



**Representative
Lauren
Matsumoto
Serving You in District 45**

Aloha Friends and Neighbors!

Today at the Capitol, we passed two bills relating to mental health; House Bill 330, House Draft 1, Senate Draft 1, Conference Draft 1 appropriates moneys for youth suicide early intervention, prevention, and education initiatives; House Bill 655, House Draft, 1 Senate Draft 1 Designates the month of September of each year as Suicide Prevention and Awareness Month. The Center for Disease Control and Prevention reported 45,000 deaths to suicide in 2016. In Hawaii, the number of suicides has increased by 30% since 1999. Suicide is often the result of mental illness and it affects so many in our community. Every two days, one person in Hawaii falls victim to suicide, the leading cause of fatal injury deaths in the State.

At least 15.5% of adults in Hawaii struggle with a mental illness according to the State of Mental Health in America. Mental illness affects our families, our friends, and our neighbors. Although this issue has wide a spread impact on our communities and affects so many that we know and love, 67.5% of adults who have a mental illness do not receive any treatment for them. I want to discuss some of the resources that are available to those who are struggling with a mental illness.

Like any physical illness, some mental illnesses are hereditary, and others develop due to different traumas that we may experience. In the same way, mental illnesses need to be treated by doctors and often require medicine just as physical illnesses do. There are so many resources available for those who need help to receive treatment, afford treatment, and get connected to resources that will help them to manage their symptoms.

Samaritan Counseling Center offers individual and family counseling, home visits, and community workshops. They accept most health insurance plans and offer a sliding scale fees for clients who are uninsured. To get more information you can call 808-545-2740 or email info@samaritanhawaii.org.

PACT (Parents and Children Together) offers multisystemic therapy with a home-based model which provides support in your community as well as functional family therapy which is intensive ongoing support for families who have children struggling with behavioral issues. To get more information you can call 808-843-2069.

Hoola Na Pua partners with Catholic Charities for children and families who are survivors of sexual abuse. They offer individual, group, and family

counseling. They also assess for risk of sex trafficking and provide treatment plans. To get more information you can call 808-681-1546.

In the event of a mental health crisis anyone can text the word ALOHA to 741741 to speak anonymously with a crisis counselor 24/7. To receive immediate assistance including transportation to the licensed crisis residential shelter on Oahu and medical response if needed call 808-832-3100.

Our community is stronger together than we can ever be alone. If you or someone you know are struggling with a mental illness please do not hesitate to reach out to my office. It's always okay to ask for help. Reach out to your friends, family, neighbors, or any of the incredible organizations that exist to help those who have a mental illness. There is never any shame in asking for help. Helping each other is the purpose of community.

As always, please feel free to contact me if you have any questions or concerns about happenings in our community. Call my office at (808) 586-9490, email me at RepMatsumoto@capitol.hawaii.gov, or visit RepMatsumoto.com.