

KA HŪLILI

NASW Hawaii Chapter Newsletter

“There is no exercise better for the heart than reaching down and lifting people up.”

– **John Holmes**



2019 NASW GALA

THE HOW OF HAPPINESS

**NAMI presents
Radical Self
Care**



**Corporate
Social
Responsibility**

A Taste of Mardi Gras By: Sruthi Vijayakumar

The 2019 NASW Hawai‘i Gala was a huge success. This annual gala is held to celebrate the social work community of Hawai‘i together and honor professionals who devote their lives to their communities. The Gala was spearhead by a vibrant NASW Hawai‘i board and an action-oriented executive director, Sonja Bigalke-Bannan. In fact, much of the preparation done months before was planned, coordinated, assembled, and ready to go due to NASW’s executive director. Director Sonja Bigalke-Bannan was able to ensure that event details occurred in a timely and efficient manner. Furthermore,



The Gala was held on March 1, 2019 at YWCA Laniakea, Honolulu. The theme was ‘A Taste of Mardi Gras,’ and aimed for flavorful food, colorful decorations, and festive spirits. There were king cakes, candies galore, masks, beads, and costumes. Simultaneously, throughout the whole event professionals enjoyed time at a photobooth personally set up by NASW. With a NASW back drop and plethora of props, professionals of all backgrounds laughed delightedly as they took memorable photos.

The 2019 NASW Gala succeed in uniting a force of courage professionals of not only social work background but social partnered backgrounds as well. This is highly important for a workforce that is oftentimes set upon an individual professional. Social workers might feel isolated and alone in aiding and advocating for clients. Events such as this Gala not only provide a support system but also celebrate the back-breaking work that social workers put in to maintain progression towards well represented communities. In addition, these events allow a break from compassion fatigue and trauma stewardship, where professionals in this area take time to relax and enjoy themselves.

Lifetime Achievement



**BARBARA
KALIPi**

Senior Advisor, Queen Liliuokalani Trust

Barbara has given her life's work, over 45 years, as a social worker serving marginalized children, families, and communities on Moloka'i. The benefit and reach of her work has extended across Hawai'i in establishing policies, manuals, and social action to improve thriving and wellbeing. She truly believes that applied knowledge is power, as poetically illustrated in the 'olelo no'eau, lawe i ka ma'alea i ku'ono'ono (#1957), or take wisdom and make it deep (Pukui & Ebert, 1983).

Practitioner of the Year



**NANDI
ISHHIKAWA**

Clinical Director, Hawai'i Health & Harm Reduction Center

Nandi has more than 17 years of management and supervisory experience in the human services field, and more than 8 years providing direct services to children, adults, and families in crisis. Nandi has a Masters and Bachelors degree in social work. At HHHRC, she ensures that people living with HIV on O'ahu have access to HIV medication, and competent, quality health care needed to suppress the HIV virus and live their best lives.

This year's Gala recognized a couple of amazing professionals that stood out in the Hawai'i community as well as one distinctly ground-breaking organization.

A night full of connection, recognition, emotional speeches, and an exciting auction wrapped up smoothly and in anticipation of NASW's next annual Gala. Please be sure to come next time around if you were not able to make this year's Gala. A time of connection with the social work community is always a time to celebrate!

Friend of Social Work

**SARAH
MAN**



State Director, Best Buddies Hawaii

Sarah not only promotes best practices for inclusion in schools across the state, she has worked tirelessly over the past decade to support research of autism spectrum disorders with national advocacy organizations. She is committed to excellence in her service to others and has been instrumental in producing positive impacts for individual advocates, peer mentors, and the greater community. Although Sarah is not a social worker by credentials, Her work with Best Buddies Hawaii embodies the spirit of social work and the values of the profession.

Social Justice/Advocacy



Planned Parenthood
of the Great Northwest and Hawaii

Mission: In partnership with our communities, we advocate, educate, and provide health care to support sexual health and wellness for all.

PPGNHI is an independent, nonpartisan, non-profit leader in reproductive health care, rights, and education in Alaska, Hawaii, Idaho, and western Washington. The organization provides high-quality, affordable sexual and reproductive health care for women, men, and teens. PPGNHI lobbies and educates to advance Planned Parenthood's mission and also engages in limited electoral activities.

APRIL 12, 2019, 1-4PM
919 ULULANI ST, HILO, HI 96720
FREE FOR NASW MEMBERS, \$45 NON-MEMBERS

ETHICS & TECHNOLOGY

IN SOCIAL WORK PRACTICE

3 Continuing Education Credits for Social Workers and CSACs

TAUGHT BY NASW HAWAI'I PRESIDENT,
ROBIN ARNDT
WWW.NASWHI.ORG

Saudi Arabia criticized over human rights by 36 countries

By Nada Altaher, CNN

(CNN)Thirty-six countries have signed an open letter criticizing Saudi Arabia's human rights record. The letter, read Thursday at a meeting of the United Nations



Human Rights Council, is the first collective rebuke of the kingdom. It urges Saudi Arabia to release human rights activists jailed for "exercising their fundamental freedoms" and to "disclose all information available" about the killing of journalist Jamal Khashoggi.

"I call upon Saudi Arabia to ensure that all members of the public including human rights defenders and journalists can freely and fully exercise their right to freedom of expression and association including online and without fear of reprisals," Iceland's ambassador Harald Aspelund said during the session in Geneva.

He called for the release of women rights defenders Loujain al-Hathloul, Hatoon al-Fassi and Samar Badawi and others jailed after campaigning for human rights in the country.

Last week, Saudi Arabia announced that prosecutors were preparing a case against a number of the detainees for "undermining the security and sovereignty of the Kingdom."

Reading from the letter, Ambassador Aspelund said "investigations into the killing [of Jamal Khashoggi] must be independent and transparent."

The collective rebuke was signed by all countries in the European Union, as well as Iceland, Australia, Canada, Norway, New Zealand, Liechtenstein,

Monaco and Montenegro.

CNN has reached out to the kingdom for comment.

The CIA has concluded that Saudi Crown Prince Mohammed bin Salman personally ordered Khashoggi's killing. Riyadh has maintained that neither bin Salman nor his father, King Salman, knew of the operation to target the journalist. Officials have also denied that jailed female activists have been tortured.

The statement to the UN council came as Saudi Arabia appears to be facing renewed international pressure in recent days.

Amnesty International said in a statement Wednesday that the moment had come for states to take a stand against the kingdom's violation of rights. Heba Morayef, Amnesty International's Regional Director for the Middle East and North Africa, said: "This initiative at the UN Human Rights Council offers a rare opportunity for states to take a strong public stand against the catalog of human rights violations by the government of Saudi Arabia.

"States who stay silent risk abdicating responsibility at a crucial moment and sending a dangerous message that Saudi Arabia can continue to commit egregious abuses without being held to account," Morayef said.

Earlier in the day, UN High Commissioner for Human Rights Michelle Bachelet had slammed Saudi Arabia over the "apparently arbitrary arrest and detention" of the women rights defenders

Bachelet said: "The persecution of peaceful activists would clearly contradict the spirit of the country's proclaimed new reforms. We urge that these women be released."

And separately, US lawmakers in Washington condemned the kingdom's "gangster"-like abuses during retired Gen. John Abizaid's nomination hearing to be the Trump administration's first ambassador to Saudi Arabia. Lawmakers pressed Abizaid on the kingdom's domestic repression, the alleged detention and torture of activists and royal family members as well as the recent alleged torture of a US citizen.

Republican Sen. Marco Rubio of Florida said the Crown Prince has "gone full gangster" before adding that "it's difficult to work with a guy like that." While the actions by the UN appear to have ramped up, Gregory Gause, a Saudi expert at Texas A&M University, told CNN that on the diplomatic front, and in the US Congress, the momentum against Saudi Arabia has not

stopped since the Khashoggi killing.

Gause said the condemnation at the UN meeting will be concerning to the kingdom given that Saudi Arabia "unlike some other human rights violators, has always had good relations with the US and Western Europe." "These recent high-profile acts from the Saudi government make it harder for Western governments to sustain the relationship."

Aware of the kingdom's negative image, Gause said efforts were already underway to alter the country's perception into something more positive with moves like the appointment of Princess Reema bint Bandar Al Saud as ambassador to Washington.

Gause added that, ultimately, the Crown Prince is not going anywhere. "Riyadh is not going to accept that. The Crown Prince is running the show," Gause explained. "The issue here is just what an acceptable solution would be to the Western capitals."

Reprint-able: <https://www.cnn.com/2019/03/07/middleeast/saudi-arabia-criticism-intl/index.html>

<h2 style="text-align: center;">Suicide Prevention Resources</h2> <h3 style="text-align: center;">Be a lifesaver</h3>	
<p>+ Visit Your Primary Care Provider Mental Health Professional Walk-in Clinic Emergency Department Urgent Care Center</p>	<p>911 Call 911 for Emergencies</p>
<p>📞 National Suicide Prevention Lifeline 1-800-273-TALK (8255) Veterans: Press 1</p>	<p>🔍 Find a Mental Health Provider findtreatment.samhsa.gov mentalhealthamerica.net/finding-help</p>
<p>📱 Text TALK to 741741 Text with a trained crisis counselor from the Crisis Text Line for free, 24/7</p>	<p>🏠 American Foundation for Suicide Prevention afsp.org/resources</p>
<p>NASW National Association of Social Workers</p> <p>Non-profit association, represents the interests of social workers nationally and through state chapters</p>	<p>ASWB Association of Social Work Boards</p> <p>Non-profit association of state governments regulatory boards, develops and administers the licensing exam, working on license reciprocity across states</p>
<p>CSWE COUNCIL ON SOCIAL WORK EDUCATION</p> <p>Non-profit association, sets standards for social work education</p>	<p>DCCA HAWAII Department of Commerce and Consumer Affairs, State of Hawai'i government agency, protects the public by granting social work licenses and enforcing HRS related to social work</p>

CE Opportunities!

Managing Complexity: Practical Tools for Ethical Decision Making (3 Ethics CEs)

Date & Time: Friday, April 12, 2019, 9am-noon

Location: Hawaii Loa Campus, Kaneohe

Register: <https://www.surveymonkey.com/r/JY2N8KY>

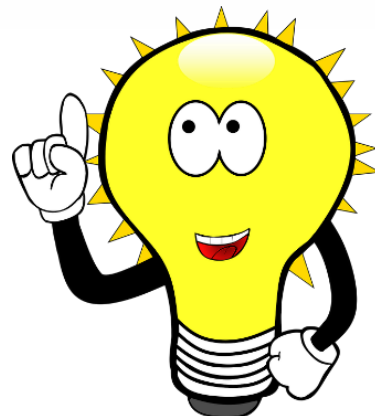
Online CE opportunities offered by NASW National through the Social Work Online CE Institute

<http://naswva.inreachce.com/>

or

the NASW Professional Development Office

<http://www.socialworkers.org/naswproed/>



Radical Self Care

By: Sruthi Vijayakumar

RADICAL SELF CARE: NAMI Hawai‘i State Conference 2019 with Mental Health America of Hawai‘i & Sutter Health Kaha Mohala.



On
March 8 from
8:00AM to
12:00PM
NAMI held a
self-care event
at the Makai

Ballrooms. As soon as one stepped into the antiquated interior a different mindset was embraced. Although bright and early on a Friday morning, a burst of energy filled the room. Professionals from various fields related to mental health were collected in order to recharge and renew. The collective active efforts filled everyone with excitement and hope in order to practice improved self-care tactics.

The keynote speaker Paul Hitman, PhD, holds a master's degree in experimental psychology from Wake Forest University and a PhD from the Illinois institute of technology in Chicago. He is a licensed staff psychologist in the Northern California VA health care system; Redding, California. He was a presenter at NAMI National Convention in 2017.

Paul Hitman discussed the burgeoning issue of burnout, which is a big topic of discussion currently. Attendees of the conference were able to interpret and assess their own levels of burnout through researched methods. In addition, attendees were presented with anti-burnout strategies and ways in which to reinvigorate passion for self-care and compassion. Finally, tips and tricks for catching future compassion fatigue early only and

preventing burnout was a closing topic.

Paul Hitman's talk was effective in establishing how self-care and changes to a better wellbeing are all in our control. Evidence-based research has shown that circumstances such as money, beauty, and marital status have little to no effect on self-image. While genetics does have a significant part to play, a major part of self-care and restoring positive self-images is within an individual's own control. It all turns to thought process, taking a step back from the everyday mundane tasks and truly dedicating time to one's self discovery and development.

Shortly afterwards, there were several break sessions that covered topics of meditation practices, creative healing, and methods to living life well. I attend the last topic which discussed ten major steps to living life well with digital help. Speaker Pedro Hero, MPH, discussed techniques to improve life quality and keep a mental and physical balanced state. This included sleeping well,

knowing what your sleep pattern is and sticking it to it. Pedro Hero presented various sleep tracker apps that will analyze



cycles, patterns, as well as maintain what hours of sleep are critical for you. Finally, Pedro Hero mentioned that if all else fails going to a mental health professional is crucial to maintaining

that balance of self-care and preventing burnout. This last step is especially true for our social work community of NASW HI. Social workers often forget that self-care and mental wellness is first important to their wellbeing before reaching out to the community. If the social worker is not in tune with their own wellbeing it is nearly impossible to work effectively. Therefore, social workers themselves can remember that in their own times of hardships going to a mental health professional is a major step in restoration.

The end of this conference left me in awe and invigorated, while many of these pieces of information were not new they emphasized how important it was to dedicate time to self-care. Even if self-care is not a priority, achieving a state of rested mind through thoroughly researched practices is a priceless medicine. Self-care is not something that can be utilized as a last-minute rescue, instead the effort put in regularly will result in burnouts being rare. It does not take a lot of effort. Self-care daily is the best gift a practitioner, or anyone for that matter, can give to themselves.



Aloha Social Work Students!

*Join us at a self care event with social
work gear and honor cords for student
memebrs!*

UHM: Wednesday April 3, 2:30-5:30PM

HPU: Thursday April, 11th 2:15PM-

5:15PM



National Association of Social Workers

Maryland judge rescinds block against transgender military ban

By Eli Watkins, CNN

(CNN)A federal judge in Maryland cleared the way Thursday for the Pentagon to put in place a Trump administration policy banning most transgender individuals from serving in the military, a move advocates said left only one temporary block in place against the ban.

The ultimate fate of the transgender ban is still playing out in court, although Thursday's decision saw the removal of a nationwide block that had prevented the policy from going into place on a temporary basis. The American Civil Liberties Union, which is fighting the ban, said in a statement following the Maryland ruling that "one additional block on the ban still exists from a different case."

In January, the Supreme Court enabled the policy to go into effect while legal challenges proceeded in lower courts, but US District Judge George Russell had not lifted his court's injunction on the ban, preventing the Pentagon from moving ahead.

That changed on Thursday, when Russell agreed with the Justice Department that in light of the Supreme Court's ruling, the nationwide injunction should no longer stand.

The Justice Department said in response to Thursday's move that it was "pleased this procedural hurdle has been cleared."

"The Department of Defense will be able to implement personnel policies it determined necessary to best defend our nation as litigation continues," said Justice Department spokesperson Kelly Laco.

Pentagon spokesperson Jessica Maxwell told CNN that existing policy from 2016 would remain in place until the department "issues further guidance, which will be forthcoming in the near future."

ACLU attorney Joshua Block said in a statement that the decision was "deeply disappointing for our clients and for transgender service members across the nation."

"We will continue to fight against this discriminatory policy and the Trump administration's attacks on transgender people," Block said.

Thursday's move marked the latest step for the ban President Donald Trump sought to impose early in his presidency.

Trump tweeted in July 2017 that he would reinstate a ban on transgender individuals in the military, and the administration announced last March under then-Defense Secretary James Mattis that it would move ahead with a policy to bar most transgender people from military service. Last fall, Russell issued an injunction blocking the ban from going forward as it faced significant legal challenges. The Supreme Court moved in January through an unsigned 5-4 order to allow the ban to go into effect. The justices took no stance on the overall legality of the ban but cleared the way for it to go into place as lower courts hear additional arguments, which are ongoing. In its January move, the Supreme Court ended two temporary injunctions against the policy, but the Maryland injunction stood until Thursday.



Additionally, the ACLU said a remaining temporary block on the ban came from a separate case, *Doe v. Trump*, where an appeals court wrote in early January that a nationwide injunction from a lower federal court in that case would end as well. The group GLBTQ Legal Advocates and Defenders, a legal group in that case, said the injunction in *Doe* would "remain in place at least 21 days after the DC Circuit Court of Appeals releases its signed ruling in that case."

Jennifer Levi, an attorney with GLAD, told CNN the preliminary injunction from a federal court in *Doe* would stand until after the higher court published its ruling at a time of its choosing. Levi further warned against "harm" the military would cause if it moved to impose the ban once all hurdles to putting it into place temporarily were removed.

CNN's Ariane de Vogue, Ryan Browne and Barbara Starr contributed to this report.
 Reprint-able: <https://www.cnn.com/2019/03/07/politics/military-transgender-ban/index.html>

Corporate Social Responsibility

By: Sruthi Vijayakumar

In a time of high-end technology and open access to modern end goods, the income gap within America continues to widen (Jezard, 2017). Corporate entities, specifically conglomerates, bring in enormous profits. While the United States' democracy encourages capitalism, enjoying the governance of a nation requires that the government enact directives to manage the flow of capital. In other words, the government can act as a bridge between corporations and populations at risk. Populations-at-risk that rely on social welfare and face barriers to basic resources, goods, and services needed for survival. However, this topic becomes tricky when analyzing the scope and depth of legally mandated corporate social responsibility.



Corporate social responsibility (CSR) “aims to ensure that companies conduct their business in a way that is ethical. This means taking account of their social, economic and environmental impact, and consideration of human rights,” (University of Edinburgh, 2017). This can mean that companies minimize negative impacts on society/environment or furthermore add onto local social development (University of Edinburgh, 2017). CSR can also be seen as a “competitive advantage” where not only is “brand awareness” built but trust is being built with consumer base and employees (University of Edinburgh, 2017). CSR also instills a realm of transparency, because companies can depict what portions of profits are used to fund social initiatives. Transparency holds the corporation accountable and establishes an inviting nature to local communities, rather than presenting negative corporate image stereotypes.

In terms of legal corporate social responsibility, Lambooy discusses established quasi-legal norms and programs that assist companies in avoiding complicity to human rights violations (2014). CSR becomes



important in the debate of government reach, because mandated CSR actually fills arenas in which the government lacks resources and personnel (Lambooy, 2014). If the government was entirely able to handle social welfare on its own, wealth disparities and imbalance of welfare distribution would not occur so frequently. It is due to lack of power and oversight that makes social responsibility a tricky qualm. With capitalism extending beyond national borders, and trade of goods and services expanding due to globalization, corporations have greater manpower to dedicate to these fields of social aide.

In fact, various non-legal CSR initiatives arose from limited “governmental capacity to provide a short-term remedy to prevent further disasters and accept[ing] that corporate social responsibilities extend beyond those that can be defined in stark legal terms.” (Lambooy, 2014, p.2). Legal mechanisms can further complement these corporate directives to fill gaps of public enforcement, Lambooy’s article further discusses how legal corporate responsibility is in fact a benefit to companies in developing transparency with the public (2014). In hindsight, national progress and even global progress requires stakeholders form diverse fields to invest efforts. While working towards social balance, teams from various sectors need to work in cohesion to establish effect (Lambooy, 2014). In a capitalistic society financially driven businesses have a high scope of influence, which is not to be overlooked. Stakeholders from the government, social welfare fields, and corporations can work together to

establish legal principles in order to advance social standards. In this way CSR is not enforced, but a shared interest that puts the welfare of people and/or consumers in a place of priority.

Areas where business can step up their responsibility are through regulation for nursing homes and stepping into the for-profit colleges burrowing dilemma. Recently, Trump ended federal regulation on nursing homes leaving nursing homes less accountable (Gebelhoff, 2019). With the government unable to penalize these “multibillion-dollar field,” services local corporations can be tasked with management and oversight. The benefit for the business can be major tax write offs, while nursing homes now have third parties constantly reviewing services. Another area of involvement is for-profit colleges, and possibly getting corporations to participate in order to cut down tuition or decrease over-burrowing. The loan rate for education is rapidly increasing, and regardless of loan counseling or other federal checks the majority of students after graduation find themselves submerged in massive debt (Kreigbaum, 2016). A third-party social support system such as corporations can sponsor student studies or provide competitive loans that have wider options of forgiveness based on corporation requirements.

CSR is not a simple subject matter, because it dives into different professional sectors to visualize beyond simple end goals into a shared communal future. As of current, Hawaii is a state that can benefit from CSR. The island chain’s welfare system is in a state of much needed assistance, but oftentimes this is placed below priorities of the tourism industry. The beach of Waikiki’s crystal-clear waters is advertised to attract tourist revenue, but at-risk populations that live in the beach’s shadows are virtually ignored. An online article written by Lenhart describes how certain companies with “aloha spirit” are currently driving change in Hawaii (2017). Local companies utilize CSR to encourage employees, and even customers, to give back to and help rebuild the community (2017). Government regulation of CSR can involve numerous corporations from a plethora of fields, to dedicate similar efforts to public welfare improvement. Legally mandated CSR can be achieved through open discussion and flexible models which will ignite widespread national and international social change.

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**IN CASE YOU DONT
HEAR IT OFTEN
ENOUGH:**

**THANK YOU FOR
CHOOSING TO
BECOME A SOCIAL
WORKER. YOU ARE SO
VERY NEEDED!**

Happy Social Work Month



 **N A S W** | HAWAI'I CHAPTER