



Compassion & Resilience in a Polarizing World

2024 Hawai'i Behavioral Health & Wellness Convention
September 19 & 20, 2024
Honolulu, HI



SEPTEMBER 19 & 20, 2024 ALA MOANA HOTEL, HONOLULU
IN PERSON, VIRTUAL, AND ON DEMAND

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E KOMO MAI

About the Convention

Welcome to the 2024 Hawai'i Behavioral Health and Wellness Convention! We are delighted to present you with our **4th co-sponsored** and **2nd in person convention**. The necessity of the collaboration across disciplines to respond to the unique and underserved mental health needs of our state continues to be illustrated by unprecedented threats to our communities' well-being, whether in the form of a global pandemic, a catastrophic wildfire, threats to our financial independence or licensure privileges, or simply provider burnout and overwhelm. We came together out of necessity, and we continue out of love, connection, and shared values. We also believe in the importance of professional identity and have prioritized programming specially designed by and for psychologists, social workers, marriage and family therapists, and counselors. While we share much overlap, we each have unique strengths and training that we invite you to celebrate during the convention.

Your registration will allow you to earn up to 40 CEs (approved for psychologists, social workers, and marriage and family therapists) via various in person, virtual, and on demand options.

In Person Convention Information

The convention will be held at the Ala Moana Hotel in Honolulu, Hawai'i. On Level 2 of Ala Moana Hotel by Mantra and with direct access via a skybridge to the Ala Moana Shopping Center next door, there are 15,000 square feet of floor space dedicated to functions and meeting hire.

Continental breakfast will be provided both days for all attendees, as will forever flowing caffeine. Lunch is on your own, but an easy skybridge stroll to Ala Moana Center, the world's largest open-air shopping center, waits just outside. There are more than 350 shops and restaurants to explore, including multiple department stores, first-class boutiques and over 160 dining options.

We encourage you to join us for our social hour and poster presentations (with pupus provided!) on Thursday.



Ala Moana Hotel

410 Atkinson Drive Honolulu, Hawaii 96814

Virtual Convention Information

Virtual attendees will join via zoom for presentations. Each presentation will have monitors who will facilitate questions and discussions from our virtual attendees. A few of our presenters will also be virtual.

On Demand Convention Information

On Demand attendees will view the videos at a later date and complete a brief post-test to earn CEs. These videos take time to edit and upload for distribution, and we appreciate your patience while we work to make them available. All videos will be accessible for at least 3 months *after they have been made available for viewing*.

CE Information

For in person and Zoom attendees, we will be using **Conference Tracker** for CE verification and the awarding of CE certificates. Attendees will be able to download their CE certificate directly from the Conference Tracker app or website.

SCHEDULE AT A GLANCE

THURSDAY

7:30AM – 8:00AM REGISTRATION, CONTINENTAL BREAKFAST

8:00AM – 8:30AM OPENING PULE, INVITED REMARKS

8:30AM – 9:30AM OPENING KEYNOTE (1 CEU) **SHIRLEY ANN HIGUCHI, JD**

9:30AM – 9:45AM BREAK

9:45AM – 10:45AM THURS AM 1 PRESENTATIONS (1 CEU)

10:45AM – 11AM BREAK

11:00AM – 12PM THURS AM 2 PRESENTATIONS (1 CEU)

12:00PM – 1:15PM LUNCH (ON YOUR OWN)

1:15PM – 2:45PM THURS PM 1 PRESENTATIONS (1.5 CEUs)

2:45PM – 3:00PM BREAK

3:00PM – 4:30PM THURS PM 2 PRESENTATIONS (1.5 CEUs)

4:30PM – 4:45PM BREAK

4:45PM – 6:00PM POSTER SESSIONS, NETWORKING, AND PUPUS

FRIDAY

7:30AM – 8:00AM REGISTRATION, CONTINENTAL BREAKFAST

8:00AM – 8:30AM INVITED REMARKS **TIA L.R. HARTSOCK, OFFICE OF WELLNESS & RESILIENCE**

8:30AM – 10:00AM FRIDAY AM 1 PRESENTATIONS (1.5 CEUs)

10AM – 10:15AM BREAK

10:15 – 11:45AM FRIDAY AM 2 PRESENTATIONS (1.5 CEUs)

11:45 – 1:15PM LUNCH (ON YOUR OWN)

1:15PM – 2:45PM FRIDAY PM 1 PRESENTATIONS (1.5 CEUs)

2:45PM – 3:00PM BREAK

3:00PM – 4:00PM CLOSING KEYNOTE (1 CEU) **DEBRA KAWAHARA, PH.D.**

4:00PM – 4:30PM CLOSING REMARKS AND CEREMONY

SATURDAY

9:00AM – 12:00PM VISIT TO HONOULIULI NATIONAL HISTORIC SITE

SPECIAL GUEST SHIRLEY ANN HIGUCHI, JD

~~SEPARATE FREE REGISTRATION REQUIRED; 20 PERSON MAX SPOTS FILLED~~

PRESENTATIONS AT A GLANCE

KEYNOTES SHADED

	ROOM	HIBISCUS	CARNATION	PLUMERIA	ILIMA
THURSDAY	8:00-8:30	OPENING PULE, INVITED REMARKS			
	8:30-9:30	LEADING WITH COMPASSION, EMPATHY AND COURAGE Shirley Ann Higuchi			
	AM1 9:45-10:45	RECLAIMING MĀHŪ I. Regidor	VICARIOUS TRAUMA J. Masters	DISABILITY INCLUSION PANEL RE Friedheim et al.	FARMER MENTAL HEALTH T. Le
	AM2 11:00-12:00	CULTURAL ADDICTION TX D. Schultz	RESILIENCE / RESISTANCE J. Garlock	HAWAII RESEARCH SYMPOSIUM M. Matsui (chair)	SAFETY & DEI P. Renigar & R. Ramirez (virtual)
	PM1 1:15-2:45	WORKFORCE INNOVATIONS D. Logan et al. Symposium	COUPLES THERAPY A. Khaddouma	WEIGHT LOSS TREATMENTS L. James	INTERPERSONAL VIOLENCE D. Schultz
	PM2 3:00-4:30	NEURODIVERGENT Z. Zaidoff	KEIKI TREATMENT K Okamura et al. Symposium	EDIAB L. Sánchez-Johnsen (student panel)	MAUI COLLABORATIVE K. Southard et al. (hybrid)
	4:45-6:00	POSTER SESSIONS, NETWORKING, AND PUPUS			
FRIDAY	8:00-8:30	INVITED REMARKS, TIA L.R. HARTSOCK, OFFICE OF WELLNESS & RESILIENCE			
	AM1 8:30-10:00	CULTURAL PAIN TX N. Wright et al.	THE RE-INDIGENI- ZATION PROJECT D. Ram-Souza & J. Souza Jr.	RE- TRAUMATIZATION V. Brown	AUTISM S. Rodrigues (virtual)
	AM2 10:15-11:45	ACT FOR SELF-COMPASSION D. Giroux (virtual)	NATURE-BASED FAMILY THERAPY J. Souza Jr. & M. Downey	SOUND BOWLS FOR GRIEF AND LOSS J. Kwoh-Maysami	MAUI KŪPUNA V. Liou-Johnson et al.
	PM1 1:15-2:45	INNATE MENTAL HEALTH PANEL C. Heath et al.	INTEGRATIVE CARE D. Martin	WORKFORCE SHORTAGE W. Lum & A. Chung	MAUI REFLECTIONS T. Boteilho
	3:00-4:00	LEADERSHIP IN TURBULENT TIMES Debra Kawahara			
	4:00-4:30	CLOSING REMARKS AND CEREMONY			

MAHALO TO OUR SPONSORS

CLICK THE LOGOS TO LEARN MORE!

2023 Hawai'i Behavioral Health and Wellness Sponsors

Koa Level Sponsors



UNIVERSITY of HAWAI'I at MĀNOA*
THOMPSON SCHOOL
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Hawai'i SUPD - Substance Use Professional Development



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Larry James



Mary Navarro

Naupaka Level Sponsors



Alliant International University
**California School
of Professional Psychology**



NATIONAL CENTER FOR PSYCHOLOGICAL SERVICES, INC.

Licensed Clinical Psychologists

About the Digital Program

Welcome to the 2024 Hawai'i Behavioral Health and Wellness Convention Digital Program!

This program includes detailed information on all presentations available during the two-day convention.

The Table of Contents on the first page links to each heading for quick navigation.

Pages 4-5 include a quick reference for schedules and presentations. *This is the only section that will be printed and available onsite. We ask attendees to use the virtual version and do not print unless necessary! There will be wifi freely available throughout the facility.*

Pages 6-14 are organized by day/time slot and include titles, presenters, and brief descriptions.

- The "**Program Description**" hyperlink in each presentation will take you directly to the full Presentation Description, which start on page 36.
- Clicking on a presenter's photo will take you directly to their full Presenter Bios, which start on page 18.

Pages 17-19 include information on our poster presentations. We will upload digital versions of the posters for our virtual attendees.

Page 19 includes an Presenter Index with hyperlinks to their programs.

Pages 20-40 include full presenter bios (alphabetically).

Pages 41-56 include full presentation descriptions.

Pages 57-61 include our helpers (Co-Chairs, Committee Members, and Student Volunteers)

Page 62 rounds out our program with gratitude to our generous sponsors! Please click on their logos to learn more about their organizations and offerings.

Please enjoy!

♥ Your 2024 Convention Co-Chairs: Blendine, Diane, John, Mary, Ray, Sonja, & Trina



Compassion & Resilience in a Polarizing World

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Hawaiian Islands Association for
Marriage and Family Therapy



N A S W HAWAII CHAPTER
National Association of Social Workers



Hawaii
Psychological
Association
For a Healthy Hawaii

OPENING KEYNOTE: THURSDAY 8:30AM – 9:30AM (1.0 CEU)

Leading with Compassion, Empathy and Courage: How Psychology and Our Nation's History Can Positively Change Our Country

Shirley Ann Higuchi, JD (she/her) Associate Chief for Professional Practice at the American Psychological Association (APA)
Chair of the Heart Mountain Wyoming Foundation (HMWF)

Shirley Ann Higuchi, JD is the Associate Chief for Professional Practice at the American Psychological Association (APA) and Chair of the Heart Mountain Wyoming Foundation (HMWF). Her session will discuss her work at the APA and how behavioral health and wellness practitioners can be agents of change for our country. Shirley will discuss the World War II incarceration of her family when her American-born parents were confined as children at the U.S. sanctioned Heart Mountain Relocation Camp in rural Wyoming. The injustices imposed on her parents and the discomfort of how the judicial system treated them prompted her pursuit of law.

During the presentation, Shirley will examine the cross-generational impact and multigenerational trauma she uncovered when researching her book, *Setsuko's Secret: Heart Mountain and the Legacy of the Japanese American Incarceration*. She will also examine how understanding history can resolve trauma by honoring the power of place and the historical stories by sharing it with students.

Over the past several years, fear and anger have become the dominant forces in American politics. For the Japanese American elders, who were unjustly imprisoned during World War II because of their race, this political climate feels all too familiar. The HMWF's newly opened Mineta-Simpson Institute aims to address this by cultivating a society that seeks to employ empathy, compassion, and courage by working together across the aisle and bringing people of different mindsets together. The HMWF was inspired in this endeavor by the accomplishments and the friendship of Senator Alan K. Simpson and the late Secretary Norman Y. Mineta, who met as young boys at the incarceration site during World War II and spent decades putting aside their political differences to work together and better the lives of all Americans. As behavioral change agents you are a part of this effort, too!

SHIRLEY WILL HAVE HER TWO BOOKS AVAILABLE FOR SIGNING!

SETSUKO'S SECRET is a historical memoir on the Japanese American incarceration discussing her family's own intergenerational trauma and well documented history.

FROM BEHIND BARBED WIRE TO WASHINGTON: THE REMARKABLE FRIENDSHIP OF NORMAN MINETA AND ALAN SIMPSON depicts the lives of two remarkable men from different races and political backgrounds who found common ground in the best interest of our country, government & our communities.



THURSDAY AM 1 (1.0 CEU) 9:45AM – 10:45AM**Reclaiming Māhū: Restoring Ways of Being into our Wellbeing****Ikaika Regidor, MSW ('oia/they/he)** Education & Training Coordinator, Hale Ho'ona'auao, Papa Ola Lōkahi

Program Description: For millennia indigenous communities have held spaces, regard and reverence for those who move through the world between the binary of masculine (Kū) and feminine (Hina) energies. This session will introduce participants to LGBTQ terms and concepts, including Pasifika identities under the QTPI and/or MVPFAFF umbrella, with a focus on māhū. Attendees of this session will gain a better understanding on how QTPI identities do not always align with Western-Colonial LGBTQ concepts of identity and will also use the Ahupua'a Framework as an "ecosystem of care" tool in order to analyze ways in which we can support the community, in particular our kānaka māhū.

**Resiliency and Vicarious Trauma for the Working Professional****Jennifer Masters, M.Ed., LPC-S (she/her)** Ph.D. student, Grand Canyon Univ, Counselor Education & Supervision

Program Description: Professionals who work with trauma are susceptible to both Vicarious Trauma and Compassion Fatigue. This presentation will discuss Vicarious Trauma and Compassion Fatigue and how Resilience can play a role in helping the professional personally and in helping their clients.

**Promoting Professional Disability Inclusion: Perspectives from Three Psychologists with Brain Injuries****Rose Evelyn Friedheim, PsyD (she/they)** Clinical Psychologist, Board Member Brain Injury Association of Hawai'i and HPA**Richelle Concepcion, PsyD (she/her)** Tripler Army Medical Center Clinical Psychologist**Larry James, PhD, ABPP (he/him)** Dept of Behavioral Medicine Psychology Chief, Tripler Army Medical Center

Program Description: Mental health trainees and providers with disabilities are underrepresented. Together, we psychologists and brain injury survivors will courageously join the audience in a conversation about professional disability inclusivity. Let's collectively break down barriers of unconscious bias and unintended discrimination to promote an intentional professional culture of diversity and inclusion.

**Farmer Mental Health: Connectedness in the Age of Uncertainty****Thao Le, PhD, MPH (she/her)** Director, Seeds of Wellbeing Project; Professor & Chair, Family Consumer Sciences Department

Program Description: Thao Le from the University of Hawai'i will be sharing the Seeds of Wellbeing (SOW) approach to promoting mental well-being and resilience among agricultural workers in Hawai'i. This session will discuss the unique mental health needs of agricultural workers in Hawai'i and describe how connectedness and social capital serve as protective factors for uncertainty and stress in this population.



Thursday AM 2 (1.0 CEU) 11:00am – 12:00pm

Hawai'i Research Symposium

Chair: Marina M. Matsui, M.A. (she/her) Doctoral Candidate, UH Mānoa Clinical Studies Program; HPA Student Rep

Jethro Macaraeg, LSW (he/him) MSW Graduate / Department of Social Work, UH Mānoa

Cliff Bersamira, PhD, AM (he/him) Assistant Prof / Dept of Social Work, Thompson School of Social Work & Public Health

Ruben Juarez, PhD (he/him) HMSA Distinguished Professor in Health Economics, UHERO, UH Mānoa

Tamar A. Kreps, PhD (she/her) Associate Professor, Management, Shidler College of Business, UH Mānoa

Tessa Palafu, B.A. (she/her) Implementation Research Assistant, The Baker Center for Children and Families

Program Description:

Four research teams will share innovative findings based on Hawai'i



populations. The symposium will highlight the assessment of cultural values to enhance well-being, the need for community-based interventions following the Maui wildfires, the benefits of case conceptualization training for clinicians, and consumer voice in creating and disseminating mental health information.

Beck's Cognitive Triad, Lōkahi Triangle, Colonization, and Cultural Reclamation in Addiction Treatment

Dayna Schultz, Psy.D., LSW, CSAC (she/her) Clinical Trainer HI SUPD

Program Description: This presentation will explore Beck's Cognitive Triad, the Lōkahi Triangle and Berry's Model of Acculturation in relation to impacts of Western Treatment and overall well-being of Kānaka Ō'iwī; and include cultural reclamation to promote healing and healthy coping from addiction.



Psychological Safety and DEI

Paul "Paolo" Renigar, Ph.D. (he/him) Diversity, Equity, and Inclusion Manager, VA Pacific Islands Health Care

Roxanne Ramirez, Psy.D. (she/her) Clinical Psychologist, VA Pacific Islands Health Care System

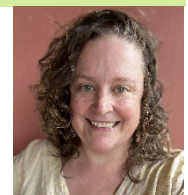
Program Description: In the presentation, we will cover Psychological Safety with a focus on Diversity, Equity, and Inclusion efforts. Topics include historical background, benefits in work environments, stages of psychological safety, and leadership styles that contribute to it. We will also address feedback and fostering open conversation.



Resilience Through Small Acts of Resistance

Jessica Garlock, LSW (she/her) Adjunct Faculty, Hawaii Pacific University

Program Description: Working in systems that are often meant to oppress is exhausting. What are small ways we can be a part of the resistance that can help us be more resilient? Let's talk about why this is helpful, generate a list of ideas, and make plans to implement!



THURSDAY PM 1 (1.5 CEUs) 1:15PM – 2:45PM**It's STILL Worse than You Think:****Challenges and Solutions to Workforce Development and Retention in Underserved Hawai'i**

Chair: Diane Logan, PhD, ABAP (she/her) Assistant Professor, UH Hilo; Hawai'i Behavioral Health Connection; HPA Board

A. Aukahi Austin Seabury, PhD (she/her) Executive Director, Licensed Clinical Psychologist, I Ola Lāhui

Kelley Withy, MD, PhD (she/her) Professor, UH John A. Burns School of Medicine, Area Health Education Center Director

Maisha Amare-Herrera, LSW (she/her) Program Coordinator, Hawai'i Substance Use Professional Development

Charmaine Higa-McMillan, PhD (she/her) Professor and Director, MA Program Counseling Psychology, UH Hilo

Program Description: Please join us for this interactive symposium focused on identifying and reducing barriers in workforce development and retention.

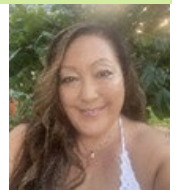


We invite you to collaborate with leaders from innovative programs sharing their strategies, barriers, and next steps to increase access to culturally appropriate and evidence-based care for all people of Hawai'i.

My Healing, My Story

Dayna Schultz, Psy.D., LSW, CSAC (she/her) Clinical Trainer HI SUPD

Program Description: The following interactive workshop will provide a safe space that supports the voices and stories of IPV survivors as an integral part of their healing journey. Led by a Native Hawaiian survivor of IPV, participants will experience the importance of incorporating culture and ancestral knowledge into the transformative process of change and reclamation of self through a personally identified, strengths based lens.

**An Overview of a Healthy Lifestyle program plus Weight Loss Medications to Treat Obesity**

Larry C. James, Ph.D., ABPP (he/him) Chief, Behavioral Medicine, Tripler Army Medical Center

Program Description: The presentation will discuss healthy lifestyle behavioral strategies coupled with FDA-approved weight loss medications that will provide a successful weight loss outcome. The presenter will identify clinical and behavioral markers such as low-intensity exercise, healthy meal planning, regularly weighing oneself, etc coupled with weight loss medications that actually enhance weight loss.

**Couple Therapies and the Treatment of Relationship Concerns**

Alexander Khaddouma, PhD, ABPP (he/him) Faculty Psychologist at UH Mānoa Counseling & Student Development Center

Program Description: This presentation will overview several models of evidence-based couple therapies as well as resources for practitioners to further their training in couple therapy.



Thursday PM 2 (1.5 CEUs) 3:00pm – 4:30pm

Managing and Adapting Practice for Youth Psychosocial Concerns

Kelsie Okamura, PhD (she/her) PracticeWise Associate Trainer; Implementation Researcher, The Baker Center for Children and Families/Harvard
Charmaine Higa-McMillan, PhD (she/her) PracticeWise Senior Consultant; Professor & Director of Counseling Psych, UH Hilo
Kimberly L. McDonald, PsyD (she/her) HIDOE School-Based Behavioral Health, MAP Training Professional
Puanani J. Hee, PhD (she/her) Data to Wisdom Clinical Data Director, Hawai'i State DOH / CAMHD

Program Description: This session provides an overview of clinical tools developed with up-to-date research evidence for youth. We will demonstrate how these tools are used to design flexible treatments tailored to any client and setting. DOE and DOH partners will also highlight their use of these tools in daily practice.



Understanding and Supporting Neurodivergent Patients

Zahava "Zee" Zaidoff, MRAS, CCS (she/her) Group Counselor, Trainer HI SUPD

Program Description: Human beings have different neurotypes. Neurodivergent people exist and have been taught to mask almost all of their natural behaviors for the purposes of fitting into the neurotypical world. We will be looking at characteristics of neurodivergent people and examining ways to create safety and authenticity, so that they can heal and thrive while unmasking and shedding societal expectations.



Equity, Diversity, Inclusion, Accessibility and Belonging: Elevating Voices of Students, Trainees, and Allies

Chair: Lisa Sanchez-Johnsen, Ph.D. (she/her) Medical College of Wisconsin

Panel Participants all from Hawai'i School of Professional Psychology at Chaminade University of Honolulu

Kendyl Oshiro, LMHC, NCC (she/her) | Ariel Wallace-Wong, MSW (she/her) | Miranda Spring, B.S. (she/her) | Adam Grimm, B.A. (he/him) | Leza Liat Gordon, M.A. (she/her) | Mehrnaz Motazedian, M.A. (she/her) | Karen Cano, B.A. (she/her)



Program Description: In this panel presentation, the perspectives of students in the field of clinical psychology who are a part of various diversity dimensions will be highlighted. Students and trainees will discuss their personal and academic training paths and how their interests in culture and various diversity dimensions have influenced this journey.

The Maui Breakthrough Collaborative: Advancing Mental Health with Breakthrough Therapies through Collective Impact

Kathy Southard, LCSW (she/her) Advisory Board Member of the Clarity Project
Lauren Ampolos, PhD (she/her) Clinical Director/ Psychologist, Illuminate Wellness Maui
Jessica Brazil, LCSW (she/her) Founder, Mindful Living Group, Maui and Oahu
Jane Caplan, MD (she/her) Psychiatrist, Founder of East West Global Healing, Maui
Matt Lorin, MPA (he/him) Principal Consultant, The Lorin Group

Program Description: Explore the Maui Breakthrough Collaborative's use of collective impact and innovative therapies, including PSIP, breathwork, ketamine, and MDMA, to enhance PTSD treatment and improve mental health systems in Maui.



Friday AM 1 (1.5 CEUs) 8:30am – 10:00am

Malie Ka 'Uhane: A Cultural Approach to Chronic Pain and Stress Management

Niki Wright, PsyD, CSAC, CPS, CSAPA (she/her) Director, Mālama Recovery Services

Makani Tabura (he/him) Director of Cultural Education and Activities / Cultural Practitioner

Alessandra Luchesi-Rife, APRN-Rx (she/her) Senior Pain Management Medical Specialist, WCCHC's Ho'okuola Hale

Program Description: This presentation introduces Native Hawaiian methods for chronic pain and stress management, blending traditional and contemporary practices and honoring indigenous wisdom. Attendees will learn about lomilomi, la'aulapa'au, hi'uwai, and Ha Ola techniques, exploring the cultural and medical intersection. Experience these practices and discover their role in holistic patient care.



The Re-Indigenization Project:

A Radical Approach to Compassion and Resilience (in a Polarizing World)

Vishwani (Deepa) Ram-Souza, LMFT, Ph.D. (she/her) Elemental Guidance Co-Owner, Re-Indigenization Project

John Souza, Jr., LMFT, DMFT (he/him) Assistant Professor at UH-Manoa

Program Description: We'll introduce you to The Re-Indigenization Project© and delve into Integral & Transpersonal Family Therapy©, offering a radical approach to addressing polarization by restoring wholeness. Join us for a demonstration on how to access and sustain compassion and collective resilience as One Nature Family.



The Power of Pause: Disrupting the Spiral of Re-Traumatizing Remembering

Valdeane W. Brown, Ph.D. NeurOptimal(r), Zengar Institute, Inc.

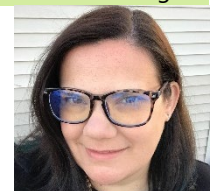
Program Description: Interrupting the neurophysiological cascade that occurs when traumatic memories are triggered is crucial for safe and effective personal transformation. The ability to interrupt the cascade is foundational for transforming one's relationship with traumatic memories. It empowers individuals to engage with past events in a manner that fosters healing, rather than perpetuating the cycle of trauma. By learning to manage this process, individuals reduce the likelihood of re-traumatization and develop a more adaptive response, leading to a decreased impact of trauma on their daily lives.



Changing the Narrative: Affirmation for Newly Identified Autistics

Sara Rodrigues, DSW, LICSW (she/her) Executive Director, Balanced Learning Center, NeuroHarbor Wellness & Consulting

Program Description: This workshop empowers professionals to embrace neurodiversity with empathy and advocacy. Transform perceptions of autism in social work. Gain practical strategies for creating supportive environments. Learn to foster resilience and affirming narratives for newly identified autistics, promoting inclusion and systemic change in a polarized world.



VIRTUAL PRESENTER

Friday AM 2 (1.5 CEUs) 10:15am – 11:45am

Don't forget our Kūpuna: Risk factors and recommendations for older adults on Maui

Victoria Liou-Johnson, PhD (she/her) Executive Director, Hawai'i Behavioral Health Connection; Affiliated Scholar, Stanford University School of Medicine; Adjunct Professor, Professional Graduate School of Psychology, Palo Alto University

Nancy M. Sidun, PsyD, ABPP, ATR (she/her) Independent Scholar and Practitioner; Contracted Psychologist for the Department of Health, Lahaina Community Comprehensive Health Services

Blake Ramelb (he/him) Filmmaker, Photographer, Advocate

Program Description: This presentation includes a discussion on health and for displaced kūpuna in aftermath of Aug 2023 Maui wildfires, and potential solutions to address these issues for this often-overlooked population.



The Myth of Independence: Nature-Based Family Therapy for Emerging Adults

John Souza, Jr., LMFT, DMFT (he/him) Assistant Professor at UH-Manoa

Mark G. Downey, PhD (he/him) Psychological Associate at the Santa Barbara Psychoanalytic Group

Program Description: Explore a holistic approach to family therapy, combining nature-based interventions and structured therapeutic activities to foster compassion and resilience. Learn practical strategies from a two-day intensive family therapy model to enhance family dynamics and support emerging adults (EAs) and their families in effectively navigating conflicts and challenges, thereby mitigating polarization.



Using Sound Bowls to Process Grief & Loss of Our loved Ones (including our pets)

Joanne Kwoh-Maysami, Ph.D. (she/her) Associate Professor & Chair of Psychology, University of the West

Program Description: 90-minute workshop begins with brief literature review on imagery guidance and benefits of sound bath (PPT presentation). Discuss how grief processing for animal companions has traditionally been minimized or dismissed. Stress importance of client-centered grief processing. Instruct meditation with sound bowls and guided imagery. Pre-/post-workshop survey with Likert scale.



Acceptance and Commitment Therapy for Self-Compassion

Danielle Giroux PhD, MSW, LCSW (she/her) Hawaii Pacific University Associate Professor, MSW Department Program Chair

Program Description: This presentation will focus on the underpinnings and application of Acceptance and Commitment Therapy (ACT).



VIRTUAL PRESENTER

Friday PM 1 (1.5 CEUs) 1:15pm – 2:45pm

Many Hands Make for Lighter Work: How Mental Health Professionals from Near and Far Responded to the August 8, 2023 Maui Wild Fires

Tina A. Boteilho, LMFT (she/her) Owner of Ahupua'a Counseling Services LLC

Michele Navarro Ishiki, LCSW, CSAC, CCS ('O ia/she/her) Clinical Director - Piha Wellness and Healing

Program Description: Learn what many visiting providers observed and skills they needed to develop before, during, and after working on Maui. Hear several perspectives from survivors, therapists on the ground, medical providers, emergency responders, community leaders, and organizers on what was helpful and hurtful to their mental health.



Unlocking Wellness: The Power of Integrative Care and Psychedelic Integration for Holistic Healing

Dawn Martin, LMHC, CSAC, CCS (she/her) Co-owner/Clinical Supervisor, Hawai'i Institute of Integrated Behavior Health

Program Description: Discover the transformative potential of integrative care in mental health and addiction treatment. This session explores holistic wellness approaches, combining traditional therapies with innovative practices like psychedelic integration. Equip yourself with the skills to implement a comprehensive, personalized treatment model that fosters lasting client well-being and growth.



Understanding Innate Mental Health & Psychological Innocence: The Key to Resilience & Compassion

Christine J. Heath, LMFT, CSAC, MAC (she/her) Executive Director, HCEC

Rita J. Shuford, PhD (she/her) Founder, Three Principles Hawaii, LLC

Stanley Luke, PhD (he/him) Clinical Director, HCEC

Hannah LeMans, MA (she/her) Therapist, HCEC

Brandy West-Bey, LMFT, CSAC, MAC, SAP (she/her) Therapist, HCEC

Program Description: We will present and discuss the inherent nature of mental health and the impact this has as a therapeutic framework for helping others. We will have a didactic presentation and panel discussion of the impact of working from this paradigm.



A Safety Net in Distress: Assessing Hawai'i's Clinical Workforce Shortage, Examining Barriers and Identifying Solutions

Wendy Lum, MSW, MEd (she/her) Director, Workforce Development Hub, Thompson School of Social Work & Public Health

Aimee Chung, MSW, LSW (she/her) Field Education Coordinator, Thompson School of Social Work and Public Health

Program Description: We will engage participants in a discussion about clinical licensure - barriers and opportunities. We will present questions about their experience with the licensing process and discuss scenarios about the licensing process in Hawai'i and ways to meet the workforce shortage. We invite all interested in the clinical licensure process.



CLOSING KEYNOTE: FRIDAY 3:00PM – 4:00PM (1.0 CEUs)**Leadership in Turbulent Times: Transforming Individuals, Communities & Society****Debra Kawahara, Ph.D. (she/her)**

2025 President of the American Psychological Association (APA)

Associate Dean of Academic Affairs & Distinguished Professor at the California School of Professional Psychology

Executive Director of the Illumination of Mindfulness Institute at Alliant International University

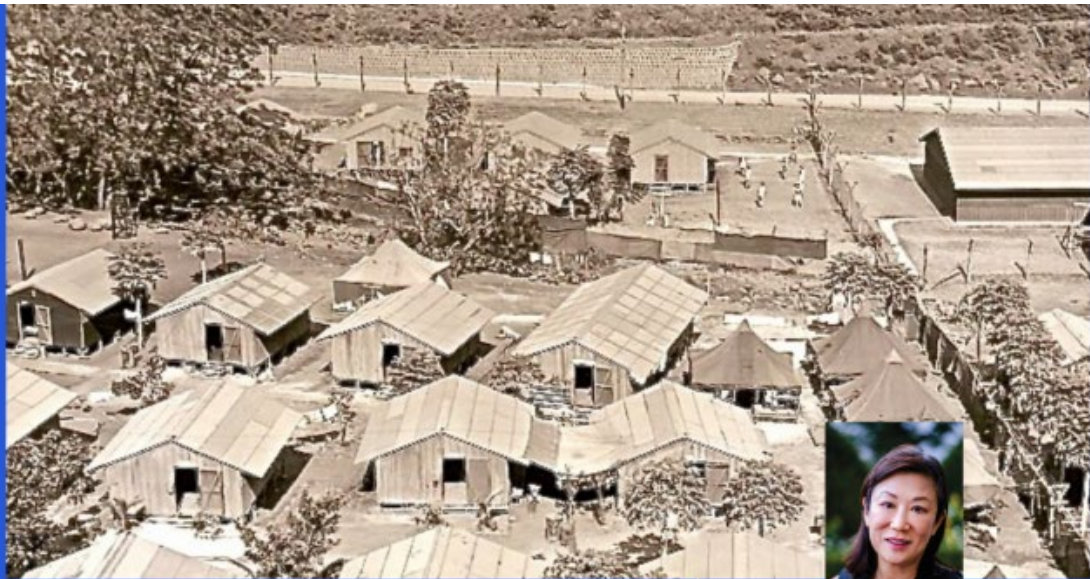
Developing transformational leaders for our ever-changing world is becoming more critical as societal issues become increasingly complex. Leadership and its outcomes have primarily been based on western dominant society in psychology and other related fields. This is often referred to as the WEIRD world (Western, educated, industrialized, rich and democratic) (Henrich et al., 2010). Yet, many people within the United States and globally do not fit these characteristics. In fact, most people live in regions designated as the Global South and constitutes the Global Majority. Given this fact, how can leaders and leadership be more inclusive, equitable and just for all?

This presentation will outline values, concepts, and behaviors from a transformational feminist leadership model that are important for successful and effective leaders in a global world, as well as developing leadership skills in others. These leadership skills are required to address the needs of women and other marginalized and disenfranchised groups worldwide. These skills and actions include empowerment, collaboration, power analyses, strong reflexivity, deconstruction of our biases and oppressive systems, inclusivity, and advocacy to name a few (Porter, in press).

Further, a transformational feminist leadership framework will be presented to understand the multilayered systems and social locations that must be navigated, along with the actions and behaviors of how a feminist leader puts these elements in action. Ultimately, the feminist leader upholding cultural humility and respect for those voices who have been silenced or invisible such as those from the Global Majority World and Indigenous communities will find ways to collaborate and empower all in addressing the social, economic, and political disparities to create a more inclusive and just world.



A VERY SPECIAL OPPORTUNITY FOR HBHW CONVENTION ATTENDEES



THE LEGACY OF THE JAPANESE AMERICAN INCARCERATION: EXPLORING A U.S. SANCTIONED CONCENTRATION CAMP

FEATURED GUEST

- Shirley Ann Higuchi, J.D. (Author Of *Setoko's Secret: Heart Mountain and the Legacy of the Japanese American Incarceration*; Chair of the Heart Mountain Wyoming Foundation; APA Associate Chief of Professional Practice for Justice, Legal, and State Advocacy)

A very special visit to the Honouliuli National Historic Site for 2024 HBHW Convention attendees

Join us for a powerful dialogue on America's history of illegal incarceration and reflect on our commitment to freedom and justice as behavioral health providers in Hawai'i.

For more info about the site: <https://www.nps.gov/hono/index.htm>

Due to site limitations, full attendance is required. If your plans change after registering, please inform Dr. Julie Takishima-Lacasa promptly so we can offer your spot to another colleague.

EVENT DETAILS

09.21.2024

9 AM - 12 PM

MEETING SPOT

MORE INFORMATION TO FOLLOW

~ All event spots have been filled ~

POSTER PRESENTATIONS (ALPHABETICAL BY TITLE)**THURSDAY 4:45PM-6:00PM****Attachment Styles and Coping Mechanisms in Individuals from Functional and Dysfunctional Families in BIPOC Communities****Jay Lee, BA (she/her)** 4th year Hawaii Pacific University PsyD Doctoral Candidate

Attachment theory underscores the universal yet culturally mediated development of interpersonal bonds. This study explores the relationships among family functionality, coping mechanisms, and attachment styles within Black, Indigenous, and People of Color (BIPOC) communities. By addressing gaps in predominantly White-centric research, it advocates for culturally sensitive approaches to understanding human behavior.

Can it be that the simple answer to Polarization is Love and Understanding?**Sharon K. Usagawa, LCSW (she/her)** Clinician in Private Practice/Affiliation: Pacific Institute for Innate Mental Health**Rita J. Shuford, PhD (she/her)** Psychologist in Private Practice/3 Principles Hawaii**Jennifer Pamintuan, LCSW (she/her)** Clinician in Private Practice/Affiliation: Pacific Institute for Innate Mental Health

This presentation outlines The Three Principles Psychology that points to foundational basics of all human experience, and universal psychological functioning. It uncovers our psycho-spiritual-biomechanical nature and the role of Thought in creating individual realities. This is an emerging Paradigm, that has already begun to change the dialogue about mental health and human relationships.

Enhancing Wellbeing in LGBTQIA+ Veterans with Serious Mental Illness**Roxanne Ramirez, Psy.D. (she/her)** Clinical Psychologist, VA Pacific Islands Health Care System

The poster will present best practices for working with LGBTQIA+ Veterans with serious mental illness to enhance various areas of well-being. Objectives include promoting a whole-health, interdisciplinary, inclusive, gender-affirming, trauma-informed, strengths-based approach; identifying stressors/barriers to mental health treatment; and learning about resources for offering recovery-oriented services in VA settings.

Establishing a Culturally Grounded Wellness Practice for Emerging Clinical Professionals**Aimee Chung, MSW, LSW (she/her)** Field Education Coordinator, Thompson School of Social Work and Public Health**Wendy Lum, MSW, MEd (she/her)** Director, Workforce Development Hub, Thompson School of Social Work & Public Health

We work in environments rooted in generational and systemic trauma compounded by racism, oppression, and social injustices. In order to effectively succeed as practitioners, we must possess a sustainable wellness practice. We will explore a culturally grounded self-care plan developed for students, supporting their wellness practice as emerging professionals.

Examining Risk Factors Associated with Juvenile Delinquency Amongst Native Hawaiian and Other Pacific Islander Youth: A Systematic Literature Review**Pamela M. Garcia (she/her)** Doctoral Candidate at Hawai'i Pacific University

Utilizing a systematic literature review to examine available research in relation to risk factors associated with Native Hawaiian or Other Pacific Islander youth.

Exploring the Relationship Between Self-Compassion and Intrinsic Motivation Among Collegiate Student-Athletes**Taylor Lum, MSCP (she/her)** Doctoral Candidate at Hawaii School of Professional Psychology

Collegiate student-athletes are reporting higher rates of mental exhaustion, anxiety, and depression, therefore understanding their stressors as well as exploring tool or strategies could be helpful for these athletes. Therefore, this study examined the association between self-compassion and intrinsic motivation among collegiate student-athletes.

POSTER PRESENTATIONS (ALPHABETICAL BY TITLE)**THURSDAY 4:45PM-6:00PM****How can we help immigrant and first-generation college students access mental health resources?****Kabita Chhetri, BS (she/her)** Cincinnati Children's Hospital as a Behavioral Specialist**Amira Y Trevino, MEd (she/her)** Doctoral Intern at Colorado State University, PhD Candidate at the University of Utah

Students who are both immigrants and first-generation college students often are needing mental health support, however many don't seek services. The literature is limited yet reveals unique barriers to accessing support. We propose a research study that examines barriers, facilitators, and how perceived cultural humility may impact access to services.

Innovative treatments for the neurological and behavioral impacts of Chronic Traumatic Encephalopathy (CTE) on athletes**Miranda Spring, BS (she/her)** Graduate student at HSPP at Chaminade University**Ethan Daley (he/him)** Case Western University

This poster will cover the psychological, neurological, and behavioral impacts of chronic traumatic encephalopathy (CTE) on athletes. Through an integrative and solution/focused approach, we will discuss novel treatments in the field.

Is self-diagnosis via social media a significant predictor of seeking mental health support?**Elizabeth Sump, LMHC, LPC (she/her)** PhD Student in Counselor Education

This presentation explores the phenomenon of self-diagnosing mental health issues via social media. Through a literature review and data analysis, the presenter will examine demographic characteristics and the impact on counseling services, culminating in a Q&A and group discussion to engage attendees in this emerging area of mental health research.

Medical Students' Perception of Self-Care Culture: A Thematic Analysis of Self-Care and Burnout in Medical School**Nicole S. Keller (she/her)** Doctoral Candidate at Hawaii Pacific University

This study explores medical students' perceptions of "self-care culture" and factors influencing these views. Using qualitative focus group interviews and reflexive thematic analysis, research can help to fill in the gaps in literature to support student well-being, foster resilience, and reduce burnout.

Posttraumatic growth: Healing from collective trauma among AMENA Americans**Sarvenaz Pahlavan Tate, MA (she/her)** PsyD Student, California School of Professional Psychology/ Alliant International U**Francesca Kassing, PhD (she/her)** Training Program Coordinator, Faculty, and Dissertation Chair Alliant International Univ

The study seeks to examine the relationship between collective trauma, as measured through exposure to political life events, and posttraumatic growth among first and second-generation AMENA American adults. This will be the first known study to examine impacts of collective trauma as they occur vicariously and intergenerationally.

Relationship Between Parents' Treatment Acceptability Ratings of a Musical Sleep Story Intervention: Yoga Tales and Self-Rated Spirituality**Leza Gordon, MA (she/her)** Hawaii School of Professional Psychology at Chaminade

How acceptable do parents of children that have sleep problems find Yoga Tales? Yoga Tales is a novel treatment for bedtime. Based on the previous studies showing the effectiveness of music, storytelling and guided imagery as separate therapies, Yoga Tales show immense potential as a therapy tool which incorporates all three modalities.

POSTER PRESENTATIONS (ALPHABETICAL BY TITLE)**THURSDAY 4:45PM-6:00PM****The Invisible Minority: Ethnic Identity As A Protective Factor Against Trauma From Systematic Oppression in AMENA Individuals****Kristyn Oravec, MA (any)** Counseling Psychology Doctoral Student at the University of Akron**Dawn Johnson, PhD (she/her)** Associate Professor at the University of Akron

An exploration of cumulative racial-ethnic trauma in AMENA individuals with ethnic identity as a proposed protective factor.

The Nature of Your Nature... the Journey hOME to YOU kNOW More**Valerie Simonsen, ND Hawaii license115 (they/them)** Physician - The Nature of YOUr Nature

The Nature of YOUr Nature... YOU kNOW More. This interactive empowerment event offers ancient wisdom, creative exploration, insights, self-discovery, connection with your innate capacities for self-regulation and homeostasis. Re-integrate your own wellness into your life; relax, renew, and revitalize. Come home and embody your freedom to be yourself.

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PRESENTER BIOS



Maisha Amare-Herrera, LSW (she/her) *Program Coordinator, Hawai'i Substance Use Professional Development.*

Maisha Amare-Herrera, LSW (she/her) is the Program Coordinator for Hawai'i Substance Use Professional Development (SUPD) based out of the Thompson School of Social Work & Public Health at the University of Hawai'i Mānoa. She is an alumni of the Thompson School's MSW program and received her BA in Psychology and Sociology with an emphasis in Family Studies. Prior to entering the substance use field, her professional experience surrounded supporting children and families in a variety of settings.



Lauren Ampolos, PhD (she/her) *Clinical Director/ Psychologist, Illuminate Wellness Maui.*

Dr. Ampolos received her MA and PhD in Clinical Psychology, with an emphasis in Health Psychology, at the California School of Professional Psychology in San Diego, CA. She received her BAs in Psychology and Spanish at the University of San Diego. She completed her pre-doctoral training at Wai'anae Coast Comprehensive Health Center on O'ahu and completed her post-doctoral training on Maui. She is an Institute for Functional Medicine Certified Practitioner (IFMCP). She is certified in Eye Movement Desensitization and Reprocessing (EMDR). She completed the Psychedelic-Assisted Psychotherapy certificate program at Naropa University, the Multidisciplinary Association of Psychedelic Studies (MAPS) training for MDMA-assisted therapy and is trained in Psychedelic Somatic Interactional Psychotherapy (PSIP). Her specialties include treating complex trauma and PTSD, personality disorders, eating disorders, nutrition and mental health, depression, anxiety, couples in crisis, and chronic health challenges, including pain and autoimmune disease management. She specializes in providing true mind-body, root-level healing. She is passionate about providing access to care and strives to create a warm, open and non-judgmental healing environment at Illuminate Wellness.



A. Aukahi Austin Seabury, PhD (she/her) *Executive Director, Licensed Clinical Psychologist, I Ola Lāhui, Inc.*

Aukahi Austin Seabury is a Licensed Clinical Psychologist and the Executive Director of I Ola Lāhui. She received her Ph.D. in clinical psychology from the Clinical Studies Program at the University of Hawai'i at Mānoa. She completed a pre-doctoral internship at Tripler Army Medical Center (TAMC) with an emphasis in Community and Health Psychology and a post-doctoral fellowship at the University of Hawai'i at Mānoa Department of Psychology in Child and Adolescent Evidence Based Practice. She is a member of Nā Limahana of Lonopūhā Native Hawaiian Health Consortium and sits on the State of Hawai'i Department of Labor and Industrial Relations Health Workforce Advisory Board. She provides training to behavioral health providers on the use of culturally-minded evidence based practices. As the po'o of Kūlana Hawai'i, I Ola Lāhui's weight management program, Dr. Austin Seabury provides care to Native Hawaiian and other underserved populations that is tailored to their needs and health challenges. She is interested in conducting ongoing research regarding Native Hawaiian health, as well as the effectiveness of interventions designed for delivery in rural areas.



Cliff Bersamira PhD, AM (he/him) *Assistant Professor / Department of Social Work, Thompson School of Social Work & Public Health, University of Hawai'i at Mānoa.*

Cliff Bersamira, PhD, AM (he/him/siya) is an Assistant Professor at the University of Hawai'i at Mānoa Thompson School of Social Work & Public Health. He received his PhD and AM (MSW equivalent) from the University of Chicago and BA from the University of Pennsylvania. Dr. Bersamira's research relates to behavioral health policies and services, with particular focus in substance use services, workforce development, health policy reforms, and disparities among Filipino and other Asian, Native Hawaiian, and Pacific Islander communities.



Tina A. Boteilho, LMFT (she/her) *Owner of Ahupua'a Counseling Services LLC.*

Tina Boteilho is a Marriage and Family Therapist on Maui. She was asked to be a first responder to the Devastating Maui Wildfires to provide mental health support for emergency responders and survivors. She has worked tirelessly on Maui for the past 23 years but has dedicated all her time and energy over the past year to supporting the rebuilding of mental health services on Maui's west side.



Jessica Brazil, LCSW (she/her) *Founder, Mindful Living Group, Maui and Oahu.*

Jessica Brazil, LCSW, is a visionary clinical social worker and psychospiritual therapist with over 25 years of experience, deeply inspired by her love for nature and the diversity of healing and expansion practices. Practicing with deep compassion on Maui for over 17 years, Jessica has built integrative and multicultural teams that improve access to mental health care. She focuses on the connection between mind, body, and spirit, guiding clients through self-discovery and transformation with evidence-based treatments while also consulting and inviting in diverse and Indigenous healing wisdoms.

With advanced training in Hypnosis, Brainspotting I & II, Kundalini Yoga, Mindfulness CBT, TF-CBT, Accelerated Resolution Therapy, and more, Jessica is particularly inspired toward advancing access to breakthrough treatments, including breathwork and psychedelic-assisted therapies. She helped bring Accelerated Resolution Therapy to Maui, which offers rapid recovery in just a few sessions, making a significant impact in a time of crisis. As the founder of Mindful Living Group and the Healer's Voices Podcast, Jessica is a leader in creating sacred spaces and strengthening communities that foster resilience and healing.

For over 20 years, Jessica has been studying and practicing a variety of meditations, engaging in mentorships, and exploring ways to connect more mindfully and lovingly with herself, nature, the spirit world, and others. In her free time, she enjoys surfing, stepping into the forest, traveling to places that speak to her heart, taking a deep dive into music, and spending time with loved ones.

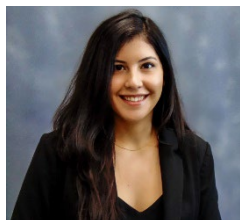


Valdeane W. Brown, Ph.D. *NeurOptimal(r), Zengar Institute, Inc.*

With over 45 years of experience in mental health, meditation and neurofeedback, I have dedicated my career to advancing the field of brain training, cognitive optimization and spiritual transformation. My journey began long before earning my Ph.D. in Psychology, during which I taught Continuing Medical Education courses on a wide range of clinical topics, from Rapid Transformation of Borderline Phenomenology to Dynamics of Family Therapy, developing and teaching Solution Oriented Rapid Transformation (S.O.R.T.).

As a featured and keynote speaker at national and international conferences, I have shared my expertise in neurofeedback, child psychology, and Total Quality Management. My pioneering work led to the development of the Five Phase Model of Neurofeedback, the first comprehensive approach to clinical neurofeedback integrating multiple protocols. My background in mathematics, physics, and computer programming allowed me to co-develop, with Dr. Sue Brown, the Period Three Approach to Comprehensive, Adaptive Neurofeedback—laying the foundation for what would later become *NeuroOptimal*®.

NeuroOptimal® represents our vision of Dynamical Neurofeedback™, offering a revolutionary and effortless method for personal transformation that anyone can use. In my ongoing work I continue to direct the architectural development of *NeuroOptimal*® and am deeply involved in ongoing research and development at Zengar Institute, Inc.



Karen Cano, B.A. (she/her) *Student, Hawai'i School of Professional Psychology at Chaminade University of Honolulu.*

Karen Soledad Cano is a doctoral student at the Hawai'i School of Professional Psychology, Chaminade University of Honolulu. A Chicana from the Los Angeles area, Ms. Cano focuses her studies on indigenous populations, trauma, the Latinx community, and community mental health. With six years of experience as a registered behavior technician, she has provided applied behavioral analysis therapy to individuals with autism spectrum disorder, ADHD, and developmental disabilities. Additionally, she has conducted forensic psychological evaluations at the Family Strengthening Center.

Currently, Ms. Cano serves as a practicum student at Wai'anae Coast Comprehensive Health Center, where she delivers behavioral health services to children, adolescents, and adults. She also works as a parent educator, facilitating court-ordered parenting classes. Her volunteer work includes supporting the Hawai'i Mental Health Pro Bono COVID-19 Project, which connects individuals with limited or no insurance to licensed mental health providers.

For her dissertation, Ms. Cano will investigate the experiences of Native Hawaiian parents and caregivers raising children or adolescents with mental health disorders. Outside of her professional and academic pursuits, she enjoys being a steerswoman for the Koa Kai Canoe Club and spending time with her 11-year-old toothless chihuahua.



Jane Caplan, MD (she/her) *Psychiatrist, Founder of East West Global Healing, Maui.*

As a Harvard trained psychiatrist and psychotherapist, I am deeply grateful for my mentors in child, adolescent and adult psychiatry during my residency and fellowship. Since that time, I have been working diligently to understand the integration of various healing modalities in order to best help people. Simply put, trauma passed down generationally affects all of us on the individual and collective level. The advent of ketamine assisted therapy and the MAPS training in MDMA demonstrated to me that there is a vast landscape of potential in the human psyche underneath all the defense mechanisms that both serve to protect us and to hold us back. Teachings with indigenous and skilled healers in other cultural contexts helped me to develop awareness that the greatest healing can occur when we remove the ego and allow for the flow of that which is greater. The question is how to integrate the neurobiology of science within an existential, spiritual and cultural context where together we are stronger.



Aimee Chung, MSW, LSW (she/her) *Field Education Coordinator, Thompson School of Social Work and Public Health.*

Aimee Chung, MSW, LSW has 30 years of experience in social work and academia. She is a tenured Faculty and Field Education Coordinator at the University of Hawai'i at Mānoa, Thompson School of Social Work and Public Health. In her career she has worked as a practitioner and leader, primarily in programs supporting those who are survivors of family violence, underserved communities, and diversely-abled individuals. She has experience in both non-profit agencies and state departments, including serving on the board of the Domestic Violence Action Center. Although most of her work has been in Hawai'i, she has also lived and practiced in California and Colorado. Her areas of interest include field education, self-care, trauma-informed frameworks, wellness and wellbeing, power-based personal violence, diversity, interdisciplinary education, and culturally grounded practice.



Richelle Concepcion, PsyD (she/her) *Tripler Army Medical Center Clinical Psychologist.*

Richelle Concepcion, Psy.D., MPH is a licensed clinical psychologist who works with the United States Army at Tripler Army Medical Center. She previously worked in several clinical settings including the Desmond Doss Health Clinic - Schofield Barracks, Hawaii, the Naval Hospital Camp Pendleton's Deployment Health Center and Patton State Hospital in California. She serves on the Division 45 (Society for the Psychological Study of Culture, Ethnicity, and Race) Executive Committee as Member at Large - American Asian Slate as well as Community Engagement Representative for the Hawaii Psychological Association and was past President of the Asian American Psychological Association. She currently serves as a Public Health Officer with the Hawaii Air National Guard on Joint Base Pearl Harbor Hickam where she has also held roles as a Violence Prevention Implementer (formerly Green Dot) trainer and Emergency Management Liaison for the 154th Medical Group. Her areas of clinical interest include complex trauma, diversity issues among veterans/active duty service members, health promotion/education, and the integration of traditional healing methods with psychotherapy.



Mark G. Downey, PhD (he/him) *Psychological Associate at Santa Barbara Psychoanalytic Group.*

Dr. Mark Downey received a doctorate in clinical psychology with an emphasis in depth psychology from Pacifica Graduate Institute. His research interests include relationships with nonhuman others, active imagination, and transformational experiences. He has worked at the intersection of psychology and ecology around the world, and in outdoor, sandplay, and horticultural therapy settings in USA. Mark is a registered psychological associate in private practice at the Santa Barbara Psychoanalytic Group.



Rose Evelyn Friedheim, PsyD (she/they) *Clinical Psychologist, Board Member Brain Injury Association of Hawai'i and Hawai'i Psychological Association.*

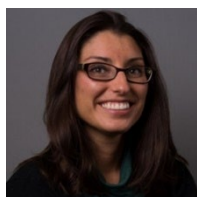
Dr. Rose Evelyn Friedheim, Psy.D. just finished her post-doctoral fellowship at Hamakua Kohala Health Center offering rural behavioral health services to patients of all ages across the Hawai'i Island. She is a Certified Somatic Ecotherapist and wrote her dissertation on ethical best practice considerations for applied ecotherapy. She is the Hawai'i Island Representative for HPA and participates in 3 HPA committees: the Rural Health Committee, Diversity and Equity Steering Committee, and the Legislative Action Committee. Dr. Rose Evelyn is a TBI survivor and disability advocate. To support community

connection for providers across the islands, in 2022, I started the Aloha Mental Health Practitioners Hui, a free, peer-to-peer professional weekly virtual support group that empowers one another as professionals to care for ourselves in the context of our clinical work, training and professional development and share information regarding resources for mental health across the Hawai'i Islands! I have recently completed the Maternal and Child Health: Leadership Education in Neurodevelopmental and Related Disabilities (MCH LEND) Fellowship, where I focused on promoting interdisciplinary early intervention services for individuals. This month, I will begin training with the Association for Infant Mental Health Hawai'i (AIMH Hi) in both Infant and Early Childhood Consultation (I/ECMHC) and Child Parent Psychotherapy (CPP), to deepen my commitment to improving access to early intervention infant mental health services across the Hawai'i Islands!



Jessica Garlock, LSW (she/her) *Adjunct Faculty, Hawaii Pacific University.*

Jessica has been a social worker for 25+ years working in a variety of sectors, including gender-based violence, the disability community, child welfare, workforce development, academia, public health and international social work just to name a few. She is still very much figuring out what she wants to be if/when she grows up. Jessica had the privilege of taking a sabbatical for the second half of 2023 where she worked on resting, reclaiming her identity outside of work and nurturing creative pursuits. Most recently, she has worked as a hospice social worker with people at the end of life and their families. Jessica loves to travel, read, spend time in nature and with animals. She also spends too much time on TikTok and worrying about the upcoming election. Jessica is looking forward to being back in Hawai'i for this conference and seeing many friends, colleagues and former students.



Danielle Giroux, PhD, MSW, LCSW (she/her) *Associate Professor of Social Work at Hawai'i Pacific University.*

Dr. Giroux is an Associate Professor of Social Work at Hawai'i Pacific University (HPU). Originally from Ohio, Dr. Giroux graduated with her MSW from HPU in 2010. Following completion of her MSW she moved to Alaska to complete her PhD in Clinical-Community Psychology from the University of Alaska Anchorage. While in Alaska she worked on state wide suicide prevention efforts with the Alaska Native Tribal Health Consortium and completed her clinical internship with Norton Sound Behavior Health in Nome. After graduating with her doctorate in 2017 Dr. Giroux worked in Ohio as an assistant professor of social work and served as a regional director for the Ohio NASW. Dr. Giroux is licensed as an LSW in Hawaii and her clinical theoretical orientation is Acceptance and Commitment Therapy.

Dr. Giroux's dissertation and subsequent research has focused on sexual assault survivorship in rural areas. Dr. Giroux's research interests include research interests include substance abuse prevention, suicide prevention and sexual assault prevention and post-vention. Dr. Giroux comes from a rural area and has experience providing clinical services and conducting research in rural areas. Dr. Giroux is currently a member of the Society for Community Research and Action Rural Interest group. Dr. Giroux is specifically interested in the intersection of these social issues and rural communities. In her free time Dr. Giroux enjoys hiking, snorkeling, and traveling.



Leza Liat Gordon, M.A. (she/her) *Student, Hawai'i School of Professional Psychology at Chaminade University of Honolulu.*

Leza Gordon is a doctoral candidate at the Hawai'i School of Professional Psychology, Chaminade University of Honolulu. Passionate about working with children and adolescents on O'ahu, she brings a diverse background to her practice. Born in Ukraine and raised in Massachusetts, Leza completed her bachelor's degree in human biology Pre-Med at Cornell University and earned her master's degree in child development from Haifa University in Israel.

Currently, Leza is completing her pre-doctoral internship at Windward School District as part of the Hawaii Psychology Internship Consortium. In this role, she works with public school students from preschool through 12th grade, addressing a range of social, emotional, and behavioral challenges.

For her dissertation, Leza explored the relationship between spirituality and the acceptability of a novel bedtime story called "Yoga Tales." This story integrates music, guided imagery, and storytelling to help children and adolescents connect with their emotions and themselves.

Outside of her professional life, Leza enjoys yoga, cooking, spending time in nature, and visiting her family in Israel. She is dedicated to her Jewish cultural identity and committed to serving her community.



Adam Grimm, B.A. (he/him) *Student, Hawai'i School of Professional Psychology at Chaminade University of Honolulu.*

With a background as an Air Force Explosive Ordnance Disposal (EOD) superintendent from the United States Air Force, a professional photographer, and an entrepreneur, Adam is now a dedicated Psy.D. student at the Hawaii School of Professional Psychology at Chaminade University in Honolulu. His diverse experiences enrich his wellness research business and coaching practice.

Adam plans to use his varied experiences to focus on helping in trauma prevention and disability support upon his graduation.



Tia L.R. Hartsock MSW, MSCJA (she/her) *Director, Office of Wellness and Resilience, Office of the Governor, State of Hawai'i.*

Tia L. R. Hartsock is the first director of the Office of Wellness and Resilience, housed within the Office of the Governor Josh Green, M.D. Tia has worked for nearly 25 years to improve our state's mental health and criminal justice systems. Formerly, Tia was the project director on three Substance Abuse and Mental Health Services Administration (SAMHSA)-funded initiatives within the Hawai'i Department of Health to develop and provide mental health services for adolescent girls and other historically underserved populations, overseeing multiagency collaborations to improve the delivery of services by the state's mental health system using trauma-informed and gender-specific frameworks. She is a nationally certified trauma-informed care trainer by the Gains Center at the Substance Abuse Mental Health Services Administration (SAMHSA). Tia was also appointed as an adjunct faculty lecturer at the University of Hawai'i Thompson School of Social Work and Public Health, and has lectured at both the undergraduate and graduate level. Tia earned her Master of Science in Criminal Justice Administration from Chaminade University with a specialization in juvenile justice and her Master of Social Work from the University of Hawai'i with a specialization focus on mental health.



Christine J. Heath, LMFT, CSAC, MAC (she/her) *Executive Director, HCEC.*

Christine has over 40 years of experience providing therapy, supervision, and training. She is a licensed Marriage and Family Therapist in both Hawaii and Minnesota, Master Addictions Counselor, and is Hawaii-certified as a substance abuse counselor. Ms. Heath, an AAMFT Approved Supervisor, has created training programs for marriage and family therapy graduate students and professionals who are working toward licensure. Ms. Heath is the co-founder and has been the executive director of the Hawaii Counseling and Education Center since 1985. She is the coauthor of “The Secret of Love, Unlock the Mystery, Unleash the Magic” and she is the co-facilitator of a podcast called Psychology Has it Backwards.



Puanani J. Hee, PhD (she/her) *Data to Wisdom Clinical Data Director, Hawai'i DOH / CAMHD.*

Dr. Puanani Hee is the Clinical Director for the Hawai'i Department of Health, Child & Adolescent Mental Health Division's (CAMHD) system of care grant, Data to Wisdom. She was born and raised on Kaua'i, received her undergraduate degree in psychology with a minor in anthropology from Oregon State University, and her PhD from the University of Hawai'i at Mānoa Clinical Studies Program. She began working as a Clinical Psychologist for CAMHD's Kaua'i Family Guidance Center in 2018 before transitioning to her current role in 2021. She is passionate about system of care improvement and increasing access to quality mental health services for those in underserved communities. Her research focuses on identifying patterns of effective practice in community care settings. She enjoys reading, running, and spending time with friends and family.



Charmaine Higa-McMillan, PhD (she/her) *Professor and Director, MA Program Counseling Psychology, UH Hilo.*

Dr. Charmaine Higa-McMillan (she/her) is a Professor of Psychology and Director of the Masters program in Counseling Psychology (Clinical Mental Health Specialization) at the University of Hawai'i at Hilo. She received her B.A. in Psychology at the University of Hawai'i at Mānoa and her Ph.D. in Clinical Psychology from the University of Tulsa. She completed her predoctoral internship at the University of Mississippi Medical Center in Jackson, MS and her postdoctoral fellowship at the University of Hawai'i at Mānoa. Dr. Higa-McMillan is licensed to practice as a psychologist in the State of Hawai'i. Her clinical and research interests include childhood stress and anxiety, implementation of evidence-based services, training and professional development, and improving access to quality care in rural, underserved schools and communities. Dr. Higa-McMillan has over 50 publications and 80 presentations in her areas of research and serves as a senior consultant to PracticeWise, LLC, a company that trains and supports behavioral health providers who work with youth and families to access and implement evidence-informed services.



Shirley Ann Higuchi, JD (she/her) *Associate Chief for Professional Practice at the American Psychological Association (APA), Chair of the Heart Mountain Wyoming Foundation (HMWF).*

Shirley Ann Higuchi, JD is the Associate Chief for Professional Practice at the American Psychological Association (APA) and Chair of the Heart Mountain Wyoming Foundation (HMWF). Her session will discuss her work at the APA and how behavioral health and wellness practitioners can be agents of change for our country. Shirley will discuss the World War II incarceration of her family when her American-born parents were confined as children at the U.S. sanctioned Heart Mountain Relocation Camp in rural Wyoming. The injustices imposed on her parents and the discomfort of how the judicial system treated them prompted her pursuit of law.



Larry James, PhD, ABPP (he/him) *Dept of Behavioral Medicine Psychology Chief, Tripler Army Medical Center.*

Larry C. James, Ph.D., ABPP is the Chief, Behavioral Medicine Service at Tripler Army Medical Center. He has more than 30 years of experience as an obesity researcher and provider. He has published 3 books and over 50 papers on obesity and weight problems. Dr. James is a nationally recognized expert in national security, defense issues, clinical psychopharmacology, and Clinical Health Psychology. He is currently the President & CEO of the Wright Behavioral Health Group, LLC, and a Professor at Wright State University. Previously he served as the Associate Vice President for Military Affairs at Wright State University in Dayton, Ohio. Prior to that assignment, he served as the Dean of the School of Professional Psychology, at Wright State University from 2008 to 2013. He received his Ph.D. in Counseling Psychology at the University of Iowa and a Post-Doctoral Fellowship in Behavioral Medicine at Tripler Army Medical Center. He was the Chair of the Department of Psychology at Walter Reed Army Medical Center and the Chair and the Department of Psychology at Tripler Army Medical Center. He was awarded a Bronze Star and the Defense Superior Service Medal. In his nearly three-decade military career. Colonel James has had many deployments. Most notably, he deployed to Abu Ghraib and Guantanamo Bay, Cuba. Colonel James distinguished himself during these deployments and is one of the nation's military officers who was credited with putting policies and procedures in place to prevent abuse. Dr. James has published ten books and over 150 scientific papers. Dr. James was awarded the Colonel John Flanagan Lifetime Achievement Award by the Society of Military Psychology.



Ruben Juarez, PhD (he/him) *HMSA Distinguished Professor in Health Economics, UHERO, UH Mānoa.*

Ruben Juarez, PhD is a Hispanic who serves as the HMSA Distinguished Professor at the Economic Research Organization and the Department of Economics at the University of Hawaii at Mānoa. Dr. Juarez integrates economics with public health to address critical issues in underserved communities in Hawaii. Since earning his Ph.D. in Economics from Rice University in 2008, he has widely published economic and public health articles and reports addressing complex economic and health issues. He is dedicated to community engagement and well-being, using innovative, multidisciplinary methods to drive societal change. Dr. Juarez co-founded and directed various public health initiatives, such as the Maui Wildfire Exposure Study, the UHERO Statewide Rapid Survey, and the Pacific Alliance Against COVID-19, showcasing his commitment to community health through multidisciplinary scientific- and community efforts. In addition, Dr Juarez is an advocate for Hawaii's most hidden community, the Hispanic population. He co-founded and served as the treasurer of the 501(c)3 nonprofit Hispanic Chamber of Commerce Hawaii and collaborated with various community organizations and consulates to support and provide resources to this underserved community in Hawaii. For more information, please visit Dr. Juarez's personal website.



Debra Kawahara, Ph.D. (she/her) *2025 President for the American Psychological Association (APA), Associate Dean of Academic Affairs & Distinguished Professor in the California School of Professional Psychology, Executive Director of the Illumination of Mindfulness Institute at Alliant International University.*

Dr. Debra M. Kawahara is the 2025 President of the American Psychological Association (APA). She is also Associate Dean of Academic Affairs and Distinguished Professor at the California School of Professional Psychology and Executive Director of the Illumination of Mindfulness at Alliant International University. Dr. Kawahara is a multicultural feminist scholar whose work centers on intersectionality, Buddhist psychotherapy, women's issues,

leadership, and the application of multicultural, feminist, and social justice principles. She is widely published and has presented extensively. In 2018, she became the Editor-in-Chief of *Women & Therapy*.

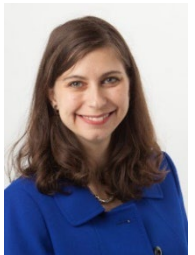
Her previous leadership roles include being a member at large on the APA Board of Directors, a representative to the APA Council of Representatives (COR) for Division 35, an APA Finance Committee member, an Advisory Committee member for the Leadership Institute for Women in Psychology, APA Divisions on Social Justice representative, Lead Coordinator of the National Multicultural Conference & Summit, and a National Council of Schools and Programs in Professional Psychology delegate.

She is a Fellow of the American Psychological Association as well as the Asian American Psychological Association. In recognition of her work, several awards have been bestowed on her, including an APA Presidential Citation and the Shining Star Award at the National Multicultural Conference & Summit.



Alexander Khaddouma, PhD, ABPP (he/him) Faculty Psychologist at UH Mānoa Counseling & Student Development Center.

Alexander Khaddouma, PhD, ABPP is a licensed clinical psychologist and a board-certified specialist in couple and family psychology. He received his PhD in Clinical Psychology from the University of Tennessee and his specialist board-certification in Couple and Family Psychology from the American Board of Professional Psychology. He is currently a faculty member at the University of Hawai'i at Mānoa Counseling and Student Development Center in Honolulu, Hawai'i, where he serves as the Coordinator for Clinical Services. He currently serves as a board member on the American Board of Couple and Family Psychology, the American Academy of Couple and Family Psychology, and the Board of Trustees of the American Board of Professional Psychology.



Tamar A. Kreps, PhD (she/her) Associate Professor, Management, Shidler College of Business, UH Mānoa.

Dr. Kreps is Associate Professor of Management and Industrial Relations at the Shidler College of Business at UH Mānoa. She earned a PhD in Organizational Behavior from Stanford University and an MA in Counseling Psychology from UH Hilo, and has clinical experience working with youth and families. Her research lies at the intersection of psychology and business and has been published in journals spanning these disciplines and more. In addition to mental health, her research interests include diversity, equity, and inclusion, and people's values and ethical beliefs.



Joanne Kwoh-Maysami, Ph.D. (she/her) Associate Professor & Chair of Psychology, University of the West.

Dr. Kwoh is Associate Professor and Chair of Psychology at the University of the West in Rosemead, California. She is also a registered psychological associate, a certified yoga instructor, and a mindfulness practitioner. Dr. Kwoh provides community outreach and public education on mental health by facilitating regular workshops with different partners. Dr. Kwoh is a proud member of FreeMomHugs (Los Angeles chapter) and volunteers with Basset Hound Rescue of Southern California, where she is the social media coordinator and the newest voting board member. She is married with three adult human children and two basset hounds. Dr. Kwoh moved from Singapore to the United States in 2003; she maintains fluency in her mother-tongue, Chinese Mandarin, and a few other Chinese dialects. In her free time, she dances and sings to entertain her bassets. Her favorite activity is to sit on her patio swing and stare into the San Gabriel mountains, and sometimes, nothing.



Thao Le, PhD, MPH (she/her) *Director, Seeds of Wellbeing Project; Professor & Chair, Family Consumer Sciences Department, University of Hawai'i Mānoa.*

Thao N. Le, PhD, MPH is currently serving as Professor & Chair in the Family Consumer Sciences Department, in the College of Tropical Agriculture and Human Resources at the University of Hawai'i Mānoa. She is also the Director of the Seeds of Wellbeing Project focusing on farmer stress and wellbeing which was recently acknowledged by Mental Health American of Hawai'i as winner of the Outstanding Community Mental Leader award:

<https://manoa.hawaii.edu/sow-well/>



Hannah LeMans, MA (she/her) *Therapist, HCEC.*

Hannah LeMans - Hannah is a mental health professional that enjoys working with individuals, groups, teens, and families. Hannah currently works with Hawaii Counseling and Education Center as an intake specialist, administrative assistant, and co-facilitator for the Ho'ō Maka Hou anger management and domestic violence program. Hannah additionally works as an intensive in-home therapist with Hale Kipa in East Hawai'i. She graduated from the University of Hawai'i at Hilo for both her B.A in psychology and M.A. in counseling psychology and has experience as a social worker. Hannah is interested in assisting clients to reconnect with their

health in sustainable and long-lasting results.



Victoria Liou-Johnson, PhD (she/her) *Executive Director, Hawai'i Behavioral Health Connection; Affiliated Scholar, Clinical Excellence Research Center, Stanford University School of Medicine; Adjunct Professor, Professional Graduate School of Psychology, Palo Alto University.*

Victoria Liou-Johnson, PhD, MS, is a clinical psychologist and clinical neuropsychologist, with a background in social justice, diversity, and equity which she brings to her clinical practice and research. She is the Co-Founder and Executive Director of the non-profit, Hawai'i Behavioral Health Connection (formerly, Maui Strong Mental Health Response), whose mission is to increase equity and access to evidence-based and culturally informed behavioral health care for all people of Hawai'i through education, service, advocacy, program development, research, and collaboration.

Dr. Liou-Johnson's research interests center on health equity and include: TBI, cognition, trauma, displacement, gender and racial/ethnic differences in health disparities, especially in AA/PI/NH/AN/NA population. Her research utilizes interdisciplinary collaboration, and qualitative and quantitative methods, to explore these topics. As a researcher and clinician, she is particularly interested in the translational implications and implementation of her research to improve current interventions and outcomes, especially for historically marginalized populations.

Dr. Liou-Johnson maintains a small private practice, which focuses on culturally conscious and culturally appropriate trauma treatment for Indigenous and historically marginalized populations. She is an Affiliated Scholar at the Stanford Clinical Excellence Research Center, a healthcare research and policy consultant, and faculty member in the PhD Clinical Psychology Program at Palo Alto University and Notre Dame de Namur University's Master of Clinical Psychology Program. In addition to clinical and research work, she also enjoys mentoring students and trainees of all levels, from underrepresented groups.



Diane Logan, PhD, ABAP (she/her) *Assistant Professor, UH Hilo; Hawai'i Behavioral Health Connection; Board Member, Hawai'i Psychological Association, Private Practice/Consultant.*

Dr. Logan is a Board-Certified Addiction Psychologist, National Register Health Service Psychologist, Certified Substance Abuse Counselor, and an Internationally Certified Alcohol and Drug Counselor. She earned her Ph.D. from the University of Washington in 2013 and completed her postdoctoral training at the Center for Alcohol and Addiction Studies at Brown University. Dr. Logan provided integrated behavioral health care and coordinated substance use services at a community health center on Hawai'i Island from 2015-2020.

She transitioned into private practice in 2020 providing direct clinical care to underserved patients throughout Hawai'i before joining the faculty at UH Hilo.

In addition to her faculty position, Dr. Logan continues to present clinical training on substance-related issues, engages in local and federal advocacy, and provides technical services across the Pacific as an Opioid Response Network consultant. She previously served as a trainer with the Hawai'i Substance Use Professional Development (SUPD) Project. Her recent professional service has focused on Hawai'i Psychological Association activities (including serving as a Clinical Representative and the HPA newsletter editor following her Presidential term), co-chairing the annual Hawai'i Behavioral Health and Wellness Convention, organizing Maui Strong Mental Health Response efforts, and co-founding the Hawai'i Behavioral Health Connection (HiBHC). She is also active in APA Division 50 (Society of Addiction Psychology) and APA Division 31 (State, Provincial and Territorial Psychological Association).

Dr. Logan has numerous peer-reviewed publications and invited presentations focused on her passions of destigmatizing substance use disorders, increasing access to care, and empowering colleagues and communities. She has secured federal grant funding for substance use research and clinical endeavors, including HRSA and NIH funding. Her passion comes from translating research findings into culturally informed clinical tools and supporting workforce development and mentorship opportunities especially for underrepresented communities.



Matt Lorin, MPA (he/him) *Principal Consultant, The Lorin Group*

Matt is a distinguished servant leader with extensive local, state, national and international service in grassroots and executive roles. He has experience engaging and mobilising families, employees & communities, leading organisations, building alliances and 'earning' movements. He served as Director for Democracy, Human Rights & Humanitarian Affairs on President Clinton's National Security Council. He consults to the United Nations and has held

senior positions locally at OHA and the Castle Foundation. He has current engagements in the community-tech space with start-ups in education, civic engagement, and SEL.



Alessandra Luchesi-Rife, APRN-Rx (she/her) *Senior Pain Management Medical Specialist, WCCHC's Ho'okuola Hale.*

Aloha kakou! My name is Alessandra (Alê) I was born and raised in Brazil and moved to Hawai'i in 2013 in pursuit of my dream to become a nurse practitioner.

I have been part of the Waianae Coast Comprehensive Health Center Ohana since 2015 where I started as part of the first cohort of the only nurse practitioner residency program in the state of Hawai'i (Na Lei Kukui). Employed at a community health center that embodies the spirit of

Aloha I am deeply committed to providing compassionate, community-focused healthcare services, particularly in the field of chronic pain management.

I have been a provider at the pain management clinic (Ho'okuola Hale) since 2019 with the mission to provide lasting relief and improved quality of life through a comprehensive range of services. As a mother of two boys, I value my family time and enjoy the serene beauty of Hawaii's beaches during my free time. My journey from Brazil to Hawaii reflect my adventurous spirit and unwavering dedication to both my patients and my loved ones.



Stanley Luke, PhD (he/him) *Clinical Director, HCEC.*

Dr. Luke is a clinical psychologist who was born and raised in Kailua. He has worked for Hawaii Counseling and Education Center for over 5 years and also works full time as a psychologist at the Hawaii State Hospital. Previously he had been a psychologist at OCCC and Halawa Correctional Facilities. With over 30 years of experience, he received his Ph.D. from Northwestern University, living and working in Chicago for 10 years before returning to Hawaii.

He has previous work experience at the VA, Queens Health Care Plans, and Hawaii Biodyne. His interests include tennis, cooking, and family activities.



Wendy Lum, MSW, MEd (she/her) *Director, Workforce Development Hub, Thompson School of Social Work & Public Health.*

Wendy Lum is a faculty member and Leads the Department of Social Work, Workforce Development Hub at the Thompson School of Social Work & Public Health, University of Hawaii at Mānoa (UH Mānoa). Prior to this role, Wendy was a Field Education Coordinator for six years - in that role she taught and mentored social work students through field education. As a Workforce Development Specialist, Wendy's role is to support and orient students who are interested in pursuing their degree in social work at UH Manoa and to support social work workforce initiatives and pathways, especially with UH system campuses, in particular community colleges. Also, to help grow and sustain the department of social work and the social work workforce in Hawaii. She's a proud alumna of George Mason University where she earned her Master's in Social Work and UH Manoa where she earned her Master's in Education.



Jethro Macaraeg, LSW (he/him) *MSW Graduate / Department of Social Work, UH Mānoa.*

Jethro Macaraeg (he/him) is a Licensed Social Worker with a Master of Social Work from the University of Hawai'i at Mānoa and a Bachelor of Science in Psychology & Healthy Lifestyle Management from Creighton University. With professional experience in healthcare, behavioral health, and education sectors, he currently serves as a Behavioral Health Specialist with the Hawai'i Department of Education and an Associate Therapist with Spill The Tea Cafe.

Jethro's research interests focus on Filipino/a/x mental health, capacity building, and moral injury.



Dawn Martin, LMHC, CSAC, CCS (she/her) *Co-owner/Clinical Supervisor, Hawai'i Institute of Integrated Behavior Health.*

With two decades of profound dedication to the field of behavioral health, Dawn brings a wealth of experience and expertise as an addictions therapist and a Licensed Mental Health Counselor (LMHC). She has over 20 years in the field working with addictions & trauma with individuals and families and teaching at the University of Hawai'i - School of Social Work in the areas of addictions and family therapy. Her journey in empowering individuals to overcome addiction has been marked by a deep commitment to their well-being. She has spent the last two years employing cutting-edge techniques to facilitate healing in individuals. Her commitment extends to supporting those suffering from a variety of trauma experiences, enriching her understanding of resilience and recovery. In the pursuit of knowledge, she has dedicated the last five years to researching generational trauma in Hawai'i, delving deep into its impact and exploring pathways to healing.



Jennifer Masters, M.Ed., LPC-S (she/her) *Ph.D. student, Grand Canyon Univ, Counselor Education & Supervision.*

Jennifer Masters lives in Hawaii with her husband and two boys. She is the former clinical director of The Children's Advocacy Center Laredo-Webb County and has worked with trauma victims for 18+ years. She is currently an LPC-S and supervises LPC-Associates. Mrs. Masters started the first intern training program at the CAC, which allowed the center to become a teaching facility for local academic institutions. She also has conducted expert testimony for court cases involving child abuse.

Mrs. Masters earned a master's in education with an emphasis in counseling from the University of North Texas and is currently seeking a Doctorate of Philosophy in Counselor Education and Supervision from Grand Canyon University. For self-care Mrs. Master's loves playing tennis with her family, running, painting and going to the beach.



Marina M. Matsui, M.A. (she/her) *Doctoral Candidate, UH Mānoa Clinical Studies Program; Hawai'i Psychological Association Student Representative.*

Marina M. Matsui (she/her) is a doctoral candidate at the University of Hawai'i at Mānoa (UHM), Psychology Department's Clinical Studies Program. She is deeply committed to working with youth and families in underserved communities. She serves as co-chair of the Hawai'i Psychological Association's Rural Health Subcommittee, the Administrative Manager for Hawai'i Behavioral Health Connection (hibhc.org), and an active volunteer for the Hawai'i Mental Health Pro Bono Project. Her clinical work has allowed her to collaborate with state-wide systems such as the Department of Health and Department of Education, serving youth and families through the Child Section of the Center for Cognitive Behavior Therapy at UHM. As a first-generation college attendee, Ms. Matsui is grateful for the many mentors in her graduate training journey who support and encourage her to pursue diverse training experiences and develop a program of research that promotes the integration of strengths-centered, evidence-based behavioral health science and practices. Born and raised in Honolulu, Hawai'i, she is passionate about giving back to her community and advocating for culturally minded, evidence-based behavioral health care to improve mental health and enhance the quality of life for youth and families in Hawai'i.



Kimberly L. McDonald, PsyD (she/her) *HIDOE School-Based Behavioral Health, MAP Training Professional.*

Dr. Kimberly McDonald is with the state School-Based Behavioral Health program office as the state clinical psychologist since June 2023. Dr. McDonald has over 20 years of experience in DOE and combined with her previous experiences, she has conducted hundreds of psychological evaluations mainly with children/adolescents, as well as therapy/counseling services and clinical supervision of many Behavioral Health Specialists in HIDOE.



Mehrnaz Motazedian, M.A. (she/her) *Student, Hawai'i School of Professional Psychology at Chaminade University of Honolulu.*

Ms. Mehrnaz Motazedian graduated from California State University with a master's degree in psychology. She is currently in her second year at the Hawai'i School of Professional Psychology (HSPP) Clinical Psychology graduate program at Chaminade University of Honolulu. Mehrnaz is a Primary Clinician and Research Outreach Coordinator for the elite OnTrack team, a branch of the Child and Adolescent Mental Health Division of the Hawai'i State Department of Health. In this capacity, Mehrnaz works with youth and adolescents experiencing first episode psychosis, supporting and guiding them to recovery. She has a steadfast dedication to serving the community and an immense passion for her involvement in cultural practices. Mehrnaz dances hula for Halau Ka Lei Mokihana O' Leina'ala, sat on the board of the Kaua'i Bee Team, and served as a member of the Kaua'i Multidisciplinary Team in response to Commercial Sexual Exploitation of Children. She is fluent in three languages (English, Spanish, and Farsi) and is currently learning 'Ōlelo Hawai'i and Diné (Navajo). Mehrnaz is of Persian descent, is a first generation Iranian American, and is a single mother to her two-year-old daughter. Mehrnaz hopes to complete her Doctorate in Clinical Psychology and return to Kaua'i to continue dedicating her time to elevating the people of her community.



Michele Navarro Ishiki, LCSW, CSAC, CCS ('O ia/she/her) *Clinical Director - Piha Wellness and Healing*

Michele Navarro Ishiki is a Licensed Clinical Social Worker (LCSW) who is in private practice on Maui and O'ahu, and the Founder and Clinical Director of Piha Wellness and Healing, on Maui. Born and raised in Pā'ia Maui, she spent almost 25 years of her professional career in nonprofit and for-profit organizations providing clinical oversight of residential drug treatment facilities and its continuum. She is a founding member and President on the Board of Directors of Pouhana O Nā Wāhine, the first federally funded Native Hawaiian Resource Center in Hawai'i, and she is the Maui Representative for the NASW - Hawai'i Chapter. In addition to her LCSW, Michele has a Bachelor's and Master's Degree in Social Work from the Thompson School of Social Work and Public Health, formerly known as the Myron B Thompson School of Social Work at the University of Hawai'i at Mānoa. She is certified by the Alcohol and Drug Abuse Division as a Clinical Supervisor (CCS), and Substance Abuse Counselor (CSAC). She is an Internationally Certified Clinical Supervisor (ICCS) and Internationally Certified Alcohol and Drug Counselor (ICADC).



Kelsie Okamura, PhD (she/her) *PracticeWise Associate Trainer; Implementation Researcher, The Baker Center for Children and Families/Harvard.*

Kelsie Okamura (she/her) is an Implementation Researcher at the Baker Center for Children and Families, a Harvard Medical School affiliate, and a licensed psychologist. Dr. Okamura serves on the training, consultation, and distance learning development teams at PracticeWise, LLC. She received her BA in Psychology with Honors and PhD from the University of Hawai'i at Mānoa.

Dr. Okamura completed her predoctoral internship at I Ola Lāhui Rural Hawai'i Behavioral Health and postdoc at the University of Pennsylvania Center for Mental Health. Dr. Okamura was both a NIMH Child Intervention, Prevention and Services (CHIPS) and Training in Dissemination and Implementation Research in Health (TIDIRH) fellow; and has more than 30 peer-reviewed journal articles and book chapters. She currently serves as Leader for the ABCT Dissemination and Implementation Science Special Interest Group and is a Diversity, Equity, and Inclusion Advisory Group Member to Implementation Research and Practice. Dr. Okamura is passionate about community-based public-sector service system implementation, particularly (a) knowledge formation, (b) quality improvement initiatives that bridge team-based technology, and (c) financial strategies to improve implementation. She is currently funded through the National Institute on Drug Abuse, and has received funding through the Substance Abuse and Mental Health Services Administration, National Institute for General Medical Services, Robert Wood Johnson Foundation, and American Psychological Foundation. As a fourth-generation daughter of Japanese and Okinawan immigrants to Hawai'i, Dr. Okamura has a deep appreciation of understanding diversity, culture, and contexts as they apply to youth mental health implementation. Growing up in a rural town in O'ahu, Hawai'i has afforded her insight into the complexities of socioeconomic and cultural barriers that may impede successful implementation of youth psychosocial interventions.



Kendyl Oshiro, LMHC, NCC (she/her) *Student, Hawai'i School of Professional Psychology at Chaminade University of Honolulu.*

Kendyl Oshiro is a doctoral candidate from the Hawai'i School of Professional Psychology at Chaminade University of Honolulu. Ms. Oshiro was born and raised on the island of O'ahu and has only sought local higher education programs, with the intention to be close to her family and loved ones. She will be completing her pre-doctoral internship at the Wai'anae Coast Comprehensive Health Center, where she will gain more experience providing culturally sensitive care to the west side of O'ahu. For her dissertation, she researched the impact of the COVID-19 pandemic on Hawai'i undergraduate students' academic and mental health. Ms. Oshiro is currently a licensed mental health counselor (LMHC) and national certified counselor (NCC), with experience providing counseling services to adults with a variety of concerns, including substance use, depression, and anxiety. She has also provided counseling services to children/adolescents with behavioral, ADHD, autism, and adjustment-related concerns. Ms. Oshiro is dedicated to serving those within her community and plays an active role in the Hawai'i Mental Health Pro bono COVID-19 Project and HPA.



Tessa Palafu, B.A. (she/her) *Implementation Research Assistant, The Baker Center for Children and Families.*

Tessa Palafu (she/her) is an Implementation Research Assistant at The Baker Center for Children and Families, Implementation Research Division. Tessa grew up in Hawai'i and graduated from Hawai'i Pacific University in May 2023 with a Bachelor of Arts in Psychology and Political Science. Throughout her undergraduate career, Tessa was introduced to the world of research by wonderful mentors, like Dr. Kelsie Okamura. Her research interests include understanding Historical Trauma in Native Hawaiian and Pacific Islander (NHPI) populations and using implementation science to promote the well-being of underserved communities. Tessa has worked on a variety of research projects related to examining

the relationship between houselessness, historical trauma, and perceived stress in NHPI youth, understanding predictors of measurement-based care use for clinicians, and looking at barriers and facilitators to implementing a substance use prevention program within a school district.



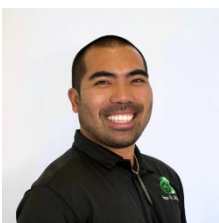
Blake Ramelb (he/him) *Filmmaker, Photographer, Advocate.*

Blake Ramelb is a filmmaker, photographer, and advocate from Lahaina, Maui. A 2013 graduate of Lahainaluna High School, Blake has dedicated his creative talents to raising awareness about mental health, especially after experiencing a traumatic hostage situation in 2016, which he documented on his blog. In the wake of the Lahaina fires, he used his platform on Instagram (@bkrvlogs) to openly discuss mental health, share resources, and encourage vulnerability within the community. He also organized healing music events to support those affected. Blake is currently working on a documentary with other Lahaina filmmakers, with mental health being an integral part of the film's community-focused narrative. More information can be found at LahainaFilm.com (<https://www.lahainafilm.com/>).



Roxanne Ramirez, Psy.D. (she/her) *Clinical Psychologist, VA Pacific Islands Health Care System.*

Dr. Ramirez is an Inpatient Psychologist and serves as the Chair of the Inclusion, Diversity, Equity, and Accessibility (I*DEA) Committee at the VA Pacific Islands Health Care System (VAPIHCS). Recently, in recognition of her expertise with SMI populations, she was appointed as a member of the Task Force on Serious Mental Illness and Severe Emotional Disturbance for the American Psychological Association (APA). This appointment allows her to participate in developing practice, research, and training guidelines related to treating SMI. As the elected VAPIHCS I*DEA Committee Chair, Dr. Ramirez leads monthly events that champion equity, diversity, and inclusion. As an Early Career Psychologist, Dr. Ramirez enjoys providing mentorship to peers, aspiring psychologists, and youth seeking guidance in their careers. Dr. Ramirez is dedicated to serving clients with serious mental illness and justice involvement. She strives to help clients feel empowered, hopeful, skilled, and supported in their journey towards wellness.



Ikaika Regidor, MSW ('oia/they/he) *Education & Training Coordinator, Hale Ho'ona'auao, Papa Ola Lōkahi.*

Ikaika Regidor ('oia/they/he) is a kanaka maoli mähū was born and raised in Kaimukī, O'ahu. Prior to joining Papa Ola Lōkahi in 2022, Ikaika was the Senior Program Director at the Nu'uaniu YMCA, and the Director of Education & Youth Programs at GLSEN, the largest national LGBTQ education nonprofit in the United States. Ikaika is passionate about creating safe spaces for other mähū to live and thrive, both across the pae 'āina 'o Hawai'i and on Moku Honu (Turtle Island). As the Education & Training Coordinator at Papa Ola Lōkahi, Ikaika's kuleana includes Mähū/LGBTQ+ health, tobacco prevention, and managing the organization's training function, including its intern program. Ikaika holds an undergraduate degree in Early Childhood Education, and a Master of Social Work degree from the University of Nevada, Las Vegas, and is an 'ōlapa hula in Hālau Unuokeahi under the direction of Kumu Hula Stacey Ka'au'a.



Paul "Paolo" Renigar, Ph.D. (he/him) *Diversity, Equity, and Inclusion Manager, VA Pacific Islands Health Care.*

Dr. Paul Renigar, who goes by "Paolo," grew up in Italy where he was exposed from an early age to the diversity inherent in languages and cultures in contact. During his service for the United States Air Force, he worked on missions related to Cryptologic Linguistics, and during his academic tenure as an Applied Linguist he focused on teaching foreign languages and the use of emergent technologies to analyze discursive trends that impact social justice, discrimination, psychological safety, diversity, equity, and inclusion. This paved the way for Dr. Renigar to create the Salt Lake City VA's first Diversity, Equity, and Inclusion (DEI) Program which, in close collaboration with the local Equal Employment Opportunity (EEO) program, resulted in a 50% reduction of EEO cases. While working for the VA, he assisted MIT's Catalyst program with background literature reviews to provide the MIT Catalyst research teams with information related to unmet biomedical needs, gaps or inconsistencies in research, and demographics most impacted by specific inequities and lack of access. He currently serves the VA Pacific Islands Healthcare System as the DEI Manager, striving to maximize his experience and skills within a culturally diverse Ohana to collaboratively develop a robust, dynamic, and research-based DEI program in dialogue with local communities.



Sara Rodrigues, DSW, LICSW (she/her) *Executive Director, Balanced Learning Center, NeuroHarbor Wellness & Consulting.*

Dr. Sara is a seasoned social worker and educator with a deep commitment to promoting neurodiversity and supporting individuals across diverse communities. With a focus on inclusion, diversity, equity, and access. Through nonprofit foundation and development, Sara has developed innovative programs and workshops designed to empower families, particularly those who are neurodiverse.

As a passionate advocate for neurodiversity, Sara's work encompasses curriculum development, training, and policy reform within educational settings. She collaborates closely with school, and local organizations to build supportive environments that recognize and nurture the unique strengths of neurodivergent individuals. Sara is also actively involved in creating resources and workshops for parents, educators, and social workers to promote neurodiversity-affirming approaches in various settings.

Sara's current work includes teaching within MSW programs, group practice management, non-profit direction, and authoring a book focused on neurodiversity affirming care. She is also completing two post-doctoral fellowships focused on leadership and neurodivergence. With a strong foundation in clinical practice and a dedication to fostering self-advocacy and autonomy, Sara continues to be a driving force in advancing the understanding and acceptance of neurodiversity.



Lisa Sanchez-Johnsen, Ph.D. (she/her) *Medical College of Wisconsin.*

Dr. Sanchez-Johnsen is a Professor in the Institute for Health and Equity and the Departments of Psychiatry and Behavioral Medicine; Surgery; and Family and Community Medicine at the Medical College of Wisconsin (MCW). She is also the Associate Director for Equity, Diversity, Inclusion, and Belonging in the MCW Cancer Center and an MCW Cancer Center Research Scholar Endowed Chair. She directs the Multicultural, Diversity, and Latinx Health Equity Research Program and the Multicultural Health, Obesity, and Cancer Health Equity Research Scholars Program. Dr. Sanchez-Johnsen is a PI on a telehealth intervention focused on obesity in Latino men (1R01DK132407), a PI on a study focused on cultural variables underlying obesity in Filipinos, a Co-I on the All of

Us Wisconsin Research Program (1OT2OD037636-01), and the Director of Behavioral Health, Wellness, and Resiliency for the HRSA-funded Hispanic Center of Excellence (1D34HP49232-01-00) at the University of Illinois at Chicago. She is a licensed clinical psychologist and the owner of Multicultural Health and Wellness, PLLC. Her focus is culturally tailored assessments and interventions for underserved communities, particularly in the areas of obesity, eating and weight issues, smoking, and health risk reduction. She recently received the Distinguished Alumnus Award from Rosalind Franklin University of Medicine and Science and the Distinguished Professional Career Award from the National Latinx Psychological Association for her research, clinical, teaching, and service as it relates to the Hispanic/Latino/Latinx community and other underserved communities.



Dayna Schultz, Psy.D., LSW, CSAC (she/her) *Clinical Trainer HI SUPD.*

To Listen with your heart is ALOHA Dr. Dayna Schultz is a Native Hawaiian Survivor of Domestic Violence and Sexual Assault who has taken her struggles and turned them into strength. Shifting her lens to a sense of empowerment has provided opportunities to be a Cultural and Clinical Consultant for fellow survivors of trauma, manage Hawaii CARES during the height of the Covid-19 Pandemic, develop and implement culturally based, trauma informed and addiction focused programs for women transitioning out of incarceration to support their healing, along with being a founding member and first Executive Director for the first federally funded Native Hawaiian Resource Center on Domestic Violence. Currently, Dr. Schultz is focused on providing cultural consultation and supporting the development of much needed Native Hawaiian programs focused on healing the family unit individually and collectively.



Rita J. Shuford, PhD (she/her) *Founder, Three Principles Hawaii, LLC.*

Dr. Shuford is a licensed psychologist and Certified Practitioner of the Three principles. She met Sydney Banks in 1977. For 35+ years Dr. Shuford has been a student and teacher of the Three principles, mind, thought and consciousness. She has worked in a variety of settings including schools, hospitals and community and private mental health clinics. Dr. Shuford has been Director of Clinical Services in three clinics in Florida and Hawaii. She has mentored, provided training and supervised many colleagues and fellow students of the 3 Principles. She is the Founder and CEO of Three Principles Hawaii.



Nancy M. Sidun, PsyD, ABPP, ATR (she/her) *Independent Scholar and Practitioner; Contracted Psychologist for the Department of Health, Lahaina Community Comprehensive Health Services.*

Nancy M. Sidun, a clinical psychologist, art therapist, educator, administrator, and scholar, has made a significant impact on the community through her work. Her substantial investment in international women's, human rights, and social justice issues has resulted in numerous presentations and publications. Her work, especially related to human trafficking, was recognized with the American Psychological Association 2024 Distinguished Contributions to Psychology in the Public Interest Award. Since the Maui wildfires, she has been providing psychotherapy to survivors, furthering her impact on the community.



Kathy Southard, LCSW (she/her) *Advisory Board Member of the Clarity Project*

Kathy Southard is an LCSW and psychotherapist in private practice, owner of Honolulu Psychotherapy. She has 20 years experience as a clinical social worker in medical and psychiatric settings, including as a former Social Worker at Queens Medical Center, and a former member of a Harvard Medical School teaching hospital's psychiatry department where she first learned of the healing powers of psychedelics in psychiatric care. She's completed certifications in Psychedelic Assisted Therapies and Ketamine Assisted Therapy with Naropa University, MAPS, and PRATI. She is a MAPS Trainee Therapist.



John Souza, Jr., LMFT, DMFT (he/him) *Assistant Professor at UH-Manoa.*

Dr. John Souza, Jr. is an Assistant Professor at the University of Hawai'i at Mānoa and a Licensed Marriage and Family Therapist focused on improving mental health care in Hawai'i. He maintains a small private practice at Elemental Guidance and combines academic and clinical expertise in his work.

As a past President of the Hawaiian Islands Association for Marriage and Family Therapy (HIAMFT) and a Clinical Fellow and Approved Supervisor with the American Association for Marriage and Family Therapy, Dr. Souza has played a key role in advancing Marriage and Family Therapy in Hawai'i.

Born on O'ahu, he holds a Bachelor's in Business Administration and a Master's and Doctorate in Marriage and Family Therapy, with a focus on Addictions and Psychopharmacology. Dr. Souza is committed to educating the next generation of mental health professionals and envisions accessible, high-quality mental health services for all Hawai'i residents. With strong ties to the community and a commitment to academic/clinical excellence, Dr. Souza is a prominent voice in Hawai'i's mental health field.



Miranda Spring, B.S. (she/her) *Student, Hawai'i School of Professional Psychology at Chaminade University of Honolulu.*

Ms. Miranda Spring is a University of California, Santa Barbara graduate with a Bachelor of Science in Psychology and Brain Science and background in applied psychology. She is currently in her fourth year at the Hawai'i School of Professional Psychology (HSPP) Clinical Psychology graduate program at Chaminade University of Honolulu. She is an energetic, creative doctoral student with quick decision-making experience and strong leadership skills. She has previous experience working under the supervision of Dr. David Sherman as a Social Lab research assistant. Additionally, she was actively involved in Pearson norm assessment testing under the supervision of Dr. Nozanin Yusufbekova. These research experiences have helped Ms. Spring to further develop her passion for understanding social and neurobiological behaviors, and her desire to contribute to advancements in research. Ms. Spring completed a clinical practicum at the National Center for Psychological Services under Dr. Nozanin Yusufbekova, Child and Family Behavioral Health Services at Tripler under Dr. George Hanawahine, and will be at the Veterans Affairs Pacific Islands health care this year under Dr. Kristen Eliason. She is passionate about advocating for marginalized and diverse communities to increase access to psychological services and representation in research. Her previous academic and occupational experiences have solidified her passion for clinical research, advocacy, and neuropsychological advancements.



Makani Tabura (he/him) *Director of Cultural Education and Activities / Cultural Practitioner*

Makani Tabura was raised with three brothers by his mother and grandparents on their tiny family farm on the island of Lana'i. From a young age, he was instilled with a deep understanding of the importance of culture, connection to higher power (Akua), the land ('aina), and the people (Na Po'e Kanaka).

During high school and college, Makani mentored and worked with at-risk youth at his mother's youth center on Lana'i, as well as with local and national organizations such as Na Pua No'eau, Pacific American Foundation, and the Native Hawaiian Education Association. He shared his cultural knowledge and taught concepts of traditional cultural beliefs of health, wellness, and fitness.

Combining his grandmother's teachings as a nurse and cultural practitioner, Makani's studies in exercise science, hula, and health and wellness from Hawai'i College of Health Sciences, Makani created cultural activities, programs, and curriculum for various hotels and resorts throughout Hawai'i. He developed the first Hawaiian-based health and fitness programs for the Hilton Hawaiian Village, Hale Koa Hotel, and Sheraton Resorts.

Currently, Makani is the Director of Cultural Education and Activities and cultural practitioner at the Waianae Coast Comprehensive Health Center, specifically within Ho'okūola Hale and Mālama Recovery Services. He is also the Po'ō (director) of the Kako'o Council at the Kalaniho'okaha Traditional Hawaiian Healing Center. Makani has developed a successful, culturally-based addiction recovery curriculum, and he prides himself on ensuring that everything he does personally and professionally is culturally-based and balanced with traditional knowledge and Western practices.

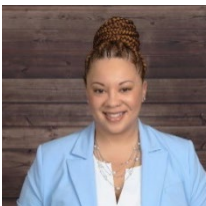
Makani's primary responsibility, gifted to him by his Kupuna (ancestors), is to preserve, perpetuate, and practice traditional Native health, wellness, and healing to improve the lives of his family and community.



Ariel Wallace-Wong, MSW (she/her) *Student, Hawai'i School of Professional Psychology at Chaminade University of Honolulu.*

Ariel is a Native Hawaiian social worker who has worked with underserved, marginalized, and oppressed populations in a variety of settings for the last 15 years. As a former foster youth and first-generation college student, she has a unique lived experience that profoundly impacts her work with the Hawaii State Department of Health's Child and Adolescent Mental Health Division. Her role is focused on collaborating with behavioral health providers across the state of Hawaii to expand services on all levels of care. Additionally, she helps to facilitate domestic and international adoptions with Adopt International Inc and is a board member of

PARENTS Inc. Her passion projects surround pro bono work at The University of Hawaii's Native Place of Learning, Truth Racial Healing and Transformation Initiative aimed at jettisoning a belief in the false hierarchy of human value through narrative change, racial healing, and relationship building by understanding separation, law, and economy. Lastly, she is an LGBTQIA+ ally, avid traveler, and can usually be found on an adventure with her four-legged husky Haku.



Brandy West-Bey, LMFT, CSAC, MAC, SAP (she/her) *Therapist, HCEC.*

Brandy is a licensed marriage and family therapist and a fourth year PhD student studying systemic leadership in MFT at Northcentral University. She received a master's degree in marriage and family therapy with a specialization in military family therapy from Northcentral University and received a bachelor's degree in criminal justice from Eastern Kentucky University. Her current field placement is with the Hawaii Counseling & Education Center as

a marriage and family therapist and with the Department of Veteran's Affairs as a behavioral health provider. She is a certified substance abuse counselor and specializes in the treatment of substance use disorders, PTSD, and relational issues.



Kelley Withy, MD, PhD (she/her) *Professor, UH John A. Burns School of Medicine, Area Health Education Center Director, Physician Workforce Researcher.*

Kelley Withy, MD, PhD, is Professor of Family Medicine and Community Health at the University of Hawaii John A. Burns School of Medicine and the Director of the Hawaii/Pacific Basin Area Health Education Center (AHEC). Her research focuses on health workforce assessment and health careers development. Dr. Withy is the primary physician workforce researcher in Hawaii and has developed the only statewide database of supply and demand for physician services. She has designed programs for all years of schooling that are employed with more than 4,000 students a year.



Niki Wright, PsyD, CSAC, CPS, CSAPA (she/her) *Director, Mālama Recovery Services*

Niki Wright, PsyD, CSAC, ICADC, CCS, CPS, CSOTP is a Director at the Waianae Coast Comprehensive Health Center, overseeing both the Mālama Recovery Services' intensive outpatient substance use disorder treatment program and the Ho'okūola Hale's integrated chronic pain management department. She is licensed as a clinical psychologist and certified as a substance abuse counselor in the State of Hawaii and has made it her mission to reduce the negative social stigma surrounding mental illness, particularly SUD, and to break down the barriers that prevent individuals from accessing the care they need, particularly in medically underserved communities.

Dr. Wright's professional interests are focused on health psychology and working with diverse and marginalized populations, including chronic pain management, trauma, systems, and women's health. She is also the Chief Behavioral Health Officer at the Wahiawā Center for Community Health, co-founder of IMUA Health Group, and clinical psychologist for the State of Hawaii's Department of Education. Dr. Wright has previously taught in the Rehabilitation Counseling Master's degree program at the University of Hawaii at Mānoa under the Department of Kinesiology.

In her personal life, Dr. Wright is a National Health Service Corps Ambassador, committed to improving access to primary care in under-served areas of the United States. Through her impressive work and unwavering commitment to improving mental health and well-being, Dr. Wright has made a significant impact on the mental health and well-being of her patients and communities, and continues to be a leading voice in her field.



Zahava "Zee" Zaidoff, MRAS, CCS (she/her) *Group Counselor, Trainer HI SUPD.*

Zahava "Zee" Zaidoff (she, her) is a spouse and mother who has been living in Hawaii County for the past ten years. She holds several certifications including Masters Level Registered Addiction Specialist and Certified Co-Occurring Disorder Specialist. Zee is a group therapy counselor, trainer for Hawaii SUPD, writer, and legislative advocate at all levels of government. Working with the LGBTQIA+ community, fighting for disability rights, creating an equitable and just federal and state benefits system, removing stigma from the behavioral health narratives, and focusing on youth suicide prevention are main focuses of Zee's advocacy and education work. Zee believes that authentic conversations and sharing of life experiences is the critical and missing piece in our systems, and that lived expertise must be elevated if lasting change is to be attained.

PRESENTATION DESCRIPTIONS

Acceptance and Commitment Therapy for Self-Compassion

Danielle Giroux PhD, LCSW (she/her) Hawaii Pacific University Associate Professor, MSW Department Program Chair

Acceptance and Commitment Therapy (ACT) is a modern, evidence-based psychotherapeutic approach that emphasizes psychological flexibility through mindfulness and values-based action. This presentation provides an in-depth exploration of ACT's six core processes: acceptance, cognitive defusion, being present, self as context, values, and committed action. We will discuss how ACT diverges from traditional cognitive-behavioral therapy by focusing less on symptom reduction and more on creating a meaningful, value-driven life regardless of internal experiences such as thoughts and emotions.

Key topics include the theoretical underpinnings of ACT, which integrates Relational Frame Theory to explain human language and cognition's role in psychological distress. The presentation will highlight empirical evidence supporting ACT's efficacy across diverse clinical populations and settings, including chronic pain, anxiety, depression, and workplace stress.

This session aims to equip mental health professionals with a basic understanding of ACT principles and techniques, empowering them to enhance therapeutic outcomes and support clients in cultivating a life of purpose and vitality.

Beck's Cognitive Triad, Lōkahi Triangle, Colonization, and Cultural Reclamation in Addiction Treatment

Dayna Schultz, Psy.D., LSW, CSAC (she/her) Clinical Trainer HI SUPD

For generations, Kānaka Ō`iwi continue to suffer higher rates of addiction to drugs and alcohol in comparison to their non-Native counterparts. In September 2023, a hearing request from the Honorable Brian Schatz to Vice Chair on the Indian Affairs Committee highlights "Native Hawaiians or other Pacific Islanders experienced the largest percentage increases in drug overdose death rates from 2020 through 2021, with rates increasing by 47%. An increased presence of fentanyl in the illicit drug supply is a primary contributor to this deadly problem." On Hawaii island there are 1 death every 9 days from Fentanyl, which is an alarming stat for our island state. This speaks to the apparent need of treatment rooted in the values and lifeways of Kānaka Ō`iwi. Having culturally specific forms of treatment that will address the direct impacts of colonization and oppression that continues to cripple our people. Adapting and modifying Western modalities and delivering it through a cultural lens is beneficial, however taking things one step deeper to address the stripping of identity, language and culture will allow for whole person healing. From 2015- 2018, nearly 3,000 Kanaka reported using opioids and had an unintentional poisoning death rate of 37.3%. (OD2A-C3 team and DOH partners,2018). Years of oppression and depression result in aggression as being stripped of one's cultural identity is detrimental in so many ways, and to accompany this with oppression, and suppression, resulting in depression could be viewed as mass cultural genocide. Utilizing Barry's Model of Acculturation, Becks Cognitive Triad and the Lōkahi Triangle as education and remedies for treatment will demonstrate similarities as well as differences in these concepts, hence further emphasizing the need for cultural healing from addiction.

Changing the Narrative: Affirmation for Newly Identified Autistics

Sara Rodrigues, DSW, LICSW (she/her) Executive Director, Balanced Learning Center, NeuroHarbor Wellness & Consulting

Changing the Narrative: Affirmation for Newly Identified Autistics is designed specifically for social work professionals seeking to transform the way autism is perceived and supported, particularly among individuals newly identified on the spectrum.

The workshop begins by challenging prevalent negative stereotypes surrounding autism, emphasizing a shift towards affirming narratives that celebrate diversity and strengths within the neurodivergent community.

Participants delve into the concept of neurodiversity, exploring how embracing diverse neurocognitive profiles enriches our understanding of human experiences.

Central to the workshop is the promotion of self-acceptance and empowerment among newly identified autistics. Through reflective exercises and discussions, attendees are encouraged to examine personal biases and assumptions about autism, fostering empathy and compassion in their practice. Strategies for building resilience and fostering self-advocacy are introduced, equipping participants with tools to support individuals navigating the challenges of societal stigma and self-identity.

Practical insights are shared on adopting a strength-based approach in social work practice. Case studies highlight effective strategies for creating inclusive environments in education, workplaces, and communities, where autistic individuals can thrive and contribute their unique talents. Participants engage in group discussions to exchange best practices and innovative ideas for implementing affirming approaches in their professional settings.

The workshop also emphasizes the role of advocacy in promoting systemic change. Social work professionals learn advocacy strategies to challenge barriers and champion policies that foster inclusivity and accessibility for autistic individuals. Networking opportunities provide connections to local resources and support networks, enhancing collaborative efforts towards creating supportive ecosystems.

Ultimately, this workshop aims to empower social work professionals as agents of change in promoting compassion and resilience in a polarizing world. By embracing neurodiversity and advocating for affirming narratives, participants contribute to a more inclusive society where every individual, regardless of neurocognitive profile, is valued and supported in achieving their full potential.

Join us in reshaping the narrative around autism—from one of tragedy to one of affirmation and empowerment. Together, let's build a future where compassion and resilience flourish, bridging divides and celebrating the richness of human diversity.

Couple Therapies and the Treatment of Relationship Concerns

Alexander Khaddouma, PhD, ABPP (he/him) Faculty Psychologist at UH Mānoa Counseling & Student Development Center
Romantic relationship concerns are one of the most common presenting concerns for mental health services, yet many practitioners report discomfort or lack of training in utilizing evidence-based systemic interventions, such as couple therapies, to address them. Fortunately, there is robust evidence to support the effectiveness of couple therapy, and training programs are available for practitioners to learn how to provide these services. This workshop will overview several methods for treating relationship concerns using evidence-based couple therapies and prevention-focused relationship education programs, as well as resources for further training.

Don't forget our Kūpuna:

Risk factors and recommendations for older adults on Maui

Victoria Liou-Johnson, PhD (she/her) Executive Director, Hawai'i Behavioral Health Connection;
Affiliated Scholar, Clinical Excellence Research Center, Stanford University School of Medicine;
Adjunct Professor, Professional Graduate School of Psychology, Palo Alto University

Nancy M. Sidun, PsyD, ABPP, ATR (she/her) Independent Scholar and Practitioner;

Contracted Psychologist for the Department of Health, Lahaina Community Comprehensive Health Services

Over 100 people perished in the Aug 8, 2023 wildfires on Maui, 75% of decedents were 60 and older. Many older adults, or Kūpuna, were the victims of the fire due to lack of transportation, mobility issues, or isolation. In the confusion and disorganization of the days after, many survivors, including Kūpuna, remained in their homes neighboring burned out blocks of Lāhainā because they had no transportation and nowhere else to go (aside from the mass shelters erected by the Red Cross) leaving them to be exposed to smoke and toxic ash from the burn

zones. Even during recovery efforts, with workers dressed in clean suits and respirators, many reported seeing Kūpuna in their yards, just feet from debris, with no protective equipment because they did not want to leave their homes.

The effects of “exposure” to burn particulate matter has increased since post-9/11 military deployments, where the use of “burn pits” became common place (pits where garbage/military waste and other equipment are burned during and after US Military in-field operations). This type of exposure has become a significant enough concern for the US Veterans Affairs Healthcare System to create the Airborne Hazards and Burn Pits Center of Excellence, devoted to studying long-term health effects of exposure to toxic fumes and nanoparticulate ash. Results indicate that health effects are not only limited to extensive respiratory illnesses (Falvo et al., 2018; Liu et al., 2016), but also to hypertension (Savitz et al., 2024), cancer (Bullman, Mahan, Kang, & Page, 2005; Deziel et al., 2018), cognitive decline, chronic pain, and myriad other chronic diseases, labeled as “chronic multisymptom illness” (Trembley et al, 2022). Exposure studies examining survivors of the 9/11 attacks in New York (Daniels et al., 2021) and the increasingly common California wildfires (Black, Tesfaigzi, Bassien, & Miller, 2018; Grant & Runkle, 2022), have yielded similar results.

However, for our Kūpuna survivors on Maui, not only is exposure to toxins of concern, but increased isolation and loneliness due to displacement, as well. The US Surgeon General recently named “loneliness” as a public health concern. Loneliness has been associated with poorer overall health, cognitive decline, increased mental health disorders, and increased mortality rates in older adults (Boss, Kang, Branson, 2015; Cacioppo et al., 2002; Luo et al, 2012; O’Luanaigh et al., 2011; Park et al., 2020). Many surviving Kūpuna who are displaced from their homes are currently living in temporary accommodations, do not drive or have their own transportation, and have been cut off from their communities and social connections.

In this presentation, we will discuss reports from the community regarding the displacement of Kūpuna and requests for assistance, as well as suggestions and potential solutions for decreasing risk factors.

Equity, Diversity, Inclusion, Accessibility and Belonging: Elevating Voices of Students, Trainees, and Allies

Chair: Lisa Sanchez-Johnsen, Ph.D. (she/her) Medical College of Wisconsin

Panel Participants all students from Hawai'i School of Professional Psychology at Chaminade University of Honolulu

Kendyl Oshiro, LMHC, NCC (she/her) | Ariel Wallace-Wong, MSW (she/her) | Miranda Spring, B.S. (she/her) |

Adam Grimm, B.A. (he/him) | Leza Liat Gordon, M.A. (she/her) | Mehrnaz Motazedian, M.A. (she/her) |

Karen Cano, B.A. (she/her)

The voices and perspectives of students and trainees across all diversity dimensions are important to emphasize throughout the behavioral health community in Hawaii, and across various professional organizations such as the Hawai'i Psychological Association, the National Association of Social Workers-Hawai'i, and the Hawai'i Islands Association for Marriage and Family Therapy. Diverse perspectives are important to promote equity and reduce disparities in clinical care, behavioral health and health behavior research, and to promote equity in educational and training opportunities. This panel presentation will feature diverse perspectives of students, trainees, and allies who will share their personal and academic career pathways, highlighting how their culture and diversity dimensions have influenced their journey. Students and trainees will represent various diversity dimensions that include, but are not limited to race, ethnicity, indigenous background, gender, LGBTQIA+ orientation, first-generation status, age, veteran status, disability status, and/or intersecting identities. The goal is for the voices of diverse students, trainees, and allies to be elevated and to inspire others of diverse backgrounds to share their academic and personal journeys. The session is divided into three parts. First, the session will begin with a brief introduction from each presenter. Second, an overview of the importance of diversity, inclusion, belonging, and accessibility will be presented. Third, presenters will respond to questions by the chair/ discussant about how

their diversity dimensions have shaped their academic careers and how they have integrated diversity, inclusion, and accessibility into their academic and personal journeys. Throughout the presentation, information will be shared about how to best support the career advancement of students and trainees from diverse backgrounds and their allies in behavioral health. Questions from in person and virtual attendees will be encouraged throughout this engaging and interactive session.

Farmer Mental Health: Connectedness in the Age of Uncertainty

Thao Le, PhD, MPH (she/her) Director, Seeds of Wellbeing Project; Professor & Chair, Family Consumer Sciences Department

Thao Le from the University of Hawai'i will be sharing the Seeds of Wellbeing (SOW) approach to promoting mental well-being and resilience among agricultural workers in Hawai'i. According to the CDC, male agriculture producers have the fourth highest rate of suicide, higher than those in other industries, including healthcare, education, and manufacturing. SOW aims to address the fundamental need for strong relationships and build social/community capital to address the main stressors in farming- financial, work-life balance, and physical and mental health among farmers through a network of agricultural peers and ag resilience navigators.

Hawai'i Research Symposium

Chair: Marina M. Matsui, M.A. (she/her) Graduate Student, UH Mānoa Clinical Studies Program; HPA Student Rep

Jethro Macaraeg, LSW (he/him) MSW Graduate / Department of Social Work, UH Mānoa

Cliff Bersamira, PhD, AM (he/him) Assistant Prof / Dept of Social Work, Thompson School of Social Work & Public Health

Ruben Juarez, PhD (he/him) HMSA Distinguished Professor in Health Economics, UHERO, UH Mānoa

Tamar A. Kreps, PhD (she/her) Associate Professor, Management, Shidler College of Business, UH Mānoa

Tessa Palafu, B.A. (she/her) Implementation Research Assistant, The Baker Center for Children and Families

The current symposium will highlight innovative research findings based on Hawai'i populations.

First, Mr. Jethro Macaraeg and Dr. Cliff Bersamira from the University of Hawai'i at Mānoa Thompson School of Social Work and Public Health will present their study exploring Filipino American resilience and empowerment in Hawai'i during COVID-19, emphasizing cultural values like kapwa (shared identity) and karangalan-dangal (internal dignity). Findings suggest leveraging these values for future culturally attuned strategies to enhance well-being and community empowerment.

Second, Dr. Ruben Juarez, HMSA Distinguished Endowed Professor from the University of Hawai'i at Mānoa Economic Research Organization and Department of Economics, will describe findings from the Maui Wildfire Exposure Study (MauiWES), which examined the mental health impacts of the Maui wildfires on 679 diverse participants. Results revealed significant increases in depression, anxiety, and low self-esteem. The study highlights the need for mental health interventions and robust community support to aid recovery and resilience.

Third, Dr. Tamar Kreps, Assistant Professor at the University of Hawai'i at Mānoa Shidler College of Business, Management and Industrial Relations, will describe her developed and tested brief case conceptualization training conducted with fifteen trainee clinicians enrolled in a master's program in counseling psychology. Pre- and post-training, trainee clinicians provided think-aloud case formulations, which were then coded for quality. Training significantly increased the number of formulations that included an explicit focus and the comprehensiveness of formulations.

Fourth, Ms. Tessa Palafu, Implementation Research Assistant with the Baker Center for Children and Families, will present the Help Your Keiki website developed by the State of Hawai'i Department of Health Child and Adolescent Mental Health Division to disseminate mental health information to caregivers. This project collected caregiver input on the website to inform updates. Results reveal caregiver propensity towards simple, effective, and efficient web designs.

We will end the session with audience questions and suggestions to facilitate connection and collaboration.

It's STILL Worse than You Think:

Challenges and Solutions to Workforce Development and Retention in Underserved Hawai'i

Chair: Diane Logan, PhD, ABAP (she/her) Assistant Professor, UH Hilo; Hawai'i Behavioral Health Connection, HPA Board

A. Aukahi Austin Seabury, PhD (she/her) Executive Director, Licensed Clinical Psychologist, I Ola Lāhui

Kelley Withy, MD, PhD (she/her) Professor, UH John A. Burns School of Medicine, Area Health Education Center Director

Maisha Amare-Herrera, LSW (she/her) Program Coordinator, Hawai'i Substance Use Professional Development

Charmaine Higa-McMillan, PhD (she/her) Professor and Director, MA Program Counseling Psychology, UH Hilo

Workforce shortages in behavioral health continue to plague Hawai'i, resulting in some of the direst ratios of need:availability in the nation. In this symposium, leaders from innovative programs will share their strategies, barriers, and next steps to identify and support professional development and retention efforts across the state. Dr. Logan will present the latest data on provider availability and access to care, treatment modality availability, and challenges facing emerging professionals who want to study and practice in the state. After setting the stage for the necessity of collaboration and creativity to meet the community needs, we will hear from advocates from a variety of programs all seeking to improve and coordinate behavioral health care.

First, Dr. Austin Seabury will describe I Ola Lāhui's innovative training program to provide culturally-minded, evidence-based behavioral health care that is responsive to the needs of medically underserved, rural and predominantly Native Hawaiian communities. I Ola Lāhui works to address the critical mental health workforce shortage and underserved community health disparities by increasing the number of trained psychologists available to work within these communities, providing mental health and chronic disease management services and conducting research to ensure the effectiveness of the training and treatments they provide.

Second, Dr. Withy from The Hawai'i/Pacific Basin Area Health Education Center will present on the Healthcare Education Loan Repayment Program (HELP), funded by the Hawai'i State Legislature. HELP provides qualified educational loan debt repayment to health professionals licensed, or otherwise certified, to practice in and provide care to patients in Hawai'i. The State expects HELP to help improve the number of providers in medically underserved areas of Hawai'i, as well as improve the recruitment and retention of healthcare workers caring for the people of Hawai'i by lessening the burden of large educational debt.

Third, Ms. Amare-Herrera from the Hawai'i Substance Use Professional Development (SUPD) Project, a partnership between the University of Hawai'i at Mānoa Thompson School of Social Work and Public Health and the Department of Health Alcohol and Drug Abuse Division (ADAD), will describe their efforts to examine the current state of the substance use workforce in Hawai'i and address its training needs.

Fourth, Dr. Higa-McMillan will describe a recent funding award from the Alcohol and Drug Abuse Division (ADAD) of the Hawai'i Department of Health, in partnership with the County of Hawai'i Office of the Mayor, combined with Hawai'i State Legislative funding for three permanent positions, which supported the creation of a new certified substance abuse counselor (CSAC) track and an increase in program capacity to accommodate up to 30 students each year within UH Hilo's master of arts in counseling psychology program.

We will save time for audience questions and suggestions to facilitate additional collaborations.

Leadership in Turbulent Times: Transforming Individuals, Communities & Society

Debra Kawahara, Ph.D. (she/her)

2025 President of the American Psychological Association (APA)

Associate Dean of Academic Affairs & Distinguished Professor at the California School of Professional Psychology

Executive Director of the Illumination of Mindfulness Institute at Alliant International University

Developing transformational leaders for our ever-changing world is becoming more critical as societal issues become increasingly complex. Leadership and its outcomes have primarily been based on western dominant society in psychology and other related fields. This is often referred to as the WEIRD world (Western, educated, industrialized, rich and democratic) (Henrich et al., 2010). Yet, many people within the United States and globally do not fit these characteristics. In fact, most people live in regions designated as the Global South and constitutes the Global Majority. Given this fact, how can leaders and leadership be more inclusive, equitable and just for all?

This presentation will outline values, concepts, and behaviors from a transformational feminist leadership model that are important for successful and effective leaders in a global world, as well as developing leadership skills in others. These leadership skills are required to address the needs of women and other marginalized and disenfranchised groups worldwide. These skills and actions include empowerment, collaboration, power analyses, strong reflexivity, deconstruction of our biases and oppressive systems, inclusivity, and advocacy to name a few (Porter, in press).

Further, a transformational feminist leadership framework will be presented to understand the multilayered systems and social locations that must be navigated, along with the actions and behaviors of how a feminist leader puts these elements in action. Ultimately, the feminist leader upholding cultural humility and respect for those voices who have been silenced or invisible such as those from the Global Majority World and Indigenous communities will find ways to collaborate and empower all in addressing the social, economic, and political disparities to create a more inclusive and just world.

Leading with Compassion, Empathy and Courage: How Psychology and Our Nation's History Can Positively Change Our Country

Shirley Ann Higuchi, JD (she/her)

Associate Chief for Professional Practice at the American Psychological Association (APA)

Chair of the Heart Mountain Wyoming Foundation (HMWF)

Shirley Ann Higuchi, JD is the Associate Chief for Professional Practice at the American Psychological Association (APA) and Chair of the Heart Mountain Wyoming Foundation (HMWF). Her session will discuss her work at the APA and how behavioral health and wellness practitioners can be agents of change for our country. Shirley will discuss the World War II incarceration of her family when her American-born parents were confined as children at the U.S. sanctioned Heart Mountain Relocation Camp in rural Wyoming. The injustices imposed on her parents and the discomfort of how the judicial system treated them prompted her pursuit of law. During the presentation, Shirley will examine the cross-generational impact and multigenerational trauma she uncovered when researching her book, *Setsuko's Secret: Heart Mountain and the Legacy of the Japanese American Incarceration*. She will also examine how understanding history can resolve trauma by honoring the power of place and the historical stories by sharing it with students. Over the past several years, fear and anger have become the dominant forces in American politics. For the Japanese American elders, who were unjustly imprisoned during World War II because of their race, this political climate feels all too familiar. The HMWF's newly opened Mineta-Simpson Institute aims to address this by cultivating a society that seeks to employ empathy, compassion, and courage by working together across the aisle and bringing people of different mindsets together. The HMWF was inspired in this endeavor by the accomplishments and the friendship of Senator Alan K. Simpson and the late Secretary Norman

Y. Mineta, who met as young boys at the incarceration site during World War II and spent decades putting aside their political differences to work together and better the lives of all Americans. As behavioral change agents you are a part of this effort, too!

Malie Ka 'Uhane:

A Cultural Approach to Chronic Pain and Stress Management

Niki Wright, PsyD, CSAC, CPS, CSAPA (she/her) Director, Mālama Recovery Services

Makani Tabura (he/him) Director of Cultural Education and Activities / Cultural Practitioner

Alessandra Luchesi-Rife, APRN-Rx (she/her) Senior Pain Management Medical Specialist, WCCHC's Ho'okuola Hale

This presentation will introduce Native Hawaiian traditional views on practices, concepts and methods that may be utilized in the treatment and prevention of chronic pain and stress management. Attendees will learn how traditional and contemporary practices, cultural and western methods can be incorporated together in treating patients who suffer from chronic pain. Attendees will learn a Native Hawaiian approach to treating, preventing, and identifying types of Kaumaha, stress or anxieties one may suffer from. This presentation will also introduce a Native Hawaiian perspective on physical, mental, and emotional pain and the traditional practices that may be utilized to treat such ailments. We will share with you a handful of techniques, methods and practices that can be used in treating patients, such as lomilomi (Hawaiian massage/alignment of the mind, body and spirit), la'aulapa'au (herbal medicine), hi'uwai (utilizing water and ocean for healing) and Ha Ola, traditional breathing practices. The presentation will explore the intersection of Hawaiian spirituality and physical Hawaiian practices that are an integral part of stress and pain management. Attendees will be able to experience some of the traditional practices and techniques during this presentation. They will also have the opportunity to identify and learn about medicinal plants utilized in the treatment and prevention of pain and stress management. Ho'okūola Hale's structure and workflow will be discussed as an example of how to incorporate traditional cultural education and practices into a traditional Western medical department at a local Federally Qualified Health Center. Incorporating these traditional Hawaiian practices not only enriches patient care but also honors and preserves indigenous wisdom, offering a holistic approach that integrates cultural heritage with contemporary medical practices for comprehensive pain and stress management.

Managing and Adapting Practice for Youth Psychosocial Concerns

Kelsie Okamura, PhD (she/her) PracticeWise Associate Trainer; Implementation Researcher, The Baker Center for Children and Families/Harvard

Charmaine Higa-McMillan, PhD (she/her) PracticeWise Senior Consultant; Professor & Director of Counseling Psych, UH Hilo

Kimberly L. McDonald, PsyD (she/her) HIDOE School-Based Behavioral Health, MAP Training Professional

Puanani J. Hee, PhD (she/her) Data to Wisdom Clinical Data Director, Hawai'i State DOH / CAMHD

This session provides an overview of clinical tools developed with up-to-date research evidence for youth. We will demonstrate how these tools are used to design flexible treatments tailored to any client and setting. DOE and DOH partners will also highlight their use of these tools in daily practice.

Many Hands Make for Lighter Work: How Mental Health Professionals from Near and Far Responded to the August 8, 2023 Maui Wild Fires

Tina A. Boteilho, LMFT (she/her) Owner of Ahupua'a Counseling Services LLC

Michele Navarro Ishiki, LCSW, CSAC, CCS (she/her) Clinical Director - Piha Wellness and Healing

Before the August 8th, 2023 Maui Wild Fires there were only a few mental health providers residing and practicing in upcountry and on the west side of Maui. Many times those same providers traveled to support their sister islands of Moloka'i and Lana'i. When the Maui Wild Fires happened many of these providers lost their homes, their neighbors, their businesses, and their way of life. They could never have anticipated the number of supports that would descend on their communities or the lasting ripple effects both positive and negative those temporary workers would leave. A year later, many of the visiting service providers have left, the affected areas are not

rebuilt, and the community continues to work through trauma, anxiety, anger, grief, and uncontrollable transitions. It is easier to see the work that was done, the lasting partnerships that were created, the disaster professionalism overreaches, culturally inappropriate missteps, and the significant lack of professionals the neighbor islands face on a daily basis.

The Maui Breakthrough Collaborative:

Advancing Mental Health with Breakthrough Therapies through Collective Impact

Kathy Southard, LCSW (she/her) Advisory Board Member of the Clarity Project, LCSW with the VA

Lauren Ampolos, PhD (she/her) Clinical Director/ Psychologist, Illuminate Wellness Maui

Jessica Brazil, LCSW (she/her) Founder, Mindful Living Group, Maui and Oahu

Jane Caplan, MD (she/her) Psychiatrist, Founder of East West Global Healing, Maui

Matt Lorin, MPA (he/him) Principal Consultant, The Lorin Group

This 90-minute session offers an overview of The Maui Breakthrough Collaborative, a collective of Maui-based practitioners, academics, policymakers, business leaders, and community allies from across the state. We will cover three domains: collective impact, non-medicinally assisted, and medicinally assisted breakthrough therapies. It is intended for mental health professionals, researchers, and policymakers interested in the latest advancements in mental health therapy and the implementation of collective impact strategies to address complex social issues.

Matt Lorin will introduce collective impact as a strategic framework for mobilizing community to address complex social problems, bringing together stakeholders to achieve a common goal. This model emphasizes five key conditions: a common agenda, shared measurement systems, mutually reinforcing activities, continuous communication, and backbone support organization. By creating a unified effort with clear goals and collaborative strategies, Collective Impact facilitates coordinated actions among various entities, leading to more effective and sustainable solutions. This approach is beneficial for mobilizing around mental health which requires comprehensive and multifaceted interventions. The collaboration among healthcare providers, community, policymakers, and other stakeholders ensures a holistic and culturally sensitive approach.

Lauren will discuss Psychedelic Somatic Interactive Psychotherapy (PSIP), an innovative non-medicine-assisted therapy that integrates somatic and psychological processes to facilitate healing. PSIP is designed to address trauma stored in the body through a combination of body-centered approaches and psychological exploration.

Jessica will present on psychospirituality and breathwork, highlighting their potential to address trauma and enhance mental well-being without pharmacological interventions. Breathwork techniques, which involve controlled breathing exercises, help to regulate the nervous system and release stored trauma.

Jane will cover the use of ketamine in treating PTSD, emphasizing its rapid and sustained therapeutic effects. Ketamine, an NMDA receptor antagonist, can produce rapid antidepressant and anti-traumatic effects, often within hours of administration. Unlike SSRIs, which can take weeks to show efficacy, ketamine provides immediate relief, making it a breakthrough for treatment-resistant PTSD. Research shows significant symptom reduction and improved quality of life for many patients.

Kathy will lead an exploration of MDMA-assisted therapy, showcasing its potential to transform trauma treatment and improve outcomes for those with therapy-resistant PTSD. MDMA enhances emotional openness and reduces fear responses, facilitating the processing of traumatic memories in a therapeutic setting. Clinical trials have demonstrated that MDMA-assisted therapy can lead to substantial and sustained reductions in PTSD symptoms. The presentation will also provide an update on the status of MDMA, highlighting recent progress towards its approval for therapeutic use.

My Healing, My Story

Dayna Schultz, Psy.D., LSW, CSAC (she/her) Clinical Trainer HI SUPD

Interpersonal Violence is an intentional act of harm that includes power and control forced upon another individual (s). Whether it is a single occurrence, repeated cycle or outcome of dysfunction, it is a choice made by the perpetrator to the victim. As a Native Hawaiian survivor, I uphold this belief with the hope and mission of helping fellow survivors heal from the visible and invisible pain inflicted upon them while turning their scars into stars through the use of cultural teachings such as mō`olelo and `ike Kūpuna. The mana of one's voice which comes from their lived experience and `ike Kūpuna and and story has the ability to transform the mind into taking necessary action to transform an individual from victim to survivor to thriver. Statistics provided by OHA in 2018 show that Native Hawaiians experience the highest rate of IPV at 17.5 % with Other Pacific Islanders close behind at 16.8%. Further data provided by OHA in 2018 found that Native Hawaiian women suffer disproportionate rates of IPV when compared to their counterparts noted as follows:

- 18–29 years old: 20.6% of Native Hawaiian women, compared to 13.3% of non-Hawaiian women
- 30–44 years old: 19.6% of Native Hawaiian women, compared to 13.3% of non-Hawaiian women
- 45–59 years old: 21% of Native Hawaiian women, compared to 12.6% of non-Hawaiian women

The most recent report furnished by the HSCADV found that nearly 1 in 2 women, 40% of men and 54% Transgender individuals experienced Interpersonal Partner Violence in their lifetime, followed by 20.4% of Native Hawaiian or part Native Hawaiian students reporting experiencing domestic violence since enrolling in the UH system and more alarming is the rate of Middle schoolers that reported 17.5% of Native Hawaiian middle schoolers reported being physically abused by a date in the past year. These startling numbers alone are evident that IPV does not discriminate and has become a systemic problem that only increases over time. Through this workshop, the goal is to share this framework of how to implement the power of culture, story rebuilding and `ike Kūpuna to nurture healing in fellow survivors.

The Myth of Independence:

Nature-Based Family Therapy for Emerging Adults

John Souza, Jr., LMFT, DMFT (he/him) Assistant Professor at UH-Manoa

Mark G. Downey, PhD (he/him) Psychological Associate at the Santa Barbara Psychoanalytic Group

This workshop explores the integration of family therapy and nature-based interventions to foster compassion and resilience within families, particularly for emerging adults (EAs) and their caregivers. Drawing on a two-day intensive family therapy model and recent research, participants will learn how collaborative problem-solving, emotional literacy, and structured therapeutic activities can enhance family dynamics in a polarized world.

Emerging adulthood is a critical developmental stage marked by significant psychological and relational changes. This phase necessitates adjustments in family dynamics, particularly as EAs explore identity and establish autonomy. Conventional treatment models often promote a misguided myth of independence, overlooking the critical relational growth opportunities that family interactions provide. Additionally, conventional "talk therapy" in artificial settings may further perpetuate a sense of "independence" from the natural environment, limiting the relational experiences essential for developing resilience.

Nature-based therapies, including Outdoor Behavioral Healthcare (OBH), demonstrate promise for addressing family dynamics in this population. These interventions utilize specific restorative elements like sunlight exposure, physical activity in green spaces, and sensory engagement with nature to offer targeted mental health and well-being support. Our study examined the effectiveness of a two-day family therapy intensive within an OBH setting, focusing on caregiver perceptions of family dynamics with their EAs. Results revealed reports of significant post-intervention improvements in families' problem-solving, organization, and emotional climate.

The workshop will provide an overview of the research supporting these interventions and practical strategies for integrating them into clinical practice. Participants will engage in experiential activities designed to enhance relational health and support the developmental needs of EAs. By fostering a supportive environment that recognizes and addresses the gaps created by societal biases towards independence, this workshop champions a more holistic approach to mental health and developmental support.

An Overview of a Healthy Lifestyle program plus Weight Loss Medications to Treat Obesity

Larry C. James, Ph.D., ABPP (he/him) Chief, Behavioral Medicine, Tripler Army Medical Center

At least 50% of Americans can be diagnosed with obesity and at least one of its co-morbid disorders such as type II diabetes, high blood pressure, high cholesterol, insomnia, sleep apnea, and chronic pain. There are even growing concerns over significantly higher obesity-related mortality rates among persons of color in the last decade. Researchers have also shown that as rates of obesity across American demographics increased, so have incidents of clinical depression become more prominent. Moreover, in the past two decades, America has now seen alarming rates of obesity-related type II diabetes in teenagers. In this project, the authors identified 60 male and female adults in Hawaii who were diagnosed with obesity. The participants met the criteria for obesity (BMI greater than 30) and each participant volunteered to participate in the project. The mean age was 38 and the mean starting weight was 232 pounds. Patients attended weekly group-based CBT meetings weekly for 12 months. The intervention model mirrored the LEAN Healthy Lifestyle program pioneered by James, Folen, et al., (1997). In addition, participants were prescribed one of the FDA-approved weight loss medications such as Phentermine, Contrave, or Wegovy. At 12 months, the results suggested a 20 to 30% decrease in weight. Gender, age, and race differences will be offered in this presentation. In this presentation, the presenter will discuss the healthy behavioral lifestyle strategies that were most efficacious in outcome coupled with the weight loss medications. For example, the presenter will discuss the benefits of regular exercise, regularly weighing oneself, reading food labels, keeping a food record, setting realistic weight loss goals or actual group attendance enhanced positive weight loss outcomes.

The Power of Pause: Disrupting the Spiral of Re-Traumatizing Remembering

Valdeane W. Brown, Ph.D. NeurOptimal(r), Zengar Institute, Inc.

Interrupting the neurophysiological cascade that occurs when traumatic memories are triggered is crucial for safe and effective personal transformation. This cascade, which begins with the re-activation of state-dependent learning associated with trauma, can initiate the body's stress response and lead to re-experiencing the trauma. By interrupting this process, individuals can regain control over their emotional and physiological reactions, creating a safe space for processing trauma without becoming overwhelmed. This helps reduce the intensity of the traumatic response, allowing memories to be integrated in a way that promotes healing. This ability to interrupt the cascade is foundational for transforming one's relationship with traumatic memories. It empowers individuals to engage with past events in a manner that fosters healing, rather than perpetuating the cycle of trauma. By learning to manage this process, individuals reduce the likelihood of re-traumatization and develop a more adaptive response, leading to a decreased impact of trauma on their daily lives.

Promoting Professional Disability Inclusion: Perspectives from Three Psychologists with Brain Injuries

Rose Evelyn Friedheim, PsyD (she/they) Clinical Psychologist, Board Member Brain Injury Association of Hawai'i and HPA

Richelle Concepcion, PsyD (she/her) Tripler Army Medical Center Clinical Psychologist

Larry James, PhD, ABPP (he/him) Dept of Behavioral Medicine Psychology Chief, Tripler Army Medical Center

We all have intersecting identities that make up a vast diversity in the field of psychology. Together, we brain injury survivors and professional psychologists will courageously join the audience in a brave conversation about

disability inclusion. Inspired by Dr. Jill Bolte Taylor, a stroke survivor and author of the NY Times bestseller *My Stroke of Insight*, we psychologists also want to share valuable insights from our lived and professional experiences into the nuances of brain injury recovery and professional inclusivity.

Mental health providers with disabilities are underrepresented in our profession (Andrews & Lund, 2015) a common pattern of disability marginalization across higher education and professional careers. With the collective goal of increasing diversity representation, we aspire to include neurodiversity and other disability identities into HPA's diversity, equity, inclusivity, accessibility, and belonging framework— leveraging the need for disability inclusion for mental health providers. We invite trainees and providers with various disabilities to foster an empowered dialogue about what has or could have been useful accommodations in your academic, training, and clinical work. We aim to collectively empower trainees and providers with diverse intersecting backgrounds, including those with brain injuries and other aspects of neurodiversity, to thrive professionally.

Recent research has revealed that there is a high prevalence of disability-related discrimination during training, and those with disabilities are often disadvantaged in seeking field placement training (Olkin, 2010), leaving many trainees unwilling to disclose their disabilities during graduate school, internship, or postdoctoral processes (Lund, 2022; Lund, Andrews & Holt, 2014). We urge academic, training sites, and mental health workplaces to intentionally remove barriers and provide support for trainees and providers to succeed in their clinical work (Bulk, Easterbrook, Roberts, Groening, Murphy, Lee, Ghanouni, Gagnon, & Jarus, 2017).

Lindsay et al, in their 2023 study, found that workplace ableism could discourage people with disabilities from entering or completing healthcare education and training, leading to an under-representation of this equity-deserving group within healthcare. Results revealed that workplace ableism occurred at the institutional (i.e., inaccessible environments, physical barriers, and unsupportive work environments) and individual levels (i.e., negative attitudes, bullying, harassment), increasing the likelihood of non-disclosure due to fear of stigma and effects on well-being and career development. The implications of their research highlight the need for more efforts to recruit, retain, and support people with disabilities in the healthcare workforce.

We hope that as professionals, educators, and scholars, we collectively commit to continue to build upon this foundational research to hold ourselves accountable for fostering a more inclusive profession for providers of all. Our aspiration is to join with our colleagues to collectively commit to breaking down barriers of unconscious bias and unintended discrimination. We hope to promote an intentionally inclusive professional atmosphere and culture. Join us with the mutual goal of increasing diversity and inclusivity in the field of mental health.

Psychological Safety and DEI

Paul "Paolo" Renigar, Ph.D. (he/him) Diversity, Equity, and Inclusion Manager, VA Pacific Islands Health Care

Roxanne Ramirez, Psy.D. (she/her) Clinical Psychologist, VA Pacific Islands Health Care System

Our presentation will delve into the compelling topic of Psychological Safety, specifically focusing on Diversity, Equity, and Inclusion (DEI) efforts. Throughout our session, we will offer a deep understanding of the historical background, underpinned by extensive research, and defining characteristics of a fearless organization. We will take a detailed look into the origins of "psychological safety" and its related concepts, supported by research showcasing its profound benefits within work environments. Moreover, our presentation will shed light on the role of evolution and the human fight-or-flight response, and how developing a positive psychological mindset is imperative in countering this instinct. The exploration of the various benefits of psychological safety will be a key aspect of our presentation, including enhancements in employee well-being, the cultivation of brand ambassadors, and a significant reduction in employee turnover. Furthermore, the discussion will extend to the four stages of psychological safety—Inclusion, Learner, Contributor, and Challenger—as well as an exploration of leadership styles that foster psychological safety, such as humility, ethical engagement, and participative leadership. Finally, our presentation will highlight the fundamental importance of feedback, the displacement of

blame with curiosity, the nurturing of open conversation, and suggestions for evaluating and advancing psychological safety within an organization.

The Re-Indigenization Project:

A Radical Approach to Compassion and Resilience (in a Polarizing World)

Vishwani (Deepa) Ram-Souza, LMFT, Ph.D. (she/her) Elemental Guidance Co-Owner, Re-Indigenization Project

John Souza, Jr., LMFT, DMFT (he/him) Assistant Professor at UH-Manoa

In an era marked by increasing polarization and socio-ecological disconnection, fostering compassion and resilience is more critical than ever. This presentation introduces The Re-Indigenization Project© (TRIP), a transformative movement designed to reconcile humanity with the broader Nature Family. TRIP redefines re-indigenization as rediscovering a sense of being part of, rather than apart from, all life forms, leading to holistic healing.

At the heart of TRIP is Integral & Transpersonal Family Therapy© (ITFT), which addresses Nature Family Grief (NFG)—the collective grief stemming from human separation from and dominance over the natural world. Drawing on Gregory Bateson's insight, "The major problems of the world are the result of the difference between how nature works and the way humans think," this session explores the disconnect between human thought and behavior, and natural processes, and its role in exacerbating social and ecological polarities. Participants will learn how ITFT facilitates re-indigenization by fostering empathy, understanding, and adaptive resilience. Through practical examples and experiential activities, we will demonstrate how angst from life challenges can be transformed into catalysts for actualizing wholeness.

The workshop will provide attendees with practical tools to apply TRIP and ITFT principles in their personal and communal health practices. By integrating these principles, participants can foster a more compassionate and resilient world, promoting social and ecological harmony. This session will highlight the transformative potential of re-indigenization, showcasing how it can lead to sustainable compassion and resilience. This session is ideal for mental health providers, students, supervisors, and anyone interested in pioneering strategies for enhancing wholeness, wellness, and well-being in a polarizing world. By the end of the workshop, attendees will be equipped with the knowledge and tools to effect meaningful change in their professional and personal lives.

Reclaiming Māhū:

Restoring Ways of Being into our Wellbeing

Ikaika Regidor, MSW ('oia/they/he) Education & Training Coordinator, Hale Ho'ona'auao, Papa Ola Lōkahi

For millennia indigenous communities have held spaces, regard and reverence for those who move through the world between the binary of masculine (Kū) and feminine (Hina) energies. This session will introduce participants to LGBTQ terms and concepts, including Pasifika identities under the QTPI and/or MVPFAFF umbrella, with a focus on māhū. Attendees of this session will gain a better understanding on how QTPI identities do not always align with Western-Colonial LGBTQ concepts of identity, and will also use the Ahupua'a Framework as an "ecosystem of care" tool in order to analyze ways in which we can support the community, in particular our kānaka māhū.

Resilience Through Small Acts of Resistance

Jessica Garlock, LSW (she/her) Adjunct Faculty, Hawaii Pacific University

Today, we are living and working in systems that are often oppressive, dysfunctional and/or exploitative. Working in these kinds of systems impacts us in countless ways - through our job satisfaction, employee turnover and it can also impact those we are working to serve. Research suggests that resilience is much more than a character trait – it is a process and ability to adapt (Zychlinski, E., Itzick, M., & Kagan, M., 2023). Participating in acts of

resistance can bring us joy, remind us of our core professional selves and add to our personal and professional resilience in ever-changing and stressful environments.

Why is this important? Exploitation of social workers, moral injury and burnout of all kinds are rampant in today's workplace. We cannot always make huge changes every day, but small, consistent acts of resistance can help us feel better about ourselves, our work, and our profession.

Remember that time you bent the rules just enough? That you figured out a way around some systematic quirk? That you got someone what they needed in a way that was not traditional or conventional? Let's talk about those! How they make us feel, how they recharge us, and how to make those things happen for ourselves and our coworkers.

This workshop is not meant to let employers and systems off the hook (that is another workshop!) but an opportunity for us to think about our personal processes of resilience, generate some ideas for our own acts of resistance and make plans to implement them into our practice.

Resiliency and Vicarious Trauma for the Working Professional

Jennifer Masters, M.Ed., LPC-S (she/her) Ph.D. student, Grand Canyon Univ, Counselor Education & Supervision

The presentation will address the key topics pertaining to Vicarious Trauma (VT) and Compassion Fatigue (CF), beginning with in-depth overview of their definitions. Using the latest research, we will examine why professionals are more susceptible to these conditions, focusing on the emotional and psychological effects of working directly with people who have experienced trauma. In addition, the concept of resilience will be explained, along with techniques to improve it, and professionals will be provided with tools so they can sustain their well-being and effectiveness in their roles. The presentation will also explore the significance of cultural humility in addressing VT and CF, presenting practical strategies to manage and mitigate VT and CF. Understanding your own experiences and history can aide your own resilience and coping (Basma et al., 2021).

I will provide strategies for managing stress and maintaining a healthy work-life balance when working with clients, utilizing the most up-to-date research and best practices. This includes research showing the positive effects of providers implementing resiliency programs to help professionals with VT and CF. Particular attention will be paid to research conducted by Antonio et al. (2020) The study titled "A Resilience Model of Adult Native Hawaiian Health Utilizing a Newly Multi-Dimensional Scale," highlighted the significance of improving resilience by taking into account the strengths and resources at the individual, interpersonal, and the community levels. The results emphasize the importance of taking a complete approach to resilience, indicating that promoting these aspects can have a considerable positive impact on the health outcomes of Native Hawaiian people. The study presents a new multi-dimensional scale for assessing resilience, which serves as a valuable instrument for comprehending and promoting the well-being of this particular group.

A Safety Net in Distress:

Assessing Hawai'i's Clinical Workforce Shortage, Examining Barriers and Identifying Solutions

Wendy Lum, MSW, MEd (she/her) Director, Workforce Development Hub, Thompson School of Social Work & Public Health

Aimee Chung, MSW, LSW (she/her) Field Education Coordinator, Thompson School of Social Work and Public Health

Our state and nation are in an unprecedented mental health crisis. "Over 50 million people in the U.S. — about 1 in 7 — are experiencing a mental illness, yet there is only 1 mental health provider for every 350 individuals in the U.S. This shortage of providers contributes to nearly 55% of adults with mental illness receiving no treatment." (The National Council for Mental Wellbeing, 2024). Nationally the need for social workers is projected to grow 12% in the next 10 years (U.S. Bureau of Labor Statistics, 2021). Research shows that there is a social work workforce shortage in the state of Hawai'i (Arndt, et al, 2022). The data shows that many social workers who hold

a social work license do not reside in Hawai'i and many positions posted remain unfilled or are closed due to a lack of qualified applicants (Arndt, et al, 2022).

As we were just starting to recover from the COVID-19 pandemic, the Maui fires struck, creating even deeper need for mental health support and clinical services. The aftermath of the 2023 Maui fires has taxed our existing safety net while stretching our existing statewide workforce of clinical providers. We need to address the mental health workforce shortage and increase the number of diverse licensed clinicians available to serve the citizens of Hawai'i.

The vast majority of those who earn master's degrees in social work, psychology, and marriage and family therapy face many challenges on the journey to clinical licensure. Graduates often report challenges associated with obtaining their clinical license. These include but are not limited to obtaining employment at an agency that offers the experience needed to fulfill their clinical hours, financial hardship due to paying for clinical supervision, lack of resources to prepare for the clinical exam, and the financial costs associated with the licensure exam process. Many take the clinical exam several times before receiving a passing score, indicating the need to address the existing bias in standardized testing systems. In addition, physical access to clinical testing sites poses barriers unique to our island state. Although some do complete the licensing process, many are forced to give up and walk away from the licensing process.

This Round Table discussion on clinical licensure in Hawai'i will elicit the participation of those attending, drawing on our collective experience and professionalism. In the context of our state's unique needs, we will discuss the strengths and weaknesses of our licensing system and existing structures. We will identify barriers and brainstorm solutions. Presenters and participants will examine projects aimed at reducing barriers to the clinical workforce (e.g. National Mental Health Workforce Acceleration Collaborative) and will review solutions executed in other states.

Understanding and Supporting Neurodivergent Patients

Zahava "Zee" Zaidoff, MRAS, CCS (she/her) Group Counselor, Trainer HI SUPD

The world is created for those with neurotypical brains. Neurodivergent individuals struggle to make sense of, and to fit into this world. Almost all the treatment that exists for neurodivergent people is about teaching them how to mask their behaviors to make others more comfortable and to "fit better" into the world around them. That is unfair. That is harmful. That is painful. That is the opposite of healing. This is a new and burgeoning field of study. When providers can understand even the basics of what it means to be neurodivergent, their patient outcomes can increase dramatically. We owe it to those we serve to help them navigate their neurotype, so that they too can be successful in the world, on their own terms. Masking is exhausting. Unmasking is scary. Masking helps society and loved ones and professionals feel more comfortable, but the detrimental effects on individuals who receive the message that who they are is unacceptable, cannot be overstated. The ideal brain is not the neurotypical one. Neurodivergent brains exist and work differently. And that's a good thing, a beautiful thing even. But how can we guide our patients or advocate for our patients or support the families of our patients, if we are missing this critical piece of information? Understanding the ways that neurodivergent brains work and examining ways to show up for, guide, and support our patients will save lives.

Understanding Innate Mental Health & Psychological Innocence: The Key to Resilience & Compassion

Christine J. Heath, LMFT, CSAC, MAC (she/her) Executive Director, HCEC

Rita J. Shuford, PhD (she/her) Founder, Three Principles Hawaii, LLC

Stanley Luke, PhD (he/him) Clinical Director, HCEC

Hannah LeMans, MA (she/her) Therapist, HCEC

Brandy West-Bey, LMFT, CSAC, MAC, SAP (she/her) Therapist, HCEC

“Look within your own consciousness, for here lies the answer to all of humanity’s problems.” S. Banks, 1998
We will present and discuss the inherent nature of mental health and the impact this has as a therapeutic framework for helping others. People who are stressed or are experiencing mental distress have innocently lost sight of their ability to regain their natural well-being and presence of mind. Resilience is our natural ability to reset to this built-in consciousness of wellbeing, compassion and wisdom in spite of what is happening externally.

When we understand how this works, we look at people as healthy that are innocently using the gift of thought in ways that are, by degrees, dysfunctional, unhealthy and unproductive. Then, instead of focusing on symptoms, problems, and analysis to help them understand what is wrong, we focus on resetting this healthy state of mind. We point them within to listen to their own innate wisdom and common sense to see how to operate in life in a more positive and productive manner. As they recognize how thought works to create their psychological experience, they are able to take charge of themselves in the present moment and start to react in ways that are more effective. They feel more confident and stop judging themselves and blaming others for their difficulties. New ideas come to mind and they start to make the changes effortlessly and effectively as they see a different reality.

This presentation will share the principles underlying this framework, discuss the universal nature of psychological functioning, psychological innocence, and the impact this has had on ourselves and our clients. We work with some of the most traumatized people without experiencing what people call “secondary trauma”. Many of us have been working in this field for over 40 years with the same amount of hope, compassion, and joy as we did when we started out. We see diagnosis as the level of consciousness at which people are operating rather than what they are. We have hope for everyone, no matter what diagnosis they are given.

This workshop will include a panel discussion by providers who will discuss the impact this spiritual/psychological understanding has had on them as therapists and the transformative changes they have seen in the people they work with.

Unlocking Wellness:

The Power of Integrative Care and Psychedelic Integration for Holistic Healing

Dawn Martin, LMHC, CSAC, CCS (she/her) Co-owner/Clinical Supervisor, Hawai'i Institute of Integrated Behavior Health

In the evolving landscape of mental health and addiction treatment, an integrative approach is proving to be a game-changer in fostering comprehensive client wellness. This session delves into the innovative realm of integrative care, emphasizing the transformative potential of combining traditional therapeutic methods with emerging practices, including psychedelic integration. The aim is to provide healthcare professionals with the knowledge and tools necessary to implement a holistic treatment model that addresses the multifaceted nature of mental health and substance use disorders.

The integrative model champions a holistic view of client wellness, recognizing that effective treatment must encompass not only the mind but also the body and spirit. By integrating diverse therapeutic modalities, from cognitive-behavioral therapy and mindfulness practices to nutritional counseling and physical wellness, this approach ensures a more personalized and effective path to recovery.

By the end of this training, attendees will be equipped with a robust set of skills and knowledge to implement an integrative model that not only addresses immediate symptoms but also promotes overall wellness and personal growth. This holistic approach, combined with the strategic integration of psychedelic therapies, represents a forward-thinking paradigm in mental health and addiction treatment.

Using Sound Bowls to Process Grief & Loss of Our loved Ones (including our pets)

Joanne Kwoh-Maysami, Ph.D. (she/her) Associate Professor & Chair of Psychology, University of the West

Losing a beloved furry family member - mostly referred to as pet - can be as devastating and painful as losing a human companion. This workshop bridges the gaps of both the oversight and the misinformation on such loss and introduces the technique of using sound bowls in meditation, to provide immersive imagery guidance for processing grief. Participants can benefit from understanding the process and obtain beginner level skills of this meditative practice. A pre- and post-workshop survey with Likert scale will be designed and employed to measure effectiveness of meditative practice/session.

MAHALO TO OUR HELPERS

2024 Hawai'i Behavioral Health and Wellness Convention Co-Chairs

Sonja Bigalke-Bannan, MSW, LCSW (she/her) Executive Director, National Association of Social Workers - Hawai'i Chapter



Sonja is a Licensed Clinical Social Worker, with a Master's of Social Work, from the University of Hawai'i, specializing in Mental Health. She is EAGALA certified, EquiLateral certified, a PATH-CTRI, have a certification in Harm Reduction Therapy, and completed her EMDR certification in July of 2023 and have completed advanced trainings in complex trauma, specializing in Structural Dissociation Theory. Her approach is trauma focused, using EMDR and Structural Dissociation Theory, Equine Assisted Psychotherapy, Harm Reduction and Motivational Interviewing.

Ray Folen, PhD, ABPP (he/him) HPA Executive Director



Dr. Folen arrived in the Hawaiian Islands at the age of 21, ostensibly to attend graduate school at the University of Hawaii but primarily to surf. A few days in the big waves on the North Shore left him with the profound understanding that his life would be better served if he focused instead on his studies. As a student with a keen interest in the emerging field of cross-cultural psychology, he was the recipient of a four-year East-West Center scholarship that afforded him the opportunity to live and work with fellow graduate students from over 50 countries and territories in Asia and the Pacific. After graduation, he served for 4 years as a state psychologist and then began what turned out to be a 32-year stint at Tripler Army Medical Center, first as the Chief of the

Behavioral Medicine Service and then as Chief of the Army's largest Department of Psychology with a staff of 150. Dr. Folen also developed and implemented a number of original behavioral health projects and was able to secure over \$16M in special project funds. He was one of the early DoD psychologists to prescribe medications, prescribing several thousand medication orders without a single adverse incident.

Dr. Folen served as President and Chair of the National Register of Health Service Psychologists from 2013-2018. Following his retirement from the Department of Defense in 2016, he was selected to be the Executive Director for HPA, a position he has held since that time. Dr. Folen currently serves as Past Chair of the Council of Executives of State and Provincial Psychological Associations. Dr. Folen is the author or co-author of over 65 peer-reviewed professional publications in national and international journals and he has presented more than 140 peer-reviewed papers at state, national and international conferences. He has taught over 20 different courses at the graduate level. Dr. Folen is the recipient of numerous awards to include the HPA Lifetime Achievement Award, the U.S. Army Meritorious Civilian Service Award, and the Excellence in Federal Government Award for Federal Supervisor/Manager of the Year. Dr. Folen is a Fellow of the American Psychological Association and was designated a 'Distinguished Practitioner' by the National Academies of Practice.

Blendine Hawkins, Ph.D., LMFT (she/her) Associate Professor and Assistant Dean, Chaminade University



Dr. Hawkins is a Hawaii Licensed Marriage and Family Therapist, AAMFT Clinical Member, and AAMFT-approved Supervisor. Dr. Hawkins is an Associate Professor and the Program Director for the Doctor of Marriage & Family Therapy and Masters of Science in Marriage and Family Therapy programs at Chaminade University in Hawaii. Dr. Hawkins earned her Ph.D. in Family Social Science with a specialization in Marriage and Family Therapy at the University of Minnesota, Twin Cities, following a Masters of Science in Marriage and Family Therapy at the University of Nevada, Las Vegas, and a Bachelors in Psychology at the University of Hawaii, Manoa, and has been working within the mental health field for over 15 years. Dr. Hawkins specializes in couples

therapy, attachment, and trauma. As a researcher, she studies healthy relationships, relational literacy, and intimate partner violence, culturally safe and socially just factors in the delivery of counseling services for diverse populations, and the intergenerational transmission of scarcity stress in transnational families. Her research scholarship, teaching, and clinical interests converge through an intersectionality lens in serving marginalized populations. Her recent professional service includes serving on clinical and research ethics boards, state supervisor training task force, and the HBHW convention planning committee.

Diane Logan, PhD, ABAP (she/her) Assistant Professor, UH Hilo; Hawai'i Behavioral Health Connection, HPA Past-President



Dr. Logan is a Board-Certified Addiction Psychologist, National Register Health Service Psychologist, Certified Substance Abuse Counselor, and an Internationally Certified Alcohol and Drug Counselor. She earned her Ph.D. from the University of Washington in 2013 and completed her postdoctoral training at the Center for Alcohol and Addiction Studies at Brown University. Dr. Logan provided integrated behavioral health care and coordinated substance use services at a community health center on Hawai'i Island from 2015-2020. She transitioned into private practice in 2020 providing direct clinical care to underserved patients throughout Hawai'i before joining the faculty at UH Hilo.

In addition to her faculty position, Dr. Logan continues to present clinical training on substance-related issues, engages in local and federal advocacy, and provides technical services across the Pacific as an Opioid Response Network consultant. She previously served as a trainer with the Hawai'i Substance Use Professional Development (SUPD) Project. Her recent professional service has focused on Hawai'i Psychological Association activities (including serving as a Clinical Representative and the HPA newsletter editor following her Presidential term), co-chairing the annual Hawai'i Behavioral Health and Wellness Convention, organizing Maui Strong Mental Health Response efforts, and co-founding the Hawai'i Behavioral Health Connection (HiBHC). She is also active in APA Division 50 (Society of Addiction Psychology) and APA Division 31 (State, Provincial and Territorial Psychological Association).

Mary Ann Navarro, MA, LMFT (she/her) President HIAMFT, Hawaiian Islands Assn of Marriage and Family Therapists



Mary was licensed as an MFT in CA in 1990 and in HI in 2000 when she moved to Hawai'i. She also has a School Counseling Credential that allowed her to work in a wide variety of venues the past 33 years including nonprofits, Dept of Education, County Mental Health, and private practice. She is very proud to have had the privilege of serving the families of Hawai'i in these areas.

Trina E Orimoto, Ph.D. (she/her)



Trina...

John Souza, Jr., LMFT, DMFT (he/him) Assistant Professor at UH-Manoa

Dr. John Souza, Jr. is an Assistant Professor at the University of Hawai'i at Mānoa and a Licensed Marriage and Family Therapist focused on improving mental health care in Hawai'i. He maintains a small private practice at Elemental Guidance and combines academic and clinical expertise in his work. As a past President of the Hawaiian Islands Association for Marriage and Family Therapy (HIAMFT) and a Clinical Fellow and Approved Supervisor with the American Association for Marriage and Family Therapy, Dr. Souza has played a key role in advancing Marriage and Family Therapy in Hawai'i.

Born on O'ahu, he holds a Bachelor's in Business Administration and a Master's and Doctorate in Marriage and Family Therapy, with a focus on Addictions and Psychopharmacology. Dr. Souza is committed to educating the next generation of mental health professionals and envisions accessible, high-quality mental health services for all Hawai'i residents. With strong ties to the community and a commitment to academic/clinical excellence, Dr. Souza is a prominent voice in Hawai'i's mental health field.

2024 Hawai'i Behavioral Health and Wellness Convention Committee Members**Rosemary Adam-Terem, PhD (she/her)** Private Practice Psychologist

The owner of a clinical practice for 30 years and holds a post-doctoral certificate in clinical psychopharmacology, Dr. Adam-Terem is a past President of the Hawaii Psychological Association and Past President of the Hawaii Board of Psychology. She has served on the American Psychological Association rural health and continuing education committee. She is interested in the delivery of behavioral and mental health services to the underserved. She served as the chairperson of the public policy and social justice committee for the Society for the Advancement of Psychotherapy. Dr. Adam-Terem has been in Hawai'i for 40 years, and has been a member of the HPA CE and Convention Committee since 1986 and is the current CE administrator for HPA.

Katherina Bui, LMHC (she/her) Convention Committee Member

Katherina has been working as a bilingual Mental Health Counselor since 2012. She is a Licensed Mental Health Counselor, National Certified Counselor, Certified Clinical Trauma Professional, and a Certified Family Trauma Counselor. She specializes in complex trauma and children & adolescents. Her goal is to help my clients identify and achieve their personal goals by coping with the issues that are causing them distress, anxiety, and stress through every stage of life. She takes great pride in the progress and success of her clients and looks forward to helping them.

Monique Pualani Anuenue Gomes CSAC, MFT /Doctoral Candidate

Monique Pualani Anuenue Gomes (Mana Wahine), born and raised in Nanakuli, Oahu, by way of Moku au hau Hawaii, Kauai, Molokai, Niihau, identifies as Kanaka Oiwi Maoli and continues her unwavering commitment to her Indigenous heritage and the well-being of her Lahui (community). She is highly motivated to enrich the holistic health of Kanaka as she continues her education and gains valuable Ike (knowledge) within the field of psychology. She is a proud alumna of Chaminade University, Honolulu, earning her Master's in Marriage and Family Therapy, studying in the Psy D program, and working towards her doctoral degree. Her academic journey includes active participation in various extracurricular student organizations such as the Psi Chi Honor

Society, as president, Hogan Entrepreneurship program, as a community service award recipient, the Hawaii Psychological Association as an active member and Autism Speaks, as a parent advocate and ally.

Marina M. Matsui, M.A. (she/her) Doctoral Candidate, UH Mānoa Clinical Studies Program; HPA Student Rep



Marina M. Matsui (she/her) is a doctoral candidate at the University of Hawai'i at Mānoa (UHM), Psychology Department's Clinical Studies Program. She is deeply committed to working with youth and families in underserved communities. She serves as co-chair of the Hawai'i Psychological Association's Rural Health Subcommittee, the Administrative Manager for Hawai'i Behavioral Health Connection (hibhc.org), and an active volunteer for the Hawai'i Mental Health Pro Bono Project. Her clinical work has allowed her to collaborate with state-wide systems such as the Department of Health and Department of Education, serving youth and families through the Child Section of the Center for

Cognitive Behavior Therapy at UHM. As a first-generation college attendee, Ms. Matsui is grateful for the many mentors in her graduate training journey who support and encourage her to pursue diverse training experiences and develop a program of research that promotes the integration of strengths-centered, evidence-based behavioral health science and practices. Born and raised in Honolulu, Hawai'i, she is passionate about giving back to her community and advocating for culturally minded, evidence-based behavioral health care to improve mental health and enhance the quality of life for youth and families in Hawai'i.

Colin Moore, MS, LMFT; HIAMFT – Treasurer, Co-Founder of Hawaii Therapeutic Partners



Colin Moore graduated from UH Mānoa in 2017 with a bachelor's in Psychology and American Studies. He went on to receive his masters in Counseling Psychology from Chaminade University of Hawaii in 2020 with an emphasis in Marriage and Family Therapy. His background includes working with clients diagnosed with severe mental illness, juvenile offenders, and survivors of both domestic violence and sexual abuse. His desire is to expand services to help serve the LGBTQ+ community, working with individual's, couples, and families. Colin currently co-operates his group private practice, Hawaii Therapeutic Partners, and teaches part-time in an adjunct position with Chaminade University of Honolulu.

Kendyl Oshiro, LMHC, NCC (she/her) Hawai'i School of Professional Psychology at Chaminade University of Honolulu.



Kendyl Oshiro is a doctoral candidate from the Hawai'i School of Professional Psychology at Chaminade University of Honolulu. Ms. Oshiro was born and raised on the island of O'ahu and has only sought local higher education programs, with the intention to be close to her family and loved ones. She will be completing her pre-doctoral internship at the Wai'anae Coast Comprehensive Health Center, where she will gain more experience providing culturally sensitive care to the west side of O'ahu. For her dissertation, she researched the impact of the COVID-19 pandemic on Hawai'i undergraduate students' academic and mental health. Ms. Oshiro is currently a licensed mental health counselor (LMHC) and national certified counselor (NCC), with experience providing counseling

services to adults with a variety of concerns, including substance use, depression, and anxiety. She has also provided counseling services to children/adolescents with behavioral, ADHD, autism, and adjustment-related concerns. Ms. Oshiro is dedicated to serving those within her community and plays an active role in the Hawai'i Mental Health Pro bono COVID-19 Project and Hawai'i Psychological Association.

Christine Park, PhD, LMHC, NCC, REAT (she/her) Hawai'i Counselors Association Past-President



Dr. Christine Park was born and raised in Hawai'i and has worked in O'ahu and Hawai'i Island communities for over 17 years. She is a licensed mental health counselor (LMHC), nationally certified counselor (NCC), registered expressive arts therapist (REAT), and licensed school counselor. She is the most recent past-president of the Hawai'i Counselors Association and currently works as a program coordinator for the adult community school program for the Department of Education. Dr. Park also teaches graduate-level courses in counselor education for the University of Hawai'i and Adler Graduate School. Dr. Park serves on the O'ahu Service Area Board on Mental Health and Substance Abuse as well as the Advisory Council for the National Board for Certified

Counselors (NBCC) Minority Fellowship Program. Her passion lies in advocating for mental health and wellness and improving access to quality and culturally sensitive care.

Noza Yusufbekova, PsyD, Clinical Psychologist, Private Practice



Dr. Nozanin Yusufbekova is a licensed clinical psychologist and lead clinician at the National Center for Psychological Services, Inc. She completed her undergraduate studies at the University of Colorado at Denver, and subsequently received her doctorate in clinical psychology from the Hawaii School of Professional Psychology at Argosy University. Dr Yusufbekova specializes in Dialectical Behavior Therapy, and was personally trained by Dr. Marsha Linehan, the creator of this modality. Dr. Yusufbekova has served as the President of the Hawaii Psychological Association (HPA). She additionally specializes in working with and advocating for underserved populations, and has partnered with the National Football League (NFL) in organizing numerous

community based events involving food drives, the distribution of clothing for underserved children and their families, as well as educational functions designed to increase public awareness of domestic violence. Dr. Yusufbekova maintains a relationship as a therapeutic consultant with several news or media outlets/affiliates, including the Honolulu based NBC affiliate KHON, 'Olelo as well as ESPN and ESPN radio. Dr. Yusufbekova was born and raised in Dushanbe, Tajikistan and speaks fluent Russian, and Tajik (dialect of the Persian language).

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