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

EMERGENCY SHELTERS
LEGAL ASSISTANCE
MEDICAL CARE
SUPPORT AGENCIES & MORE

2009-2010 Academic Year
# TABLE OF CONTENTS

- **EMERGENCY MEDICAL CARE** ................................................................. 3
- **LOW COST MEDICAL CARE** ................................................................. 3
- **EMERGENCY SHELTER** ........................................................................ 4-5
- **SEXUAL ASSAULT/CRISIS INTERVENTION** ........................................... 5
- **ALCOHOL & DRUG COUNSELING** ....................................................... 5-6
- **COUNSELING & PERSONAL SUPPORT** ................................................. 6-7
- **PARENTING SUPPORT** .......................................................................... 7-8
- **EMERGENCY FOOD & FINANCIAL HELP** ............................................. 8
- **RESOURCES FOR CHILDREN & YOUTH** .............................................. 8-9
- **FINANCIAL HELP** .............................................................................. 9
- **LEGAL ASSISTANCE** ........................................................................... 9-10
- **PROFESSIONAL REFERRALS** ............................................................. 10-12
- **HAWAII DISABILITY RESOURCES** .................................................... 13-14
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

MEDICAL  24 HOUR SERVICE  911
POISON CENTER  24 HOUR SERVICE  800-222-1222
SUICIDE CRISIS LINE  24 HOUR SERVICE  832-3100

Kahuku Medical Center
56117 Pualalea Street
Kahuku, HI 96731
293-9221

Kaiser Permanente Medical Center
3288 Moanalua Road
Honolulu, HI 96819
432-0000

Kapiolani Medical Center
For Women & Children
1319 Punahou Street
Honolulu, HI 96826
983-6000

Kuakini Medical Center
347 North Kuakini Street
Honolulu, HI 96817
536-2236

Kapiolani Medical Center at Pali Momi
98-1079 Moanalua Road
Aiea, HI 96701
486-6000
<table>
<thead>
<tr>
<th>Medical Center</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Queens Medical Center</td>
<td>1301 Punchbowl Street Honolulu, HI 96813</td>
<td>538-9011</td>
</tr>
<tr>
<td>Hawaii Medical Center East</td>
<td>2230 Liliha Street Honolulu, HI 96817</td>
<td>547-6011</td>
</tr>
<tr>
<td></td>
<td>Emergency</td>
<td>547-6551</td>
</tr>
<tr>
<td>Straub Clinic and Hospital</td>
<td>888 South King Street Honolulu, HI 96813</td>
<td>522-4000</td>
</tr>
<tr>
<td>Tripler Army Medical Center</td>
<td>1 Jarrett White Road Tripler Amc, HI 96859</td>
<td>433-5716</td>
</tr>
<tr>
<td>Waianae Coast Comprehensive Health Center</td>
<td>86-260 Farrington Hwy Waianae, HI 96792</td>
<td>696-7081</td>
</tr>
<tr>
<td>Wahiawa General Hospital</td>
<td>128 Lehua Street Wahiawa, HI 96786</td>
<td>621-8411</td>
</tr>
</tbody>
</table>

**LOW COST MEDICAL CARE**

State Mental Health Centers – Call ACCESS line for referral

<table>
<thead>
<tr>
<th>Mental Health Center</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Oahu Mental Health Center</td>
<td>860 Fourth Street Pearl City, HI 96782</td>
<td>453-5950</td>
</tr>
<tr>
<td>Wahiawa Mental Health Center</td>
<td>910 California Avenue Wahiawa, HI 96786</td>
<td>621-8425</td>
</tr>
<tr>
<td>Kalihi Palama Health Center</td>
<td>915 North King Street Honolulu, HI 96817</td>
<td>848-1438</td>
</tr>
<tr>
<td>Kalihi Palama Health Center Downtown</td>
<td>89 South King St. Honolulu, HI 96813</td>
<td>792-5560</td>
</tr>
<tr>
<td>Kokua Kalihi Valley</td>
<td>2239 North School Street Honolulu, HI 96819</td>
<td>848-0976</td>
</tr>
<tr>
<td>Queen Emma Clinic</td>
<td>1301 Punchbowl Honolulu, HI 96813</td>
<td>538-9011</td>
</tr>
<tr>
<td></td>
<td>• Sliding fee scale</td>
<td></td>
</tr>
<tr>
<td>Waikiki Health Center</td>
<td>277 Ohua Avenue Honolulu, HI 96815</td>
<td>922-4787</td>
</tr>
<tr>
<td></td>
<td>• $40 fee each TB/MMR Test</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Show proof that you are a student</td>
<td></td>
</tr>
</tbody>
</table>
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

Waianae Coast Community Health Services 86-226 Farrington Hwy 696-4212
Waianae, HI 96792

EMERGENCY SHELTERS

Child & Family Services 24 hours/7 days a week 841-0822

Domestic Abuse Shelter
- 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

Housing Solutions 973-0500

Nakolea 946-8063
- Single, working or full-time student
- Has to be working 19-40 hours weekly, rent $320

Loliana 522-0540
- 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

Victim Advocacy Program 624-7233
Domestic Violence & Sex Assault for Army
- Address is confidential
- Emergency transportation available
- 10 day limit
- Limited child care; no charge

Institute for Human Services 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. Honolulu, HI 96822 941-2231

- 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 Medical Center Sex Abuse Treatment Center 55 Merchant St. 22nd floor 524-7273

- 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
Al-Anon (Adults living with alcoholics) 546-5647

Alateen (Children living with alcoholics) 546-5647

Castle Medical Center (Kailua) 263-5326
- Behavioral Health Services. Detoxification

Ho'omau Ke Ola 696-3315
- Treatment and counseling for individuals with addiction

Malama Recovery Service 668-2277
- Outpatient substance abuse program

Marine Corps Substance Abuse Counseling Center 257-3900

Narcotics Anonymous 734-4357

Salvation Army Family Treatment Center 732-2802

Salvation Army Addiction Treatment Services 595-6371
- Affordable detoxification
- Outpatient and residential programs

Castle Medical Center (Kailua) 263-5326
- Behavioral Health Services
- Detoxification

COUNSELING AND PERSONAL SUPPORT

Adults Molested as Children Support Group 543-8494

Catholic Charities Hawaii 536-1794
- Counseling for individuals, families and couples
- Fees based on income

Codependents Anonymous (CODA) 589-2632
- Help for people with family, relationship problems or low self esteem

Compassionate Friends 536-2225
- Support and self help for people who have lost children
- Meet 1st Saturday of each month 10 a.m. – 12 at Waikiki Yacht Club

Domestic Violence/Child Abuse Shelters 24 hour hotline 841-0822

Eating Disorder Counseling 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
  - Uncontested Divorce 423-9071
  - Power of Attorney
  Pioneer Plaza, Suite 910
  900 Fort Street Mall
  Honolulu, HI 96813

- Coates & Frey Attorneys at Law
  - Domestic and Family Relationships 524-4854
  - Divorce; Custody; Support;
  - Paternity; Abuse; All Family Law
  Pioneer Plaza, Suite 1400
  900 Fort Street Mall
  Honolulu, HI 96813

**REFERRALS**
**PSYCHOLOGISTS, PSYCHIATRISTS, MSW, COUNSELORS**

<table>
<thead>
<tr>
<th>NAME</th>
<th>INSURANCE</th>
<th>SPECIALTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airman &amp; Family Readiness Flight</td>
<td><em>Air Force members and dependents</em></td>
<td>Free classes, financial assistance, job search</td>
</tr>
<tr>
<td>655 Vickers Ave., Bldg. 1105</td>
<td></td>
<td></td>
</tr>
<tr>
<td>449-0300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life Skills Flight 449-0175</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Behavioral Health Services</td>
<td><em>Kaiser if referred, HMSA</em></td>
<td>Acute DETOX, outpatient treatment</td>
</tr>
<tr>
<td>Castle Medical Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>640 Ulu Kahiki St.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kailua, HI 96734</td>
<td></td>
<td></td>
</tr>
<tr>
<td>263-5356</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berkey, Trenda, LCSW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychotherapist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>98-211 Pali Momi St. Suite 707</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aiea, HI 96701</td>
<td></td>
<td></td>
</tr>
<tr>
<td>626-5278</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bressem, Michael, Ph.D.</td>
<td><em>HMSA, HDS, Medicare,</em></td>
<td>Marriage Counselors,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Olahou Clinic
98-1247 Kahumanu 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

Geb, 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 Milihali 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
Honolulu, 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

Behavioral Health Services Administration 586-4416/586-4419
- www.state.hi.us/doh/about/behavior.html
- Information about admission, care, treatment, release, and patient follow up

Goodwill Industries of Hawaii, Inc. 836-0313
- www.higoodwill.org
- Provides training, career development, and employment services.

Hawaii Centers for Independent Living 522-5400
- www.hcil.org
- Peer counseling, housing, outreach, public education, transportation, advocacy

Hawaii Disability Rights Center 949-2922
- www.hawaiidisabilityrights.org
- Advocates for the rights of people with disabilities

Hawaii Division of Vocational Rehabilitation/ Department of Human Services 692-7727

Hawaii Services on Deafness 926-4763
- www.hsod.org
- Information, referrals, advocacy

Hina Mauka 236-2600
- www.hinamauka.org
- Full continuum of substance abuse treatment services

Learning Disabilities Association of Hawaii 536-9684
- www.idanatl.org
- Information, referrals, advocacy

Legal Aid Society of Hawaii 536-4302
- www.legalaidhawaii.org
- Legal assistance and tax services

Mental Health Kokua 737-2523
- www.mentalhealthkokua.org
- Residential and rehabilitation services for persons with mental illnesses

Mental Health America 800-969-6642
- www.nmha.org
- National help line, local self help groups

Dept. of Labor and Relations Employment & Training 586-8816
Unemployment 586-8870
Special Education Center of Hawaii
• www.secoh.org
• Provide services to people with developmental disabilities or acquired disabilities due to head injury or aging.

United Cerebral Palsy Association of Hawaii
• www.ucpahi.org

Salvation Army Admin.
• www.salvationarmyhawaii.org
• Emergency financial assistance, substance abuse treatment and rehabilitation

United Self Help
• www.unitedselfhelp.com
• Self help and support groups, free warm line

Waianae Coast Comprehensive Health Center
• www.wcchc.com