



July 2016

Ola Lokahi

Creating a Healthy Hawaii Together

The mission of the Department of Health is to protect and improve the health and environment for all people in Hawaii. We believe that an optimal state of physical, mental, social and environmental well-being is a right and responsibility of all of Hawaii's people.

International Accreditation!

Adult Mental Health, Community Mental Health Centers and Clubhouses Demonstrate Quality Outcomes for Hawaii's Mental Health Patients



You may not always see the results of their hard work, but their positive contributions are felt everyday by families across the islands.

It's the professionals in the Adult Mental Health Division/Community Mental Health Centers (CMHC) and Clubhouses who are committed to providing quality care for mental health patients.

It's no wonder that CARF International recently recognized the work of these professionals and granted them statewide accreditation for the first time.

This milestone represents the highest level of accreditation that can be awarded to an organization.

"This is a tribute to the dedication and conscientiousness of our CMHC staff and a testament to the quality of clinical services which our state-operated programs deliver as critical safety net providers to individuals throughout our state," said



Statewide Accreditation: From left, Troy Freitas, Oahu Public Health Program Manager; Trina Tom, Maui Public Health Program Manager; Rei Cooper, Kauai Public Health Program Manager; Dr. Mark Fridovich, Adult Mental Health Division Administrator; and Lynn Fallin, Deputy Director of Behavioral Health Administration). Missing: Greg Keane, Hawaii Public Health Program Manager; and Karen Blonigan, CMHC System Administration

Dr. Virginia Pressler, Director of the Hawaii State Department of Health.

The three-year accreditation required a rigorous peer review process, which included an onsite visit by a team of surveyors. The Department of Health substantially

met the CARF standards.

The survey covered adult mental health programs relating to case management/services coordination, community integration (psychosocial rehabilitation), and outpatient treatment.

Keeping Kupuna Safe!

Statewide Fall Prevention Campaign Now Underway

Did you that as a result of falls,
on average every year in Hawaii...

86
seniors die
1,912
are hospitalized
8,010
are treated in
emergency departments

Fall-related injuries and fatalities among Hawaii seniors are reaching troubling numbers.

The Hawaii State Department of Health and the Hawaii Fall Prevention Consortium are taking action with a two-month statewide fall prevention campaign that began in June 2016.

The campaign is made possible through the generous support of FOODLAND Supermarkets, TIMES Supermarkets, KTA Superstores, Kaiser Permanente, the Hawaii Community Pharmacy Association, SAFEWAY Supermarkets, and CITY MILL, the senior home safety headquarters.

Falls disproportionately affect the elderly, and statistics show those older than age 65 are the most vulnerable. In addition to the emotional and physical impact of falls on seniors and their caregivers, falls create a significant financial toll on families and the healthcare system: almost \$102 million in hospital and physician charges are incurred every year in Hawaii.



The campaign features a newly broadcast educational video about fall prevention, new public service announcements, free medication reviews, balance testing, tai chi workshops, and community presentations that focus on preventing falls among older adults.



Fall Prevention Tips

- Have your doctor or pharmacist review your medications yearly;
- Get an annual eye exam;
- Make your home safer by removing fall hazards and improving lighting; and
- Exercise regularly to increase balance and flexibility. Evidence-based exercise programs such as tai chi for health can increase strength and improve balance, making falls much less likely.

Congratulations!

Hawaii's fall prevention program was recently recognized as "the finest public awareness campaign in the nation" during the White House Conference on Aging - 2016 NCOA National Falls Prevention Resources Conference in Alexandria, Virginia.

How Healthy are Hawaii's Youth?

The Hawaii State Department of Health, Department of Education, and University of Hawaii recently released high school data from the 2015 Hawaii Youth Risk Behavior Survey (YRBS) for the state and all four counties. The YRBS is a bi-annual survey that regularly monitors the health risk behaviors of public, non-charter school students statewide.

More than 12,000 Hawaii students in grades 6 through 12 participated in the 2015 survey.

13% of High School Students Have Sugar Drinks



Only 13% of high school students report drinking at least one can, bottle, or glass of soda or pop at least once per day, compared to 23% in 2007.

15% of High School Students Have Been Involved with a Physical Fight



15% of high school students report they were in a fight at least once during the 12 months before the survey.

Bullying has stayed relatively steady, with 1 in 5 high school students reporting that they were bullied on school property during the same time period.

1 in 4 High School Students Drink Alcohol & Use E-Cigarettes



Alcohol use has declined among Hawaii's youth, with 1 in 4 high school students reporting that they drank alcohol within the 30 days before the survey.

Nearly 30% of High School Students Report Sadness/Hopelessness



In 2015, 29.5 percent of high school students reported feeling sad or hopeless almost every day for two or more weeks in a row at least once in their lifetime.

Rates of attempted suicide over the past 12 months has steadily decreased since 1993, but remain unacceptably high at 11 percent.

90% of Hawaii's high school students do not smoke cigarettes; however, 1 in 4 report that they currently use electronic smoking devices.

2 in 5 High School Students Spend 3 hours/day on Computer Time for Non-School Purposes



Sedentary time continues to increase, with 2 in 5 high school students spending three hours or more per day playing video games or using a computer for non-school purposes.

The good news: The proportion of high school students meeting physical activity recommendations remains steady, with 20 percent achieving the national recommendation of at least 60 minutes per day on each of the seven days before the survey.

The Hawaii YRBS is part of the Youth Risk Behavior Surveillance System was developed by the U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention (CDC).

Goddard Building Demolition Now In Progress

The 70-year-old Goddard Building on the Hawaii State Hospital campus in Kaneohe is now in the process of being demolished to prepare the way for a new, highly-upgraded building.

The required abatement in the building was completed in late May 2016, and the contractors are now working on additional areas of abatement.

The demolition of the building is targeted for completion in mid-October. The building will be leveled and the grounds paved by December.

An Ongoing Commitment to Mental Health

The Goddard Building represented the start of a new era. It was constructed in 1946, after World War II was over. During the war, the growth of the psychiatric field languished. The Goddard Building was part of the rapid growth in psychiatric facilities and a resurgence of interest in the field. This wave of interest resulted in the Territorial Hospital in Kaneohe, as it was known at the time, to modernize facilities to develop treatment programs.

The design and layout of new high-security forensic facility represents the State's ongoing commitment to mental health, and will allow the Hawaii State



Hospital team, led by Administrator **Bill May**, to take the quality of care to a new level with positive health outcomes for patients. It will also improve safety for Hawaii State Hospital employees and the surrounding community.

Gov. David Ige and Hawaii state legislators such as **Sen. Jill Tokuda**, Chair of Senate Ways and Means Committee, who represents Kaneohe (*in red at photo at right*), have confidence in the Hawaii State Department of Health. At a time when there were many competing priorities in our state, they allocated \$160.5 million for the Goddard Building replacement because they saw our needs and understood our desire to transform the way we deliver care.



A Look from the Inside: The Department of Accounting and General Services (DAGS) recently conducted a tour of the interior of the Goddard Building for Sen. Jill Tokuda (*in red in photo at right*); Dr. Virginia Pressler, Director of Health (*in purple in photo at right*); Lynn Fallin, Deputy Director - Behavioral Health Administration; Dr. Mark Fridovich, Administrator - Adult Mental Health Division; and Bill May, Hawaii State Hospital Administrator; and John Messina, Capital Improvements Coordinator.