



1) Madie and her son, Koamalu 2) Madie speaking about her experiences with Healthy Start

CFS Healthy Start Program Partners with Program Participants to Strengthen Families

Raising a child is a tough job for any parent, but when you add being a single parent and developmental disabilities of the child, it can be downright daunting.

Madie joined the Healthy Start program in 2012 when her son, Koamalu, was born. At the time, Madie was feeling overwhelmed.

“I really felt alone as a single mom. There are so many questions when you’re raising your child, you don’t always have the answers. And with the developmental disabilities, where would I find the care and help for my son?”

Healthy Start (now called Healthy Families) is a signature program of Child & Family Service. The purpose of this voluntary, abuse-prevention program is to support and strengthen families by addressing their individual needs, help families set personal goals, build a home environment around the baby, provide information, as well as other related services.

After joining the Healthy Start program, Madie met her Case Manager, Tina. Tina guided Madie through the program, helping her develop a family support plan and find resources for Koamalu’s development disabilities - overall being somebody that Madie could talk with.

“Having Tina and Healthy Start with me really strengthened me and my family. Not only did we find resources for my son, I also learned positive ways of parenting, not to yell all the time. Having Tina and the program there for me really helped, I could talk with her whenever I needed to.”

Koamalu is now three years old and thriving. Madie is very thankful for the help that the Child & Family Service Healthy Start program gave her, and has also decided to give back! She is now a member of the Healthy Start Advisory Council and attends Continuous Quality Improvements meetings, being a voice for program participants on how to improve the program.

For more on the CFS Healthy Start program, please visit www.childandfamilyservice.org





1) "Kawika" (middle) and his family 2) "Kawika" (right) and his mom

A Heartfelt Letter from a Mother

TIFFE Intensive In-Home Therapy Program helps her son and family overcome a dark period

From the very beginning, the folks at CFS were a positive and consistent force which provided professional guidance for our son and ourselves.

During the darkest and most stressful period of our family's lives, Child & Family Service (CFS) stepped in and gave us hope and stability when we needed it most. Our son ("Kawika") faced multiple medical conditions that greatly affected his mental health and wellbeing. At just 13 years old and overwhelmed by the acute onslaught of symptoms, he was in such a state of despair that he vocalized 'not wanting to be on this earth anymore'. As parents of this beautiful and good-hearted boy, we were heartbroken and felt distressed by the sudden decline of our son's mental condition. With so many questions and no blueprints, we felt completely alone. How do you help your child and yourselves when you are battling an enemy that you cannot see? Being a military family new to Hawai'i, we had very little support. By a blessing, our son's junior high school recommended CFS and initiated an introduction. From the very beginning, the folks at CFS were a positive and consistent force, providing professional guidance for our son and ourselves.

CFS benefitted our entire family. Each week our therapist, Dr. Stacey, came to our home and fully listened to our concerns. Then she developed concise direction and aid that alleviated the family's anxiety and strain. She suggested sound and valid techniques to better help us support our child. Her rapport with our son became a paramount factor in our healing. His trust in her allowed her to break down his protective walls and teach him techniques to manage his symptoms and reduce his fears. Dr. Stacey selflessly came to our home weekly. I cannot begin to quantify the gratitude I feel towards her for this sacrifice, it has made our son feel comfortable and safe in his home surroundings rather than being vulnerable in an unfamiliar clinic setting. Home therapy has helped our whole family gain control over terrible mental maladies and our outlook for a positive and wonderful future is beyond bright.

CFS says, "We're here. No matter what" and they truly lived up to this motto. We were able to get necessary and urgent help for our son, in our home and as a family, which did not cost a solitary penny and made it possible for us to get through this storm together. There's nothing worse than seeing your child hurting and you feeling helpless because you don't know how to help. It's a lonely state to exist in. We are forever grateful to CFS for their care, their support, and their friendship. The tools that we've gained are priceless and keep our family rooted in love and solidarity. THANK YOU CFS!!!

For more on the TIFFE Intensive In-Home Therapy Program, please visit www.childandfamilyservice.org





1) The Putisan Family 2) (L to R) Sanguan & Felonelia Putisan

Immigrant Resource Center Helps Family Adjust to a New Way of Life

Sanguan met his wife Felonelia on a flight in the Philippines. They quickly fell in love and after a short courtship married in Sanguan's home country of Thailand. Felonelia, originally from the Philippines, was a Kaua'i resident and wanted her new blended family of two daughters, three grandchildren, and a grandmother to live with her. After petitioning for all the family members to move to Kaua'i, they were once again reunited. However, moving there was only part of the challenges they would face.

Moving to a new place, let alone a new country, presents a whole set of challenges. For Sanguan, Felonelia, and their family, this included learning a new language, employment opportunities, school and education challenges, citizenship, and more.

The family found Child & Family Service, and requested our help in finding support to help them with their new American lifestyle. They were put in touch with our **Immigrant Resource Center**. Through this program, they were connected with a specialist who worked with the family, advising them on what community resources were available to them. The specialist was able to help them contact the Social Security office to acquire social security numbers, contact the public health department for TB tests, help the children enroll in public school and apply for programs such as A+ and the free lunch program, and help the adults secure jobs. The program even supported the family's basic needs, giving them food and clothing through the CFS **Hale Ho'omalu Neighborhood Place** food pantry and clothing closet.

Then when tragedy struck, CFS was still there to help. Felonelia suffered a stroke and needed to stay in a hospital to recover. The specialist once again connected the family to resources to help them get through this difficult period, including referrals to the County of Kaua'i Agency on Elderly Affairs.

Through the trials and challenges that Sanguan's family faced, they were able to pull through as an 'ohana with the help of Child & Family Service. CFS was there, no matter what, to assist them when they needed it the most.

For more on the Immigrant Resource Center on Kaua'i, please visit www.childandfamilyservice.org

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