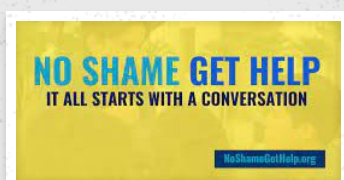


Kākou Connection

May 2022

Kākou in Hawaiian means "we are all in this together." As we continue to overcome challenges, it is our hope that this newsletter will provide you with valuable resources and information to guide you along the way. This is a joint collaboration of the DOE Central District's School Social Workers and Human Services Professionals. Let's remain connected and support one another!

May is Mental Health Awareness Month



Mental Health America of Hawai'i

<https://mentalhealthhawaii.org/>

The mission of Mental Health America of Hawai'i is to promote mental health and wellness through education, advocacy, service, and access to care for children, adults, elders and their families.

DOE Student Well-Being and Mental Health

<https://www.hawaiipublicschools.org/ParentsAndStudents/SupportForStudents/StudentWell-being/Pages/default.aspx>

The Hawai'i State Department of Education is here to help support student mental health and well-being through an array of school and community-based resources.

Mental Health Kokua (MHK)

<https://mhkhawaii.weebly.com/>

MHK's mission is to assist people with mental health and related challenges to achieve optimum recovery and functioning in the community. Their services include housing, case management, homeless outreach, counseling and more.

Trauma and Crisis Resources

Child Mind Institute - Free Multilingual Resources

https://childmind.org/guide/multilingual-trauma-resources/?utm_medium=email&utm_source=email&utm_campaign=trauma_resources_2022-03-30&utm_content=multilingual-trauma-resources

The Child Mind Institute has prepared resources to aid parents and educators in talking to children and adolescents about potentially traumatic events. Recently, to support families affected by the invasion of Ukraine, they have taken extra steps to make these and other resources available.



Help Your Keiki - Trauma

<https://www.helpyourkeiki.com/trauma>

Help Your Keiki is a website from the Hawai'i Department of Health, Child and Adolescent Mental Health Division. They address a variety of behavioral issues and their section on trauma offers helpful resources and support.

Kū Makani - Hawai'i CARES

<https://www.kumakani.org/>

Kū Makani assists adults and children with recovering from the impacts of COVID-19. Statewide services include a warm line, education via media marketing, zoom/telehealth modalities for groups, and individual crisis counseling sessions. Community resources, referrals, and linkages for anyone that needs assistance are also provided.



Child & Family Service (CFS) - Healing from Trauma

<https://www.childandfamilyservice.org/programs/?category=21>

CFS programs are designed to aid individuals and families in crisis, helping them to heal and rebuild their lives through counseling and therapeutic support services.

Summer Self-Care

Make a list of goals	Sit in the sun shine	Make lemon water	Go on a hike or walk	Spend time in water	Let yourself be a kid
Eat lunch outside	Unplug for the day	Drink your water	Make a fruit salad	Relax to nature sounds	Go out for ice cream
Dress up to feel cute	Make a summer playlist	Make your own popcicles	Eat a water-melon	Take a mid-day nap	Go to a Farmer's Market
Make s'mores or grill	Try watergun painting	Take a ton of pictures	Watch the sun rise	Go on a road trip	Do yoga outside
Focus on being happy	Use sidewalk chalk	Read a good book	Spend all day laughing	Write something beautiful	Go star gazing

BlessingManifesting

Summer Crafts and Recipes

<https://www.goodhousekeeping.com/home/craft-ideas/g20967550/summer-crafts/>

These summer crafts will keep your kids busy all summer long. I love the shell people and ice cream cone keychain!

<https://kingshawaiian.com/recipes/>

Get ready for summer with simple and delicious recipes. Enjoy BBQ chicken ranch sliders, sweet avo toast, lava you sundae and so much more!

