

KA HŪLILI



NASW Hawaii Chapter Newsletter

I wish to call on you to join hands in the building of a world in which less people will be forced to flee, and in which refugees are protected until they can safely return home one day.

Sadako Ogata, UN High Commissioner for Human Rights
1990-2000



**STUDENT
LOAN REPAYMENT:
THE NATIONAL HEALTH
SERVICE CORPS**



**MEMBER PROFILE:
WILLIAM HUMMEL,
MSW, LSW**



V91.07 Burn Due to Water-ski on Fire

**10 MOST BIZARRE ICD
10 CODES**

NASW Statement on Syrian Refugee Crisis

The Syrian migrant crisis was triggered by the ongoing civil war in Syria against the regime of President Bashar al-Assad. Since the war began in March 2011 more than nine million Syrians have fled their homes.

According to the United Nations High Commissioner for Refugees (UNHCR), more than three million Syrians have fled to neighboring Turkey, Lebanon, Jordan and Iraq while another 6.5 million refugees are living within Syria. Approximately 150,000 Syrians have received asylum in the European Union.

The Obama administration in September responded to the crisis by raising the number of Syrian refugees admitted to at least 10,000. Fewer than 2,000 Syrian refugees were accepted in this country in 2014.

However, Syrian migrants have come under scrutiny in the aftermath of recent killing of more than 130 people in Paris by gunmen affiliated with the terrorist group ISIS. This heightened scrutiny is derived from the fact that ISIS is largely headquartered in Syria.

Photo courtesy of the Chronicle Herald.

Some speculate that groups of Syrian migrants coming to Europe and the United States could contain ISIS-sponsored terrorists. Ignoring the fact there is no documentation to support this claim, 31 U.S. governors publicly declared they will refuse to allow migrants from Syria to resettle in their states.



That sentiment gained momentum in Congress, culminating in the passage of the America Safe Act (H.R. 4038) in the U.S. House. If it becomes law, the America Safe Act would require the FBI director, the secretary of Homeland Security, and the director of national intelligence to personally certify that each Syrian refugee seeking resettlement in the United States does not pose a terrorist threat. Passage of the bill is unnecessarily draconian given the lengthy vetting process for Syrian refugees already put in place by the Obama Administration.

NASW RESPONSE:

The America Safe Act will all but ensure the Obama Administration's Syria migration program will come to a halt. For that reason, the National Association of Social Workers (NASW) is disappointed that the America Safe Act passed the House. The association believes the language in the bill conflicts with American and social work values that obligate us to reach out to and help populations around the world that have been displaced by wars and natural disasters.

NASW is also concerned with statements made by public figures suggesting U.S. policies should prioritize Christian Syrians over Muslims or those proposing that all Syrian refugees register in a national database. Such policies could be construed as anti-Islamic and therefore are not acceptable to NASW.

The NASW Code of Ethics calls on social workers to act to prevent discrimination based on religion, race culture and other factors. Our Code of Ethics also calls on social workers to enhance human well-being and help meet the basic human needs of all people, particularly people who suffer massive displacement due to wars and violent civil conflicts.

NASW supports all efforts to provide a safe haven and support services for people fleeing the crisis in Syria.

<http://www.socialworkblog.org/advocacy/2015/11/national-association-of-social-workers-statement-on-the-syrian-refugee-crisis/>

Letter from the President

Aloha Members,

The Holiday season is upon us. Like everyone else, I am moved during this time toward reflections of the year past and of what awaits in the next. These reflections do not always invoke feelings of joy and peace as the Christmas songs (already playing in the stores) tell me they should.

There is some joy and peace, yes but there are other feelings. Feelings like fear and sadness and loss. There is happiness and excitement and silliness. There are lots of questions as well. Did I do the best I could? Did I hurt anyone unintentionally; or otherwise? Did I give enough? Do I have enough? Am I enough? What is the world coming to? Do I really make a difference?

This kind of reflecting happens for me throughout the year – but during the Holidays it just seems so much more intense, doesn't it? I don't know about you, but I often talk about the Holidays afterward like I have survived some sort of endurance trial. I don't know if that will ever change for me but I do know how I survive year after year. Through Gratitude.

For me, it's not the songs or the lights or the decorations that give meaning to the Holiday Season. It's the fact that I have **so much** to be grateful for and more importantly, that I can **recognize** that I have so much. As stressful as the season may get, when I embrace gratitude, I find the peace those songs tell me I can have.

In that peace though is always the surety that I am being challenged to carry gratitude with me throughout the year. Not always easy; which is why I am grateful for the yearly refresher the Holiday Season imposes.

Best wishes and gratitude to you all – this Holiday Season - and for the coming year.

Eddie



Board President

*Eddie
Mersereau,
LCSW, CSAC*

Upcoming CEU Opportunities

EMDR Basics Training, Weekend 1	When: 12/4/15-12/6/15, 20 CEUs Cost: \$850 early bird, \$925 after. Discounts available for non-profits or prepaying for both Weekend 1 & 2	Place: New Otani Kaimana Beach Hotel, 2863 Kalakaua Ave, Honolulu (O'ahu)	Register: www.emdr.com
EMDR Basics Training, Weekend 2	When: 4/1/16-4/3/16 20 CEUs Cost: \$850 early bird, \$925 after. Discounts available for non-profits or prepaying for both Weekend 1 & 2	Place: New Otani Kaimana Beach Hotel, 2863 Kalakaua Ave, Honolulu (O'ahu)	Register: www.emdr.com
11th Annual Bioethics Conference: Dementia- A Population Health Challenge: Rising Rates, Emerging Ethics	When: April 29, 2016 7 CEUs Cost: \$150 Early bird registrationn before April 1, 2016	Place: Pomaika'i Ballrooms, Dole Cannery, Honolulu (O'ahu)	Register: @stfrancishawaii.org

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NASW Hawai'i Chapter

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8 TIPS

FOR

SOCIAL WORKERS

SOCIAL MEDIA & TECHNOLOGY

Don't "friend" clients, Do not engage with clients via Social Media.

Don't blog, post or make negative comments about work outside of the office or about colleagues

Manage your privacy and location settings on social media accounts

Develop a social media or technology policy for your practice or agency

Educate clients that their use of social media may compromise their confidentiality

Before googling your client:

Determine if the search is clinically indicated, or is satisfying personal curiosity

Learn to use technology fully before before implementing it into your practice

Implement security and privacy measures for electronic communications and records

Source:

<https://www.socialworkers.org/nasw/ethics/>

Committee Members Wanted!

Interested in becoming more involved with your NASW chapter?

We would love to have you!

Members wanted to serve on:

Legislative Committee

PACE (political action) Committee

Continuing Education Committee

Please email us with interest at info@naswhi.org

Advertise in the NASW newsletter! Reach over 900 social workers in Hawai'i!

Advertising Rates Line classified: \$4.00 per line, approximately 35 characters, with a 5 line minimum.

Display advertisements with borders: business card size = \$30; 1/4 page = \$50; 1/2 page = \$75; full page = \$115.

Deadline for Receipt of articles: Usually the last Friday of the month for the following month. Call the Chapter office to verify the next printing of the newsletter and website posting (rates are per month).

Advertisements may include employment, office space, seminars, or miscellaneous ads and will also be posted on our website for that month. Our website receives over 30,000 hits and over 3,000 individual visits each month.

Subscription Rate for non-members: \$20/year; Mailing labels one time rental= 25 cents per label.

Send information to: NASW Hawai'i Chapter, 677 Ala Moana Blvd. #702, Honolulu, HI 96813, Phone: 521-1787, Fax: 628-6990

NASW reserves the right to accept, reject or edit advertisements, articles and notices of events based on publication schedule, space limitations, and appropriateness. Publication of advertising copy does not constitute endorsement or approval of the contents therein of a book, other publications, points of view,

Student Loan Repayment: The National Health Service Corps

Primary care medical, dental and mental/behavioral health clinicians can get up to \$50,000 to repay their health profession student loans in exchange for a two-year commitment to work at an approved NHSC site in a high-need, underserved area. The payment is free from Federal income tax and is made at the beginning of service so you can more quickly pay down your loans. Approved sites are located across the U.S., in both urban and rural areas.

After completing your initial service commitment, you can apply to extend your service and receive additional loan repayment assistance.

The amount you receive and length of your commitment depends on where you serve (service at sites in higher need areas yields greater loan repayments). It also depends on whether you select the full-time or half-time option. See the 2016 Application and Program Guidance for details.

Approved Hawai'i sites:

- Hana Community Health Center, Hana, HI
- Ko'olauloa Community Health and Wellness Center, Kahuku, HI
- Ko'olauloa Community Health and Wellness Center - Hau'ula Clinic
- Hauula, HI Ko'olauloa Community Health & Wellness Center (school-based), Kahuku, HI
- West Hawaii Community Health Center Kailua Kona, HI
- West Hawaii Community Health Center - Keiki, Kealahou, HI
- West Hawaii Community Health Center - Adult Family Practice, Kealahou, HI
- West Hawaii Community Health Center - Waikoloa, Waikoloa, HI
- West Hawaii Community Health Center, Inc. - Kealahou, Kailua Kona, HI
- Bay Clinic - Ka'u Family Health and Dental Center, Naalehu, HI
- Bay Clinic - Keaau Family Health Center, Keaau, HI
- Waimanalo Health Center, Waimanalo, HI
- Waianae Coast Comprehensive Health Center, Waianae, HI
- Molokai Community Health Center, Kaunakakai, HI
- Hamakua Health Center, Honokaa, HI
- Hamakua Health Center - Kohala, Kapaau, HI
- Waianae Coast Comprehensive Health Center - Kapolei Health Care Center, Kapolei, HI
- Waikiki Health - Ohua Clinic, Honolulu, HI
- Waianae Coast Comprehensive Health Center - Waipahu Family Health Center, Waipahu, HI
- Waikiki Health - Care-A-Van, Honolulu, HI
- Kalihi-Palama Health Center -Honolulu, HI
- Kalihi-Palama Health Center - Downtown, Honolulu, HI
- Kalihi-Palama Health Center - Medical and Behavioral, Honolulu, HI
- Waikiki Health - PATH clinic, Honolulu, HI
- Waikiki Health - Makahiki Clinic, Honolulu, HI
- Waikiki Health - Next Step Shelter, Honolulu, HI
- Molokai General Hospital, Kaunakakai, HI
- Bay Clinic - Pahoa Family Health Center, Pahoa, HI
- Bay Clinic - Hilo Family Health Center, Hilo, HI
- Community Clinic of Maui dba Malama I Ke Ola Health Center, Wailuku, HI
- NaPu'uwai, Inc., Kaunakakai, HI
- Hawaii Department of Education School Based Behavioral Health Services-Laupahoehoe Complex, Laupahoehoe, HI
- Ka Ho'ailona Rural Health Clinic, Kaunakakai, HI
- Kau Hospital & Rural Health Clinic, Pahala, HI

- Hawaii Department of Health - Kau Complex (Pre-K-12), Pahala, HI
- Waianae Coast Comprehensive Health Center - Leeward Pediatrics dba James and Abigail Campbell Clinic, Waianae, HI
- Waianae Coast Comprehensive Health Center - Mobile Homeless Service Van, Waianae, HI
- Hui No Ke Ola Pono, Inc, Wailuku, HI
- Community Clinic of Maui dba Malama I Ke Ola Health Center - KHAO Satellite Clinic, Wailuku, HI
- Community Clinic of Maui dba Malama I Ke Ola Health Center - NHOW Satellite Clinic, Lahaina, HI
- Mental Health Kokua, Wailuku, HI
- Federal Bureau of Prisons (BOP)- Federal Detention Center (FDC) Honolulu, Honolulu, HI
- Kokua Kalihi Valley Comprehensive Family Services - The Wellness Center, Honolulu, HI
- Kokua Kalihi Valley Comprehensive Family Services - Gulick Elder Center, Honolulu, HI
- Kauai Community Health Center - East, Kapaa, HI
- Kokua Kalihi Valley Comprehensive Family Services - Main Clinic, Honolulu, HI
- Kokua Kalihi Valley Comprehensive Family Services - Kuhio Park Terrace, Honolulu, HI
- Kauai Family Guidance Center, Department of Health, Lihue, HI
- Stephanie Skow, MD, Inc., Lihue, HI
- Lana'i Community Health Center, Lanai City, HI
- Lanai High & Elementary Schools, Lanai City, HI
- Halawa Correctional Facility, Aiea, HI
- Women's Community Correctional Facility, Kailua, HI

Source: <http://nhsc.hrsa.gov/loanrepayment/>

Offering Quality Trainings in the Application of EMDR Therapy

HONOLULU, HAWAII

Weekend 1-December 4-6 2015

Weekend 2-April 1-3, 2016



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831-761-1040 • registration@emdr.com

40 CE Credits

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Bessel van der Kolk, MD
Boston University School of Medicine

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- **Empirically validated in over 24 randomized studies**
- **Recommended in both domestic and international treatment guidelines**
- **Recommended by the World Health Organization for the treatment of PTSD in children, adolescents, and adults**
- **EMDR therapy is adaptable for victims of trauma worldwide**

A Guided Meditation to Help Cope With Holiday Stress

Begin now by visualizing yourself on a beautiful pristine beach. It is a pleasant sunny day, yet not too hot with a light breeze.

You feel the warm sun warming and energizing your skin. You hear the waves gently lapping on the sand. You allow yourself to be at one with nature.

You are completely alone on the beach and feel completely safe. You reach down and take your shoes and socks off and place them on a towel on the sand. The grains of sand feel warm and energizing on your feet as you walk along the sand. You hear the faint sound of seagulls in the air, which adds to the tranquility.

You begin walking towards the water and walk along the shore, where the water meets the sand. The sand feels soft and cool from the water, as you walk along it. The air is fresh and clean.

You allow any tension in your body to melt away as you walk along the sand. All cares and worries of your day are gradually melting away.

You take a slow deep breath in and exhale gently. Again, taking another deep breathe in and exhale gently. You feel the elements and life force from nature restoring your energy levels and sense of calm.

Visualize in your mind any place you may be holding tension in your body, any aches or pains, gradually softening and releasing.

As the water ebbs and flows on the shore, so do all your worries and tiredness ebb and flow away. You are feeling completely serene and at peace at the beach.

As a wave comes to shore, you look down and see a bottle by your feet. You reach down and pick up the bottle. As you hold the bottle in your hand, you notice the bottle has been sealed with a cork and there is a note inside the bottle. You loosen the cork and reach in with your fingers to pull out the piece of paper. You unfold the paper and read the words.

“If you are reading these words, know that you are receiving this message at the right time and place. Know that you are special and loved eternally. You have been chosen to be here at this time and place to help the people and planet heal. Never doubt or forget how special you are.”

Overjoyed with emotion, you feel someone else should discover this bottle. You fold the note and place it back into the bottle. You reseal the bottle with the cork and with your best throw; you throw the bottle back into the water.

It is now time to leave this meditation. When you feel ready, gently bring your awareness back to your body and the room. You can give your fingers and toes a wiggle and when you feel ready, gently open your eyes, coming back to waking consciousness.

Source: <http://www.exploremeditation.com/a-message-in-a-bottle-beach-meditation-script/>



1. W220.2XD: Walked into lamppost, subsequent encounter.
Really? Multiple times?
2. Y93.D: V91.07XD: Burn due to water-skis on fire, subsequent encounter
Flaming water skis?!?
3. 12.Z99.89: Dependence on enabling machines and devices, not elsewhere classified.
Put down the iphone and have a real conversation.
4. V97.33XD: Sucked into jet engine, subsequent encounter.
You survived the first time being sucked into a jet engine??
5. Y93.D: Activities involved arts and handcrafts.
One word. Glitter.
6. Y92.146: Swimming-pool of prison as the place of occurrence of the external cause.
They have a pool??
7. V80.731A: Occupant of animal-drawn vehicle injured in collision with streetcar, initial encounter
In 2015.
8. R46.1: Bizarre personal appearance
By whose standards? My grandma's or Lady Gaga's?
9. W56.52XA.: Struck by fish- initial encounter
Incoming!
10. W56.22xA – Struck by orca
Look out SeaWorld. They have had enough, Shamu and friends are fighting back

10 most bizarre ICD 10 Codes

By Sonja Bigalke-Bannan, MSW, LSW

Member Profile

1. What is your agency's mission?

The Lighthouse Homeless shelter serves as an emergency homeless shelter for the homeless population on the island of Oahu. The shelter accepts referrals for people who need help with housing or move on to transitional shelters. According to Bill, the stark reality is that in the past nine years there have been very few places for them to go and it is a problem that has only continued to worsen. The Lighthouse Emergency Shelter serves as a vital piece of the puzzle in solving homelessness.

2. What is your role at the agency?

I am the director of the agency as well as a liaison, working with other agencies and directors in coordination and through referrals.

3. What population do you serve?

The agency serves the homeless population consisting of but not limited to: families, single adults, chronically homeless, immigrants and more.

4. What are some things you wished the general community would know understand about your work or the population you work with?

There needs to be a great deal of education around the causes of homelessness. The general population really doesn't understand the complex array of causes of homelessness. People seem to think there is only one solution for homelessness. When you dedicate all of your resources to something like Housing First, you are only focusing on one subset of the population and ignoring homeless families, etc. The annual counts show majority of single people, because families living at relatives' homes may be missed in the count.

5. What are some "special needs" in

your population that social workers need to be aware of?

The majority of the population that Lighthouse served was primarily Micronesian families. Overtime, there has been a shift to a predominantly single demographic but the Micronesian population still needs help accessing resources due to cultural barriers and a lack of affordable housing. Referrals from hospital are difficult to manage because the shelter simply lacks the resources. People have also increasingly lost incentive to stay in shelter.

6. Why are social workers important in your organization?

Social workers are important at the Lighthouse for the same reason that they are important in society. The paraprofessionals serve a very good function and are productive but there is a reason that paraprofessionals are called just that. They can often be misguided and misinterpret the problem. Social workers bring the training that is necessary to understand the depth of the problem. Social work is founded on the concept of person in environment. We are trained to look at things contextually.

7. How can others refer clients to your agency?

They take referrals from outreach workers, word of mouth or walk-in clients. Since they are now operating 24 hours a day, this will provide better services.

8. Are there educational or licensing requirements placed on you by your organization?

To be a director of a shelter or a director you don't necessarily have to have a social work degree but they are the ones who are the best suited.



Name:

**William
Hummel,
MSW, LSW**

**Agency name
and location:
Lighthouse
Emergency
Shelter,
Waipahu, HI**

Title: Director

**Length of time
at agency:
Since 2006**

**School of
social work:
Hawai'i Pacific
University**

**Contact email:
whummel@
hpu.edu**

**Contact phone
number:
(808) 271-1387**

Member Profile, Continued.

9. What particular skills do you feel are important in your line of work?

Micro skills are the most vital skills to have when working with the homeless population and this of course begins with engagement. The majority of people who come to the Lighthouse have experienced some type of trauma and the process of gaining their trust and work in their best interest is all about engagement. It is often frustrating for students when they encounter a client who is working well and having nowhere to send them because transitional shelters are all overcrowded. It is hard for students to feel as if their skill sets are growing when outside barriers make placement seemingly impossible for their

10. What do you find most satisfying about your job?

The most satisfying part of the job is when clients transition successfully as well as seeing progress and growth of social work students who are doing case management.

11. What are some challenges you face in your role, and how do you overcome them?

The biggest challenges are, "trying to do too much with too little is frustrating. Questioning proposed solutions can cause you to get labeled or ostracized. People try to come up with short-term solutions and simplify solutions when it can lead to long-term problems. They are able to overcome it by continuing to work on people skills but it is of course, a work in progress."

12. What are your forms of self-care in this challenging work?

"Escaping" home to my wife and son who is 15 and our pets. We have three dogs, a pig and a tortoise which help to keep things fun.

13.

How did you get into social work/this agency/this type of work?

I started out teaching elementary school for three years out of college and noticed that I was more interested in helping the children with their problems than in simply teaching them. I went back and got my MSW from Hunter College in New York City. After that, I began working at Patch and then became the Operations Supervisor at the Institute for Human Services. Then I joined the faculty of Hawaii Pacific University to teach as well as The Department of Health and worked as an independent contractor on an elderly program. Most recently, Lighthouse Shelter, which came from the River of Life Mission.

6. What do you feel is your most significant social work accomplishment?

I feels as though my greatest accomplishment so far has been the work I have done with and for students. As a professor at Hawaii Pacific University, inspiring students that are turned loose on society each year has been my most significant work. "Training and inspiring students to make a difference in society is the most rewarding experience and you feel like your contribution multiplies".

7. Why are you an NASW member?

Being an NASW member helps me to keep in touch with what is happening in the field, where the field is going, etc. I think social work should be focusing more on generalist practice and educating the public on the value of generalist practice. Being an NASW member allows you to stay in touch with the field and keep up to date on what is happening.



Happy Thanksgiving

FROM YOUR NASW HAWAI'I CHAPTER

*I am grateful for what I am and have. My thanksgiving is
perpetual.*

Henry David Thoreau