



# PARENTS

Providing Awareness Referrals Education Nurturing Therapy Support

## Ho'ola Ohana

### Spring 2009 Edition A Message from our Executive Director

Aloha, Friends and Family!

I am so honored and excited to be writing about PARENTS, Inc. and giving you a glimpse into the social service world that affects our community.

PARENTS, Inc. is a non profit 501(c)(3) organization that has been serving the families of Hawaii for over 30 years. We feel proud and blessed to still be serving and impacting the lives of families in this tough economic time when so many agencies have had to close their doors.

Our mission at PARENTS, Inc. is to strengthen families by providing educational tools that assist in the prevention of child abuse. We are passionate about every aspect of parenting. We know that we are making a difference with every word spoken and every action taken in the hopes of unifying and bonding families to survive whatever life throws at them.

PARENTS, Inc. has a very dedicated staff that spend countless hours tending to the needs of families who are distressed and need a helping hand. We are there to lift them up and show them the way. This reflects the name of our new newsletter, *Ho'ola Ohana*, which in Hawaiian means 'To heal the family.'

Please take some time to read through the stories and articles from our staff and the clients they serve so you can get a better idea of how our agency positively affects the communities around you. We want you to know that every dollar you donate is spent towards ensuring that PARENTS, Inc.'s mission is carried out to its fullest with every family that we encounter along the way.

Lisa Groulx  
Executive Director

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### UPCOMING EVENTS & ACTIVITIES

*Please support PARENTS, Inc. through participating in these fun upcoming events:*

**Sundays, May 3, May 17, & May 24:**

**Mother's Day Tea at 1024 with PARENTS, Inc. (\$35.00)**

*Take mom and the family out to tea and support our agency's mission at the same time! Tea at 1024 is located in the heart of Chinatown and offers a sophisticated tea experience in a cozy setting. For more information, call 235-0255.*

**Saturday, May 16, 2009:**

**Visitors Industry Charity Walk (\$35.00 minimum)**

*Walk for a good cause while sampling food and drink from around the islands. The Visitors Industry Charity Walk is held on the islands of O`ahu, Maui, and Hawai`i. For more information, call 235-0255 on O`ahu, 249-8471 on Maui, or 934-9552 on the Big Island.*

**A FEW WORDS FROM THE PARENTS, INC. 'OHANA'**

I would like to say, I am very honored to be working with the Hilo staff of PARENTS. There are so many remarkable things to say about working here, I don't know where to start.

The most important thing in my job is my co-workers. Everyone is very thoughtful and caring toward one another. We help each other when there is a problem that we cannot solve, we help one another when someone is overwhelmed with work. Our Program Director has an "open door" policy. As a supervisor, she is calm, understanding, easy to relate to, and gives us suggestions that help make our jobs easier. Here at PARENTS, we are an "OHANA."

Our services are essential in the communities we serve and improve the lives of many families by providing the best "tools" available to help secure a safe, loving environment. It is rewarding to see the enormous changes that take place after receiving our services. The clients walk away with a positive attitude towards life and their family.

There are many services that Parents provide. Some of the services are Parenting Classes to help parents in relating and caring for their children and being better parents, visitation with their children who are placed in Foster Families so they may be able to bond with their children, counseling to assist them to have a better life style, and most of all, they know there are people who are willing to help them, people who understand and care for them.

Personally, the greatest gift that PARENTS gives is making a difference in one's life. I feel so grateful in doing my job and in making a difference, even if it's for one person. I will continue to work for PARENTS as long as I am able to.

*Pat Udo  
Transportation Specialist*

**MORE WORDS FROM OUR STAFF**

As a Mental Health Therapist and a Certified Substance Abuse Counselor, working at PARENTS, Inc. gives me an opportunity to work with all populations including substance abuse, domestic violence, and mental health issues. For four years I worked strictly with substance abuse and the rewards were limited. As an Outreach Counselor I am able to see families re-united, work with babies from birth, play with little ones, as well as provide clinical therapy to those with high end mental health problems. My work is very diverse. I am able to travel a lot going into the homes of clients while enjoying the beauty of our island.

Most importantly I am given the gift of watching people succeed. I have seen families overcome drug abuse and be re-united with their children. I have seen adults diagnosed with severe mental illness, begin therapy, start taking meds and change dramatically. I have seen children's eyes light up over something as small as a coloring book and then be able to utilize community resources to take parents shopping for cribs and beds and clothing. Sometimes working at PARENTS, Inc. is like being Santa Claus; sometimes not.

I also watch parents fail, relapse on drugs, stop taking meds, lose their children and come back for help over and over. However, I have learned to look at the faces of the children and remember the success stories and always keep in mind that everyone has hope. We at PARENTS, Inc. are here to offer that hope.

*Brenda Constine, MA, CSAC  
Outreach Counselor*

To my mind, there is nothing in this world more important than Parenting. Most often, the shape and character of a child's whole life is established by the parenting he or she receives when they are growing up. Our new President, Barack Obama, often speaks of the strong positive impact his mother and grandparents had on his life. In his speeches and interviews, he again stresses the importance of parenting.

But realistically, many children do not have the fortune of being raised by a mother active in the university community, or a supportive grandmother with a strong and steady work ethic. Many are born to parents who, through their own abusive experiences, have developed coping methods which jeopardize their children's development. They may use drugs to self-medicate, find unsuitable partners to escape from unhappy homes, or allow their anger and need to control others drive them to physically abuse those closest to them. And those are the parents we often see in our programs.

A central focus in all of our programs is the truth, **that you don't need to raise your kids the way you were raised.** When we do our intake interviews, and ask our clients to tell us about their own childhood. We almost always hear stories of physical and sexual abuse that they received. Many of the parents who are referred to us were themselves removed from their homes by Child Welfare Services when they were young. The patterns of parenting they were exposed to continue in the way they treat their children.

But I think we all are here at PARENTS, Inc. because we know, either in our own personal lives, or in our experience, **that you don't have to raise your kids how you were raised.** I often explain to my clients that they see us not for themselves, but for their kids. If they did not have children, they would not be in our office. Our Classes, our Skill Building, and Counseling are all directed to helping parents actually think about and improve the way they treat their children. Helping parents help their children develop healthy meaningful lives it is truly one of the most important responsibilities that can be done. And that is why I, as well as many others, love working at Parents, Inc.

*Stephen Carter, MA, LMHC, CRC  
Outreach Counselor*

## CLIENT SUCCESS STORIES



*James, Layla, & Shayla smile for the camera.*

### James, Layla, and Shayla

James, Layla & Shayla's mother recently came to our office for crisis intervention. She was another single mother raising three very rambunctious kids. After receiving help from our staff, mom is now better able to engage with her children. While the children still have tantrums and fight with each other, this family is much stronger due to the new skills they have gained through working with PARENTS, Inc. This past Christmas, our agency presented the family with donated quilts for the children. The girls were so thrilled with their quilts they never let go of them.

### Jeena & Uilani

Jeena and her daughter Uilani were happy to receive Payless Shoe Coupons from our Hilo office this holiday season. This young mother used the coupons to help provide a brighter holiday for her young daughter. Although Jenna has never used drugs or alcohol, she feels she made a wrong choice in the past by getting involved with the wrong guy. She is learning skills every day through our program, and is working hard to get her children out of foster care.



*Baby Max & his mother recently closed their case with our Hilo office.*

### Baby Max

Baby Max is one of PARENTS, Inc.'s biggest success stories. When we first met Max, he was in a baby carrier with his parents, and now his family has successfully transitioned into their own home. His family's case recently closed with us in January. Our staff will miss watching Baby Max grow, but we have no doubt that this family will continue to see success.

*For more information about Baby Max, read words from his mother Beatrice on page 5.*



*Alicia & Alaza share a 'story time' together.*

### Alicia and Alaza

Alicia is a young mother who at age 16 became involved with an older man and for ten years was a victim of extreme violence and basically a "hostage." Alicia's life is now much brighter. Her ex is now in prison and she and her three children are in a healthy relationship with a caring man and recently gave birth to a new baby boy.



*Mom and baby Uilani show off their new Payless Coupons.*



*Family Support Case Worker Mary reads a book to baby Uilani.*

### MORE CLIENT SUCCESS STORIES . . .

BELOW: Ashley & Kalani's youngest child reaches out to grab a present from Santa.

RIGHT: Mom & Baby Denver show off their new quilt they received from PARENTS.

LOWER RIGHT: Casey spends some quality time with son Mason and buddy Elmo.



#### Baby Denver

Baby Denver is one of the youngest of our clients to receive a Christmas quilt. Thanks to the help of PARENTS staff, the baby's mother was able to receive the needed help for a serious medical condition. This family has since made significant progress, and baby and mom are doing much better.

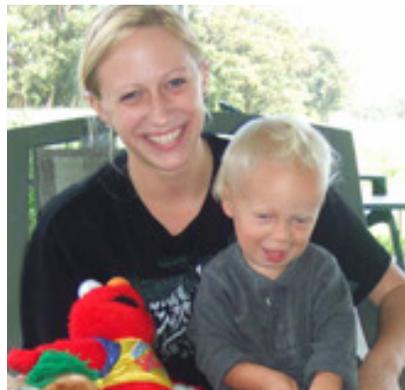


#### Ashley, Kalani & Family

Another family that received Payless Shoe Coupons for Christmas were Ashley, Kalani, and their three children. This family struggled with substance abuse issues in the past, but mom and dad are now living a life of sobriety and attend AA meetings regularly.

Ashley and Kalani recently moved into a cute little 3 bedroom duplex. The father Kalani is actively job searching, and is hoping to hear back about a job offer from the County. Our staff is keeping our fingers crossed and hoping for the very best for these two young parents.

*For more information about this family, read words from mother Ashley on page 5.*



#### Casey & Mason

This is Casey and her son Mason. Casey is a 24 year old single mother. When she first came to see us, Casey had a serious alcohol problem, which created a dangerous environment for Mason. As a result, he now lives with his grandparents. Casey has since sought treatment and is doing whatever it takes to get her son back with her.

#### RECYCLED PAPER ACTIVITY

Here is a quick activity recommended by our Maui office staff that you can do with your children to have FUN, and help the environment at the same time!

**ACTIVITY:** Make your own paper from old newspaper.

#### MATERIALS:

- A Blender
- Section of Newspaper
- 2 ½ single newspaper pages
- 5 cups (1.2 liters) of water
- A pan 3-inches deep
- A piece of screen to fit inside pan
- A measuring cup
- A flat piece of wood the size of the newspaper front page
- Waxed paper

#### STEPS:

1. Tear the 2 ½ pages of newspaper into tiny strips.
2. Place the strips in blender with 5 cups of water. Cover the blender & blend newspaper and water.
3. Pour 1 inch of water into pan. Pour the blended paper pulp into measuring cup.
4. Put the screen into the pan. Pour 1 cup of pulp over the screen.
5. Spread the pulp evenly in the water with fingers.
6. Lift the screen & let the water drain off.
7. Open the newspaper section to the middle, put the newspaper on a waterproof surface. Place waxed paper in the center of newspaper. Place the screen with the pulp on the waxed paper. Close the newspaper.
8. Carefully flip over the newspaper section so the screen is on top of the pulp.
9. Place the board on top of the newspaper and press out extra water. Open the newspaper and take out the screen. Leave the newspaper open and let the pulp dry for 24 hours. When your paper pulp is dry, peel it off the waxed paper and write on it!!!!

**WORDS FROM OUR CLIENTS**

"I thank God for having PARENTS, Inc. in my life during this very difficult time . . . they were there for us and supported us, even when DHS did not . . . I would especially like to thank Philo Dixon & Steve Carter who have really supported and encouraged us all along. Thank you for your time and services!"

- Santini Meafou & Kunia Hassard

"[PARENTS, Inc.] helped us very much through our first year of sobriety . . . They help us to work as a family . . . show us how to stay clean and have fun with our son and become good and loving parents . . . Right now, we are out of Residential treatment, and living on our own in a one bedroom home. We are very grateful for them and hope that PARENTS, Inc. will keep on helping and supporting other family's in need, and we thank them for being in our lives."

-Max Sr., Beatrice, & Baby Max

[PARENTS, Inc] have helped me so much in my life. They have showed me many things to help me be the best I can be. They have helped me through difficulties in my children's behavior and taught me ways to redirect them positively. They have also taught me how to just get to their (my kids) level and have fun with them. I truly appreciate having PARENTS, Inc. in my life and I feel I am a better person because of it."

- Ashley Snyder

"Being involved with PARENTS, Inc. I've learned better parenting skills. The keikis of Hawaii would be the losers if this agency was to shut down. They brought food to me and my family when needed with no hesitation, invited us to x-mas parties, Halloween parties, etc. This agency is a much needed program . . . Please help keep PARENTS, Inc. operating for the Families - Especially the 'Keikis' of Hawaii . . . PARENTS, Inc. No ka Oi."

- Gregory Peck Dela Cruz

**WORDS FROM OUR COMMUNITY**

December 10, 2008

*Parents, Inc. is an important community service. As a school, we are grateful for this organization that provides parenting skills support to some of our neediest children's families. Parent behaviors directly impact how our school children treat one another and how well they study and learn. Parent support and improvement translates directly into school improvements and better quality of life for our students.*

*Both group and individual family programs have been provided by Parents, Inc. for some of our school families. Two grandmothers raising several grandchildren expressed their delight in the parenting classes they attended. We hope this support can continue.*

*Thank you.*

*Sincerely,*

*Shereen Waterman  
Mountain View Elementary School Counselor*

**GOODSEARCH.COM: Surf the Web to support PARENTS**

Do you want to support a good cause, but don't have the money to make a cash donation? GoodSearch.com offers a quick and EASY way to raise donations for the charity of your choice.

GoodSearch is a search engine that donates its revenue to charities designated by its users. You use GoodSearch exactly as you would any other search engine. It is powered by Yahoo! to make sure that you get good search results. The money GoodSearch donates comes from its advertisers - users and organizations do not spend a dime.

In 2007, GoodSearch expanded to include GoodShop - an online shopping mall. Each purchase made on GoodShop results in a donation to the user's designated charity. This donation generally averaged about 3% of the sale, but can be up to 20% or sometimes even more!

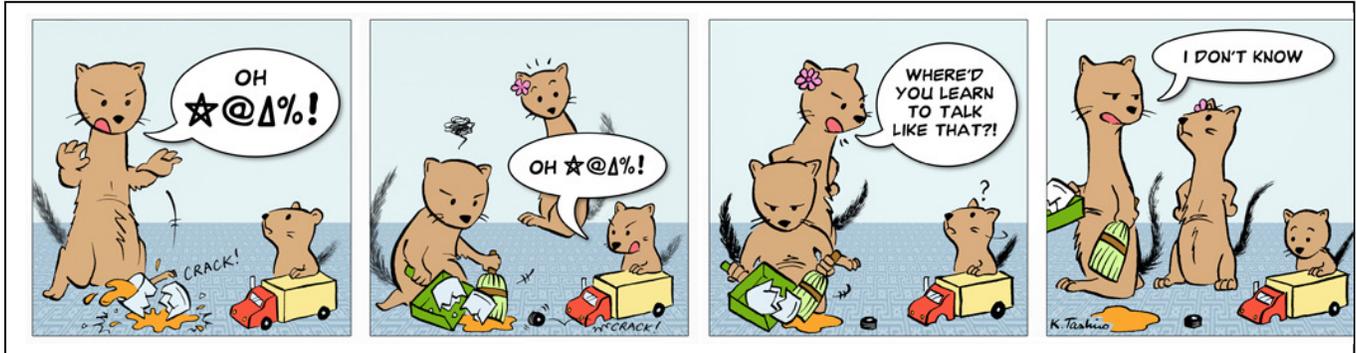
Supporting PARENTS, Inc. through GoodSearch is easy. Just follow the directions below:

1. Go to [www.goodsearch.com](http://www.goodsearch.com)
2. When you see "Who Do You GoodSearch For?," select PARENTS, Inc. (Kaneohe, HI) as your option (There are many charities with the word 'Parents' in the title, so you will have to scroll down.)
3. Begin your Search!  
(Every search you do generates 1-cent for PARENTS, Inc.)

To use GoodShop, click on the GoodShop link provided from the GoodSearch homepage. It's easy!

## MONGOOSE CORNER

— Written by PARENTS Maui Staff & illustrated by Keli Tashiro.



### A Quick Tip from PARENTS & Mongoose Corner

As the gang at Mongoose Corner demonstrate above, children are very impressionable. Be careful what you say or do around your child. Children will "model" or copy the behavior of their parents or other adults around them. Most lessons that children learn are learned in the home at an early age.

For more helpful parenting tips like this from PARENTS and the gang at Mongoose Corner, visit [www.hawaiiparents.org](http://www.hawaiiparents.org) and click "View Comic," or contact any of our locations on O`ahu, Maui or East Hawai`i listed below.



Providing Awareness Referrals Education Nurturing Therapy Support

For more information, e-mail us at [info@hawaiiparents.org](mailto:info@hawaiiparents.org) or write to us at:

**PARENTS, Inc.**  
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**Kaneohe, HI 96744**

**Phone:** (808) 235-0255  
**Fax:** (808) 247-0447  
**Website:** [www.hawaiiparents.org](http://www.hawaiiparents.org)

### Mahalo to our generous donors, sponsors, and supporters!

- **First Hawaiian Bank**
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- **Gary DuBrall**
- **Michele Henry / Tea at 1024**