

## 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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## Housing Services

- **Community Living.** Supportive group housing for adults with serious mental illness, is provided with supervision available 24 hours per day, or 8-16 hours per day, 7 days per week on site. Residences are located on Oahu, Maui, Kauai, Hilo and Kona.
- **Safe Haven.** For homeless adults with mental illness. Safe Haven offers outreach, medical and psychiatric care, case management, residential services and social rehabilitation activities. Safe Haven is supervised 24-hours, 7 days per week in downtown Honolulu and Kona.
- **Therapeutic Living Program.** Designed as an immediate, short-term alternative to institutionalization for adults with serious mental illness. Services include community placement, access to clinical care, and linkage to needed community resources. Services are supervised 24 hours per day, 7 days per week, and are located on Oahu.

## Clinical Services

- **Intensive Outpatient – Chemical Dependency.** A structured program that offers support and counseling 3 days per week for adults experiencing both mental illnesses and from chemical dependency disorders.



### Let's Work Together

Mental illness can affect anyone, whether it's you, a family member or a friend. At Mental Health Kookia, we believe in helping to create healthy communities. We challenge you to set aside fears about mental illness. Let's work together to change negative attitudes and de-stigmatize mental illness.

Help support opportunities to begin again, because everyone needs a little help now and then.

~ Greg Payton, CEO

*"MHK has been my saving grace. I found people who believed in me when I couldn't believe in myself ... people who saw things in me that I didn't see in myself, and they pushed those issues until I saw them myself."*

- **Psychosocial Rehabilitation (PSR).** A day rehabilitative program for adults with serious mental illness that is a recovery based and social skill building service, which includes educational and recreational activities. PSR is offered on Maui, and at Safe Haven to support the recovery process. PSR operates Monday through Friday, and on weekends.
- **Peer Coach Project.** Peer Coach Services include training mental health consumers to be Peer Coaches for others experiencing serious mental illness. MHK employs Peer Coaches and is one of the few behavioral health organizations in Hawaii that employs consumers.
- **Case Management.** Case management services/coordination for adults with serious mental illness provide goal-oriented and individualized supports focusing on improved self-sufficiency through assessment, planning, linkage, advocacy, coordination, and monitoring activities. Programs operate Monday through Friday, with available crisis services after hours.
- **Outpatient.** Outpatient treatment programs provide services that include, prescribing services, individual, group, and family counseling and education on recovery and wellness. These programs offer comprehensive, coordinated, and defined services that may vary in level of intensity for adults with serious mental illness.