

August 2023

Newsletter



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MOHALA I KA
WAI KA MAKA
© KA PUA



"Flowers thrive where there is water, as thriving people are found where living conditions are good." (Pukui, 1983, #2178)

"For almost six decades, BISAC has offered individuals and their families an opportunity to regain control of their lives. We understand that people who come to us feel broken and at their lowest, but with a holistic approach encompassing the mind, body, and spirit, there is hope for healing and growth. Amazing transformation can occur when clients are fully engaged and open to vulnerability. They become awakened and begin the journey toward healing.

A supportive and non-judgmental environment encourages clients to explore their feelings and emotions. By doing so, clients can unlock the power within themselves. We are proud to say that our approach has helped countless individuals and families find hope, healing, and growth. " Dr. Hannah Preston-Pita, CEO

OLA KINO

Ola Kino is a program that focuses on the five wellnesses that help us live a balanced lifestyle: physical, emotional, intellectual, spiritual, interpersonal, and environmental. In addition to the education on wellness, clients also focus on the importance of proper nutrition and the benefits of exercise. While in active addiction, it's common for people to be depleted of adequate food and overproduction of feel-good chemicals in the brain. The goal is to educate clients on ways to stimulate these chemicals naturally. We have recently transitioned our classes to a gym. This allows clients to fully utilize all equipment and enable individuals with physical limitations to remain active.

MAHI'AI OLA

Mahi'ai Ola uses cultural techniques and traditions to educate and empower clients to overcome obstacles in their lives. Clients learn important life skills such as **laulima** (teamwork), **ho'oponopono** (problem-solving), **ho'omanawanui** (patience), and **no'ono'o loi** (critical thinking). They are introduced to the native language by learning to pray, chant and speak. Mahi'ai Ola helps clients build a strong kahunas foundation so that when they return home, they will have gained enough knowledge, confidence, and skills to overcome barriers.



HO'A'IKE

"Strike with knowledge."

Ho'a'ike is our recently developed cultural strength-based program focusing on building skills and identity through relationships and cultural immersion. Our interactive curriculum allows students to share their experiences and insights through our **Ho'ala Guide**, with seven engagements based on the **huaka'i** they embarked on, whether physical or mental, to invoke **makawalu** (various perspectives). This is an indirect approach to prevention and intervention through a native Hawaiian model of self-sovereignty and self-identity. The program utilizes cultural concepts to help rediscover oneself. The cultural approach is intended to educate and encourage the individual and support their sobriety. The goal is to learn about being stewards of the land through physical, emotional, and spiritual connections to their environment.



"IT TAKES A VILLAGE"

Team **INSPIRE** attended the prosecutor's office - crime prevention unit's first networking and resource fair. We got to network with other great agencies, did a Naloxone training, and passed out Narcan kits.



Summer Jam '23





SELAU SUISAMI

EHOP OFFICE MANAGER

TEAM MEMBER OF THE MONTH

"Sui is a person you want on your team. She is a team player and will always go above and beyond so the team succeeds." - Miriama Lauulu.

Sui is the heart of our East Hawaii office, known for her thoughtfulness, warmth, and outgoing personality. Her focus and flexibility behind the scenes keep operations running smoothly, and clients and providers alike appreciate her resourcefulness and organizational skills. Recently, Sui received the Running With the Bulls Award for being a risk-taker and keeping things interesting in the workplace. She is truly an invaluable member of our team.

CLIENT SPOTLIGHT

"BISAC has instilled the tools I needed to succeed and remain sober. I am beyond grateful for the support that Dr. Hannah and BISAC's staff have given to me." - Sandy

Sandy's story is one in which countless others may find strength and hope. Despite having addiction take everything she valued and cared about away from her, she never stopped believing she could have the life she had always wanted. Sandy eventually made her way to our TLP, where she began working on herself and, for the first time, began to enjoy life in sobriety. Upon graduation, she was offered a position with us as the Health and Fitness Coordinator. Since then, she has assisted in creating and developing our health and fitness program, Ola Kino.



SAUNDRA "SANDY" RAMOS