

Five Prongs to Address Chemical Dependence:

- Prevention Education
- Treatment Centers
- Self-Help Groups
- Enforcement
- Early-Intervention Programs

Keala Foundation offers FREE prevention programs through CrossFit training along with a comprehensive early-intervention program that teaches youths the dangers of substances through peer recovery discussions, psychoeducational trainings, advocating for healthier lifestyles.

Visit our website for more information.

For a list of support services, programs, and resources for Kaua'i, use the QR code below:



Keala

FOUNDATION

Hawai'i's High School adolescents ranked higher in those who answered ever used cocaine, heroin, methamphetamines, and injected any illegal drug when comparing the results to the United States in 2019.

Hawai'i Health Data Warehouse. Hawai'i Indicator Based Information System. (2017). http://ibis.hhdw.org/ibisph-view/query/selection/yrbs/_YRBSSelection.html



UNIVERSITY of HAWAII at MĀNOA
THOMPSON SCHOOL
SOCIAL WORK & PUBLIC HEALTH



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Contact us

P.O. Box 785 Lawai, HI 96765
www.kealafoundation.com



*How to Help My Child
Grow up Drug-Free
& Recovery-Based Resources*

I MAIKA'I KE KALO I KA 'OHA #1232

THE GOODNESS OF THE TARO IS JUDGED BY
THE YOUNG PLANT IT PRODUCES

SETTING AN EXAMPLE
WHILE LEADING IN LOVE AND
ACTING RESPONSIBLY IS OUR KULEANA

Develop Healthy Boundaries & Support

SET CLEAR DRUG-FREE POLICIES

- Discuss your rules and expectations in advance
- Follow through with the consequences you have established
- Acknowledge when they follow the rules
- Discuss why using tobacco and illegal drugs, and underage drinking are not acceptable

TEACH YOUR CHILD TO CHOOSE FRIENDS WISELY

- Encourage your child to develop healthy friendships and fun alternatives to drugs
- Establish the clear message that you do not want them to use alcohol, tobacco, and illegal drugs
- Help your child practice resisting peer pressure
- Help your child feel comfortable in social situations

MONITOR YOUR CHILD'S ACTIVITIES

- Establish relationships with your child's friends
- Get to know other parents
- When your child goes out, make sure you know where he's/she's going, who he'll/she'll be with, and what he'll/she'll be doing
- Have your child check in at regular times and make it easy for them to contact you
- Make sure your child has access to enjoyable, drug-free, structured activities
- Teach your child to analyze media messages

*Adapted from Keeping Youth Drug Free, publication No. (SMA)-3772 by the Center for Substance Abuse Prevention (CSAP) and the Substance Abuse and Mental Health Services Administration (SAMHSA)

Responsibility.org. (2022, April 1). National Drunk Driving Statistics Map - Responsibility.org - Responsibility.org. <https://www.responsibility.org/alcohol-statistics/state-map/state/hawaii/>

Alcohol Binge Drinking Problem

- 14.1% of Kaua'i youth reported binge drinking in the past 30 days (YRBS, 2015)
- 55% of traffic deaths in Hawai'i involve alcohol and/or drugs
- Alcohol kills 6 people every week in Hawai'i
- 1 in 5 adults in Hawai'i drink excessively, higher than the national average
- 77.8% of under 21 alcohol-impaired driving fatalities in Hawai'i compared to the national average at 23.3%



Prevention Starts at Home

"The gateway to drug use is the household, they are going to copy what they see."

-Aaron Hoff, a Kaua'i Native and recovering drug addict with 26 years of sobriety and the founder of Keala Foundation



Improving Youth Well-being through physical fitness and peer mentorship

How to help my child grow up drug-free

ACTIVE LISTENING & QUALITY TIME

- Set aside at least 20 minutes a day of uninterrupted attention to build secure attachment and allow bonding time
- Validate their feelings
- Practice active listening

FOSTER STRONG FAMILY VALUES

- Turn everyday time together into "teachable moments"
- Use meal times as opportunities to share news of the day or discuss current affairs
- Identify at least one opportunity each week for you and your child to do something special together

YOU ARE YOUR CHILD'S MOST IMPORTANT ROLE MODEL

- Set a good example for your child to follow
- Do not engage in illegal, unhealthy, or dangerous drug use
- Don't involve your child in your use of alcohol, tobacco, or illegal drugs
- When possible, point out examples of bad behavior linked to substance use and the consequences

"Time is the most valuable gift we can give our children to communicate our love for them. It's the antidote to toxic relationships and substance abuse behavior and it's free."

-Kawena Bagano, a Kaua'i Native raised in a family plagued with addiction, a Program Specialist for ALU LIKE Inc., and Program Director for the Keala to Success Early-Intervention Program