



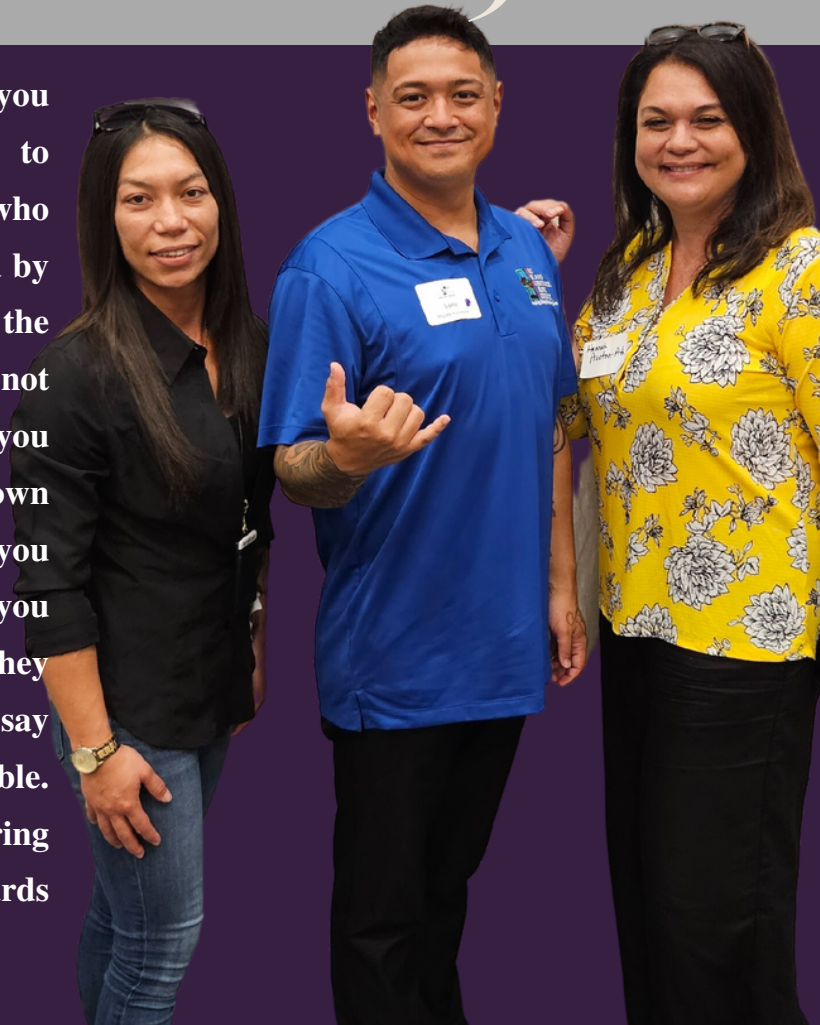
BIG ISLAND SUBSTANCE ABUSE COUNCIL

Inspiring Change, Reclaiming Lives

SEPTEMBER

NEWSLETTER 2023

“Recovery begins at exactly that moment when you are completely broken and must surrender to unfamiliar and uncomfortable ways to rebuild who you were meant to be. We have all been touched by addiction and have either experienced firsthand the devastation it causes. Addiction does not discriminate. I know and I empathize with all of you who have felt like a prisoner in your own relationships, not in control of situations making you feel helpless, wanting to do better but feeling that you are no good, and wanting to save someone but they are not willing to save themselves. I am here to say that treatment is possible, and treatment is available. This month we celebrate those amazing and inspiring individuals who have taken the steps towards recovery.” - Dr. Hannah Preston-Pita



HIFTF WALK

September 30th, 2023. Lili'uokalani Kalani Gardens (across Hilo Bay Cafe).

Join the Hawai'i Island Fentanyl Task Force as we walk together to remember those we have lost, support those seeking or in recovery, and promote awareness about fentanyl poisoning. The "Walk to Prevent Addiction and Overdose" is a FREE and fun event for all ages hosted by the Hawaii Island Fentanyl Task Force. Registration is at 8:00am, near the Hilo Bay Cafe and Lihikai Street - Banyan Drive intersection. The walk will start at 8:30 am. Prevention resources will be available.



WALK TO PREVENT
**ADDICTION
OVERDOSE**

Let's join together to raise fentanyl and addictions awareness, promote education, and prevent future tragedies.

8AM TO 10:00 AM	SAT SEPT 30	3K WALK
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📍 LILI'UOKALANI GARDENS IN HILO
Near Hilo Bay Cafe

FREE EVENT **RESOURCES AVAILABLE** **KEIKI FRIENDLY**

This free event is hosted by the Hawai'i Island Fentanyl Task Force: www.hiftf.org

RECOVERY EVENT

September 30th, 2023. Lili'uokalani Gardens (Isles, to the right of Hilo Bay Cafe)

September is recovery month and BISAC wants to celebrate everyone who is fighting the good fight and is currently in recovery. We will provide lunch, have activities, and giveaways. We encourage anyone in recovery to attend to connect with others on the same path.



ALL IN 4 LIFE 2023
RECOVERY EVENT

Join us for a special event to celebrate everyone in recovery. This is a great opportunity to connect with others who share your journey and support your goals. Come and enjoy a fun and festive day with us. You deserve it!

FREE FOOD, GIVE AWAYS, ACTIVITIES, AND MORE.

LOCATION: ISLE'S (NEXT TO HILO BAY CAFE)
30 SEPTEMBER, 2023
1030a - 2p

bisac.org | 808-969-9994 ext 863

 **BIG ISLAND SUBSTANCE ABUSE COUNCIL**
Inspiring Change. Rebuilding Lives.

 Scan to register!
Please register in advance to reserve your FREE T-shirt + Lunch



HAWAI'I ISLAND HEALTH & WELLNESS CENTER

A Division of Big Island Substance Abuse Council

Accepting New Patients

Hawaii Island Health and Wellness Center is a department under BISAC that provides behavioral and mental health services to Hawaii Islands general community and current BISAC clients. Services at HIWHC address a variety of issues such as depression, anxiety, interpersonal relationships, adjustment concerns, smoking cessation, sleep difficulties, parenting, and more. HIHWC addresses the underlying issues to substance use, trauma, grief and loss, chronic illness and pain. Clients are empowered to identify these issues, understand them, and reclaim their lives. Clients work closely in collaboration with behavioral health therapists to develop treatment plans and utilize evidenced-based strategies to treat these conditions. Therapy is provided in a variety of forms (e.g., group, individual, family, and couples).



Tiffany Fuerte

Raynell Espaniola

What are some of the most rewarding aspects of your job as a mental health professional?

Tiffany: Witnessing the breakthrough, clients feel when they get to full reprocess past wounds and no longer feel bondage to their past. Seeing and hearing the peace they feel and experience when get to work on their deepest/rooted trauma. Living out my dream of expanding hope that others can break the cycle of abuse/trauma for themselves, their family, and others.

How do you keep yourself updated on the latest research and best practices in mental health?

Raynell: The need for mental health is constantly changing and providers need to ensure that we continue to engage in professional development so that we can provide our clients with the best evidenced-based practices available. I am constantly reading (I am a bookworm) but I also take advantage of webinars, trainings, and conferences when they become available.



ROBIN AGUIAR
CASE MANAGER

TEAM MEMBER OF THE MONTH

“She always has an infectious smile”

Robin displays compassion and empathy when working with the population we serve. She always goes above and beyond to ensure that our clients needs are met. She treats the person, not the disease. She is a team player and attacks her work with enthusiasm. Robin recently celebrated another blessed year of life.

CLIENT SPOTLIGHT

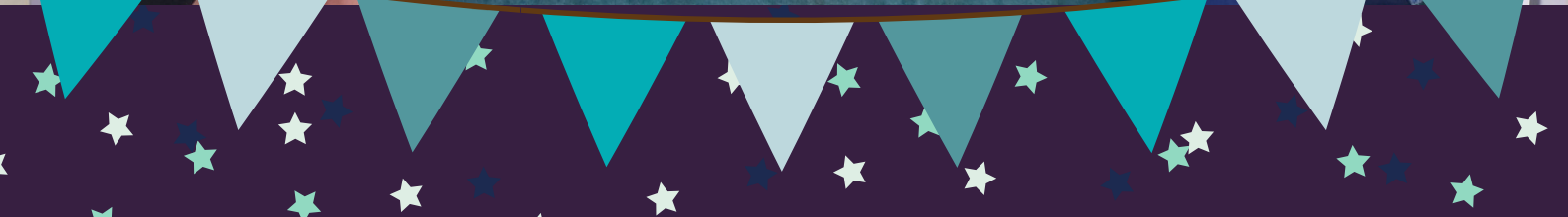
“Hi my name is Ian and I am a graduate of BISAC. What the program did for me was plant seeds of hope, enough for me to want to change. This hope came through the staff, the services, and the peer specialist. In BISAC, I had a sense of community and realized that I didn’t have to do this alone.” - Ian

Ian came into our program through Veterans Drug Court and completed our program about 4 years ago. A year ago he was hired on call as a peer specialist for the weekends and now is full time. In addition to this he is the house manager for our new men’s clean and sober. Ian is active in the recovery community sharing his experience, strength and hope with others.



IAN PALEKA
PEER SPECIALIST

CELEBRATING



5-9 YEARS 10-14 YEARS 15 YEARS 16 YEARS 18 YEARS

RAUL - 5	TRACY - 10	PAIGE	KAROLI	DANA
PII - 6	RAY - 10	ACE		
RANDY - 7	GLORIA - 11	MIKE		
TED - 8		JADE		

YEARS OF SERVICE