



PEARL HAVEN

September Newsletter

Message from the Director

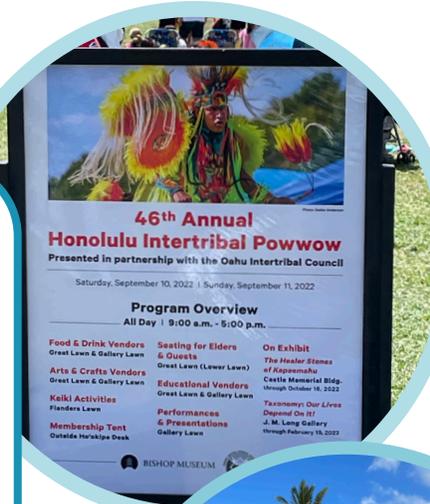


Aloha to our Ho'ōla Nā Pua Pearl Haven Community here in Hawai'i and around the world!

September is *National Recovery Month* and Pearl Haven focused on helping our youth celebrate their personal journeys toward recovery by participating in events that encouraged overall wellness. Recovery is characterized by the 'continual improvement and growth in one's health and wellness and the ability to manage setbacks'. Because setbacks are a natural part of life, resilience becomes a key component in recovery.

The *Substance Abuse and Mental Health Services Administration (SAMHSA)* identifies four major components of recovery: *health, home, purpose, and community*. The Pearl Haven treatment program strongly values these dimensions of recovery and uses them as a guide in all activities scheduled for our youth. The activities described in this month's newsletter brought opportunities for *awareness, reflection, and safe spaces* for our youth to explore their paths to recovery and also to experience moments of true joy and a connection with a renewed sense of purpose in their lives and their communities.

-Liz Porter, Program Director



Celebrating Diversity & Inclusion

Cultural Events and Cultural Awareness play an important role in the development of an individual's *emotional, cognitive, and social development* by strengthening their sense of *identity, self-esteem* and *connection to individual heritage*. These opportunities also help develop social skills while building an appreciation for diversity. September brought Pearl Haven students two experiences that expanded their understanding of diversity through cultural education and community service.



Staff and students attended the *46th Annual Honolulu Intertribal Powwow*, held at the historic Bishop Museum. Each year, hundreds gather to celebrate and perpetuate indigenous traditions, featuring different dancers and musicians from the mainland. The Council itself was formed in the early 1970's by Native Americans stationed with the military in Hawaii and seeking to connect with other First Nations members in the community. From the first powwow, to present day, these gatherings have created a legacy of cultural exchange between various tribal nations and the people of O'ahu. This year's powwow featured dancers, singers, and drummers from the *United Keetoowah Band of Cherokee Indians* from Oklahoma, *Colville Confederated Tribes* of Washington, *Nez Perce* of Oregon and two multi-tribe performing groups from Los Angeles.

A day at the Arc Center

Our Pearl Haven youth also had an opportunity to expand their understanding of diversity and inclusion through serving people with disabilities at *The Arc Day Center*. Our internal 'Youth Council' initiated this service project to spend the day making cookies with clients of the Arc. The Arc operates both locally and nationally, advocating for the estimated 7.2 million Americans with intellectual or developmental disabilities. At Arc Adult Day Centers, individuals with developmental disabilities learn skills in

the areas of personal awareness, practical arts, and work habilitation. Our youth loved interacting with the clients, and experienced the value of a *healthy reciprocal exchange*. Serving this population in their community helped them understand that they can have a *positive impact* on the lives of others. Through community service Pearl Haven youth feel *valued* and more *confident* in discovering their own *strengths*. They can't wait to visit again.



Equine Outing sponsored by Turtle Bay Resort

One month after Pearl Haven's *Equine Assisted Therapy Program* began full operations, our residents were gifted a unique, on location, equine experience here in paradise. *The Turtle Bay Resort* invited our staff and students to enjoy a guided excursion at the Turtle Bay Stables. It was an amazing day, proving the power of equine therapy. Mahalo Nui to the ohana at Turtle Bay!

