

THE BACK PAGE

"We are the keiki 'o ka 'aina o Hawai'i nei. Rainbow children of our special island home. We need the whole island village... to help each of us grow. So that we can malama (care) in the future... the next generation of keiki, yet to enfold".

Aunty Kalani Ho'omalu

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Mahalo! The 1st Annual Family Resource Fair... presented by MFSS and Co-sponsored by the County of Maui, was a heart warming success due to the following members of our community, MFSS staff, and the families attending. Thank you all!

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Calendar of Events

Ooka's Baby Fair Fundraiser:

July 19.....9 am - 2 pm
Family Days: 10 am - 2 pm
July 20.....Lahaina
August 24.....Upcountry
September 21.....Kihei

Stingrays Ballgame:

Fundraiser October 15.....3 pm



A Maui United Way Member Agency

MUW's Pacesetter Fund Drive is currently in full swing. Remember any contribution you make can be designated to MFSS!



Maui Family Support Services, Inc.
333 Dairy Road, Suite 201
Kahului, HI 96732

Caring About Families and Our Community

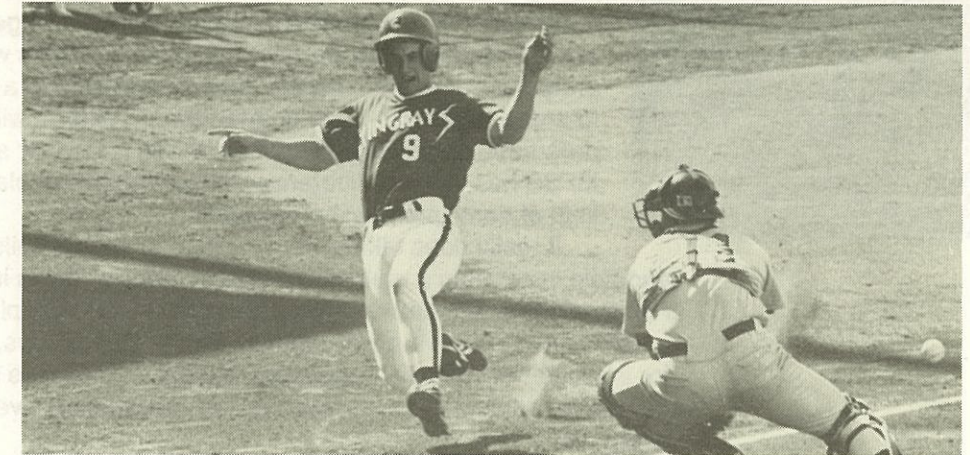


Family MATTERS

Maui Family Support Services, Inc.

Summer, 1995

Issues concerning families with young children



Craig Counsell from the Colorado Rockies Organization playing for Maui Stingrays.

Make a Home Run For MFSS!

by Sandi Stoner

- ☆ How should we celebrate MFSS 15th Anniversary this October?
- ☆ How do we increase public awareness of MFSS?
- ☆ How do we raise \$10,000 in additional funds?

There's one big answer! **A Maui Stingrays baseball game!** And it will be a Fun, Fun, Fundraiser for everyone. MFSS will handle all ticket sales for the **Maui Stingray vs. Hilo Stars** game on Sunday, October 15th. Aside from season ticket holders, MFSS plans to sell out the 2,000 seat War Memorial Stadium. Ticket prices are \$5 general and \$6 reserved. Join us in making this a great Fundraiser and Celebration. **See you there! Sunday, Oct. 15 at 3 pm. See the reservation flyer in this issue!**

Premier Edition

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Resource Fair Mahalo

Family Graduation

The MFSS First Annual Graduation Ceremony was held June 22 at the Waikapu Community Center. The celebration was in honor of families who have been with the Healthy Start program from the birth of a child until that child is 5 years old. Invitations went to 100 families completing the Program. Graduation certificates were awarded along with leis and toys.

Congratulations to these families. They are to be admired for working to be the best parent they can be and giving their children the healthiest start possible. ♦

Healthy Start On Lanai

MFSS is now offering the nationally recognized Healthy Start Program to pregnant women and families of newborns on Lanai. This program is dedicated to helping families effectively parent their children by providing extra support for overburdened families of newborns through long term intensive home visiting services.

Pregnant women can also receive health education, support and access to prenatal care through the MFSS Perinatal Support Program which promotes healthy pregnancy outcomes. *Continued on page 2*

LOCAL VOICES



Partnership with the Future by Bettye S. Williams

Congratulations! This word pays fitting tribute to MFSS's debut issue of the Family Matters newsletter and our 15th year of service. We are pleased to be thriving and up for the continuing challenge of helping create strong families. Our thanks to many helping hands who have embraced the essence of the proverb, "it takes a whole village to raise a child". In our island village, we work to create communities which nurture and protect children and families, thus contributing to a healthier, brighter future for all of us. Each quarter, the newsletter will inform you of MFSS programs, community based resources and other services for families. MFSS has made a difference and we honor our place as a leader in the field of early intervention services.

It really does take a whole village to raise a child. Your participation and help in creating a mutually rewarding partnership is invited...become a Family of Friends member, designate your United Way pledge to MFSS, donate goods or services to support monthly Family Day groups, volunteer to sell tickets for the October ballgame fundraiser, have your business sponsor the next newsletter printing or tell us how you can become involved as a partner with the future. ♦

"MFSS spans the distance and helps the family find workable solutions."

Healthy Start Program

Available to pregnant women and families of newborns until the child is five years old. Providing support for overburdened families through long term home visiting services.

Services include:

- Parenting and child development education.
- Support to enhance parent & child interaction
- Promotion of healthy family functioning.
- Referrals to existing community resources
- Education and support for preventive health care practices

**For more information call: Lanai: (808) 565-7484
Maui: (808) 871-6100.**

Healthy Start on Lanai

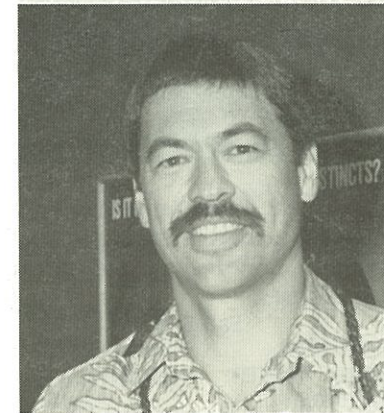
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The new office is staffed by Family Facilitator, Leonora "Nora" Etrata who was born and raised on Lanai. Nora speaks both English and Ilocano. She recently said, "This program is very important to the families I serve, they trust MFSS because of the confidential help they receive before problems become serious. Families without phones or transportation especially appreciate home visits. It takes a lot of stress off families to have someone who can help them understand how to get things like medical benefits or parenting information." In one medical emergency Nora was able to obtain a baby's medical health insurance certification letter quickly, by fax.

Island of contrasts

Lucy Feinberg, Nora's Supervisor says, "Lanai is an island of tremendous contrasts, with the most luxurious hotels in the world and yet many of the families who live there are suffering the effects of a very depressed economy. The nearest hospital is a plane trip away on Oahu or Maui. To a new mother, worried about her pregnancy or young baby, it can seem a whole world away. MFSS spans the distance and helps the family find workable solutions." ♦

AKAMAI GUIDANCE



SAFE PREGNANCY

by Michael E. Kim, M.D.

The goal of obstetrics is a healthy mother and baby. In the majority of pregnancies everything goes fine before birth, during labor and delivery, and through the postpartum period. However, a minority of pregnancies have potential or existing problems that may be prevented or decreased by

medical care. In these cases, early identification of the high risk patient is very important. Approximately one pregnant woman out of five (20%) can be identified prenatally, to be at risk.

Pregnancy Is Getting Safer:

The number of maternal deaths has decreased in recent years, from 582 per 100,000 live births in 1935, to 7.8 per 100,000 live births in 1985. In infants less than 30 days old, stillbirths and deaths per 1,000 live births decreased from 39 in 1950 to 13.7 in 1989. Many factors have contributed to this decline, such as general improvement in medical practice, increased safety of blood transfusions, antibiotics, improvements in anesthesia and better nutrition. A major factor has been improvements in prenatal care. ★

Prenatal care includes:

- a medical history
- a physical examination
- an estimation of the due date
- laboratory screening tests

Routine checkups are scheduled. During these checkups, the doctor will watch for risk factors or abnormalities that may arise by evaluation of any new physical symptoms, by checking for high blood pressure and diabetes, as well as monitoring appropriate uterus growth.

Prenatal care provides opportunities for education, important psychosocial support and allows the establishment of a relationship between mom and her caregiver(s). All of these factors are of vital importance to the well being of both mother and child.

When You Are Pregnant

- ★ Get prenatal care.
- ★ Educate yourself through reading, questions and/or classes.
- ★ Eat nutritiously.
- ★ Gain an appropriate, not an excessive, amount of weight.
- ★ Get regular exercise, appropriate for pregnancy.
- ⊕ Don't drink alcohol.
- ⊕ Don't smoke.
- ⊕ Don't take any nonprescription drugs without physician approval. ♦

I would like to support the children and families in our community by becoming a member of the

Family of Friends

I enclose ___ \$ 20 Membership ___ \$100 Patron
___ \$ 250 Benefactor ___ \$ 500 Sustainer
_____ Other

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I would like to volunteer to help with special events,

Please call me at _____

THE BACK PAGE

Across the United States, we are beginning to hear the rumblings of a quiet crisis. Our nation's children under the age of three and their families are in trouble, and their plight worsens every day. To be sure, the children themselves are not quiet; they are crying out for help..... Carnegie Corporation of New York, *Starting Points*

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 Fax: (808) 871-4868
Lanai: Phone: (808) 565-7484

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A SPECIAL MAHALO to Staff Members departing due to funding reductions: Denise Coker, Sandra Pasion, Doris Mobijohn, Michelle Pietsch, Judith Waters, Kapualani McGurn, Rowena Suh, Helen Hart, and Gilbert Herrera.



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Caring About Families and Our Community



Family MATTERS

Maui Family Support Services, Inc.

Winter, 1995

Issues concerning families with young children

"MFSS Taught me to be a positive person"

by Mona Lisa Delapinia, Parent

I enrolled in MFSS when I was fifteen. A lady from the Agency visited me in the hospital when I gave birth to my first child. She gave me pamphlets on parenting and on dealing with stress, which helped a lot as I didn't know much about being a mother.

Another lady from the Agency, named Stacey, visited me a couple of weeks later, and it was very nice to have her come to see how the baby and I were doing. I had a lot of questions about parenting. I could have talked to my parents, but this was different, I felt like I was talking to a friend that I could confide in. During the years to come, I didn't consider Stacey as my worker, but as a very close friend.

I still went to school because I was determined to graduate. A couple of months after I gave birth I was pregnant again and the agency helped a lot during those hard times. Most of all, what Stacey's visits meant to me was that I could talk about any problems that I had, to someone who would understand what I was going through and help me in a positive way. Especially those times I thought I couldn't handle certain problems in my life.

After I graduated from high school and

moved out of my parents home, I still had the agency to help me. I remember going to MFSS parties and family beach days. The kids would have lots of fun with games, prizes and learning things in a positive way. I enjoyed it because it was a chance to talk to other moms and share experiences, a chance to relax and learn new things. There is frequently an interesting speaker, which is very educational for me. I really love to listen to people who have a lot of wisdom that can help me in my area of need. And the food was great. Still is.

In conclusion, MFSS has taught me to be a positive person. By listening to their wisdom I have grown to become a mature person. The agency has given me and my family love, support and understanding. To me they are just like my family. I think there are a lot of families out there who need this kind of support. Especially since Maui is growing with drugs, violence and teenage pregnancy. It's great to know MFSS is helping families. They have done a terrific job helping me and my family and I'm proud to be a part of Maui Family Support Services.

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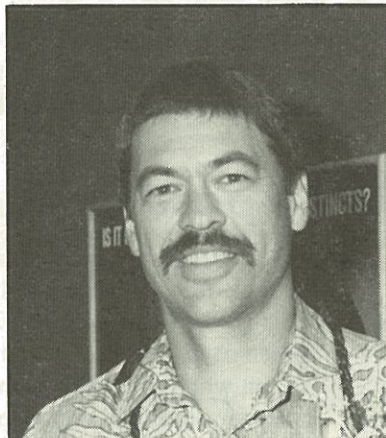
The Back Page

Addressing The Challenge

The stresses of today's world makes life difficult to cope with under ordinary circumstances. For new parents, additional concerns, such as unemployment, substance abuse, isolation, domestic violence or poverty, can be overwhelming. Many parents benefit from support in order to raise their children in a healthy, nurturing environment.

MFSS offers services to new parents that will help them get their families off to a good start. Parents identified as particularly overburdened are offered support from a frequent home visitor. Comprehensive services, focused on relieving family tensions, teaching positive parenting skills, and linking families to community resources are offered for up to five years after a child is born. Based on two decades of research, the use of intensive home visitor programs has been shown to be very effective in strengthening families and enhancing child health and well-being.

LOCAL VOICES



President's Message

The past year celebrated the 15th Anniversary of MFSS and it has been a year marked by adaptation. The Agency spent much thought, time and effort in creating the following new Mission Statement which reflects our scope and positive attitude.

The Mission of Maui Family Support Services is to promote healthy family functioning by providing supportive services which build on family strengths.

The State's economy and resultant 20% funding cuts to MFSS, unfortunately led to our biggest adaptation--- downsizing the agency's staff by about one third. The Board of Directors, likewise, lost some members and welcomed new additions, Katie Henry and Donna Witherwax.

Fortunately, MFSS also has continuity: eight returning board members, our excellent Executive and Clinical Directors, over 65% of staff who have been with MFSS for at least three years, and an agency-wide attitude that believes in commitment, hard work and our mission. Many thanks to you all for your contributions.

Finally, thank you to our community and the Family of Friends for your support.

Michael E. Kim M.D.

Michael E. Kim, M.D., President

Philosophy

MFSS believes:

Parents want to provide their children with a healthy and safe environment in which to grow.

Services must include families as participants and see families as part of their communities.

Programs built on a family's strengths are more effective than ones that focus on their weaknesses.

Affordable prevention programs can keep family difficulties from becoming expensive public concerns.

With support and resources, families can meet the challenges of raising children in today's complex world.

Programs

Healthy Start

A community based program available to pregnant women and families of newborn children until the child is five years old. This program assists families to identify their needs and select from services designed to reduce stress, enhance family functioning, and promote optimal child development.

Parents as First Teachers

An innovative educational program focusing on the role of parents as a child's first teacher. The program enhances a parent's understanding of appropriate early childhood development, the importance of reading and other school readiness activities.

Perinatal Support Services

The Perinatal Program offers in-home services designed to help pregnant women on Lanai have healthy pregnancies and healthy babies. Services are provided to women who have health risks and/or no health insurance coverage.

AKAMAI GUIDANCE

"Children Ultimately Benefit"

A Family Matters interview with Rita Maguire, past member MFSS Board of Directors and mother of two, attends classes at MCC and is active in many community activities.

FM: How did you become involved with MFSS?

RM: When my 2nd child was born I was a single parent and substance abuse was involved. When the MFSS person at the hospital asked me if I wanted to be involved in the Healthy Start program, I said, "Oh certainly", not really realizing how the program would benefit me.

The Healthy Start program, built around home visits, was perfect for my situation. I was very home bound and didn't know what was available or possible until someone came to me with information. My parenting skills were weak and I had my hands full with the responsibility of another child. The situation with the father involved problems.

My MFSS visitor helped me learn to problem-solve in positive ways. I had a goal of going back to school and she encouraged me to enroll my youngest child with the Puunene Learning center so I could start taking classes. I was overwhelmed and this was one more thing to do. Her support made the difference. MFSS filled in as family support for me and gave sound advice. I made decisions that helped me take steps forward, not steps back.

As soon as I got a chance to get moving, I moved! I've been able to take on a big challenge and the children haven't suffered. I used the time they were in school to get an education and reach my goal. I know I will move in positive directions in the future.

FM: Could you explain how MFSS helped you.

RM: MFSS helped me think about some basic questions like, "How am I taking care of my children?", "Are they depleting my energy?", "What am I doing about discipline?". I was shown how to find effective and nurturing ways to deal with situations.

I feel better about my situation now that I've been able to get some education. I've almost completed the 2 year course at MCC and had an opportunity to get back into the mainstream. I can now contribute, give back to others. When I see parents having a hard time, I am able to encourage them and give them some helpful tips.



FM: What was your experience of the Graduation Ceremony MFSS recently had for families that had completed the Healthy Start program?

RM: It was a completion. MFSS helped me with my life, my family's future, by helping me to create a positive environment in which to raise my children and they have definitely benefited. Without that support, things could have been very different.

This program's inner strength lies in helping families to function, no matter what is going on. When families can't stay together, the person taking responsibility for the children does not have to stand alone. MFSS doesn't look at problems as being unsolvable, so you don't feel hopeless. The program gave me great hope. The Graduation ceremony was like the mother bird getting her little birdie to leave the nest. You've been nurtured and you can take that with you.

FM: What would you like the public to know about MFSS?

RM: Healthy Start is the program that can make a difference. Parents and children win and the community wins. It's value is in looking at each person as being very valuable. It's important for people to support it. Families receive tools and knowledge to go forward with their lives. It enables people to find answers and solve problems.

Children are the ones that ultimately benefit from this program. As a parent, you are your child's role model and when your life goes well, so does theirs. They feel the nurturing. They feel their future secure. Without support, it's very tough. It is MFSS job to care, to give support, and they do. I'm impressed.

I'll forever be grateful, because it has improved the quality of my family's life. As a human being I felt like I counted enough to be supported, and now I can give back to my community.

MAHALO NUI LOA 1995

A very warm *Thank You* to all of you who have contributed to MFSS in so many ways. Your concern and sharing benefit the families of our island community, creating a brighter future for us all.

Family of Friends Contributing Members

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Maui United Way

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☆ K-mart ☆ Planet Hollywood ☆ Eagle Distributors ☆ Ooka's ☆ The 700 Club ☆

VIEWPOINT



Bettye Williams (l)
and Jo Ann Harris

A Call To Action

By Bettye S. Williams, Executive Director

Hawaii is facing a serious budget crisis - the effects of which are being felt in communities across the State. You may have read about the impact of funding cutbacks in education and human service programs. The end results are made more tragic in that these cutbacks have occurred without benefit of planning, coordination or prioritization of services. The community safety net, created through the coordinated efforts of many service providers, now has gaping holes for the most vulnerable

populations to fall through.

Through my call to action, I hope you will be moved to do something to become actively involved in helping maintain the viability of any effective program. Many of you have joined with us in a mutual interest partnership, one which is concerned with strengthening families and the protection of vulnerable children and adults. Early intervention and prevention services such as Healthy Start have been severely and disproportionately cut. Last year MFSS was unable to enroll thirty-eight at risk families, a number likely to increase multi-fold in this year. Healthy Start has proven its effectiveness and is being replicated throughout the world (see below). **Let the Governor and legislators know that your community wants a viable Healthy Start Program.**

These are times of limited financial resources which makes it especially important that cutbacks be made on some priority basis and driven by community needs. We are committed to building upon the assets and strengths within MFSS and our community by utilizing collaboration, coordination and creativity. The community voice is what will make a key difference, please let your's be heard. Call MFSS for more information or for names and addresses of elected officials. Act now!

Healthy Families America

By Jo Ann Harris, MFSS Clinical Director and Certified HFA National Trainer

The Healthy Families America Initiative began in 1992, and is based on the Hawaii **Healthy Start** model. The Initiative seeks to replicate this model throughout the United States and other countries. To date, there are 148 HFA sites in 27 States and the Dist. of Columbia, as well as planning teams in the remaining 23 States. This year, I have presented HFA national trainings at 7 new sites, including 3 in Oregon, 1 in Florida, and 3 in Tennessee.

Recently, Connie DeBord, MFSS Clinical Supervisor, was part of a training delegation to Guam and other Pacific islands. Maui hosted representatives from New Zealand and Canada who are seeking to implement the program next year. We are very proud that **Healthy Start** is receiving rave reviews as an early intervention and prevention model worldwide.

REPORTS and STATISTICS

" (MFSS Home Visitor) provides positivity in my negative, scary and hard to deal with situation. All in all, I don't know what I would have done without her. And there is less arguments between my husband and I."

... a parent

STATISTICS

FISCAL YEAR 1995

HEALTHY START

| | |
|--|--------------|
| Early Identification Screenings | 1,496 |
| Early Identification Assessments | 479 |
| Parent/Child Interaction Scales (NCAST) | |
| Families completed at: 4 months | 93% |
| 6 & 18 months | 85% |
| Development Screenings (ICMQ) | 83% |
| Client Phone/Other Contacts | 11,247 |
| Agency/Professional Contacts | 1,864 |
| Client Transports | 420 |
| Education/Support Groups | 11 |
| Families with Identified Medical Home | 97% |
| Individual Family Support Plan: | |
| New Families | 84% |
| Continuing Families | 94% |
| Received Family Planning Information | 100% |
| Repeat Births - Prenatal Care | |
| Started within 30 days after pregnancy made known to MFSS | 96% |
| Families Demonstrating Improvement on Level IV Post Assessment | 87% |
| Home Visits Made | 7,125 |
| Families Served by Home Visits | 597 |
| Children in these Families | 1,553 |
| Total Number Served | 3,980 |
| Families Not Confirmed for Child Abuse and/or Neglect | 99.99% |

PARENTS AS FIRST TEACHERS

| | |
|-------------------------------------|-----|
| Child Development Consultations | 425 |
| Number Unduplicated Families Served | 413 |
| Toy/Book Lending Library Loans | 636 |
| Presentations: | |
| Training Sessions Staff/Parents | 29 |
| Family Day Events | 11 |

ORGANIZATION COMMITTEE

The Organization Committee was composed of Jim Geiger (Chair), Grant Howe and Rosalyn Loomis. The primary action for the Committee this past year was to review and update the Mission Statement.

A questionnaire was prepared, sent to the board and staff, and the responses collated by the Committee. These responses were used in a work session with all persons interested in the process. Proposed revisions to the Mission Statement were prepared. The Committee then prepared a report of proposed changes and the reasons for the changes, and presented the report to the Board. The Board approved the change of the Mission Statement. (See the President's message for new Mission Statement.)

PROGRAM COMMITTEE

Committee members were Wendy Choi (Chair), William Kepler, Rita Maguire, and Sandi Stoner. The Agency met and exceeded all of its proposed goals, sponsored and supported a variety of family and community activities and events. Notable among these was the Family Resource Fair which was presented in conjunction with the County of Maui and received excellent publicity, reviews and participation by families and agencies.

The Parents As First Teachers program continued its work in prevention via consultation, education, and training for Program Participants, Agency staff, as well as outside groups. Noteworthy accomplishments were the completion of the second and last part of the "Infant-Toddler Training Curriculum" and the coordination and monitoring of ICMQ and NCAST assessment scales.

LANAI

This year the Agency also extended Healthy Start and Perinatal Services to the island of Lanai for the second half of FY 1995. Services were provided to 7 pregnant mothers and to 10 families.

REPORTS and STATISTICS

FINANCE COMMITTEE

Finance committee members included Al Sparks (Chair and Treasurer), Mimi Johnston and Arlene Honda. Operating budgets, quarterly and annual financial statements were reviewed. Significant changes include contracting for external payroll preparation and changes in the employee benefit package due to cutbacks in funding.

Reduced funds from Maui United Way and the State of Hawaii necessitated further reductions in the number of staff and expenditures. MFSS appreciates increased support from the Maui Hotel Association and the County of Maui.

FINANCIAL REPORT

CURRENT ASSETS

| | |
|-----------------------------|----------------|
| Cash | \$ 109,568 |
| Accounts Receivable | 86,647 |
| Prepaid Expenses | 5,663 |
| Security Deposit | 3,929 |
| Total Current Assets | 205,807 |

EQUIPMENT AND FURNITURE

| | |
|--------------------------------------|---------------|
| Equipment and Furniture | 12,285 |
| Less Accumulated Depreciation | (2,047) |
| Net Equipment & Furniture | 10,238 |

TOTAL ASSETS

216,045

CURRENT LIABILITIES

| | |
|--------------------------|----------------|
| Accounts Payable | 7,535 |
| Accrued Retirement | 30,029 |
| Deferred Revenue | 37,029 |
| Accrued vacation & sick | 39,956 |
| TOTAL LIABILITIES | 114,549 |

FUND BALANCES

| | |
|----------------------------|----------------|
| Unrestricted | 91,258 |
| Equipment and Furniture | 10,238 |
| Total Fund Balances | 101,496 |

TOTAL LIAB & FUND BALANCES

\$ 216,045

Audited financial statement as of 6/30/95 by Thayer, James, & Black, CPA available upon request.

DEMOGRAPHICS

Based on home visiting caseload of 597 families.

Families Served

| | |
|--|-----|
| Age | |
| Mothers under age 19 | 14% |
| Fathers under age 19 | 5% |
| Education | |
| Mother is neither high school nor GED graduate | 29% |
| Employed | |
| Mothers Employed | 44% |
| Fathers Employed | 56% |
| Married Parents | 22% |
| Single Parents | 44% |
| Cohabiting Parents | 34% |
| Families With No Home Telephone | 9% |

Geographic Location

| | |
|--------------------|-----|
| Central Maui: | 46% |
| Kahului | 26% |
| Wailuku | 20% |
| Kihei/South Maui: | 17% |
| Upcountry: | 19% |
| Kula | 2% |
| Makawao/Haliimaile | 8% |
| Pukalani | 6% |
| Paia/Haiku | 3% |
| Lahaina/West Maui | 14% |
| Hana/East Maui | 3% |
| Lanai | 1% |

Ethnicity of Families

(As defined by participants)

| | |
|------------------------|-------|
| Hawaiian/Part Hawaiian | 38.9% |
| Filipino | 21.9% |
| Caucasian | 17.3% |
| Other Pacific Islander | 4.8% |
| Portuguese | 4.6% |
| Puerto Rican/Hispanic | 4.1% |
| Japanese | 2.9% |
| Mexican | 2.2% |
| Samoan | 1.2% |
| Korean | 0.7% |
| Chinese | 0.5% |
| Other Asian | 0.5% |
| African American | 0.2% |
| Native American | 0.2% |