

DRUG ADDICTION SERVICES OF HAWAII, Inc.

# HUI HO `OMAIKAI IKA POE O HAWAII`I NOV. & DEC. 2002 NEWSLETTER

Vol. 1, No. 3

"Wishing you beautiful days and a break from the daily routines this holiday season. Don't forget to create happy memories you can take with you in the future! Love you all! - Lisa Cook, DASH Exec. Director

This is our third newsletter in 2002. We are still seeking articles, stories, news events, poems, and other items of interest to our na haumana and their families for our future newsletters. The deadline for submissions is the 15<sup>th</sup> of the month before the newsletter distributed. Our next deadline is Dec. 15<sup>th</sup>. You can leave your submissions for me at the front desk at anytime. We are also still looking for volunteers to be an editor and/or writers/reporters for future newsletters. - Editor Ken Akinaka, MRA

## ***Why do we call people on our program "Haumana"?***

Haumana is a term that we chose to use very early at the Hui (DASH's Hawaiian Cultural Based substance abuse treatment program on the Big Island) for the simple reason that all na haumana are just that at DASH (students). The values that we instill and share are for them especially spiritual. The term "client" labels them as a patient or someone who is "ill", or in a western term, just someone that comes in as someone needing medical attention.

We, through DASH, address first the spirit, so when they come to us they are coming not only on a physical level, but on a spiritual one (haumana knowing this or not - that is what we give to them). Therefore, they are students, learning of what is valued and learning of their choices, values, behaviors - acceptable and unacceptable. We constantly will call our haumana on their behaviors (daily) and address them. (They know that we come from a space of "aloha".) We also share their ohana challenges and joys too. So as "na kumu" (teachers) we have a LARGE, REAL BIG!!! responsibility to them and ourselves to live and share what we preach. Simply they are students that come to DASH to learn of what we offer.

- Feel better, live better  
Sarah Kelau Carter

## **"Methaphobia"**

Have you ever been discriminated against because of being on methadone? Were you ever told by a 12-step program to "not share because you are a methadone patient?" Have you been told that (Cont. on page 2, column 1)

## **Hepatitis C Information**

### **Hawaii's First Hep C Legislation**

Ken Akinaka has gotten Senator Suzanne Chun-Oakland to sponsor Hawaii's first legislation on Hep C. He will meet with her and other concerned organizations and patient advocates on Nov. 20<sup>th</sup> to review the draft legislation. We will keep you posted on this very important issue. Go Suzanne!!!

Thank your Senator whenever see her. She is often at health concerns meetings in the community.

***New Hep Group hours! We changed our weekly Hep C support group here at our Oahu Clinic on Thurs. to 8:30 - 10:00 AM. The time was changed to make it easier for more people to attend. Family members are also welcome!***  
(cont. on page 3, column 2)

DASH Newsletter - Nov. & Dec. Issue - Nov. 8, 2002

## **Haumana Advisory Board**

We have finally created a Haumana Advisory Board at each of our sites. Our Hilo Clinic started their board on July 24, 2002. Honolulu started theirs on October 29, 2002. Please think about how you can become more involved with your clinic and how we can improve the services here.

---

### "Methaphobia" (Cont. from page 1, column 1)

methadone is just another way for you to get high, and therefore not a source of recovery? If these things have happened to you, then you have experienced "METHAPHOBIA." This is a state-of-mind in which someone or a group displays an intense fear, bias and prejudice against people on methadone and methadone programs. Anyone or any organization has the capability of being methaphobic. All it takes is a feeling of animosity for drug addicts coupled with distrust and misinformation about methadone.

We on the program, have been the victims of prejudice. We have had to overcome difficulties in the early stages of methadone treatment. It all comes down to the issue of acceptance. We want to be accepted as being in a legitimate treatment modality just like therapeutic communities, drug free programs, etc. The decision to get into treatment and our choice of treatment remains with us. While drug addiction is viewed as a disease, being on methadone is looked upon as a weakness.

That's where we have to change people's attitudes and perception of us.

People on methadone everywhere must continually be on guard against methaphobics. We must defend ourselves against anything or anybody that proves to be negative and hostile. Any injustice done to one of us hurts us all. We have been stigmatized and stereotyped to the point where there is now a clear distinction between them and us! That is us on methadone programs, the professionals in the drug abuse and addictions field that believe in methadone treatment and those open-minded folk that consider methadone awareness to be recovery.

As for them, the methaphobics could be everyday people, those in recovery that follow Narcotics Anonymous traditions, law enforcement agencies, some people that work in the medical field and unfortunately, some that work for methadone programs who treat patients poorly. The first chance the methaphobics gets, he will take advantage by creating a problem for the person on methadone. Whether it is a long-time friend or an employer, methaphobics can be anywhere.

It just seems that the good programs and good patients are not above being put down by the methaphobics. A methaphobic clearly does not believe that a person on methadone can recover from opiate addiction and be a productive member of society. Many others and I are living daily examples that this is just not true.

There are those methaphobics that would feel justified in dismantling the whole methadone system. That is methaphobia at its most extreme. We have to defend ourselves and more importantly, we must unite as a force to be reckoned with. People on methadone must stick together if we are going to overcome the methaphobics. I urge all people on methadone to be knowledgeable about the methaphobia concept. It is up to each person on methadone worldwide, to be educators and to join in the struggle to end the ignorance that perpetuates methaphobia.

Cricket  
("Methadone Is Recovery")

## **FAMOUS FIBS**

**The following are well-used fibs from the business world:**

- The check is in the mail.
- We service what we sell.
- Money is cheerfully refunded.
- This offer is limited to the first one hundred people.
- One size fits all.
- Your table will be ready in a minute.
- The dog ate my homework.
- I'll start my diet tomorrow.
- This will hurt me more than it will hurt you.
- I just need a few minutes of your time.
- Open your mouth wide: I promise it won't hurt a bit.

**Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.**

C. Neil Strait

Adam C.K. Baker

---

### **New Suggestion Box**

*Your concern is our concern...* We now have a suggestion box in the clinic lobby that gets results and responses!!! Each month the list of suggestions and/or questions is answered on a tablet near the suggestion box of all of the concerns that were expressed during the month. See what the other na haumana have said and how their and your suggestions are being responded to.

(Cont. from page 1, column 2)

### **HEP C NEWS**

Jill Teruya, RN, EIS Program Supervisor, is still giving *Free hepatitis C antibody test* to DASH Oahu Clinic Haumana. You need to know if you have been infected with this virus. Please see her and ask to be tested for Hep C. Many people do not know that they are infected because most people with Hep C do not have any symptoms.

Some people have advanced liver disease and do not even know it. When they find out it may be too late to do something about it. One haumana recently found out from Dr. Alan Tice, Infectious Disease Specialist for our Hep C Treatment project, that her liver disease is more progressed than she thought. She is very upset because her primary care physician just told her that she was OK and didn't need to seek treatment for her Hep C at this time.

Most injection drug users are infected with hepatitis C within one month of sharing injection drugs. Hep C often takes ten to thirty years to develop liver disease. Don't be like an Ostrich with its head in the sand thinking that it is OK because it cannot see any harm around it! Your liver usually won't tell you when it is diseased and in trouble. Get referred to a specialist today.

---

***Haumana should see their counselor or ask to see Ken Akinaka if they want to be considered for hepatitis C treatment here at DASH. You need to see Jill Teruya, RN, EIS sup. if you want to be tested for Hep C or HIV.***

(Cont. on page 5)

# A Short Course in Human Relations

The six most important words:  
I admit that I was wrong.  
The five most important words:  
You did a great job.  
The four most important words:  
What do you think?  
The three most important words:  
Could you please. . .  
The two most important words:  
Thank You.  
The most important word:  
We.  
The least important word:  
I.

Adam C.K. Baker

---

## *HE MU Chant*

We have started to integrate Hawaiian cultural values and practices at our treatment clinics. Please join us each weekday morning at 7:45 AM in a Hawaiian chant to help us start a new day. This ancient Hawaiian chant was used by fisherman to help them to put the past behind them so they could stay focused on the very important task that lay ahead of them for that day! We also say a pule after everyone is done saying the chant.

INDIVIDUAL:	He mu `oia. (Clap, Clap)	<i>(Defend us from them.)</i>
ALL:	He mu.	<i>(Defend us.)</i>
INDIVIDUAL:	He mu na moe inoino, Na moe moe a, Na pu nohunohu Na haumia. He mu `oia. (Clap, Clap)	<i>(Save us from nightmare, from bad luck dreams, from omens ill.)</i>  <i>(From such deliver us.)</i>
ALL:	He mu!	<i>(Defend us!)</i>
INDIVIDUAL:	Eli eli! (Clap, Clap)	<i>(Speedily and entirely!)</i>
ALL:	Ia e!	
LAST PERSON:	Noa ka honua.	<i>(Freedom complete, absolute.)</i>
ALL:	Noa.	<i>(It is free.)</i>

(DASH - CHANT 4/27/02)

DASH Newsletter - Nov. & Dec. Issue - Nov. 8, 2002

**DASH OUTINGS AT ALA MOANA PARK - SHARING SPIRIT, `OHANA,  
AND HAWAIIAN CULTURE**

Our na haumana and our staff had a great time at our first event held at Ala Moana Park if you have not already heard about it. We had over thirty people there and plan to have more people at our next regular outing. Watch for notices about the next event that will be posted in the lobby or you can ask your counselor about them. They are free to all our haumana and their families.

Na haumana brought guitars and played music. People played games, talked, and went swimming together. There is the opportunity to communicate on a different level, a more spiritual level, out in beautiful Hawai'i on the hula and near the ocean. Food and drinks were provided. Please tell your friends that if we can get more people to come we will be able to have more scheduled activities and more cultural learning and programmed entertainment.

One person suggested that next time they could have a sharing circle to start to get to know each other better. Perhaps we should do it like staff did during a retreat in the Big Island with our Hui program where everyone from the oldest to the youngest formed a circle. In ancient Hawai'i, Hawaiians did this to show respect for the kapunas and older people and as a means of understanding a order in `ohana or their community family.

ASK anyone who went. They had a GREAT TIME!  
Please plan to join us on our next event.

---

**IMPORTANT ANNOUNCEMENT!!!**

**Everyone must attend orientation and complete it by the end of the year in order  
to continue receiving takehomes.**

The certificates for completion of orientation will be like your license to carry takehomes. Everyone must have a certificate in order to receive the privilege. Please sign up today for the orientation groups if you have not already done so.

---

*(Hep C news - Cont. from page 3, column 2)*

**DASH Hep C Support Group - Living Healthy with Hep C Series**  
**Thursday 11/14/02 8:30 AM**

***Special Guest Speaker: John Sandstrom, Pharm.D, GILEAD Sciences, Inc., will speak about herbs and what herbs can be harmful to your liver. Please invite others to this special event!***

**The new support group for those with Hepatitis C that is held every second TUESDAY of the month in "Coffee Talk" Coffee House's Private Room ("The Vault") at Waialae Ave. and 12th Ave. in Kaimuki at 7 PM.**

**Next Tues., Nov. 12<sup>th</sup> the Hawaii Dept. of Health Hepatitis Division will present and take questions about what they are doing about hepatitis C in Hawaii.**

**Join them in a friendly and relaxing setting. Family members are also encouraged to attend!**

DASH Newsletter - Nov. & Dec. Issue - Nov. 8, 2002