



# ARE YOU AT WIT'S END OVER A LOVED ONE'S SUBSTANCE USE?

**DON'T KNOW WHERE TO TURN FOR HELP?**

**CALL**

**THE 'OHANA COACHES AT 808-523-7550  
TO TALK TO SOMEONE WHO HAS EXPERIENCED WHAT YOU  
ARE GOING THROUGH. THIS IS A FREE SERVICE.**

## **WHAT IS THE 'OHANA COACH PROGRAM?**

THE 'OHANA COACH PROGRAM IS A PEER TO PEER SUPPORT PROGRAM USING LOCAL, TRAINED VOLUNTEER COACHES (VIA CMC: FOUNDATION FOR CHANGE AND PARTNERSHIP TO END ADDICTION) TO PROVIDE SUPPORT AND RESOURCES FOR PEOPLE WHO HAVE EXPERIENCED LOVED ONES DEALING WITH SUBSTANCE USE ISSUES. THIS PROGRAM IS SUPPORTED BY THE HAWAII STATE RURAL HEALTH ASSOCIATION AND THE HAWAII OPIOID INITIATIVE (HAWAIIOPIOID.ORG).

## **HOW CAN I CONNECT WITH AN 'OHANA COACH?**

CALL THE 'OHANA COACH REFERRAL LINE: 808-523-7550 TO BE CONNECTED TO THE ON-CALL MEMBER OF THE 'OHANA COACH REFERRAL COMMITTEE. THEY TAKE CALLS 7 DAYS A WEEK BETWEEN THE HOURS OF 8 A.M. AND 8 P.M. YOU CAN ALSO LEAVE A VOICE MESSAGE. THIS REFERRAL COMMITTEE MEMBER WILL MATCH YOU WITH AN 'OHANA COACH, WHO WILL CONTACT YOU WITHIN 24 HOURS.

## **WHAT KIND OF SUPPORT DOES THE 'OHANA COACH PROVIDE?**

'OHANA COACHES WILL WORK WITH YOU FOR UP TO 5 PHONE CALLS (MAXIMUM 1 HOUR EACH) AT THE COACH'S AND YOUR CONVENIENCE. THE CALLS ARE USUALLY WEEKLY, BUT SCHEDULING IS FLEXIBLE. ONCE THE 5 CALLS HAVE BEEN COMPLETED, YOU CAN BE ASSIGNED TO A DIFFERENT COACH FOR CONTINUED SUPPORT OVER ANOTHER 5 CALLS. 'OHANA COACHES CANNOT PROVIDE PROFESSIONAL COUNSELING OR SUBSTANCE TREATMENT SERVICES IN THEIR PEER CAPACITY. THEY ARE TRAINED AS CONFIDANTS AND PEERS, PROVIDING FREE EMOTIONAL SUPPORT AND COPING RESOURCES FOR PEOPLE WHOSE FAMILY MEMBERS OR LOVED ONES ARE DEALING WITH SUBSTANCE USE.

## **HOW DOES SOMEONE BECOME AN 'OHANA COACH?**

ANYONE IN HAWAII WHO HAS LIVED WITH A LOVED ONE OR FAMILY MEMBER DEALING WITH SUBSTANCE USE ISSUES CAN REQUEST TRAINING TO BECOME AN 'OHANA COACH. PLEASE CONTACT DEBBY ATKINSON AT [DEBORAH.ATKINSON@GMAIL.COM](mailto:DEBORAH.ATKINSON@GMAIL.COM) OR THADDEUS PHAM AT [THADDEUS.PHAM@DOH.HAWAII.GOV](mailto:THADDEUS.PHAM@DOH.HAWAII.GOV).

**If you are seeking substance treatment services  
for yourself or others, please call  
Hawai'i CARES at (800) 753-6879.**