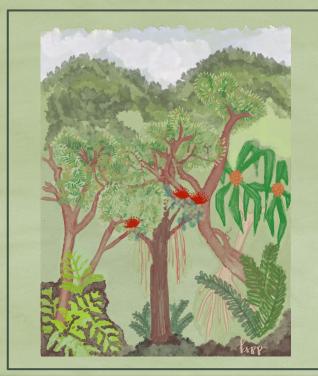




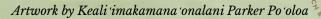
# Hawai'i TRAIN & YouTube



'Ulu State Disaster Response



Native Hawaiian Cultural Intervention



# Evaluation

Please complete the evaluation feedback survey:

https://mapuna.qualtrics.com/jfe/form/SV cAN48no2RfsVXx4

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

We look forward to your feedback!



# **Upcoming Webinar Dates**

July 19, 2023 10AM-11:30AM

Part 3 - Train the Trainers: Curriculum Framework & Application

July 26, 2023 10AM-11:15AM

Part 4 - Next Steps: Development and Launch







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

The "Other" Pacific Islanders: Who is Micronesia in the NHPI Communities We Serve in Hawai'i's Health Systems

### EARN UP TO ONE (1) CONTINUING EDUCATION UNITS! CSAC, CPS, CCS, CCJP, CSAPA, and SW (\*\*Note: Only available for HAWAII)

#### **Learning Objective 1**

Participants will understand the history and use of the Native Hawaiian and Pacific Islander (NHPI) acronym in data collection and the importance of data disaggregation for other Pacific

#### Learning Objective 2

Participants will identify strategies to avoid creating harm with data-informed decision making and evaluation by understanding how data can provide context on historical and generational trauma of different population groups which can be used as a CSAC screening tool.

#### **Learning Objective 3**

Participants will engage in an immersive learning experience with cultural knowledge to develop strategies for inclusion of



NHPI

# OR REGISTER AT mapunalab.com

CENTER OF EXCELLENCE

REGISTRATION LINK IN BIO - @MAPUNALAB OR SCAN THE QR CODE TO REGISTER

SAMHSA

Thursday. July 13. 2023 10AM-11:30AM

# Ke Kau Aloha (Oli Mahalo)

Ke kau aloha wale maila ka ua, ē Ka Mauna o ka haliū kua, ā I kū (au a) aloha me ka mahalo, Aloha, aloha, ē

Kindly falls the rain

from heaven;

Now may I turn my back and travel

(Travel-girt) I bid

Farewell with

Gratitude;

Here's a farewell greeting.



# Resources

- 1. SAMHSA Recovery Model
- 2. Ahupua'a Model
- 3. Pilinahā Framework
- 4. <u>4MAT</u>
- 5. Na Pou Kihi Framework
- 6. BRAINS Ka'ikena Scanlan Ft. These Guys
- 7. The Green My Hawai'i

