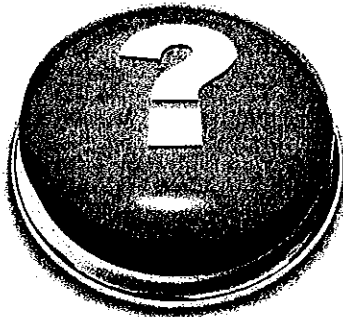
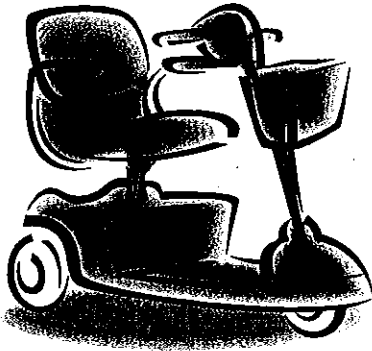


***A HELPING HAND RESOURCE  
BOOKLET FOR ALL FAMILIES  
INCLUDING PEOPLE WITH  
DISABILITIES***



***EMERGENCY SHELTERS  
LEGAL ASSISTANCE  
MEDICAL CARE  
SUPPORT AGENCIES & MORE***

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2009-2010 Academic Year

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## **Hawaii Help Locator**

(Revised 3/2010)

**State of Hawaii Adult Mental Health**      24 hour ACCESS Line      586-4686  
1250 Punchbowl 96813, Honolulu

Can determine eligibility for mental health services and refer clients to appropriate clinics for assessment and treatment services. Helps people with no insurance or those who have had difficulty receiving services

- Crisis hotline (information and referral, suicide and crisis assessment)
- Adult Crisis Team (suicide and homicide assessment)
- Crisis Shelter (short term crisis beds for adults)
- Youth Crisis Team (clients age birth – 17)
- Survivors of Suicide (SOS) (for people who have lost a loved one to suicide)
- Diversion Project (mental health assessment)
- In Service Teams to speak to groups about the services offered by Adult Mental Health

**Aloha United Way**      24 hours/7 days a week      211  
200 N. Vineyard #700 96817

Operator will give information or transfer to appropriate service

- Housing
- Financial help with rent as funds are available
- Referrals to any city, county or state agency on any island
- Financial Aid/Scholarships for students
- Help with health insurance – free health insurance available for children up to age 19

### **EMERGENCY MEDICAL CARE**

<b>MEDICAL</b>	<b>24 HOUR SERVICE</b>	911
<b>POISON CENTER</b>	<b>24 HOUR SERVICE</b>	800-222-1222
<b>SUICIDE CRISIS LINE</b>	<b>24 HOUR SERVICE</b>	832-3100
<b>Kahuku Medical Center</b>	56117 Pualalea Street Kahuku, HI 96731	293-9221
<b>Kaiser Permanente Medical Cente</b>	3288 Moanalua Road Honolulu, HI 96819	432-0000
<b>Kapiolani Medical Center For Women &amp; Children</b>	1319 Punahou Street Honolulu, HI 96826	983-6000
<b>Kuakini Medical Center</b>	347 North Kuakini Street Honolulu, HI 96817	536-2236
<b>Kapiolani Medical Center at Pali Momi</b>	98-1079 Moanalua Road Aiea, HI 96701	486-6000

<b>Queens Medical Center</b>	1301 Punchbowl Street Honolulu, HI 96813	538-9011
<b>Hawaii Medical Center East</b>	2230 Liliha Street Honolulu, HI 96817 <i>Emergency</i>	547-6011 547-6551
<b>Straub Clinic and Hospital</b>	888 South King Street Honolulu, HI 96813	522-4000
<b>Tripler Army Medical Center</b>	1 Jarrett White Road Tripler Amc, HI 96859	433-5716
<b>Waianae Coast Comprehensive Health Center</b>	86-260 Farrington Hwy Waianae, HI 96792	696-7081
<b>Wahiawa General Hospital</b>	128 Lehua Street Wahiawa, HI 96786	621-8411

**LOW COST MEDICAL CARE**

**State Mental Health Centers – Call ACCESS line for referral**

<b>Central Oahu Mental Health Center</b>	860 Fourth Street Pearl City, HI 96782	453-5950
<b>Wahiawa Mental Health Center</b>	910 California Avenue Wahiawa, HI 96786	621-8425
<b>Kalihi Palama Health Center</b>	915 North King Street Honolulu, HI 96817	848-1438
<b>Kalihi Palama Health Center Downtown</b>	89 South King St. Honolulu, HI 96813	792-5560
<b>Kokua Kalihi Valley</b>	2239 North School Street Honolulu, HI 96819	848-0976
<b>Queen Emma Clinic</b>	1301 Punchbowl Honolulu, HI 96813	538-9011
<ul style="list-style-type: none"> <li>• Sliding fee scale</li> </ul>		
<b>Waikiki Health Center</b>	277 Ohua Avenue Honolulu, HI 96815	922-4787
<ul style="list-style-type: none"> <li>• \$40 fee each TB/MMR Test</li> <li>• Show proof that you are a student</li> </ul>		

**Public Health Nursing**

East Honolulu	3627 Kilauea Ave. Room 311	733-9220
West Honolulu	1700 Lanakila Room 201	832-5757
Leeward	94-275 Mokuula St. Room 101	675-0073

- No cost - TB skin tests for all ages
- Developmental assessments and referrals for children age birth - age 5
- Case management, home services for medically fragile individuals

<b>Waianae Coast Community Health Services</b>	86-226 Farrington Hwy Waianae, HI 96792	696-4212
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**EMERGENCY SHELTERS**

<b>Child &amp; Family Services</b>	24 hours/7 days a week	841-0822
<b>Domestic Abuse Shelter</b>		

- Address is confidential
- Cost: Single \$3; single w/child \$5; single w/ 2 or more children \$7
- 48 hour trial stay, length of stay usually limited to 3 months, but can be extended on case by case basis

<b>Housing Solutions</b>		973-0500
Nakolea		946-8063

- Single, working or full-time student
- Has to be working 19-40 hours weekly, rent \$320

Loliana		522-0540
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- Family (must be working or full-time student)
- Cost – adult/1 child = \$300, adult/2 children = \$350, adult/3 children = \$400  
\$100 deposit, can stay 18 months – 2 years depending on situation

Elderly housing		599-5799
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<b>Victim Advocacy Program</b>		624-7233
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Domestic Violence & Sex Assault for Army

- Address is confidential
- Emergency transportation available
- 10 day limit
- Limited child care; no charge

**Institute for Human Services**

Shelter for Women and Families	546 Kaa'ahi Street	845-7052
Shelter for single men	350 Sumner Street	537-2724

- Free dormitory environment for homeless individuals
- Case managers available for welfare recipients and applicants
- Medical clinics on site
- Three meals provided
- Donations appreciated

**Fernhurst YWCA** 1566 Wilder Ave. 941-2231  
**Residence for Women** Honolulu, HI 96822

- Please inquire about rates
- Breakfast and dinner included. Limited reservations
- Membership which is \$35 and room deposit is \$30

**State Housing Information (director's office)** 587-0524

**Neighbor Island Shelters**

- |          |                           |          |
|----------|---------------------------|----------|
| * Maui   | Women Helping Women       | 579-9581 |
| * Kauai  | Alternatives to Violence  | 245-5959 |
| * Kauai  | The Shelter               | 245-6362 |
| * Hawaii | Family Crisis Shelter ATV | 696-7798 |
|          | Hilo Shelter              | 959-8400 |
|          | Kona Shelter              | 322-7233 |

**SEXUAL ASSAULT/CRISIS INTERVENTION**

**Family Peace Center** 832-0855  
 • Provides intervention for victims, perpetrators, and child witnesses of domestic violence

**Child & Family Service- Ohana Sex Abuse Treatment Center** 521-2377

**Pu'uhonua** 585-7944  
 • Counseling over the phone  
 • Support group for women  
 • Mon.-Fri. 8 a.m.-10 p.m., After hours call Ohia Shelter 526-2200

**Kapiolani Medcial Center** 55 Merchant St. 22<sup>nd</sup> floor 524-7273  
**Sex Abuse Treatment Center** Honolulu, HI 96813  
 • Twenty Four hour service  
 • Crisis Intervention  
 • Free medical exam within 72 hours of assault  
 • Information, referrals, and counseling fees on sliding scale basis  
 • Sex Abuse Treatment

**Mainland, Neighbor Islands – Victims can call Toll Free** 1-800-531-5538  
 • Prosecuting Attorney's Office support for victims of violent crimes. Information regarding the criminal justice system and accompaniment to proceedings.  
 No Charge.

**ALCOHOL AND DRUG COUNSELING**

**Alcoholics Anonymous** 946-1438

<b>Al-Anon (Adults living with alcoholics)</b>	546-5647
<b>Alateen (Children living with alcoholics)</b>	546-5647
<b>Castle Medical Center (Kailua)</b>	263-5326
• Behavioral Health Services. Detoxification	
<b>Ho'omau Ke Ola</b>	696-3315
• Treatment and counseling for individuals with addiction	
<b>Malama Recovery Service</b>	668-2277
• Outpatient substance abuse program	
<b>Marine Corps Substance Abuse Counseling Center</b>	257-3900
<b>Narcotics Anonymous</b>	734-4357
<b>Salvation Army Family Treatment Center</b>	732-2802
<b>Salvation Army Addiction Treatment Services</b>	595-6371
• Affordable detoxification	
• Outpatient and residential programs	
<b>Castle Medical Center (Kailua)</b>	263-5326
• Behavioral Health Services	
• Detoxification	

### COUNSELING AND PERSONAL SUPPORT

<b>Adults Molested as Children Support Group</b>	543-8494
<b>Catholic Charities Hawaii</b>	536-1794
• Counseling for individuals, families and couples	
• Fees based on income	
<b>Codependents Anonymous (CODA)</b>	589-2632
• Help for people with family, relationship problems or low self esteem	
<b>Compassionate Friends</b>	536-2225
• Support and self help for people who have lost children	
• Meet 1 <sup>st</sup> Saturday of each month 10 a.m. – 12 at Waikiki Yacht Club	
<b>Domestic Violence/Child Abuse Shelters</b>	24 hour hotline 841-0822
<b>Eating Disorder Counseling</b>	255-4810

- Family Peace Center** 832-0855
- Support groups for abused women; domestic violence intervention counseling
  - Resource referrals
- Hawaii State Coalition Against Domestic Violence** 832-9316
- Domestic violence information, referrals, legislative advocacy
- Kapiolani Rehabilitation Center** 983-8235
- Speech, audiology, physical and occupational therapy
- MADD (Mothers Against Drunk Driving)** 532-6232
- Alcohol education
  - Bereavement counseling
- United Self Help Warm Line** 947-5558
- Free telephone help for individuals who need someone to talk to
  - Seven days a week from 4:30 p.m. to 9:00 p.m.

**PARENTING SUPPORT**

- Akamai Youth Project** 529-3886
- Sessions for parents, teens age 11 – 17 and other family members on Juvenile law and parenting issues (NO CHARGE)
  - Referrals and support
- Child and Family Services** 681-3500
- Family Peace Center's-Puuhonua Crisis Counseling Lin** 585-7944
- Legal referral and crisis support
  - Counseling and intervention
  - Case advocacy and safety planning
- Hawaii Family Services** 696-3482
- Provide respite child care services for parents living on the Waianae coast
  - Children can be dropped off one day a week from 9a.m.-12 noon (NO CHARGE)
  - Child abuse prevention program
- Hana Like – Prevent Child Abuse Program** 841-2245
- Home visitor program
- Institute for Family Enrichment** 596-8433
- Intensive home and community-based services
  - Services to children with Autism
  - Psychological testing
- The Parent Line** 526-1222

- Handles complaints against attorneys concerning unethical behavior

**Department of the Attorney General – Main Switchboard** 586-1500

- Responsible for enforcing State law in Hawaii

**U.S. Attorney Victim/Witness Office** 541-2850

- Responsible for enforcing Federal law in Hawaii

**Crime Victim Compensation** 587-1143

- Financial assistance to victim of violence crime

**TRO (Temporary Restraining Order) Applications** 538-5959

No Fee Charged

Family Law Center Pioneer Plaza, Suite 910 900 Fort Street Mall Honolulu, HI 96813	Uncontested Divorce Power of Attorney	423-9071
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Coates & Frey Attorneys at Law Pioneer Plaza, Suite 1400 900 Fort Street Mall Honolulu, HI 96813	Domestic and Family Relationships Divorce; Custody; Support; Paternity; Abuse; All Family Law	524-4854
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**REFERRALS**  
**PSYCHOLOGISTS, PSYCHIATRISTS, MSW, COUNSELORS**

<b><u>NAME</u></b>	<b><u>INSURANCE</u></b>	<b><u>SPECIALTY</u></b>
<b>Airman &amp; Family Readiness Flight</b> 655 Vickers Ave., Bldg. 1105 449-0300	<i>Air Force members and dependents</i>	Free classes, financial assistance, job search
<b>Life Skills Flight</b> 449-0175		Mental Health issues
<b>Behavioral Health Services</b> Castle Medical Center 640 Ulu Kahiki St. Kailua, HI 96734 263-5356	<i>Kaiser if referred, HMSA</i>	Acute DETOX, outpatient treatment
<b>Berkey, Trena, LCSW</b> Psychotherapist 98-211 Pali Momi St. Suite 707 Aiea, HI 96701 626-5278		
<b>Bressem, Michael, Ph.D.</b>	<i>HMSA, HDS, Medicare,</i>	Marriage Counselors,

Olahou Clinic  
98-1247 Kaahumanu St. #223  
Aiea, HI 96701  
487-5433

*Medicaid, Champus (not Prime)  
HMSA Quest only*

Sexual Abuse, Teens  
other issues

**Chingon, Harry M.D.**  
98-211 Pali Momi St. Suite 414  
Aiea, HI 96701  
484-9200

*Most insurance accepted*

Child and Adolescent  
psychiatrist

**Fine, Virginia, Ph.D.**  
1042 Maunawili Loop  
Kailua, HI 96734  
261-5521

*Takes most insurance*

Works with all types on  
communication skills

**Garrett, Cathy, Psy. D.**  
98-211 Pali Momi, Suite 810  
Aiea, HI 96701  
485-2800

*Most insurance accepted*

Psychologist,  
individuals and teens

**Gelb, Suzanne, Ph.D.**  
Century Center  
1750 Kalakaua Ave., Suite 3203  
Honolulu, HI 96826  
943-2994

*Call for insurance*

Eating Disorders,  
all addictions,  
clinical hypnosis,  
relationship  
problems

**Hammer, Suzanne, M.D.**  
1188 Bishop St., Suite 2408  
Honolulu, HI 96813  
524-3393

*Private Insurance, Campus*

Relationship Problems,  
depression, anxiety

**Kitay, Joyce, Ph.D.**  
888 Mililani St. PH 2  
Honolulu, HI 96813  
924-3027

*No insurance, reduced fees*

General and Family  
Individuals and kids

**Kiyota, Heide, Ph. D.**  
319 A North Cane St.  
Wahiawa, HI 96786  
621-1820

*Most insurance accepted*

Psychologist  
Individuals and children

**Luckie, Nancy, M.D.**  
1833 Kalakaua Ave., Suite 800  
Honolulu, HI 96815  
951-1166

*Most insurance accepted*

Psychiatrist, does  
therapy

**Peck, Joel, M.D.**  
2130 S. Beretania  
Honolulu, HI 96826  
485-5855

*Takes all HMSA, HMSA Quest,  
Tricare, Medicaid, Medicare,  
MDX, HMA, HMAA, UHA,  
Kaiser added choice*

Pharmacal, medicinal therapy  
anxiety, depression, post  
traumatic stress, bipolar,  
schizophrenia, insomnia

**Quinn, Cynthia L., LMFT, NCC**  
North Shore family therapist  
59-416 Kewaena Rd.  
Haleiwa, HI 96712  
372-2190

*No insurance accepted/  
Sliding scale*

Family/Marriage therapy

**Sharpe, Carla, APN, RN**  
457 Iliwahi Loop  
Kailua, HI 96734  
261-0066

*Most Insurance, including Quest*

Play therapy,  
children, and  
families

**Sloggett, Barbara, Ph. D.**  
4211 Waialae Ave. Suite 206-A  
Holululu, HI 96816  
735-2494

*HMSA, Champus*

Behavior Therapy

**Thompson, Malia, Ph. D.**  
4747 Kilauea Ave. #108  
Honolulu, HI 96816  
478-5633

*Most insurance accepted*

Psychologist, individuals/  
couples

**Umphress, Val, Ph.D.**  
98-211 Pali Momi, Suite 810  
Aiea, HI 64701  
488-9288

*Takes all insurance*

Psychologist, individuals/  
family

**Walker, Arther Bim, Ph.D.**  
Pali Palms Plaza  
970 Kalaheo St. Suite C-209  
Kailua, HI 976734  
254-5554

*Most insurance accepted*

Clinical psychologist,  
Ages: 3-85, individuals,  
couples, children, adolescents

**Winter, Jacqueline, LCSW, BCD**  
Individual and Relationship Counseling Center  
1504 Halekoa Dr.  
Honolulu, HI 96821  
735-1053 or 741-6024

Individual and Couples  
Therapy

## Hawaii Disability Resources

<b>Behavioral Health Services Administration</b>	586-4416/586-4419
<ul style="list-style-type: none"><li>• <a href="http://www.state.hi.us/doh/about/behavior.html">www.state.hi.us/doh/about/behavior.html</a></li><li>• Information about admission, care, treatment,, release, and patient follow up</li></ul>	
<b>Goodwill Industries of Hawaii, Inc.</b>	836-0313
<ul style="list-style-type: none"><li>• <a href="http://www.higoodwill.org">www.higoodwill.org</a></li><li>• Provides training, career development, and employment services.</li></ul>	
<b>Hawaii Centers for Independent Living</b>	522-5400
<ul style="list-style-type: none"><li>• <a href="http://www.hcil.org">www.hcil.org</a></li><li>• Peer counseling, housing, outreach, public education, transportation, advocacy</li></ul>	
<b>Hawaii Disability Rights Center</b>	949-2922
<ul style="list-style-type: none"><li>• <a href="http://www.hawaiidisabilityrights.org">www.hawaiidisabilityrights.org</a></li><li>• Advocates for the rights of people with disabilities</li></ul>	
<b>Hawaii Division of Vocational Rehabilitation/ Department of Human Services</b>	692-7727
<b>Hawaii Services on Deafness</b>	926-4763
<ul style="list-style-type: none"><li>• <a href="http://www.hsod.org">www.hsod.org</a></li><li>• Information, referrals, advocacy</li></ul>	
<b>Hina Mauka</b>	236-2600
<ul style="list-style-type: none"><li>• <a href="http://www.hinamauka.org">www.hinamauka.org</a></li><li>• Full continuum of substance abuse treatment services</li></ul>	
<b>Learning Disabilities Association of Hawaii</b>	536-9684
<ul style="list-style-type: none"><li>• <a href="http://www.idanatl.org">www.idanatl.org</a></li><li>• Information, referrals, advocacy</li></ul>	
<b>Legal Aid Society of Hawaii</b>	536-4302
<ul style="list-style-type: none"><li>• <a href="http://www.legalaidhawaii.org">www.legalaidhawaii.org</a></li><li>• Legal assistance and tax services</li></ul>	
<b>Mental Health Kokua</b>	737-2523
<ul style="list-style-type: none"><li>• <a href="http://www.mentalhealthkokua.org">www.mentalhealthkokua.org</a></li><li>• Residential and rehabilitation services for persons with mental illnesses</li></ul>	
<b>Mental Health America</b>	800-969-6642
<ul style="list-style-type: none"><li>• <a href="http://www.nmha.org">www.nmha.org</a></li><li>• National help line, local self help groups</li></ul>	
<b>Dept. of Labor and Relations</b>	
<b>Employment &amp; Training</b>	586-8816
<b>Unemployment</b>	586-8870

<b>Special Education Center of Hawaii</b>	734-0233
<ul style="list-style-type: none"> <li>• <a href="http://www.secoh.org">www.secoh.org</a></li> <li>• Provide services to people with developmental disabilities or acquired disabilities due to head injury or aging.</li> </ul>	
<b>United Cerebral Palsy Association of Hawaii</b>	532-6744
<ul style="list-style-type: none"> <li>• <a href="http://www.ucpahi.org">www.ucpahi.org</a></li> </ul>	
<b>Salvation Army Admin.</b>	988-2136
<ul style="list-style-type: none"> <li>• <a href="http://www.salvationarmyhawaii.org">www.salvationarmyhawaii.org</a></li> <li>• Emergency financial assistance, substance abuse treatment and rehabilitation</li> </ul>	
<b>United Self Help</b>	947-5558
<ul style="list-style-type: none"> <li>• <a href="http://www.unitedselfhelp.com">www.unitedselfhelp.com</a></li> <li>• Self help and support groups, free warm line</li> </ul>	
<b>Waianae Coast Comprehensive Health Center</b>	696-7081
<ul style="list-style-type: none"> <li>• <a href="http://www.wcchc.com">www.wcchc.com</a></li> </ul>	