KE ALA O KEKO'A: A Cultural Journey of Rediscovery and Self-Reliance for SUD Treatment

Presented by: Winslow Engel, MD, Kekupu Nourrie, LMHC, Makani Tabura, and Nicole S. Wright, PsyD

Mālama Recovery Services

• Established in 1994 at WCCHC (a private, non-profit, FQHC in operation since 1972) on the Leeward Coast of O‘ahu

• Original Mission: “To help the residents of the Wai‘anae Coast regardless of their ability to pay.”
Drug Use in Hawaii

- Alcohol: 6,241
- Nicotine: 3,085
- Other Stimulant (incl. Hallucinogens): 1,567
- Cannabis: 630
- Other Psychotropic Substances: 263
- Opioids: 1,366
- Cocaine: 68
- Sedative, Hypnotic, or Antianxiety: 10
- Hallucinogens: 1

2020-2021: Number of Emergency Discharges Related to Substance Use

Number of Intentional/Undetermined Overdose Deaths

State of Hawai‘i, 2022

State of Hawai‘i, 2021
Drug Use in Hawaii

<table>
<thead>
<tr>
<th>Drug of Choice</th>
<th>Percentage of Admissions to Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methamphetamine</td>
<td>34.2</td>
</tr>
<tr>
<td>Marijuana</td>
<td>30.2</td>
</tr>
<tr>
<td>Alcohol</td>
<td>18.9</td>
</tr>
<tr>
<td>Heroin</td>
<td>4.6</td>
</tr>
<tr>
<td>Cocaine/Crack</td>
<td>2.2</td>
</tr>
<tr>
<td>Other</td>
<td>10.0</td>
</tr>
</tbody>
</table>

State of Hawai‘i, Alcohol and Drug Abuse Division, 2016-2017

Adults with Serious Mental Illness who Received Treatment

This indicator shows the percentage of adults aged 18 years and older with serious mental illness who received treatment in the past 12 months.

State: Hawaii

57.6%

Source: National Survey on Drug Use and Health
Measurement period: 2015-2018
Maintained by: Hawaii Department of Health
Last update: August 2021

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Local health plan AlohaCare now covers Native Hawaiian healing practices

Hawaii Public Radio | By Ku‘uwehi Hiraishi
Published August 16, 2022 at 3:42 PM HST
Comments from Previous Haumana

- “I was empty. Something was missing inside me. Until I figured out who I am and where I came from in culture class.”
- “Fear is not an effective motivator.”
- “My kumu is someone I can talk to.”
- “My kumu gave me numbers to places that can help.”
- “Makani and Kupu showed me there’s a different way to live my life.”
- “My kumu talked to my girl.”
- “My kumu believes in me. He gave me hope.”
- “Learning about my culture makes me feel better.”

A Cultural Approach to Addiction Recovery
Practices, Concepts & Values

- **Wahi Pana** sacred, storied and legendary places.
- **'Ike Ho’o'omaopopo Ai Pono'i** Self identity.
- **Mo'okuauhau** Genealogy.
- **Hana No'ea'u** Traditional Arts & crafts.
- **Oli** Hawaiian chant & mele.
- **Hula** Traditional & contemporary dance.
- **Kilo Mahina** Observing Hawaiian moon phases.
- **Haku Mo'olelo** Journaling, to tell their own story in their own words.
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There are 29.5 Moon phases in the Hawaiian Moon calendar. Moving through each of these phases contributed to our daily lives in a myriad of ways, physical, mental, spiritual and environmental. Our survival is linked to earth, sea and sky.

Hilo: night of the fullest moon
E ho'omālamalame! Invigorate and brighten your knowledge in Hoku.
Full moon illumination is harnessed and vibrates through all fluids around us and within us! E Ola!

‘OHE KAPALA
BAMBOO STAMPING

Hawaiians and other native cultures created designs to print on Kapa to identify themselves, organizations, ohana or halau that they are associated with.
Kapala designs were used as a way to identify who you are. It represents your honua, your world.

By doing things Hawaiian you begin to understand how our Hawaiian ancestors worked and thought and you gain appreciation for our native traditions and indigenous practices.
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Mahalo

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