

# Hi'i Na Kupuna Coalition



*Resources and Support for Grandparents Raising Grandchildren in Maui*

## CONCRETE SUPPORT IN TIMES OF NEED

During this last year, the Hi'i Na Kupuna Newsletter has been exploring the 5 Protective Factors that contribute to strong, healthy families. These factors are especially important for grandparents who are raising their grandchildren because so much has changed in the world since raising your own children. As a refresher, the Protective Factors are:

1. Caregiver resilience
2. Social connections, or friends, neighbors, 'ohana
3. Knowledge of current information on grandparenting and child development
4. Concrete support in times of crisis
5. Nurturing and attachment.

This issue focuses on Factor #4 – Concrete Support in Times of Need. To receive newsletters about Factors 1-3, please contact [hiinakupuna@gmail.com](mailto:hiinakupuna@gmail.com).

All families have basic needs – food, clothing, medical care, and shelter. Some families have unique needs such as access to mental health services, addiction treatment resources, special education services, and many others. During times of low

stress, families are often able to manage most needs. But when crisis occurs, such as losing a job, becoming disabled or sick, or experiencing a death in the family, it becomes more challenging to meet those needs without outside help. Families who know where to turn during these times receive the physical, emotional, and social care that protects all members from abuse and neglect.

### Hi'i Na Kupuna

The Hi'i Na Kupuna Coalition needs grandparents like you to join and be the voice of others on Maui.

Consider joining us on the 3rd Tuesday of each month from 12:30-2pm at the Community Services Building on the UH Maui College Campus. Contact Heather for more information, 244-3242 ext 226 or by email [hiinakupuna@gmail.com](mailto:hiinakupuna@gmail.com)

Reaching out for help is a sign of strength, NOT weakness. It allows the “village” or community to rally around and take some of the burden off the family. Take a minute to ask yourself these questions:

- How do I know when to turn to others for help?
- Am I able to ask for help?
- If others offer help, am I willing to accept it?

Support can come in many forms! Common forms include:

1. **Financial support** to help cover rental, utility, or food expenses.
2. **Emotional support** to work through difficult feelings and challenges.
3. **Respite support** to help re-energize or refocus.

How can grandparents find the right support during these crisis times?

1. Contact a school counselor.
2. Contact the Maui County Office on Aging (MCOA).
3. Contact Hi'i Na Kupuna Coalition.
4. Use the Internet to search for information.
5. Talk to friends and family.
6. Talk to a professional counselor.

For additional information about concrete support in times of need or to receive this email newsletter contact 244-3242 ext 226.



## GRANDPARENT SUPPORT GROUPS

Join a support group today! Times may change, so call the hosting organization for information!

- Raising Our Keiki's Keiki (ROKK), 1st Thursdays and 3rd Wednesdays of every month, 9am -12:30pm, Maui Family Support Services, 242-0900
- Queen Liliu'okalani Children's Center, last Thursday of each month, 5:30-7:30pm, 242-8888

## UPCOMING EVENTS

**February 9<sup>th</sup>**, Big MAC (Moving Across Community) High School Transition Event, Wailuku Community Center, 4:30-7pm, Call 984-8218 or email [mary.matsukawa@doh.hawaii.gov](mailto:mary.matsukawa@doh.hawaii.gov) for information.

**April 21<sup>st</sup>**, 'SPIN' The Case for Evidence Based 26<sup>th</sup> Annual SPIN Conference, UH Manoa Campus Center, Honolulu, Call 586-8126 or email [spin@doh.hawaii.gov](mailto:spin@doh.hawaii.gov) for information.

## Webinars and teleconferences (cont)

- The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) offers training for mental health professionals in schools working with students who've been traumatized. Info: <http://cbitsprogram.org>
- The Learning Center of the NCTSN offers 1.5 hr webinars on many topics related to child abuse, trauma, and related topics. Info: <http://learn.nctsn.org/course/>
- The National Resource Center for Permanency and Family Connections (NRCRFC) offers webinars and podcasts on many topics. All are archived at: <http://www.nrcpfc.org/events/>
- Foster Parent College-online training for resource, kinship, adoptive & guardianship families. "Anger Outbursts", "Childhood Anxiety Disorders", "Kinship Care", "Lying", "Sexualized Behavior", & "Working with Birth Parents", among others. Info: Paloma La Force at [PLaForce@FamilyProgramsHI.org](mailto:PLaForce@FamilyProgramsHI.org)
- The National Child Protection Training Center offers webinars every 3rd Thurs at 2:00 CST. Go to: <http://www.ncptc.org> for more info and to sign up.

## GOOD TO KNOW

The holidays offer many opportunities for grandfamilies to give and receive assistance:

- ❖ **Keiki Kokuia's 5<sup>th</sup> Annual Teen Christmas Party** takes place on December 5<sup>th</sup> at the Grand Wailea Resort & Spa. All Maui County foster, adopted, kinship, and guardianship youth ages 12 and up are invited. Space is limited, so call 573-4972 or email [keikikokuia@hawaii.rr.com](mailto:keikikokuia@hawaii.rr.com) by Dec 1<sup>st</sup> for registration and information.
- ❖ **Maui Resource Families Support Group Holiday Party** takes place on December 15<sup>th</sup> at Queen Lili'uokalani Children's Center from 5:30-8pm. All support groups are open to resource (foster), guardianship, adoptive, and kinship families. Space is limited so call 250-4457 or email [kbowlin@hawaii.rr.com](mailto:kbowlin@hawaii.rr.com) by Dec 1<sup>st</sup> for registration and information.
- ❖ **Kaunoa's Retired Senior Volunteer Program** is involved with collecting new Toys for Tots gifts this holiday season. Please drop off new, unwrapped gifts by December 15<sup>th</sup> to Kaunoa's Spreckelsville & West Maui offices. For additional information, call 270-7323.
- ❖ **The Annual Maui Toy Run Parade** is again sponsored by Street Bikers United, Maui Chapter on December 18<sup>th</sup> to collect gifts for Toys for Tots. Visit [www.sbumaui.org](http://www.sbumaui.org) for information.
- ❖ **Toys for Tots** is coordinated by Salvation Army's Major Iva West. For information about getting involved, please contact 871-6370.
- ❖ **Catholic Charities Hawaii** is involved with the annual *Lokahi Giving Project*. For information and eligibility, Themla Akita-Kealoha at 872-6250 or Yolanda Jetnil at 872-6270.