

# OVERVIEW OF THE AHUPUA'A MODEL FOR CULTURAL HEALING



Papa Ola Lokahi  
Nana I Ka Pono Na Ma





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Program Coordinator  
Substance Use & Mental Health  
'Ohana Center of Excellence for AANHPI  
Behavioral Health





**LEWA**  
(sky)

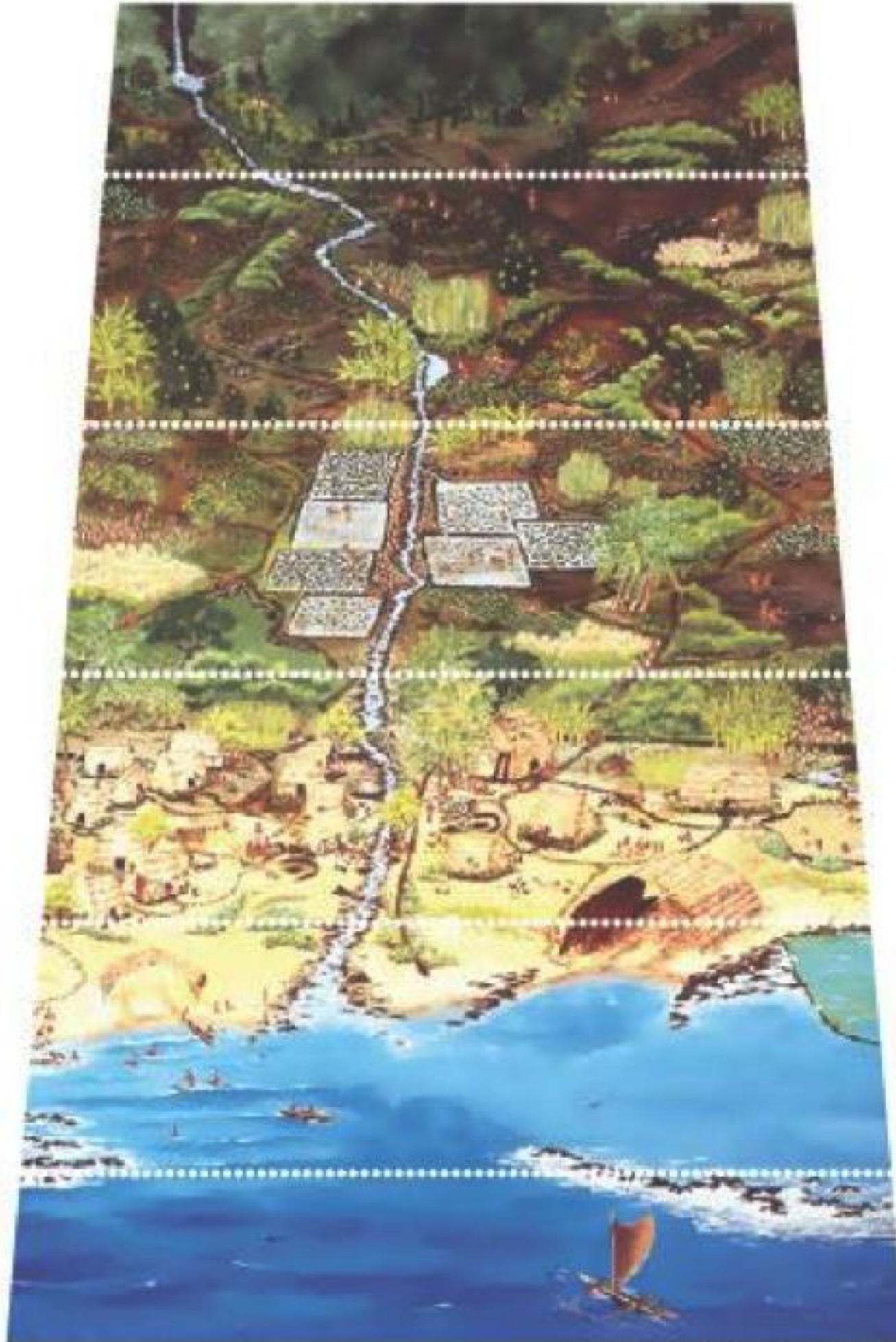
**WAO**  
(forest)

**KULA**  
(plain)

**KAHAWAI**  
(stream)

**KAHAKAI**  
(shore)

**MOANA**  
(ocean)



PAINTING COURTESY KAMEHAMEHA SCHOOLS

**MALA**  
(gardens)

**KAUHALE**  
(dwelling)

**LO'I KALO**  
(taro fields)

**KAUHALE**  
(dwelling)

**LOKO I'A**  
(fishponds)

## PARTICIPANTS WILL:

- LEARN ABOUT THE AHUPUA'A MODEL FOR CULTURAL HEALING DEVELOPED BY PAPA OLA LOKAHI
- DISCUSS WAYS THE MODEL CAN BE APPLIED TO THE SELF, 'OHANA, KAIAULU (COMMUNITY), AS WELL AS LARGER CARE SYSTEMS IN HAWAII.
- PROVIDE THEIR LENS OF HOW THIS MODEL RESONATES AND APPLIES IN THEIR OWN, EVERYDAY LIFE.

("MAKAMALUOHONAOKALANI" ARTWORK BY MARILYN KAHALEWAI)



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# FRAMEWORK FOR THE HAWAIIAN PERSPECTIVE

SOURCE: RICHARD "LIKEKE" PAGLINAWAN

AKUA/NĀ AUMĀKUA  
(HIGHER POWER, SPIRITUAL GUARDIANS)

MACRO LEVEL  
(WORLD VIEW)

LŌKAHI/PONO  
(UNITY,  
HARMONY,  
BALANCE)

KĀNAKA  
(PEOPLE)

ʻĀINA, MOANA, LANI  
(NATURAL ENVIRONMENT)

ʻUHAŊE  
(SPIRIT)

MICRO LEVEL  
(INDIVIDUAL VIEW)

LŌKAHI/PONO  
(UNITY,  
HARMONY,  
BALANCE)

MANA ʻO, NA ʻAU  
(MIND, GUT FEELING)

KINO (BODY)



# I KA WĀ MA MUA, I KA WĀ MA HOPE

PRIOR TO EUROPEAN CONTACT, NATIVE HAWAIIANS  
UNDERSTOOD THAT HEALTH MUST INCLUDE BALANCE BETWEEN

- MIND
  - BODY
  - SPIRIT
  - INDIVIDUAL/FAMILY /COMMUNITY
  - ENVIRONMENT
  - SPIRITUALITY
- =MAULIOLA

## WESTERN INFLUENCE & COLONIZATION



= IMBALANCE, SHIFTED PARADIGMS,  
CULTURAL/HISTORICAL/INTERGENERATIONAL  
TRAUMA, HEALTH DISPARITIES

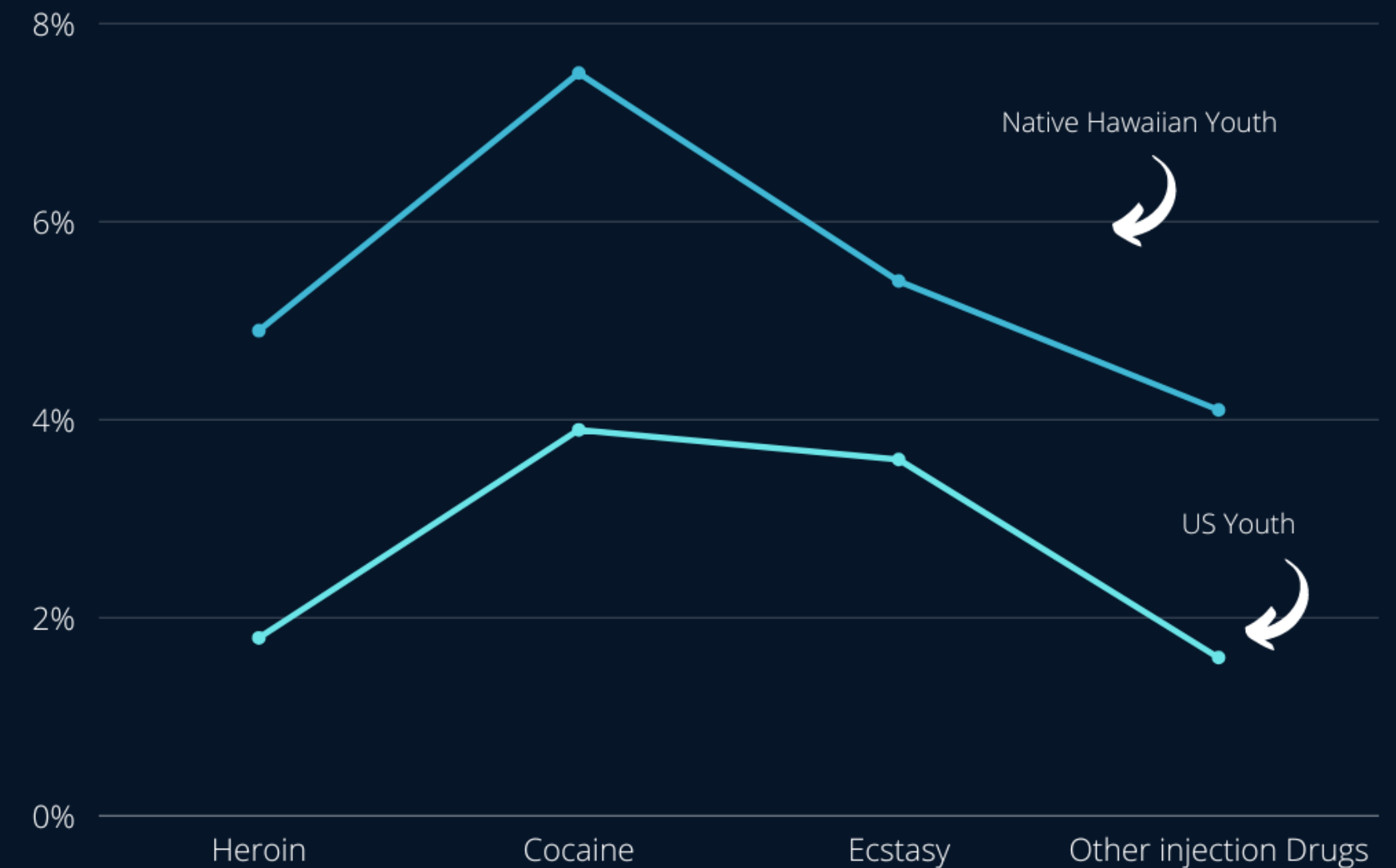


# Today - Manifests in Youth

Native Hawaiian youth (grades 9 – 12) have shown higher rates of ever having used

- Heroin (NH 4.9%) - (US 1.8%)
- Cocaine (NH 7.5%) - (US 3.9%)
- Ecstasy (NH 5.4%) - (US 3.6%)
- Other Injection Drugs (NH 4.1%) - (US 1.6%)

LIFETIME RATES OF NATIVE HAWAIIAN YOUTH IN HAWAII COMPARED TO OVERALL US YOUTH FROM THE 2019 YOUTH RISK BEHAVIOR SURVEY - EVER HAVING USED





# Manifests as Mental Health & Substance Use

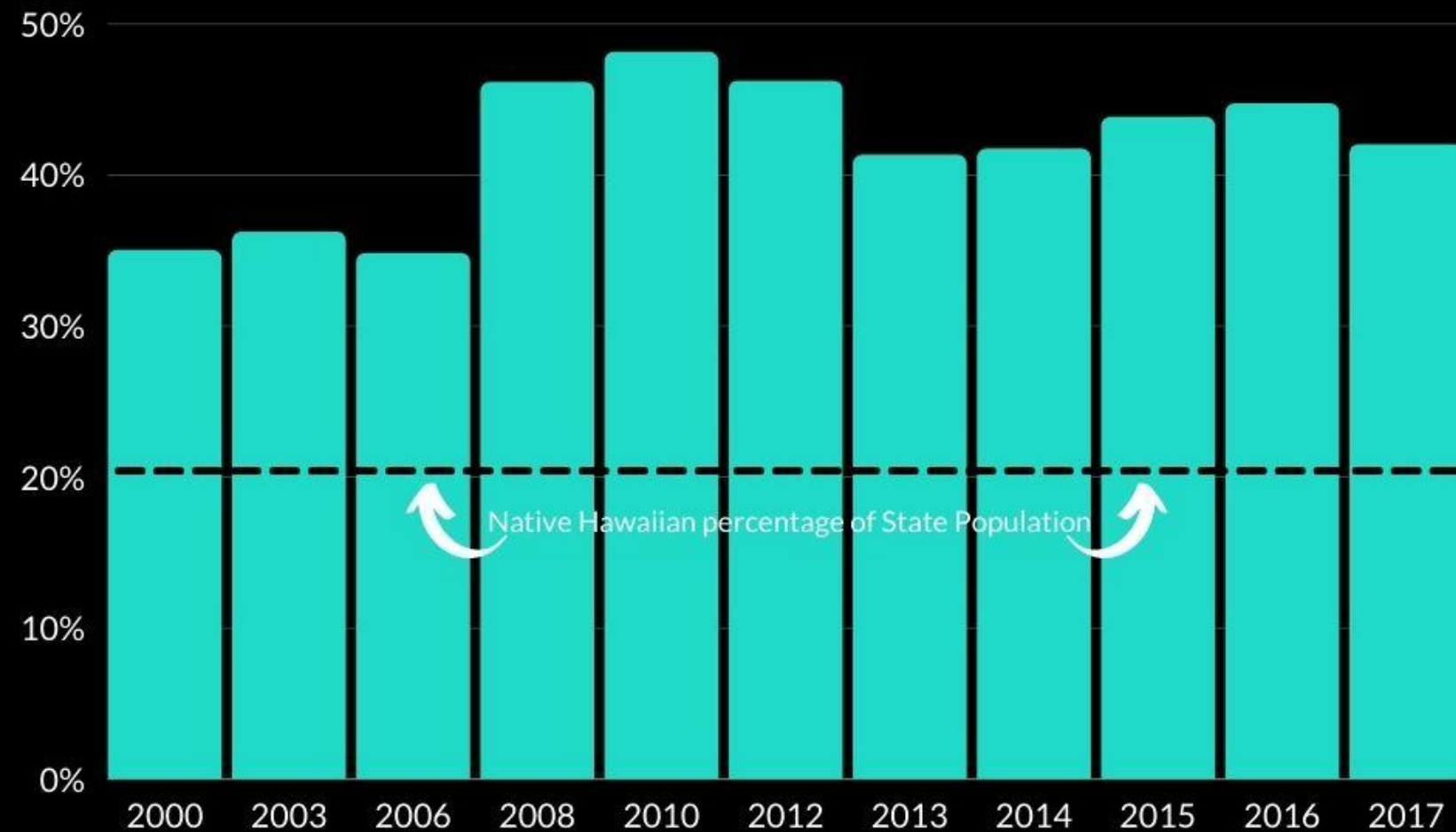
NH consistently overrepresented in Addiction treatment for over 2 decades

Highest incidences of behavioral health problems: Depression, anxiety, suicide, substance use, family adversity, adverse childhood experiences, trauma, and serious psychological distress

Higher prevalence of depression (13%) than the state's overall population (8%).

Suicide rate among NHs ages 15-44 is the highest compared to all of Hawai'i's major ethnic groups.

2000 - 2017  
NATIVE HAWAIIANS  
IN ADAD TREATMENT SERVICES



HAWAII STATE DEPARTMENT OF HEALTH, ALCOHOL AND DRUG ABUSE DIVISION





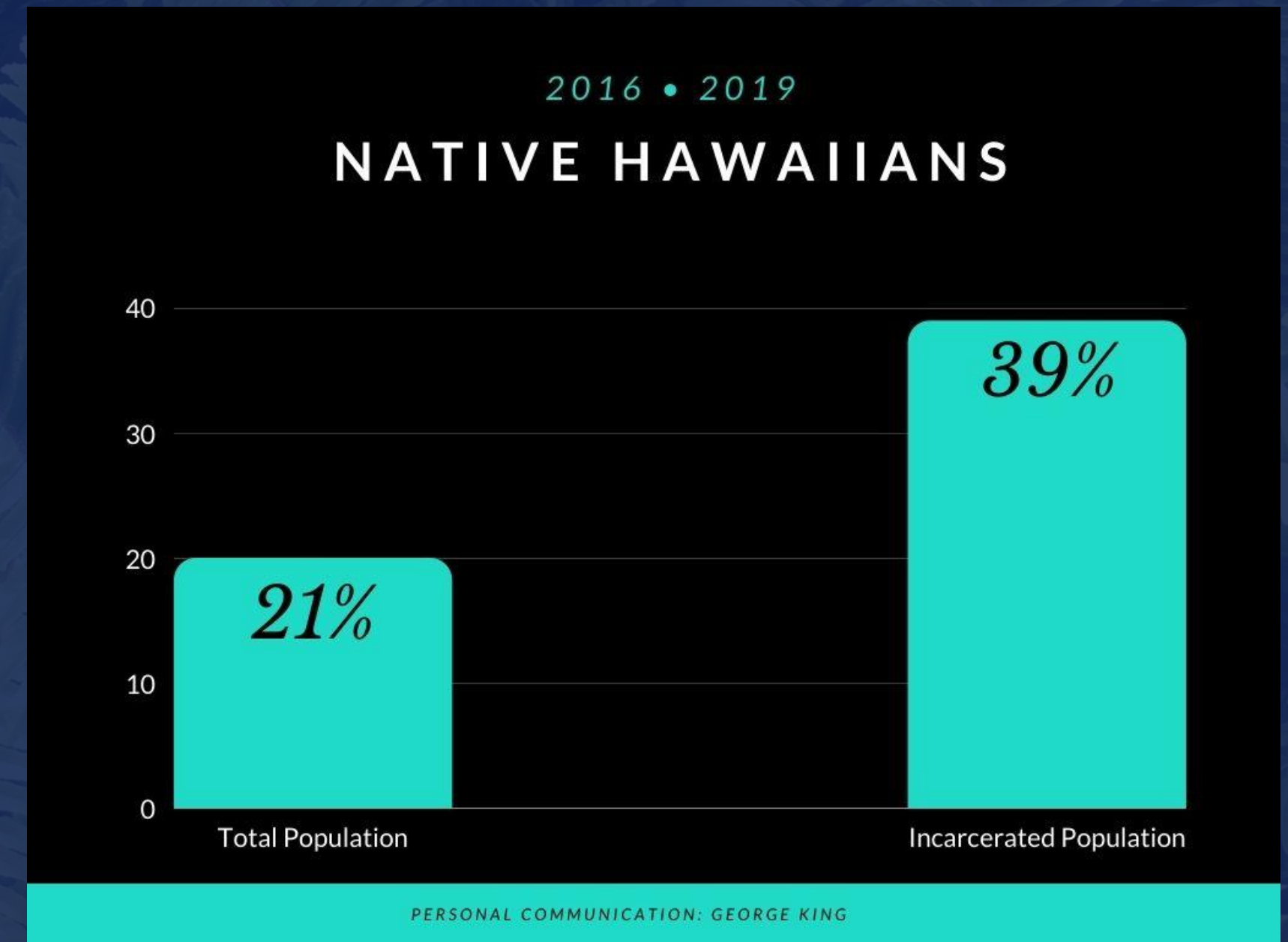
# Manifests as Mental Health & Substance Use

NH 20% of State Population

- 39% - 80% of those incarcerated or accessing reentry services

30% - 40% of Native Hawaiian admissions to ADAD treatment were referred via the criminal justice system

48% indicated methamphetamine addiction as their primary substance of issue





# 'Imi Ke Ola Mau

*In order for Kanaka Maoli to heal...*

"We need a sense of self, retrieved from our past through ancestors, present through purpose, and future through descendants. We need the resiliency and protection our culture provides, in order to prevent relapse and redefine ourselves away from pathological diagnoses"



*We need the resiliency and protection that culture provides through...  
language, traditions,  
ceremonies, ancestral  
knowledge*



*Native Hawaiians need not  
become Western to heal*

"We need a sense of place to anchor values and balance life. Beyond Western practices, Native Hawaiians need to care for the aina, which they understand to deeply care for them"



# Papa Ola Lōkahi



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# HISTORICAL & CULTURAL TRAUMA

HISTORICAL AND CULTURAL TRAUMA AFFECT MULTIPLE GENERATIONS AND ARE LINKED TO NATIVE HAWAIIAN HEALTH DISPARITIES.

CULTURAL TRAUMA - "THE LOSS OF IDENTITY AND MEANING THAT NEGATIVELY AFFECTS GROUP CONSCIOUSNESS. IT MARKS AND CHANGES THEM IN FUNDAMENTAL AND IRREVERSIBLE WAYS, OFTEN RESULTING IN THE LOSS OF LANGUAGE, LIFESTYLES, AND VALUES."

THE REMEDY FOR CULTURAL TRAUMA IS CULTURAL RECLAMATION.

HISTORICAL TRAUMA - PSYCHOSOCIAL TRAUMA EXPERIENCED BY INDIGENOUS GROUPS AS A RESULT OF COLONIZATION, WAR, GENOCIDE, OR CULTURAL, SOCIAL, AND POLITICAL SUBJUGATION.



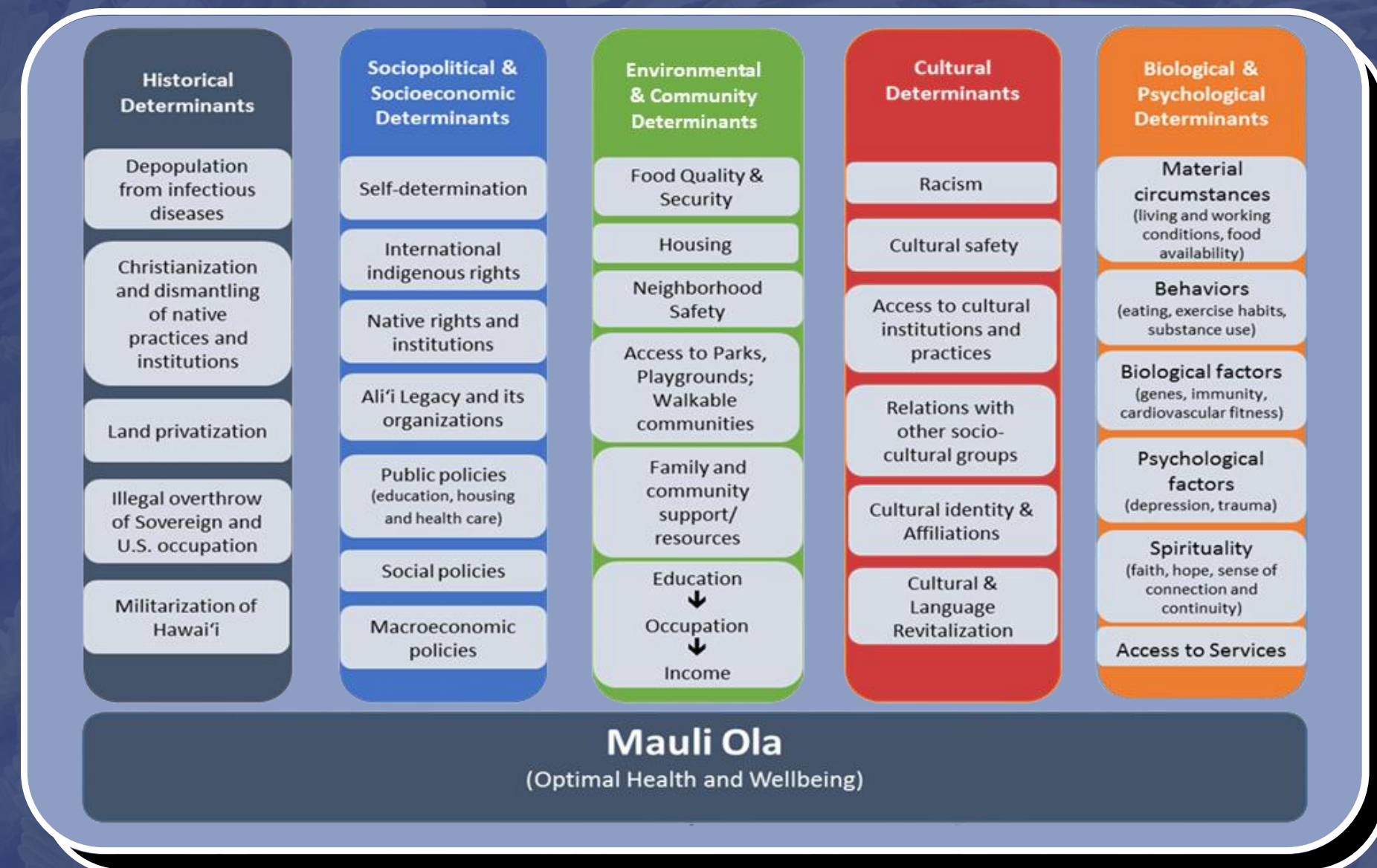
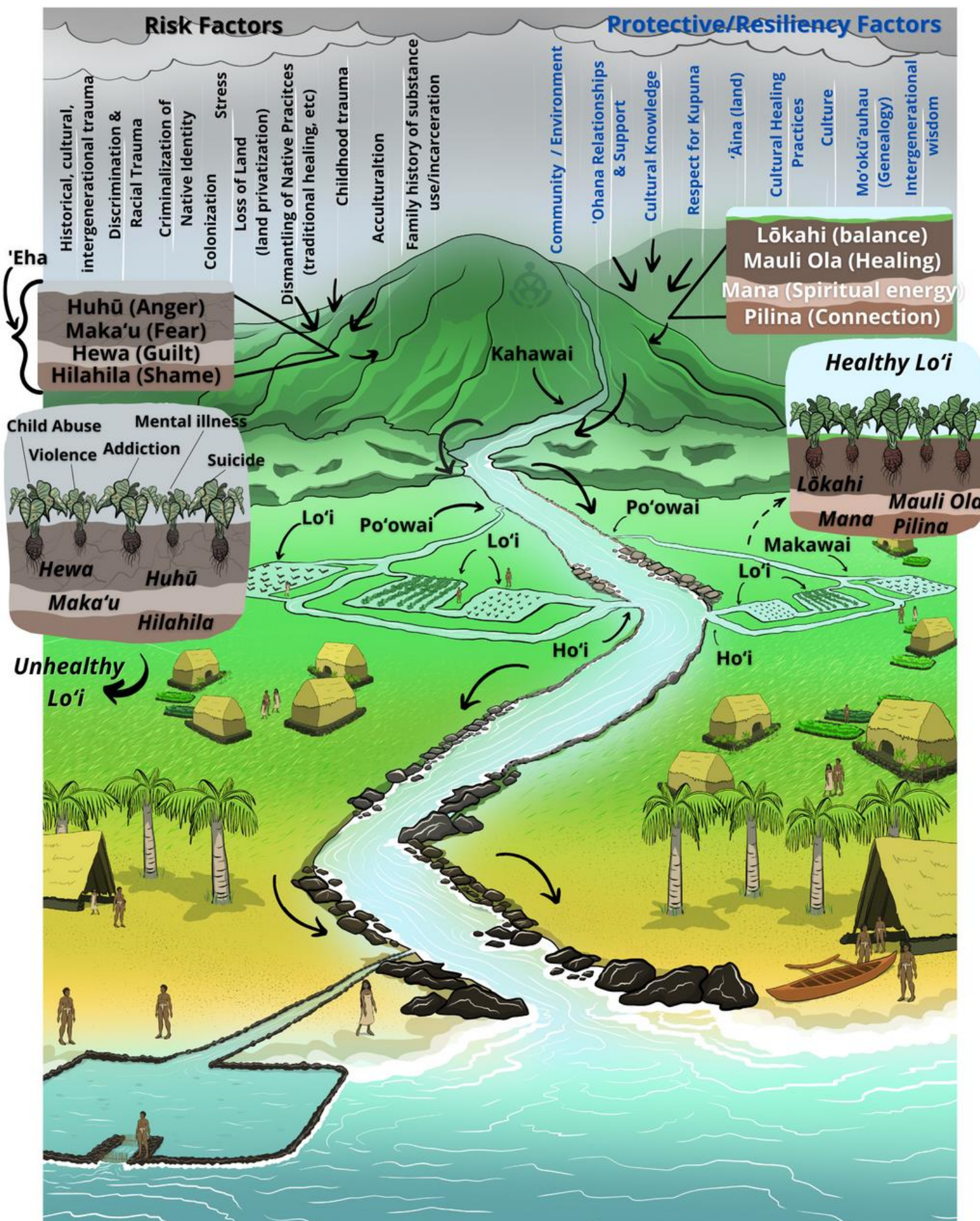


# AHUPUA / A MODEL

INFLUENCED BY WHITE BISON & HEALING FOREST, DR. KEAWE KAHOLOKULA'S  
SOCIAL & CULTURAL DETERMINANTS OF HEALTH

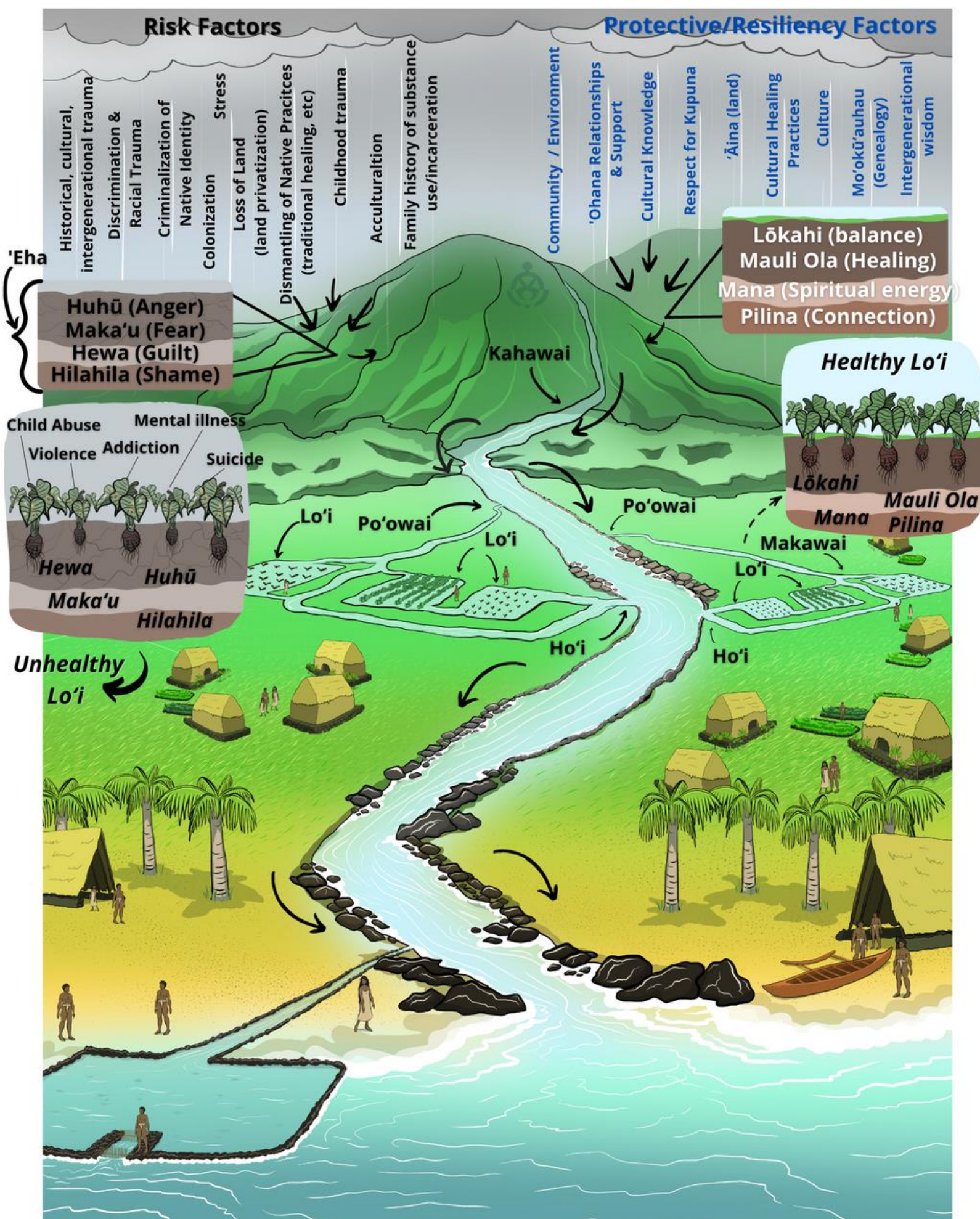
ARTIST: KIMO AKA

- INTERCONNECTED SYSTEMS
- EACH SYSTEM MUST BE HEALTHY FOR ALL TO FLOURISH
- WATER CYCLE
- INTERGENERATIONAL
- COLLECTIVE



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**Please Visit Our  
Website for  
Resources**



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# He mau nīnau? Questions?

# Mahalo

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# AANHPI 'Ohana Center of Excellence 'OHANA

CENTER OF EXCELLENCE



Empowerment, education, and support  
Behavioral health resources, support, training  
Serving Asian American, Native Hawaiian, and Pacific Islander communities



The AANHPI 'Ohana Center of Excellence is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is coordinated by the Hawai'i State Department of Health in partnership with California State University – East Bay, Papa Ola Lōkahi, the Native Hawaiian & Pacific Islander Hawaii Response, Recovery & Resilience Team, and San José State University.



CAL STATE  
**EAST BAY**



**NHPIER**

**SJSU** SAN JOSÉ STATE  
UNIVERSITY

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

[aanhpi-ohana.org](http://aanhpi-ohana.org)



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Request training and technical assistance

Find resources for behavioral health



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