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

EMERGENCY SHELTERS
LEGAL ASSISTANCE
MEDICAL CARE
SUPPORT AGENCIES & MORE

2012-2013 Academic Year

TABLE OF CONTENTS

TABLE OF CONTENTS……..2

HAWAII HELPER LOCATOR……..3

EMERGENCY MEDICAL CARE……4

LOW COST MEDICAL CARE……5

EMERGENCY SHELTER……..6

SEXUAL ASSAULT/CRISISINTERVENTION……7

ALCOHOL & DRUG COUNSELING……8

COUNSELING & PERSONAL SUPPORT……9

PARENTING SUPPORT ……..10

EMERGENCY FOOD & FINANCIAL HELP……11

RESOURCES FOR CHILDREN & YOUTH ……12

FINANCIAL HELP……12

PUBLIC ASSISTANCE OFFICES……13

LEGAL ASSISTANCE……14

PROFESSIONAL REFERRALS……15-17

HAWAII DISABILITY RESOURCES……..18-19

Hawaii Helper Locator

(Revised 10/2013)

State of Hawaii Adult Mental Health 24 hour ACCESS Line 586-4686
1250 Punchbowl 96813, Honolulu www.amhd.org

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 hour/7 days a week 211 (536-1951)
200 N. Vineyard #700 96817, Honolulu www.auw.org

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
KAISER 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
QUEENS MEDICAL CENTER	1301 Punchbowl Street Honolulu HI 96813	538-9011
STRAUB CLINIC & HOSPITAL	888 South King Street Honolulu HI 96817 ***Emergency***	547-6011 547-6551
TRIPLER ARMY MEDICAL CENTER	1 Jarrett White Road Tripler AMC HI 96859	433-5716
WAIANAE COAST COMPREHENSIVE HEALTH CENTER	86-260 Farrington Highway Waianae HI 96792	696-7081
WAHIAWA GENERAL HOSPITAL	128 Lehua Street Wahiawa HI 96786	621-8411

LOW COST MEDICAL CARE

State Mental Health Centers – Call ACCESS line for referral. (See page 3)

CENTRAL OAHU MENTAL HEALTH CENTER	860 Fourth Street Pearl City HI 96782	453-5950
WAHIAWA MENTAL HEALTH CENTER	910 California Avenue Wahiawa HI 96786	621-8425
KALIHI PALAMA HEALTH CENTER	915 North King Street Honolulu HI 96817	848-1438
KALIHI PALAMA HEALTH CENTER DOWNTOWN	89 South King Street Honolulu HI 96819	792-5560
KOKUA KALIHI VALLEY	2239 North School Street Honolulu HI 96819	848-0976
QUEEN EMMA CLINIC • Sliding fee scale	1301 Punchbowl Honolulu HI 96813	538-9011
WAIKIKI HEALTH CENTER • $40 fee for each TB/MMR Test • Present Student ID	277 Ohua Avenue Honolulu HI 96815	922-4787

PUBLIC HEALTH NURSING

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

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

WAIANAE COAST COMMUNITY HEALTH SERVICES	86-226 Farrington Highway Waianae HI 96792	696-4212

EMERGENCY SHELTERS

Child & Family Services 24 hours/7 days a week 841-0822
Domestic Abuse
Emergency Shelter

- Address is confidential
- No cost

Housing Solutions 973-0050

Na Kolea 946-8063

- Single, working or full-time student
- Has to be working 19+ hours weekly, rent $320/month, $50 deposit

Loliana 522-0540

- Family (must be working or full-time student)

Elderly Housing 599-5799

Victim Advocacy Program 624-7233

Domestic Violence & Sex Assault for Army

- Address is confidential
- Emergency transportation available

Institute for Human Services

Shelter for Women & Families 546 Kaa'ahi Street 845-7052
Shelter for single Men 350 Summer Street 537-2724

- Free dormitory environment for homeless individuals
- Case managers available for welfare recipients & 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 & dinner included. Limited reservations

State Housing Information 832-5980

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 521-2377
Ohana Sex Abuse Treatment Center

Pu'uhonua Domestic Violence Crisis 593-4490

- Counseling over the phone
- Support group for women
- Mon.-Fri. 7:30a.m.-10p.m. After hours call Ohia Shelter 526-2200

Kapiolani Medical Center 55 Merchant St. 22nd Floor 524-7273
Sex Abuse Treatment Center Honolulu, HI 96813

- 24 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 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
www.aa.org/

Al-Anon (Adults living with Alcoholics) 546-5647
http://www.theagapecenter.com/AlAnoninUSA/Hawaii.htm

Alateen (Children living with alcoholics) 546-5647
http://www.al-anon.alateen.org/

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

Ho'omau Ke Ola 696-3315
http://hoomaukeola.org/
- Treatment and counseling for individuals with addiction

Malama Recovery Service 668-2277
http://www.aloha-house.org/malama/malama1.html
- Outpatient substance abuse program

Marine Corps Substance Abuse Counseling Center 257-3900
http://www.usmc-mccs.org/subabuse/index.cfm?sid=ml

Narcotics Anonymous http://www.na.org/ 734-4357

Salvation Army Family Treatment Center 732-2802
http://www1.usw.salvationarmy.org/usw/www_usw_hawaii.nsf/

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

COUNSELING AND PERSONAL SUPPORT

Adults Molested as Children Support Group 543-8494
http://amac.usclargo.com/

Catholic Charities Hawaii 536-1794
http://www.catholiccharitieshawaii.org/
- Counseling for individuals, families, and couples
- Fees based on income

Codependents Anonymous (CODA) 589-2632
http://www.coda.org/
- Help for people with family, relationship problems or low self-esteem

Compassionate Friends 536-2225
www.compassionatefriendshonolulu.org
- Support and self-help for people who have lost children
- Meet 1st Saturday of each month 10 A.M. – 11:30 A.M. at Waikiki Yacht Club

Domestic Violence/Child Abuse Shelters 24 hour hotline 841-0822
http://www.usattorneylegalservices.com/women-shelters-Hawaii.html

Eating Disorder Counseling
http://www.nationaleatingdisorders.org/ 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
http://www.hscadv.org/organizations/index.html
- Domestic violence information, referrals, legislative advocacy

Kahi Mohala Behavioral Health 671-8511
http://www.kahimohala.org/about/
- Comprehensive behavioral health care services
- Educational Programs
- Adolescent Partial Hospitalization Program
- ROPES Program

Kapiolani Rehabilitation Center 983-8235
http://www.kapiolani.org/women-and-children/health-services-for-children/rehabilitation-services-audiology.aspx
- Speech, audiology, physical, and occupational therapy

MADD (Mothers Against Drunk Driving) 532-6232
http://www.madd.org/
- Alcohol education
- Bereavement counseling

United Self-Help Warm Line 947-5558
http://unitedselfhelp.org/ush1/
- Free telephone help for individuals who need someone to talk to

PARENTING SUPPORT

Akamai Youth Project 529-3929
http://honolulucounty.hi.networkofcare.org/mh/

- 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 Line 585-7944

- Legal referral and crisis support
- Counseling and intervention
- Case advocacy and safety planning

Hana Like –Prevent Child Abuse Program 841-2245
http://pacthawaii.org/hana_like_home.html

- Home visitor program

Institute for Family Enrichment 596-8433
http://www.tiffe.org/

- Intensive home and community-based services
- Services to children with Autism
- Psychological testing

The Parent Line 526-1222

- Telephone support system for caregivers/parents with children
- Referral

EMERGENCY FOOD/FINANCIAL HELP

Air Force Family Support Center 449-0300
655 Vickers Ave. Bldg. 1105

- Free classes, emergency assistance, help with job search for military families

Army Community Services 655-2400
Building 2091, Schofield Barracks

- Military families in need
- Employment readiness
- Victim advocacy

Catholic Charities Help Line 537-6321

- This is the main intake number for all various services offered.

Kaumakapili Church Free Store 845-0908

- Clothing and small household items, food
- Every Fridays from 8:30 A.M. – 1:00 P.M.

Olivet Baptist Church Food Pantry 946-6505
1775 Beretania St.

- Every last Saturday of the month from 9:00 A.M. – 11:00 A.M.

Waikiki Community Center 923-1802

- Food Bank opens Tuesdays 1:00 P.M. – 4:00 P.M.
- Food items are given on a monthly basis with a valid picture I.D.
- Allowed six visits per year.

Salvation Army 845-2544

- This is the main intake number for all various services offered.

RESOURCES FOR CHILDREN/YOUTH

CPS (Child Protective Services) 832-5300

- To report child abuse 24 hours

Hale Kipa Youth Shelter Directory Services 589-1829

- Ho'okala program – outreach services, minor law violations, shelter assessments for youth age 11- 17

Juvenile Crime Prevention Division, HPD 529-3201

810 S. Beretania St.

- Access to HPD programs like Police Athletic League, counseling, etc.

Teen Intervention Program/Teen Line 973-8501

- Kapiolani Medical Center
- Counseling for children and teens
- Set fees

Office of Youth Services – State Department of Mental Health

- Must be referred by DOE, court or mental health agency, but can help callers learn how to access the service they need.
- Central 453-5900
- Diamond Head 733-9393
- Kalihi-Palama 832-3792
- Leeward 692-7700
- Windward 233-3770

Youth Outreach 942-5858

FINANCIAL HELP FOR CHILDREN

Hawaii Community Foundation 537-6333

900 Ft. Street Mall 1300 96813

http://www.hawaiicommunityfoundation.org/index.php

- Non-profit organization for charities
- Grant for local scholarships

Queen Lili'uokalani Trust 847-1302

1300 Haloa St. 96817

http://www.onipaa.org/

- Counseling services and limited financial aid for Hawaiian and part Hawaiian children

PUBLIC ASSISTANCE OFFICES

State of Hawaii Financial, Medical Assistance/Child Care and Food Stamps/Work Programs Information

Ewa Unit 601 Kamokila Bl Rm. 106	692-7300
Iwilei Unit 333 N. King St Rm. 200	586-8047
Ka'ala Unit 86-120 Farrington Hwy. Suite A104	697-7147
Kalihi Unit 333 N King St. Rm. 106	586-8135
Kailua Unit 45-513 Luluku Road	233-5325
Kamokila Unit 601 Kamokila Bl. Rm. 468	692-7171
Kaneohe Unit 45-513 Luluku Rd.	233-5350
Kapalama Unit 91-1821 Ft. Weaver Rd.	681-8210
Kinau Unit 677 Queen St. Suite 400A	587-9350
Kuakini Unit 1485 Linapuna St. Suite 122	832-3800
Makiki Unit 677 Queen St. Suite 400B	587-5276
Moanalua Unit 677 Queen St. Suite 400A	587-5313
Nanakuli Unit 601 Kamokila Bl. Rm. 117	692-7775
Nuuanu Unit 1485 Linapuni St. Suite 124	832-5627
Palama Unit 333 N. King St. Rm. 101	586-1755
Pauahi Unit 333 N. King St. Rm. 201	586-8108
Pawaa Unit 677 Queen St. Suite 400B	587-5290
Punawai Unit 677 Queen St. Suite 400B	587-5283
Wahiawa Unit 929 Center St.	622-6476
Waianae Unit 86-120 Farrington Hwy. Suite A103	697-7177
Waikalua Unit 45-260 Waikalua Rd.	233-3621
Waikele Unit 94-275 Mokuola St. Rm. 303	675-0040
Waipahu Unit 601 Kamokila Bl. Rm. 106	692-7310
West Oahu Unit 94-275 Mokuola St. Rm. 303A	675-0050
Windward Unit 46-005 Kawa St. Rm. 307	233-3655

Federal WIC (Women, Infants, Children) Program:

*You can apply at any convenient office. Call 586-8080 for more information.

Honolulu	586-4761
Leeward	675-0365
Wahiawa	622-6458
Waianae	696-5561
Windward	233-5470

Hawaii Housing Applications 832-5960
1022 N School St.

LEGAL ASSISTANCE

Domestic Violence Legal Hotline 531-3771
P.O. Box 3198, Honolulu, 96801
- Attorneys and advocates on staff
- Monday to Thursday from 8:00 A.M. – 5:00 P.M.

Legal Aid Society of Hawaii 536-4302
924 Bethel St. 96813

Corporation Counsel – Family Support Division, DSSH 523-4327
- Helps with establishing paternity and collecting unpaid Child support

Lawyer Referral Service 537-9140
- Free referrals to attorneys with different specialties

Mediation Center of the Pacific, Inc. 521-6767
- Help with settlement of disputes, small filing fee

Disciplinary Counsel for the Hawaii Supreme Court 521-4591
- 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 General's Victim/ Witness Office 541-2850
- Responsible for enforcing Federal law in Hawaii

Crime Victim Compensation 587-1143
333 Queens 404, 96813

TRO (Temporary Restraining Order) Applications 538-5959
- No Fee Charged

Family Law Center
Pioneer Plaz, Suite 910
900 Fort Street Mall
Honolulu, HI 96813

Uncontested Divorce
Power of Attorney

423-9071

Coates & Frey Attorneys at Law
Pioneer Plaza, Suite 1400
900 Fort Street Mall
Honolulu, HI 96813

Domestic & Family Relationships
Divorce, Custody, Support, Paternity
Abuse, All Family Law

524-4854

REFERRALS
PSYCHOLOGISTS, PSYCHIATRISTS, MSW, COUNSELORS

NAME	INSURANCE	SPECIALTY
Airman & Family Readiness Flight 655 Vickers Ave., Bldg. 1105 **449-0300**	*Air Force members and dependents*	Free classes, financial assistance, job search
Mental Health Clinic at Hickam AFB **449-0175**		
Life Skills Flight **449-0175**		Mental Health issues
Behavioral Health Services Castle Medical Center 640 Ulu Kahiki St. Kailua, HI 96734 **263-5356**	*Kaiser if referred, HMSA*	Acute DETOX, outpatient treatment
Berkey, Trenda, LCSW Clinical Social Work/Therapist 98-211 Pali Momi St. Suite 707 Aiea, HI 96701 **382-3388**		
Bressem, Michael, Ph.D. Olahou Clinic 98-1247 Kaahumanu St. #223 Aiea, HI 96701 **487-5433**	*HMSA, HDS, Medicare, Medicaid, Champus (not Prime), HMSA Quest only*	Marriage counselor, 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

REFERRALS
PSYCHOLOGISTS, PSYCHIATRISTS, MSW, COUNSELORS
(continued)

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. 99-115 Aiea Hts. Dr., Suite 219A Aiea, HI 96701 **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
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 206A Honolulu, HI 96816 **735-2494**	*HMSA, Champus*	Behavior therapy

REFERRALS
PSYCHOLOGISTS, PSYCHIATRISTS, MSW, COUNSELORS
(continued)

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 N Kalaheo Ave., Suite C209 Kailua, Hi 96734 **254-5554**	*Most insurance accepted*	Clinical psychologist, Ages 3-85, individuals, couples, children, adolescents
Hawaii Center for Psychology http://www.hawaiicenterforpsychology.com/ 1001 Bishop Street, ASB Tower 2870 Honolulu, HI 96813 **587-7793**	*Most insurance accepted*	
Hawaii Counseling and Education Center http://hcechawaii.com/ 970 N. Kalaheo Ave. A213 Kailua, HI 96734 **254-6427** 98-084 Kam Hwy. 301B Aiea, HI 96701 **254-6484**	*Most insurance accepted*	
Veteran's Center Honolulu www.vetcenter.va.gov **973-8387**		*Services free to vets & families of vets*

Hawaii Disability Resources

Behavioral Health Services Administration 586-4416
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 helpline, local self-help groups

Dept. of Labor & Relations 586-8816
Employment Training & Unemployment 586-8870

Special Education Center of Hawaii 734-0233
www.secoh.org
- Provide services to people with developmental disabilities or acquired disabilities due to head injury or aging

Hawaii Disability Resources
(continued)

United Cerebral Palsy Association of Hawaii 532-6744
www.ucpahi.org

Salvation Army Admin. 988-2136
www.salvationarmyhawaii.org
- Emergency financial assistance, substance abuse treatment and rehabilitation

United Self Help 947-5558
www.unitedselfhelp.com
- Self help and support groups, free warm line

Waianae Coast Comprehensive Health Center 696-7081
www.wcchc.com