



PEARL HAVEN



*Three-Year Review*



HO'OLA NĀ PUA



# Resilient Hope

This meaning will give you chills throughout your whole entire bones.

*Resilient Hope* will build you up even when you feel as if you are going to fold.

*Resilient Hope* will lead you through different worlds you never thought you could go.

*Resilient Hope* is what gives your heart something to cope.

With *Resilient Hope* you shall forever grow,  
you shall not be demolished but forever acknowledged.

*Resilient Hope* has given my heart a chance to let go.

*Resilient Hope* has told me to tell you all that you are loved,  
that you are more than enough,  
that you are capable and worthy,  
that you are unbreakable,  
and that you are a hand-picked warrior who was chosen –  
yes, you!

*You were chosen!*

*Resilient Hope* is waiting for you –  
so ask yourself if it is the time you allow yourself to grow.

Do you have *Resilient Hope*?

A POEM BY A



PEARL HAVEN  
GRADUATE

**BOARD OF DIRECTORS**

<b>Julie Hong</b> <i>Board Chair</i>	<b>Robin Yoshimura</b> <i>Vice Chair</i>
<b>Keith Winnacott</b> <i>Treasurer</i>	<b>Jessica Muñoz</b> <i>Founder</i>
<b>Sonya Gomes</b> <i>Secretary</i>	<b>Karen Tiller-Polivka</b> <i>Board Emeritus</i>
<b>Melissa Jackson</b> <b>Jacque Laird</b> <b>Sondra Leiggi-Brandon</b>	<b>Chris Perkins</b> <b>Nathan Shimodoi</b>

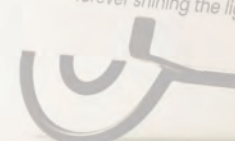
Considered a national partner and rising standard in the global effort to stop sexual violence among children and youth, Ho'ola Nā Pua is leveraging over a decade of experience to lead the effort in developing a comprehensive, sustainable model of care for victims of sexual exploitation and trafficking.

Since its inception in 2009, our 2013 integrated programming has filled a critical gap in the prevention of child sex trafficking and provision of care for children who have been exploited, reaching over 150,000 individuals since inception on all major islands. Our advocacy work has reached tens of thousands around the globe. What started as a spark of light from a nurse has now created a chain reaction of light shining around the globe.

# Table of Contents

Message from the Program Director.....	1
Path to a Bright Future .....	3
Pearl Haven Programming.....	4
The Pearl Haven Music & Cultural Arts Program .....	7
Animal-Assisted Programming .....	9
Heart, Horses, & Equine Therapy.....	11
Education at Pearl Haven.....	12
STEM Programming.....	13
Wave Alliance Surf Therapy.....	14
Trauma Counseling .....	15
Positive Skill & Development Groups.....	16
Hōkū Group Resiliency Program.....	17
Coconut Wireless Group .....	18
Starfish Mentoring Program.....	19
Pearl Haven Youth Council.....	20
Outings & Educational Experiences .....	21
Learn About the Issue & Make a Difference.....	23

JESSICA  
 On her drive home  
 Jessica R. Muñoz loo  
 clouds parted and bear  
 dark peaks of the valleys  
 became clear – shine t  
 watch new life come forth.  
 one of the darkest areas o  
 lost children into  
 because you have stood up  
 The "forever light" in this al  
 forever shining the ligh



# MESSAGE FROM THE PROGRAM DIRECTOR

ELIZABETH REA KUUPUAMAILANI PORTER



Dear Pearl Haven Supporters and Family,

Pearl Haven has continued to expand on our commitment to provide innovative and effective programs that will have significant and lasting impact for youth who have experienced or are at risk of experiencing trafficking and exploitation. We are proud to stand with the youth we service and to deliver a strong voice in protecting our youth and helping them find a path forward, free of violence, exploitation, and abuse. Through the generosity of our donors and the contributions of our volunteers we have been able to offer our youth specialized programming in various expressive arts and recreational therapy programs that are changing lives!

When youth enter our doors, many times, this is not their first “placement” or treatment program outside of their home. Most of the youth we serve are involved in the foster care system and have been to multiple treatment facilities, shelters, group homes, foster homes, and other places of care before they reached us. Being moved around so often and not having the consistent balance of nurturing and structure often leads youth to experience more complex trauma on top of the abuse, neglect, and exploitation they have already experienced in their young lives. Our goal at Pearl Haven is to first understand each individual’s story and then cultivate trusting relationships and positive youth experiences through our multiple expressive therapies to help change the trajectory of each youth’s life. We know that each positive experience a youth has helps counter the negative experiences of their past and helps the brain heal and develop new neuropathways that lead to healthier lives.

As the Director, I am focused on continuing to grow the Pearl Haven program in all aspects as we focus on meeting the comprehensive needs of youth who present to us for care. As we have all witnessed, since the pandemic, our youth have faced increased stressors around isolation, loss, fear and unpredictability as well as an all-time high of substance use and abuse and neglect.

At Pearl Haven, it is our deep commitment to recognize the changing needs and the complexity of the trauma our youth have endured. To accomplish this, we will focus on the following:

- Continue building positive partnerships with our community and volunteers.
- Enhance our clinical delivery models through education, training, and partnerships to increase expressive arts and evidence-based practices on campus.
- Continue to finetune our program assessments and evaluations of all aspects of the programming we provide.

As we continue to move into 2024, we are determined more than ever to continue helping youth in need. Mahalo for being part of our Pearl Haven 'Ohana. Thank you for joining us in this next chapter of inspiring youth in their transformational journeys.

Mahalo!



Elizabeth Rea Kuupuamailani Porter

## QUOTE FROM THE FOUNDER



*I am so proud of our Pearl Haven team and the tremendous growth of the program over the past 3 years. It is a tremendous honor to be a part of the transformational healing that takes place on this campus. I am so thankful for the many supporters who have embraced Pearl Haven and continue to support the vital programmatic efforts that take place here 24 hours a day, 7 days a week. Pearl Haven is a bright light in the community and its light is shining across the islands and around the globe. The program is bringing positive impact to both the youth and their families, impact that will be felt for generations to come.*



Jessica R. Muñoz | Founder, MSN, APRN-RX, FNP-BC



## A PATH TO A BRIGHT FUTURE

Ho'ōla Nā Pua's continuum of care framework addresses not only the traumatic impact of those who have been exploited but also focuses on the prevention and resilience of those who are vulnerable. This progressive pathway is individualized to meet specific needs, and includes the following integration to ensure a bright future:



### TREATMENT FOR THE VICTIMIZED

Pearl Haven  
Residential Treatment  
Campus



### REINTEGRATION

Starfish Mentoring  
Program/Care  
Coordination



### RESILIENCE IN THOSE VULNERABLE

Hōkū Group Services  
Group programming with  
community partners  
Starfish Mentoring Program



### COMMUNITY AWARENESS

Student and Community  
Education/Prevention & Awareness



### EMPOWERMENT & SUSTAINABILITY

Advocacy  
Transition to Adulthood  
Care Coordination

### ACTION STEPS

- Build programming frameworks that are trauma informed, trauma integrated, and uniquely designed for those at risk and those who have been exploited.
- Understand the vulnerabilities that lead to victimization and develop strategies to reduce those vulnerabilities.
- Survivor perspectives incorporated into all programming.
- Strategically build programming that both impactful and sustainable.

# Pearl Haven Programming



## PEARL HAVEN RESIDENTIAL TREATMENT

*Together we provided hope and healing in 2023!*

A place for our youth to **THRIVE**:

**32** youth served (62 total since 2021)  
**4,472** bed days filled

**5.1**

is the average ACE (Adverse Childhood Events) score of our youth served. **Any youth with an ACE score of 4 or higher has a significantly higher risk of developing chronic medical conditions as an adult**, using substances as a way to self-medicate, leading to addiction. **Their chances of developing clinical depression is tripled** as compared to those with an ACE score lower than 4.

**94%**

of our youth were dependent on **illicit substances** prior to admission to Pearl Haven.

**45%**

of our youth had **significant educational challenges** that often lead to dropping out or being expelled from school.

**67%**

of our youth have experienced **negative life experiences** including being in foster care placement, history of running away and bullying and harassment from peers.

## 2023 Outcomes

**47%**

**IMPROVEMENT IN TRAUMA SYMPTOMS**

**58%**

**IMPROVEMENT IN DEPRESSIVE SYMPTOMS**

**33%**

**IMPROVEMENT IN ANXIETY SYMPTOMS**



In 2023, Pearl Haven expanded its educational, expressive, clinical, and cultural arts programming. This has been a vital component of enhancing our clinical model of care. These programmatic components have helped our youth find healthy ways to express and process memories and emotions that have been stored in their bodies from past traumatic events. Many of our youth have stated that they did not know how much they missed their cultural and spiritual heritage until they had the opportunity to participate in the cultural arts programming and other offerings at Pearl Haven.

In addition, youth have shared a sense of calm and well-being as they have found a place where they feel safe. Through creative diverse educational outings and workshops, youth are able to explore new opportunities, new connections, new experiences, and exposure to things that can benefit their future and stimulate further exploration into skills, aptitude, and talents.

## PROGRAMS OFFERED

- **Kapena School of Music, Dance, and Unspoken Word**
- **Therapeutic Gardening**
- **Expressive Arts Group**  
*(Jewelry Making, Sewing, Clay Modeling, Art, and Lei Making)*
- **Wave Alliance Surf Therapy**
- **Mindful Movement and recreational therapy**  
*(Pickleball, Basketball, Tennis)*
- **Koa Yoga**
- **Animal Assisted Programming**
- **Trauma Informed Photography**
- **All Things Possible Ministries**
- **Wonderfully Made Workshops**
- **Health and Wellness and Self-Care**
- **STEM Programming and math tutoring**



All these services help our youth heal through self-expression when there are no words to describe what they are feeling or what they have experienced. Many times, when our youth have been actively working through their trauma in treatment, they ask if they can feed the turtle, hold the guinea pigs or take a walk to sit by the horses.

When our youth turn inward and ask for what calms their nervous system and minds, we are teaching them to listen to what their bodies need at the moment. This replaces the need to participate in self-harming behaviors, running from their feelings, using substances to numb their feelings, or stuffing their feelings, as they have done in the past. These programs and the talented consultants who help us do this work are providing excellent clinical work.



The Expressive Arts Programs promote healing from the inside out for lasting changes.



*Being able to do these groups has helped me be more confident and comfortable in being myself.*

- Pearl Haven Youth



## Mindful Movement Yoga

**576** hours

## 1,008 hours Cultural Arts with Kapena



## Surf Therapy 524 hours




## Equine-Assisted Therapy 600 hours

## Arts & Gardening 600 hours



## All Things Possible 100 hours

A young person is shown from the chest up, wearing a brown shirt, playing a light-colored ukulele. The background is a blurred image of another person's face, suggesting a social setting. The overall tone is warm and focused on cultural learning.

“ “ *It’s given me a deeper understanding and respect for the ‘Āina.* ” ”  
– Pearl Haven Youth

## THE PEARL HAVEN MUSIC AND CULTURAL ARTS PROGRAM

The Pearl Haven Music and Cultural Arts Program is an opportunity for our youth to further immerse themselves in the Hawaiian culture to embrace the true spirit of Aloha fully. In doing so, they inherently develop a positive sense of identity through connections and applications that are Hawaiian-based values. The youth begin to evolve their understanding that they are part of something greater than their trauma.

This program would not be as successful without the right Kumu (source) or facilitators, we are fortunate to have partnered with Kelly and Leolani DeLima of Kapena’s School of Music and Kapena, the band, one of Hawai’i’s premier island bands. Kelly is a founding member and band leader. Each week, Kelly and his wife Leolani share lessons around the value of living Aloha through music, songs, ukulele, hula, and ‘ōlelo Hawai’i (Hawaiian language) with the youth of Pearl Haven.

This program provides experiential learning that aids in healing while intentionally creating spaces for self-reflection and identity building and fosters a positive connection with the Hawaiian culture. Participants reconnect to their authentic selves and their true nature as it leads to intentionality, presence, mindfulness and profound respect not only for Hawaiian traditions but for their Kumu, Uncle Kelly and Auntie Leo, who have become part of the Ho’ōla Nā Pua ‘ohana.

“ “ *It’s been cool to learn about my Hawaiian culture because I have a social work guardian and I do not have a family to learn from.* ” ”

– Pearl Haven Youth



## THOUGHTS FROM KELLY & LEOLANI DELIMA

An important part of Hawaiian cultural learning is showing your Kumu that you've mastered an understanding of their lessons, this is called hō'ike. This year, the girls were able to showcase their newly acquired knowledge, skills, and talents at our Second Annual Hō'ike. Kelly and Leolani share their thoughts of working alongside of these youth for the past.

“ In the last 2 years, we have had the privilege to watch these girls blossom and grow. When we first started at Pearl Haven we taught ukulele. Singing quickly followed. Then we moved to beginning hula and sign language. Recently we encouraged writing their thoughts down like journaling. We didn't know it but we were about to be amazed. In the first class we were able to co-write 2 songs. Then in a matter of weeks had 10 original compositions done. Writing poetry or songs has a way of exposing the most deepest secrets. It can be both terrifying and liberating at the same time.

We are humbled that they trust us and have allowed us the privilege to share this songwriting journey with them. I've heard many people say, "music heals". I hope this creative writing class can help each of them heal. We are humbled and honored to partner with Ho'ōla Nā Pua. We pray we can make a positive impact in the lives of all these beautiful youth.

”



HOPS



TIMMY



PEARL

## ANIMAL-ASSISTED PROGRAMING

We incorporate animal assisted programming into the array of clinical treatment services as an innovative approach to treating complex trauma. Animal assisted therapeutic programming is an emerging best practice in the field of trauma work and is aimed at helping our youth with calming their nervous system. Individuals with complex trauma often live in a state of survival in which the nervous system is stuck in a state of arousal. When youth are in a constant state of survival, they are not biologically able to access the logic side of their brain that allows them to access coping skills or learn new coping strategies. Incorporating the use of animals allows our youth to experience feelings of calm and a regulated nervous system, therefore, in a place to actively participate and grow in their recovery.

By the time a youth enters a residential treatment center, the complex trauma they have experienced has negatively impacted many areas of their lives. They have experienced many forms of abuse and neglect that have threatened their overall well-being and have made their view of the world less than hopeful and safe. Most of our youth have been in other treatment centers and foster placements in which they were discharged as “unsuccessful.” All of these traumatic events in their lives involved humans and, many times, trusted adults in their lives. This life experience can make it challenging for youth to open up to new adults while in treatment. Daily, the youth work with our array of animals with the “Ark and Paddocks”.

This year we welcomed more furry friends into our Pearl Haven Ohana.



KUPONO



CHOPPA



ANNIE & BUDDY



POULU & ASTRO



SNOW (AKA KEA)



PUA & HER NEW PIGLETS



TINY & WILD (AKA SUKA & MANUWELA)

“ Having the animals here reminds me that I am needed, and something does care about me. I haven't felt this way before, and it is helping me find a sense of hope again. ”

- Pearl Haven Youth



KEAHI



CHARLIE



“ Grooming the horses helps me to regulate my emotions. ”  
- Pearl Haven Youth



## HEART, HORSES & EQUINE THERAPY

### EQUINE-ASSISTED THERAPY TARGETS:

- Nervous system regulation
- Connection and relationship building
- Social skills training with emotional safety
- Nurturing and care-taking
- Trust-based activities
- Healthy stress responses

Pearl Haven partners with Heart Horses under the leadership of Sonja Bigalke-Bannan, LCSW which incorporates horses for growth, learning and healing as it engages youth in activities with horses to encourage an experience that effects positive change. Horses, with a keen sense for interpreting human emotion, provide therapists with valuable information about the client that might not come to the surface with talk therapy alone.

We have incorporated riding into the programming and have doubled the amount of time the youth spend in very structured equine therapy.

“ Riding horses have taught me to breathe through uncomfortable situations to calm down. ”  
- Pearl Haven Youth

### THE SCIENCE BEHIND THE HUMAN-HORSE CONNECTION:

- Promotes awareness of mental and physical state for teens. Allows them to learn to regulate and co-regulate.
- Horses are mindful animals and process in real time which is a visual process.
- Allows teens to externalize, make it about the horse.
- Coherent heart rate (pattern) which is why we “feel better” when we are around them.
- A coherent heart pattern is indicative of a system that can recover and adapt to stressful situations very efficiently.





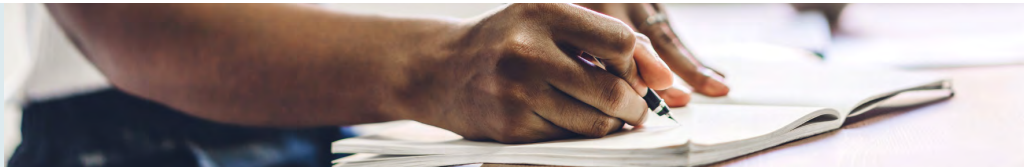
## EDUCATION AT PEARL HAVEN

### *A Foundational Pillar to Healing and Empowerment*

#### **Why is education a foundational Pillar to the Pearl Haven program?**

Education empowers the girls to dream and see a different life for themselves. Academic success allows them to see their capabilities and push through barriers they have encountered in the past. At Pearl Haven, education is equally important to treatment because it gives our youth the freedom to become who they want to be.

#### *Academic Accomplishments*



Pearl Haven has a strong, supportive focus on education for our youth. Many youth come to Pearl Haven several grade levels below their expected level due to years of missing school or not having the needed supports in place to help them be successful. Complex trauma significantly impairs our youth's ability to concentrate, have focus and be able to perform expected grade level academic work. At Pearl Haven, we recognize the youth have extraordinary capabilities we can help them reach through trauma informed supportive education.

Education empowers the girls to dream and see a different life for themselves. Academic success allows them to see their capabilities and push through barriers they have encountered in the past. At Pearl Haven, education is equally important to treatment because it gives our youth the freedom to become who they want to be.

The youth are able to participate in different vocations, explore college options and attend career fairs that help them understand what is available to them. The current vocational opportunities at Pearl Haven are OSHA certificates, CPR/First Aid certification and food handlers cards. Each of these allows for immediate opportunities for our youth to obtain meaningful employment as they consider working toward their long-term education and employment goals.

#### **BEST OUTCOMES**

Seeing girls be excited to go to school and participating.

**80% of youth** are in the A/B honor role within their schools.

**All youth are passing their classes.**

**14 girls** achieved their CPR and OSHA certifications.



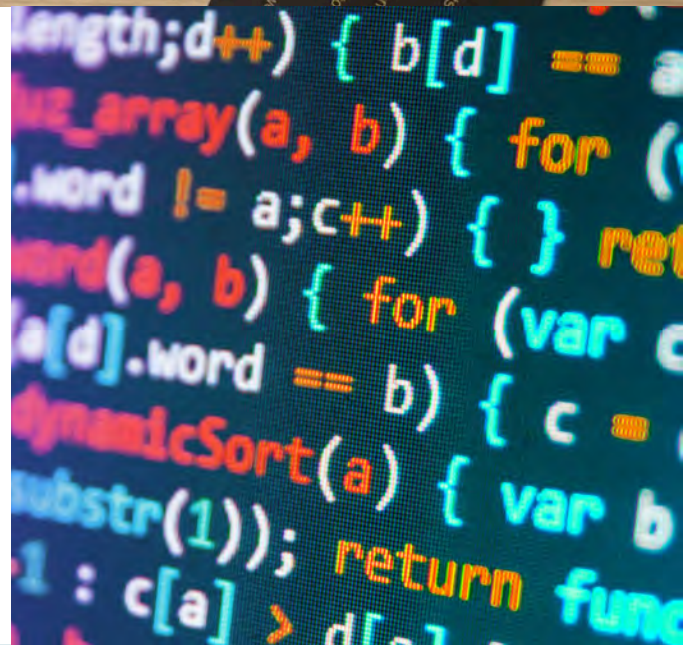
## STEM PROGRAMMING

Thanks to the support of Booz Allen Hamilton, we were able to start a STEM program at Pearl Haven utilizing the WOZ Ed Curriculum. Fourteen youth have participated in the 12-week block program, starting in October 2023 to February 2024.

This year, Pearl Haven was excited to introduce STEM into our academic programming. The youth first started with animation creation using the Stop Motion Studio Pro app.

They were able to learn about all the different facets of animation including the creation of flipbooks, stop motion, claymation, and pixilation. The youth were also able to build on their communication skills when presenting their completed animation projects during the student showcase event.

The youth are ready to begin their next STEM project with a focus on robotics coding in May 2024.



## QUOTES/ SURVEY RESULTS

“

*Our imaginations actually got brought to life and to be heard and seen.*

*I got to play with clay and do something I wouldn't normally do.*

*For me, I actually got to make art that was not on paper. I got to hold the shapes I see in my head and be able to hold them in my hand.”*

- Pearl Haven Youth

”







## WAVE ALLIANCE SURF THERAPY

“ *Being in the ocean allows me to feel closer to nature and it's really calming.* ”

- Pearl Haven Youth

Due to the generosity of the MacNamerra Foundation, we are able to provide our youth with weekly surf therapy. During the past year, our youth spent 524 hours engaging in surf therapy.

Our evidence-based surf therapy program is designed to provide youth with the opportunity to have vital experiences which meet their psychological, developmental and well-being needs by:

- Providing access to caring adults and a supportive peer group,
- Building a positive self-concept by independently mastering difficult new tasks such as surfing and meditation, and
- Offering respite from the stress caused by the adversity they experience daily.

“ *Love starting the week off in the ocean, it helps me reset for the week.* ”  
- Pearl Haven Youth

Through these activities, our youth learn important social skills, have time to be reflective on their goals and set intentions and importantly, get the opportunity to play in the ocean. While the majority of the programming is structured, each pillar in the program includes time for free play to encourage positive childhood experiences, a powerful tool in helping youth reclaim childhood and heal from trauma. As many of us know, the water of the ocean has many healing properties and spending time in the water creates an opportunity for restorative practices and time to heal from the inside out.



## TRAUMA COUNSELING

Pearl Haven offered trauma integrated counseling services that promote healing and growth.

The services include Individual counseling and family counseling.

**1,008 hours**

of individual counseling

**408 hours**

of family counseling

## SPECIALIZED TREATMENT GROUPS

that focus on the youth's immediate needs for unique and relevant services:

**SUBSTANCE USE GROUP 236 hours**

**GRIEF & LOSS GROUP 228 hours**

**DIALECTICAL  
BEHAVIORAL THERAPY  
(DBT) 384 hours**

**TEEN RELATIONSHIPS 600 hours**

**NURTURE GROUPS 428 hours**

## SUBSTANCE USE GROUP

This group is designed to be a supportive learning space where the youth can develop skills, supportive coping strategies, improve communication skills and build self-confidence. This group works to encourage our youth to build relapse prevention skills to encourage long term sobriety. Research shows that group therapy is highly effective for youth who are in the early stages of addiction recovery.

## GRIEF LOSS GROUP

This group uses evidence-based trauma focused cognitive behavioral therapy (TF-CBT). This psychoeducational and process group focuses on helping youth process complex grief they may be experiencing over losses they have experienced over time. The activities help youth learn healthy coping skills for working through difficult emotions and learning about the cycle of grief.

## DIALECTICAL BEHAVIORAL THERAPY (DBT)

DBT is an effective treatment for teens who experience significant anxiety, depression, self-harming, suicidal ideation, social skills issues and other concerns related to mood and relationships. DBT group incorporates both counseling and skills training to help our youth with skills such as: mindfulness, validation, behavior change, learning to walk the middle path and acceptance of what was and what can be.

## TEEN RELATIONSHIPS

This group incorporates counseling and psychoeducation about healthy choices, boundaries, self-esteem, healthy attachment and conflict resolution topics. The youth complete interactive activities such as role playing, reflective worksheets, games and process circles with the focus on practicing healthy relationship skills and providing and receiving feedback in a safe space.

## NURTURE GROUPS

Nurture groups are derived from our Trust-Based Relational Intervention (TBRI) training and is focused on helping youth with complex trauma develop health and trusting attachment and relationships. The youth are engaged through playful activities that become more structured over time as the youth feels safe in the program. The youth are learning through psychoeducation and counseling how to manage feelings and to understand the needs they have in order to communicate them in a safe manner.

## POSITIVE SKILL & DEVELOPMENT GROUPS

This is a powerful set of groups that help our youth learn pro-social skills that will help them with school, employment, relationships and self-awareness.

**3,408 hours**

“ Learning how to control my anger so that I can do the things I want to do was really important to me. I learned that anger is natural and I have a choice to not act on the anger. ”

- Pearl Haven Youth



## HÖKŪ GROUP RESILIENCY PROGRAM

# 1,008 hours

spent in program at Pearl Haven

The Hōkū Group Services Program provides weekly group sessions at Pearl Haven that offer a unique blend of skills, knowledge, and connection in a safe space. It caters specifically to youth who may have multiple risk factors and vulnerabilities and have been identified as victims of exploitation. Importantly, Hōkū provides a sense of continuity for youth who often move between facilities, as they navigate a space to heal.

Hōkū groups provide youth opportunities to express and process their thoughts and emotions. Sessions are designed to be fun and engaging, to empower and build resilience. We aim always to support youth where they're "at" – however they're feeling, in whatever situation they find themselves. These factors are paramount in the recovery of trauma survivors.

Sessions include psychoeducational activities focused on:

- **Increasing self-worth**
- **Developing emotional and physical safety**
- **Exploring one's identity and purpose**
- **Life Skills**
- **Gaining knowledge to better oneself**
- **Promoting self-empowerment**

## HÖKŪ *Impact Stories*

---

At the close of Hōkū groups, students write words of encouragement to one another.

**One student keeps these notes in her journal and, when feeling down, looks at them as a reminder of all the great things she is.**

In a lesson around self-care and coping skills, students had the opportunity to utilize painting as a practice.

**One student shared that painting has now become her new hobby.**

One Hōkū group focused on self-identity and recognizing how society can affect how we see and present ourselves. The activity was to create an individual mask - what they show to others, whether as a means of protection or to fit in.

**One student recognized that her "mask" is unique and special, and that it okay to be that way.**

Students have expressed on several occasions that they appreciate that their voice and choice is respected in a group, and that they can always advocate for themselves in the space.



## COCONUT WIRELESS GROUP

### *Prevention Education, Empowerment, and Resilience (PEER) Groups*

“Coconut Wireless” is a term used in Hawai‘i that refers to exchanging information through unofficial and informal channels. In Coconut Wireless, we separate facts from myths, shed light on the reality of sex trafficking in Hawai‘i, and empower youth at Pearl Haven with knowledge and skills, thereby reframing the conversations that happen in their communities. We intend to feed forward the right information so it will continue to perpetuate through Coconut Wireless.

The purpose of the curriculum is to educate youth about commercial sexual exploitation in a trauma-responsive way and provide tools and activities to empower them to make healthy and safe choices. Participants will learn what commercial sexual exploitation is, how it happens, and tangible ways they can remain safe and prevent themselves from unknowingly becoming victims of exploitation.

Lessons are built in such a way that intentionally and carefully engages group participants in conversations about commercial sexual exploitation without requiring youth to disclose their personal experiences to the group. All lessons incorporate ways that participants can cultivate their protective factors against exploitation. Discussions build upon what youth may already know and understand from their experiences and current influences impacting their daily lives. Lessons include topics such as:

- **CSEC terminology & terminology found in “The Life”**
- **CSEC-related laws & age of consent**
- **Online safety & laws that protect us**
- **Normalization, sexualization & objectification in entertainment & advertising industries**
- **Risk Factors & Protective Factors**
- **Recruitment Tactics**
- **Healthy Relationships**

## 356 hours

spent in program at Pearl Haven

### COCONUT WIRELESS *Impact Stories*

Students have advocated in multiple cohorts that this curriculum needs to be taught in schools and that they should have had these conversations a long time ago.

With new knowledge around the subject, students disclose new or more detailed information about their experiences, utilizing support from their peers and therapists. Several students were also able to recognize and verbalize that they have been victims of trafficking or exploitation.

Students have expressed feeling empowered by these conversations. They can identify their protective factors, recognize their strengths, and know the laws that protect them.

Students may enter the curriculum with a mindset of shame and guilt over their personal experiences and leave with a sense of love and empathy for themselves and their peers.

#### **WHY IS THIS A GAME-CHANGER?**

There is no prevention curriculum like this in the State of Hawaii.

#### **Youth WANT to have these conversations.**

Education and knowledge are empowering and beneficial to one’s healing.

#### **Empirical evidence around sex trafficked youth is based predominantly outside Hawaii.**

This curriculum (and the research behind it) hopes to spearhead future impacts on the prevention of the issue.



## STARFISH MENTORING PROGRAM

The Starfish Mentoring program provides youth at Pearl Haven with **1:1 mentoring**.

The program aims to create new, healthy connections through mentorship to guide mentees toward self-efficacy and empowered living.

**The long term goal is to provide a critical piece of the continuum of care in order to reduce victimization/revictimization and support healthy social reintegration.**

The framework for the Starfish Mentoring Program is supported by nationally recognized research which shows that one-to-one mentoring for 2-4 hours a week results in:

- **Decreases in experiences of sexual assault and positive beliefs about commercial sex**
- **Increases in educational aspirations, self-efficacy, and employment attitudes**



“ We have seen them grow and be excited about spending time with their mentor. Going to the beach and taking a breather and getting a meal has shown to give the youth the connection that expands their support system. Some of the activities that they have been a part of include jet skiing and hiking in the beautiful trails. Animals continue to be a favorite of the youth at Pearl Haven. Sometimes the mentor and youth go visit the Ark. We are so grateful for the opportunity to have our animals on campus. ”

“ I feel like I have a voice in this program and I feel like I am heard. ”  
- Pearl Haven Youth



## PEARL HAVEN YOUTH COUNCIL

*Empowering with Voice + Choice*

Pearl Haven’s Youth Council provides youth-based leadership on campus through elected youth representatives. The student body elect Youth Council officers, each semester, meets weekly with their volunteer supervisor and host, monthly meetings with site leadership to discuss initiatives, events, and site activities plan for the month. During the monthly meetings with the Program Director and site leadership, youth council officers may also discuss program developments, improvements, and concerns. Youth may provide feedback to their youth council, officers, verbally, or in writing, and their concerns/input will then be brought to the weekly and monthly council meetings for discussion. Youth Council is also in rotation to host the weekly meetings for campus assembly to allow youth to provide leadership and plan fun activities, and recognitions for their peers. Regular youth council meetings ensure youth have a voice in programming and decision-making and make the youth feel empowered. Youth Council members have expressed that Youth Council helps make them feel part of program decision-making processes alongside Pearl Haven leadership.

“ I am given the ability to problem solve and come up with solutions I would like to see. I can talk to the management team in the Council meeting. ”  
- Pearl Haven Youth

## OUTINGS & EDUCATIONAL EXPERIENCES



## WONDERFULLY MADE EMPOWERMENT WORKSHOP

JANUARY 2023

This workshop was focused on helping youth understand their value and worth.

## FOURTH OF JULY 2023

The youth went to Turtle Bay to watch the fireworks on the beach. Turtle Bay and Lei Lei's Restaurant was generous in donating space, drinks and food for our youth. Turtle Bay even gave them gift bags with fun items to take home with them.

It was a bright spot in their month and gave them the ability to have a normalized and positive childhood experience.

One youth shared, "The fireworks were so close it felt like I could touch them."



## WHALE & SHARK WATCHING TOUR

This experience was donated by One Ocean Diving. It is important because it is an educational organization and the youth learned about the ocean, the animals living in the ocean, and gained knowledge about migratory patterns of whales and sharks. Trained marine biologists provided the education.

## VOLUNTEERISM

The youth participated in a volunteering event promoting cultural awareness and involvement at the Hawai'i Waiahole kalo patches.

The girls were able to work the fields by tending to the kalo plants weeding the farms and harvesting the kalo. They were able to bring kalo back to Pearl Haven to make poi.







## HOLIDAY COMMUNITY ENGAGEMENT

The youth went to the ARC a non-profit organization that works with adults with intellectual disabilities. While visiting with the residents, the youth did Christmas caroling with Kapena and delivered holiday cookies they had made at Pearl Haven.

The youth reported that they loved the interaction and having the ability to interact with people. One youth shared, “I saw people with issues that are different than mine smiling and having a good time and it reminded me there is always a reason to smile.”



## ‘IOLANI PALACE VISIT

The youth went to ‘Iolani Palace, the royal residence of the rulers of the kingdom of Hawaii. ‘Iolani Palace represents a time in Hawaiian history when King Kalākaua and his sister and successor, Queen Lili‘uokalani, walked the halls and ruled the Hawaiian Kingdom.

The youth were able to gain a deeper understanding of the history of Hawaii and to see how the last ruling monarch of Hawaii lived. The youth were especially interested in the gowns and dresses on display.



## GOVERNOR VISIT

The youth visited the governor’s executive chamber in the Hawaii state capital with the governor and his wife.

The youth had the opportunity to learn about the process and the place where important issues around laws, regulations are discussed and made.

They got to interview the Governor about his history, what motivated him, and what his plans are to help girls like them.



# Sex Trafficking and Exploitation in Hawai'i

## The sex trafficking and sexual exploitation of youth and young adults happen daily across our state.

Did you know in Hawai'i:

- The national average of the first sexual exploitation is **14 years old.**
- The average age of the first sexual exploitation in Hawai'i is **11 years old.**
- The average age of the first sexual exploitation on Hawai'i Island is **8 years old.**
- **64%** of sex trafficking victims have identified as being all or part Native Hawaiian.



## It's not a Myth, but an Issue



- **3 out of 4 victims** knew their trafficker (Family, friend, or boyfriend).
- **69%** of sex trafficking victims reported experiencing homelessness.
- **More than 60%** of sex trafficking survivors reported a history of being in foster care.
- **75%** are female, **13%** male, and **2%** other.
- **1 out of 3** reported technology had been used as part of their experience.

## Who are these youth?

Who is vulnerable to sex trafficking and exploitation?



Sex trafficking and exploitation impacts **ALL** demographics.

Below are the **most highly** vulnerable:



Homeless, runaway



LGBTQ Youth



Youth with a history of child abuse, neglect, and maltreatment.



Youth with a history of systems involvement.  
Foster care, juvenile justice, child welfare.



Substance use and addiction.



Mental health challenges.



Cognitive Physical Disabilities.

# Donate Today and Continue Making a Difference

Ho'ola Nā Pua relies on the support of generous donors that allow our team to continue raising awareness and providing critical programs and services to the community. Our organization is funded by 90% of private donors, and 83% of the annual funds raised are reinvested into community programs. We need your help to continue shining the light and fighting for the prevention of sex trafficking and exploitation of our keiki. Below are some ways that you can donate today!



## Annual Signature Event

Denim & Diamonds is the premier fundraising event of Ho'ola Nā Pua allowing us to perpetuate our mission and fund essential programming.

## Champion of Hope

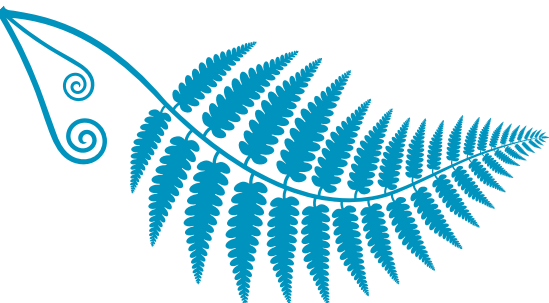
These gifts are unrestricted gifts of support dedicated to our programs to ensure we can continue serving our community through education, awareness, and care for our vulnerable keiki.

## Pearl Society

Be part of a network of individuals that come together and stand up against sex trafficking and exploitation of our keiki.

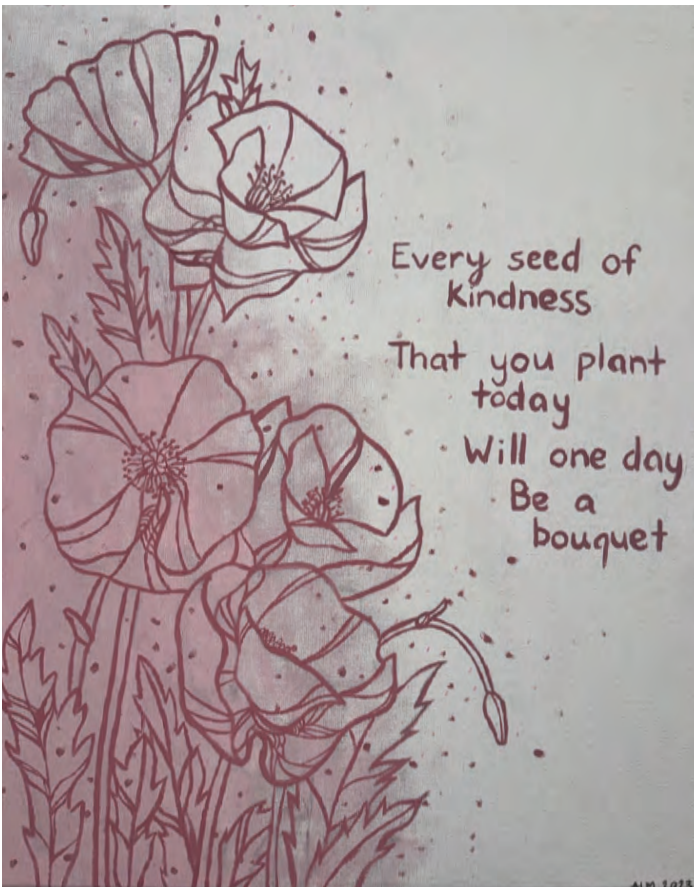
## Matching Gift \$10,000-\$50,000

Throughout the year, we look for donors to partner with us to encourage the community to participate in our campaigns.



# Make a Donation

or contact our Development Team at [info@hoolanapua.org](mailto:info@hoolanapua.org)



Ho'ōla Nā Pua (HNP) is a 501(c)(3) non profit organization.  
FEIN 46-5139164 | AUW #80370 | CFC #26421