

About Project Kealahou



For Referral Sources Only | Not Intended for Youth or Families

Quick Facts

Project Kealahou, which means “a new pathway” in the Hawaiian language, focuses on improving the lives of girls who have experienced significant trauma.

The Project is a six-year (2009-2015), federally funded SAMSHA (Substance Abuse and Mental Health Services) grant.

Tia Roberts, MSW, MSCJA, is our project director.



Who We Are

Project Kealahou's vision is for girls who have experienced trauma to navigate new pathways to balanced, responsible, connected lives now – and pass down this way of life to future generations.

The Project is working to establish a trauma-informed system of care to help Hawai'i's ethnically and culturally diverse girls overcome difficulties in their lives. A "system of care" is an organizational framework

that involves collaboration with agencies, families, and youth to improve access and expand services and supports for youth and their families.

Trauma may include physical, sexual or emotional abuse, and/or neglect. Symptoms of trauma may include running away, upsetting dreams, self-injury and/or substance abuse.

Project Kealahou seeks to collaborate effectively with

the state's child-serving agencies, communities and families to help these girls build and nurture healthy relationships that will allow them to reconnect with their communities, families and themselves.

The Project will improve the lives of these girls impacted by trauma by building a system of care that is: sustainable, family-driven, youth-guided, culture- and gender-responsive, and trauma-informed.

What We Do

Project Kealahou will serve about 400 girls over four years across all the major child-serving agencies: the Departments of Health, Human Services and Education, the Judiciary, and in nonprofit organizations.

To be eligible for the program, girls must:

- Be between ages 11-18, and be female or identify as female.
- Have trauma-related characteristics or symptoms.
- Meet criteria for Axis 1 diagnosis and display evidence of impairment in everyday function.
- Not have current suicidal

or homicidal ideation.

- Not have behavior problems due to a pervasive developmental disorder or intellectual disability.
- Reside on O'ahu, but not in the following zip codes (which are outside of our service area): 96706, 96707, 96759, 96792, 96797, 96813, 96814, 96817, 96819, 96822.

Our Project includes:

- **Support & Mentoring**
To set and accomplish goals, and develop peer mentoring skills.
- **Youth Activities**
Social and cultural

activities to promote connection to place, community, family and self.

- **Girls Circle**
A structured support group designed to foster self-esteem, maintain connections with peers and adult women, and allow for self-expression through sharing and creative activities like drama, journaling and art.
- **Trauma-Focused Cognitive Behavioral Therapy**
An evidence-based treatment that helps girls and their caregivers heal the impact of trauma.

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Navigating pathways to healing

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