

KA HŪLILI

NASW Hawaii Chapter Newsletter

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”

- *The Lorax*
by Dr. Seuss



KE OLA MAU LOA I KA MOANANUI:
ADVANCING WELLBEING IN
THE PACIFIC

**2018 NASW
Hawaii
Conference**



Wahine Forum



**Medical Aid In
Dying, “Our
Care, Our**

NASW Hawai’i Conference was a success!

by Sruthi Vijayakumar



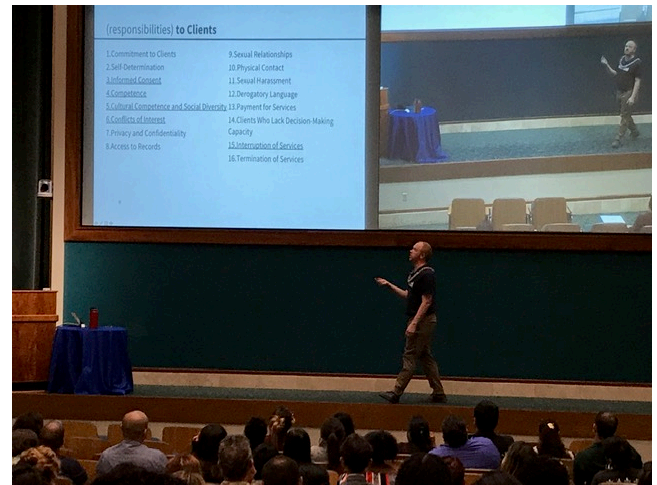
Kanilehua Kim from host site the Queen’s Medical Center Native Hawaiian Health Program (left) Kathy Martin and Josie Howard from We Are Oceania (center) and NASW Hawai’i Executive Director, Sonja Bigalke-Bannan (right). Speakers were gifted with Micronesian lei.

This year’s conference; KE OLA MAU LOA I KA MOANANUI: ADVANCING WELLBEING IN THE PACIFIC brought together 32+ speakers from a variety of social work backgrounds. The event not only focused on the local Native Hawaiian population, but turned towards the future of Hawaii and observed the social wellbeing of the currently blended youth hailing from diverse backgrounds such as Micronesia.

The conference further focused on social worker wellbeing and debated what the state of ethics will look like for the workforce going forward. With the progression of technology and therefore shift in client interaction, the client and social worker boundaries are being tested in new ways. Speakers such as Robin Arndt and Richard Jones brought together a few prospective frameworks on how social workers might tackle these situations.

The conference was an aid in helping social workers find adaption techniques to new ethical challenges.

Overall, the fall 2018 conference was an overwhelming success, attendees left with new information and new skill sets. The conference was successful in sharing information and bringing the professional community together under one roof. In addition the conference also succeeded in



reminding social workers why they do their job. The hall full of like-minded hard working co-workers, professional colleagues, and inter-professional team members was vibrant with energy. The conference not only reported on what needed to be worked on or skill sets, but also presented thriving social programs that have had major impacts on many communities of Hawaii. This conference presented a great growth of wellbeing in the Pacific and promised to continue it forward.

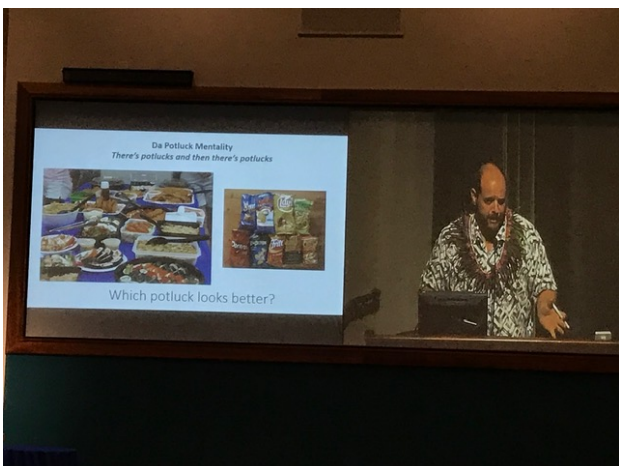


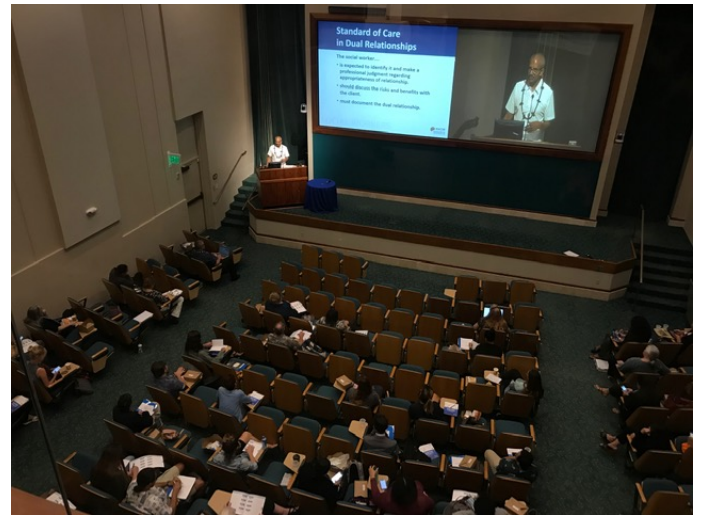
KE OLA MAU LOA I KA MOANANUI:
ADVANCING WELLBEING IN
THE PACIFIC

2018 NASW HAWAII CONFERENCE
OCTOBER 4-5
THE QUEEN'S CONFERENCE CENTER HONOLULU
WWW.NASWHI.ORG

NASW HAWAII CHAPTER
National Association of Social Workers

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THE QUEEN'S HEALTH SYSTEMS - NATIVE HAWAIIAN HEALTH PROGRAM
LILUOKALANI TRUST | PAHA OLA LOKAHI





HAWAIIAN PACIFIC UNIVERSITY

Qualitative Study on the Usage of Single Room Occupancies for the Severely Mentally Ill & Low-Income Homeless Individuals
Larson Peterson, ESW Internship
School of Social Work Hawaii Pacific University

Introduction/Goals

• Community-based research (CBR) is a research approach that involves the participation of community members in the research process. The goal of this study was to explore the experiences of severely mentally ill and low-income homeless individuals who use single room occupancies (SROs) and to identify factors that influence their use of SROs.

Literature Review

• The literature review identified the need for SROs and the challenges faced by individuals who use SROs. The review also identified the need for research on the experiences of these individuals.

Methods

• The study used a qualitative approach with a purposive sample of 15 individuals who use SROs. The data was collected through semi-structured interviews and analyzed using thematic analysis.

Materials and Procedures

• Twelve interviews were conducted between February 2018 and March 2018. The interviews were conducted in a private location at the SRO or a nearby location. The interviews lasted approximately 45-60 minutes.

Results

• Several themes emerged from the data, including the need for SROs, the challenges of living in SROs, and the impact of SROs on the lives of individuals who use them.

Table 1: Qualitative Graph

Code/Theme	Freq	Percentage
Affordability	9	73.30%
Felt Very Safe	15	50%
Community Safety	6	44.40%
Felt Very Independent	8	58%
Respected Social Interaction	15	100%
Formal Supportive Services	15	72%

Implications for Social Work

• Social advocacy in areas such as housing, employment, the justice system, and health care. The study highlights the need for social workers to advocate for the needs of severely mentally ill and low-income homeless individuals who use SROs.

References

• Peterson, L. (2018). Qualitative Study on the Usage of Single Room Occupancies for the Severely Mentally Ill & Low-Income Homeless Individuals. Unpublished manuscript, Hawaii Pacific University.

Wahine Forum

by Sruthi Vijayakumar

The Wahine Forum was an event where Hawaii's top female executives, entrepreneurs, burgeoning leaders, and those who want to advance their career came together. The conference featured national speakers and local leaders.

This leadership

and career development conference for women allows connection of like-minded individuals and cultivates relationships. It was a full date event on October 26th, 2018 and is the largest career development conference in Hawaii.

When interning at NASW, there is a portion of work experience dedicated to self-development. Our Executive Director invites us to attend a variety of workshops, seminars, and conferences in order to educate interns on current events and further intern career scope. One forum I attended is the Wahine Forum on Thursday October 25 2018, at the Hilton Hawaii Village's Coral Ballroom. This year's forum was bigger than ever with over 1,000 participants and a wider variety of speakers, including two of the first men ever allowed to speak at the forum. The Wahine forum was a great opportunity for female career professionals to gather and glean from experiences. It was truly inspirational to hear how previous business woman established the foundations for woman not only in the workforce, but also as members of collegiate athletics.

One of the first breakout sessions I attended, "GRIT: RISE OF THE WAHINE," discussed how key players such as Patsy Mink, and other Hawaiian women worked together to change women's sports in America. This session discussed how women of current must not forget how many doors were opened for them, and to keep pushing for total success. A key speaker, Dean Kaneshiro, emphasized the importance of including men among the conversation. Kaneshiro pointed out that women could not possibly continue this

battle alone, and that bringing in men as allies would help further the reach of the women empowerment movement. Finally, this session established that the true success of women lay in their grit, a word used to label an embodiment of strength resilience and self-care that female or male advocates possess in order to find the energy to fight for rights daily.

This one session was just a taste of what the Wahine forum provides for women. An opportunity to network, hold discussions, and learn from successful females in the workforce is what one can expect. Overall, this forum provided a safe space for working women from all fields to come together and create change for the future.



TRUMP ADMINISTRATION ANNOUNCES DECLINE IN VETERAN HOMELESSNESS

Number of homeless vets drops 5.4% since last year and by nearly half since 2010

WASHINGTON – Veteran homelessness in the U.S. continues to decline according to a new national estimate announced today by U.S. Housing and Urban Development (HUD) Secretary Ben Carson. HUD’s Annual Homeless Assessment Report finds the total number of reported veterans experiencing homelessness in 2018 decreased 5.4 percent since last year, falling to nearly half of the number of homeless veterans reported in 2010.

In announcing the latest annual estimate, HUD Secretary Ben Carson and U.S. Department of Veteran Affairs (VA) Secretary Robert Wilkie noted that local communities are reporting reductions in the number of veterans in their shelter systems and on their streets. View local estimates of veteran homelessness.

“We owe it to our veterans to make certain they have a place to call home,” said HUD Secretary Carson. “We’ve made great strides in our efforts to end veteran homelessness, but we still have a lot of work to do to ensure those who wore our nation’s uniform have access to stable housing.”

“The reduction in homelessness among veterans announced today shows that the strategies we are using to help the most vulnerable veterans become stably housed are working,” said VA Secretary Robert Wilkie. “This is good news for all Veterans.”

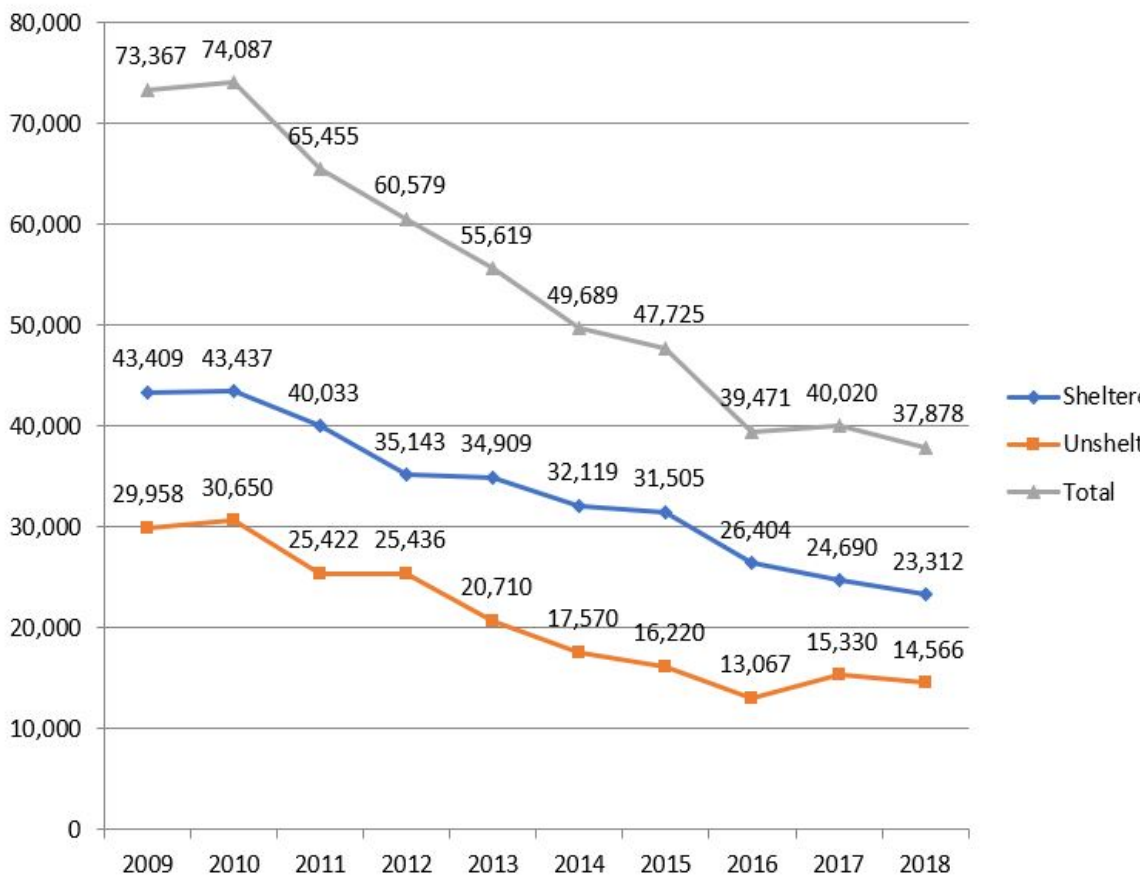
“In *Home, Together*, the new federal strategic plan to prevent and end homelessness, we redouble our commitment to ending homelessness among Veterans and among all Americans,” said Matthew Doherty, executive director of the U.S. Interagency Council on Homelessness. “Working together at the federal, state and local level, we can and will continue to make progress until all Americans have a stable home from

which they can pursue opportunity.” Each year, thousands of local communities around the country conduct one-night ‘Point-in-Time’ estimates of the number of persons experiencing homelessness—in emergency shelters, transitional housing programs and in unsheltered locations. This year’s estimate finds **37,878 veterans experienced homelessness in January 2018**, compared to 40,020 reported in January 2017. HUD estimates among the total number of reported veterans experiencing homelessness in 2018, 23,312 veterans were found in sheltered settings while volunteers counted 14,566 veterans living in places not meant for human habitation.

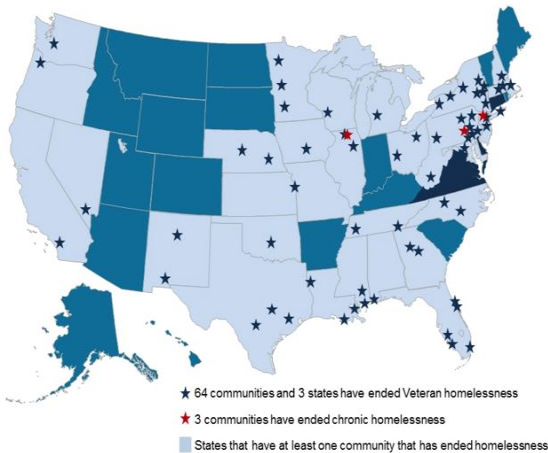
HUD also reports a nearly 10 percent decline among female veterans experiencing homelessness. In January 2018, local communities reported 3,219 homeless female veterans compared to 3,571 one year earlier.

The decrease in veteran homelessness can largely be

Veteran Homelessness



attributed to the effectiveness of the HUD-VA Supportive Housing (HUD-VASH) Program, which combines permanent HUD rental assistance with case management and clinical services provided by the VA. HUD-VASH is complemented by a continuum of VA programs that use modern tools and technology to identify the most vulnerable Veterans and rapidly connect them to the appropriate interventions to become and remain stably housed. Last year alone, more than 4,000 veterans, many experiencing chronic forms of homelessness, found permanent housing and critically needed support services through the HUD-VASH program. An additional 50,000 veterans found permanent housing and supportive services through VA's continuum of homeless programs.



To date, 64 local communities and three states have declared an effective end to veteran homelessness, creating systems to ensure that a veteran's homelessness is rare, brief, and one-time. Read more.

HUD and VA have a wide range of programs that prevent and end homelessness among veterans, including health care, housing solutions, job training and education. More information about VA's homeless programs is available at VA.gov/homeless. More information about HUD's program is available here. Veterans who are homeless or at imminent risk of becoming homeless should contact their local VA Medical Center and ask to speak to a homeless coordinator or call the National Call Center for Homeless Veterans at **1-877-4AID-VET**.

Reprint-able: https://www.hud.gov/press/press_releases_media_advisories/HUD_No_18_132

Upcoming CE Opportunities!

Mindfulness, Opioid misuse, and Addiction (O'ahu & virtual, 1 CEU)

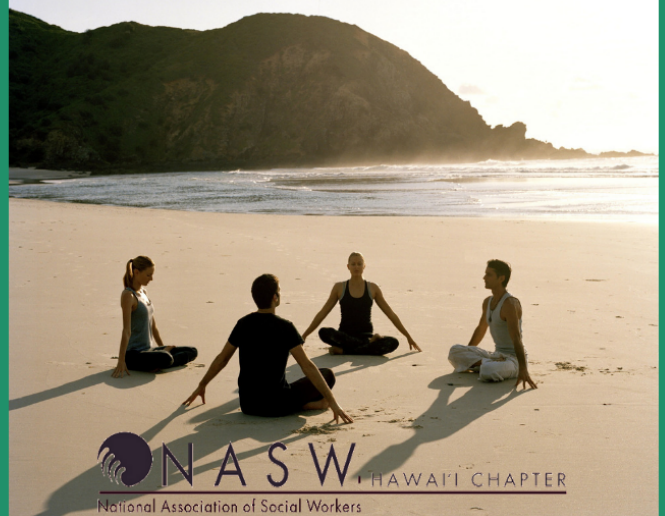
In Person/Online webinar with Eric Garland Ph.D. LCSW

Date & Time: Wednesday, January 2, 2019 12:00 PM - 1:00 PM

Location: Gartley Hall Room 018/Online webinar

Register: https://mbtssw.zoom.us/webinar/register/WN_trMJTUZmQz-lvFKHp-o5Mw

Social Work Social Hour
 Friday, November 30, 5:30-7 pm
 Sunset Yoga @ Kaimana Beach, Honolulu
 Open to NASW members & their guests
 Followed by happy hour
 @ New Otani Hotel Sunset Lanai Lounge



NASW HAWAII CHAPTER
 National Association of Social Workers



Honolulu NAMI Walk

For the second year in a row, members of the NASW Hawai'i Chapter participated in the NAMI Honolulu walk, on October 27th on the grounds of Honolulu Hale. . Lead by Team Captain, Kathleen Rhoads Merriam, team "NASW Rock Stars" raised over \$500. We didn't manage to get everyone who participated in the team photo, but this good looking bunch had a great time!



Self-Care is one of a Social Worker's Key to Success

by Sruthi Vijayakumar

NASW Hawaii held its annual Self Care Event for MSW students this year at HPU and UHM. Both schools



received the workshop with joy and open arms. NASW prepares these events in order to spread awareness about its mission and its tool as a connector for social workers, but also to help relieve the stress MSW students face mid-semester. October is a time of many midterms, papers, and group projects. A time where MSW students deserve a reminder that in order to be a successful social worker one must succeed in putting his or her as well as physical health a number one priority. NASW hopes to continue holding this event to prepare future social workers for a long arduous career path. As therapists, case managers, and program directors social workers utilize self-care to take a break from strenuous circumstances and recharge in order to go back with a 100% drive.

This year's self-care activity was focused on providing MSW students an awareness into self-care by handing out a self-care starter kit and holding an essential oils demonstration/display. The self-care starter kit was a small pack of simple things that social workers, or any professional for that matter, can carry along with them on a day to day basis to take a breather from the stress of the working environment. The kit was packed with chocolates, silly emoji stress balls, and aromatic fruit teas. A few simple cost effective methods that can boost energy levels, soothe nerves, and provide stress relief. In addition to the kit a pamphlet providing the benefits of each item was added

as well.

To couple these handouts we also demonstrated a few simple ways to use essential oils for self-care. We had a small array of oils that targeted different areas such as stress, concentration, and fatigue for the students to experience. Overall, these self-care days were met with enthusiasm, comfort, relief, and even discussion. Many of the MSW students started to ask what self-care truly was. Other conversations entailed how self-care can be better integrated into the practice, as well as why self-care is important to maintain as a constant in a social worker's day to day career.



The Future of Food Safety: Transforming knowledge into action for people, economies and the environment

The First FAO/WHO/AU International Conference on Food Safety

With an estimated 600 million cases of foodborne illnesses annually, unsafe food is a threat to human health and economies, disproportionately affecting vulnerable and marginalized people, especially women and children, populations affected by conflict and migrants.

This joint conference will bring together Ministers of Health, Ministers of Agriculture, leading scientific experts, partner agencies as well as representatives of consumers, food producers and distributors to:

- Identify key actions and strategies to address current and future



challenges to food safety globally;

- Strengthen commitment at the highest political level to scale up food safety in the 2030 Agenda for Sustainable Development.

Ongoing changes in climate, global food production and supply systems affect consumers, industry and the planet itself. These changes can have an impact on food safety systems and pose sustainability and development challenges.

This is a pivotal moment demanding urgent international reflection on actions needed to bolster food safety, which will start in Addis Ababa and continue in Geneva. Priorities will be discussed so that food safety strategies and approaches can be aligned across sectors and borders, reinforcing

efforts to reach the Sustainable Development Goals and supporting the UN Decade of Action on Nutrition.

The First FAO/WHO/AU International Conference on Food Safety is being held ahead of the International Forum on Food Safety and Trade, organized by FAO, WHO and WTO in Geneva on 23-24 April 2019. Reprintable: <http://www.who.int/news-room/events/detail/2019/02/12/default-calendar/the-first-fao-who-au-international-conference-on-food-safety>

Clinical Social Workers Excluded from MIPS Reporting in 2019

PRACTICE ALERT, Mirean Coleman, LICSW, Clinical Manager

November 2, 2018

The Centers for Medicare and Medicaid Services released the final rule for the

2019 Physician Fee Schedule on November 1, 2018, <https://www.federalregister.gov/documents/2018/11/23/2018-24170/medicare-program-revisions-to-payment-policies-under-the-physician-fee-schedule-and-other-revisions>

The 2019 final rule for the CMS' Quality Payment Program excludes clinical social workers from the Merit-Based Incentive Payment System (MIPS) reporting in 2019. This is a victory for clinical social workers who have limited quality measures to report on and in the past have received penalties when reporting quality measures. NASW has been advocating for clinical social workers and improvements in the Quality Payment Program. NASW is grateful to CMS and all of the stakeholders who helped with the exclusion.

Recent Social Work Social Hours!



Our September "Paint & Sip for SW scholarships!"



October's Celebrate **Pride** Social Work Social Hour at Chiko's Tavern



Medical Aid in Dying- What Social Workers Need to Know

Last Legislative session, Bill 2739 was passed by the legislature and signed into law by Governor Ige. This law allows for Medical Aid in Dying, for patients who have a terminal illness and have been given 6 months or less to live. The law will go in to effect January 1, 2019 and is called the “Our Care, Our Choice Act”

This law is ground breaking and stands out from other states in that there is a requirement of a determination by a mental health provider that the patient is capable, does not appear to be suffering from under treatment or non treatment or non treatment of depression or other conditions which may interfere with the patient’s ability to make an informed decision. In the law, the only mental health professionals allowed to make this determination are Psychiatrists, Psychologists, and Licensed Clinical Social Workers. The consultations may be done face to face or via telehealth.

Besides the mental health assessment, there must be confirmation by 2 health providers of the patient’s diagnosis, prognosis, and medical decision making capacity, and the voluntary nature of the patient’s request to end their life. 2 oral requests from the patient, separated by no less than 20 days, witnessed by 2 people (1 unrelated to the patient) , a waiting period between the written request and the writing of the prescription. Patient will need to enroll in Hospice care concurrently.

The patient can at any time, rescind the request for the medication for self administration and is under no obligation to fill the prescription or use the medication. The patient must also be 18 years of age or older and a resident of the state of Hawai’i or owns or leases property in Hawai’i.

The Department of Health will track information related to the “Our Care, Our Choice Act.” For more information about Medical Aid In Dying, please visit www.compassionatechoices.org

Intern Introduction

Welcome to Our 2018-2019 Interns!

Check out their bios below:





CYNTHIA MACEY

NASW HAWAII PRACTICUM INTERN

I have always been deeply committed to helping others. Several experiences have stimulated my attraction to the field of social work. I can say that being a social worker was never in my plans. Who am I to change the world, I asked? I'm no super hero!

Social workers are the first individuals to make an impact on the life of a vulnerable person. Believing that I can make a difference every single day is the best feeling and rewarding (Superwoman stance).



Born and raised in New York
Currently residing in Makakilo heights, HI



Bachelor of Arts in Human Services,
MSW Student at Hawaii Pacific
University -Focus on Mental Health.



Food, Movies, Hiking, my dog "Darwin",
spending time with family.



Experience working with the elderly in a
community setting. Currently a case
manager for mental health, substance
abuse.



Blogger, Diversity, Equity, Social
Justice Advocate.



I am only one, but I am one. I cannot do
everything, but I can do something. And I
will not let what I cannot do interfere with
what I can do.
- Edward Everett Hale



Sruthi Vijayakumar

NASW HAWAII PRACTICUM
INTERN

My mother was a nurse. From an early age she taught me that being a guide for others is a grueling process. However, she also showed me how much happiness and light it put into her soul. The reward is always worth the arduous process. My path in social work will be through the business side on a macro scale. I hope to one day work inside a major corporation in order to influence change on local communities. It is time that big businesses finally take social responsibility.



Born and raised in Maryland
Currently residing in Honolulu,
HI



- B.S. Psychology- University of Maryland
- MSW (Macro Practice)- University of Hawaii at Manoa



Music, Food, Ocean, Dance,
Writing, Reading, Exchanging Life
Experiences



- Safe Shores, Child Advocacy Center DC- Family Assistant
- North Korea Strategy Center US- Research Intern
- We Are Oceania- Administrative Intern



Blogger, Social Justice Advocate,
Business Woman



"If you don't fuel a fire it will die"
-SEEKER