

Opportunities to Begin Again

Mental Health Kokua is committed to helping people with the opportunity to begin again. Through specially designed, highly professional and culturally sensitive services and settings, we assist people with mental illness to achieve optimum recovery and functioning in the community, and to live independently. Also, we strive to eliminate the stigma attached to those living with mental health challenges.

Our services include housing, case management, psychosocial rehabilitation, psychiatry, Peer, IOP, outreach and counseling. Through timely, cost effective, and focused care, we enable people with mental illness/dual diagnosis to recover and move toward more independent ways of living in their community.

Founded in 1973 as a non-profit, Hawaii corporation, specifically to assist persons recovering from serious mental illness, MHK has grown from just one house on Sierra Drive in Honolulu, to over thirty locations throughout Hawaii, including Oahu, Maui, Kauai, and Hawaii Island. Today, we are one of the most respected and trusted mental health organizations in the state of Hawaii.

A Leader in Health Care Services

Mental Health Kokua assists people with mental health and related challenges, to achieve optimum recovery and functioning in the community. We know how important it is for people to have confidence in their health care provider. The people we serve can trust that we not only provide excellent care, we also are leaders in administering health care services.

Since 1997, our programs and services have been accredited by CARF, an independent, nonprofit organization whose mission is to ensure that services meet consumer expectations of quality and outcomes. CARF accreditation is a national standard of quality.



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Myths & Facts About Mental Illness



 **Mental
Health
Kokua**
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Myth #1: Mental illness is the same as mental retardation.

The Facts: Mental illness and mental retardation are entirely different disorders. Mental retardation is primarily characterized by limitations in intellectual functioning, while intellectual functioning varies among persons with persistent mental illness just as it does across the general population.

Myth #2: Recovery from mental illness is impossible.

The Facts: While these illnesses are persistent, research has shown that with treatment, the majority of people with mental illnesses achieve genuine improvement in their symptoms over time and lead stable, productive lives.

As the treatment of mental illness has advanced, the focus of treatment has shifted from simply minimizing symptoms to true recovery-that is, the reintegration into mainstream society, including (and perhaps most importantly) the world of work.

Myth #3: Mentally ill and mentally restored employees (that is, those in whom mental illness is effectively treated) tend to be second-rate workers.

The Facts: Far from being inferior workers, individuals with mental illnesses may in fact be superior in many ways to their co-workers without



Myths Vs. Facts

People with mental illness are rare	1 out of 4 people are impacted by mental illness
People diagnosed with a 'serious' mental illness are always ill and out of touch with reality	Serious mental illness means a persistent or chronic condition, similar to chronic kidney disease or diabetes, which is manageable with treatment.
People who need psychiatric care should be locked away in institutions	Today, with appropriate care, most people with mental illness can and do lead productive lives within their communities.
A person who has had a mental illness can never be normal	Over two-thirds of Americans who have a mental illness live in the community and lead productive lives. People with mental illnesses can recover and do resume normal activities.
People with mental illness are dangerous	People with mental illnesses are no more violent than the general population.
People with mental illnesses can work low-level jobs but aren't suited for really important or responsible positions	People with mental illnesses, like everyone else, have the potential to work at any level depending on their own abilities, experience and motivation.
If I have a mental illness, it is a weakness of character - it's my fault	Mental illness is not anyone's fault, anymore than heart disease or diabetes is a person's fault, or condition that people choose to have.
A person can recover from a mental illness by positive thoughts and with prayer	Recovery is possible when the person receives the necessary treatment and support. Spirituality can also be an important source of strength for some individuals.

mental illness. Employers who have hired these individuals report that their attendance and punctuality exceed the norm, and that their motivation, work quality, and job tenure is as good as -- or better than -- that of other employees. Research has shown that there is no difference between the productivity of workers with and without mental illness.

Myth #4: People with psychotic disabilities cannot tolerate stress on the job.

The Facts: The response to job-related stress, and precisely which factors will be perceived as stressful, vary among individuals with psychiatric disabilities just as they do among people without such disabilities. For all workers -- with or without psychiatric disabilities -- productivity is optimized when there is a close match between the employee's needs and his or her working conditions.

Myth #5: Mentally ill and mentally restored individuals are unpredictable, potentially violent, and dangerous.

The Facts: This myth is reinforced by media portrayals of people with mental illnesses as frequently and randomly violent. However, a research literature review conducted at Cornell University found absolutely no evidence to support such portrayals. The fact is that the vast majority of individuals with psychiatric disabilities are neither dangerous nor violent.