

Upcoming Events:

December 7
SimTiki SimBites
Simulation Faculty
Development
11:30am- 1:30pm
@ JABSOM SimTiki
Simulation Center

December 11
Nānākuli High
School Mock Inter-
views

December 14
PBL Demonstra-
tion for current or
future applicants to
JABSOM
1:00pm - 4:00pm @
JABSOM MEB 315

December 21
Due Date HPEC Oral
and Poster Abstracts

January 7
UH Manoa 1st Day
of Instruction

January 25-26
6th Cross-Cultural
Health Care Confer-
ence @ Ala Moana
Hotel

February 13
Stevenson Inter-
mediate @ JABSOM
visit

February 16
Health Professions
Education Confer-
ence @ JABSOM

March 18-22
Spring Recess

An Inside-out Theory

by Chantal Keliioomalua, MSW

Kula no na Po'e Hawai'i (KNNPH) is a non-profit organization based in the Papakōlea Native Hawaiian Homestead. Our programming focuses on community health and education. KNNPH partners with our public schools including Lincoln & Pauoa Elementary, Stevenson Middle, and Roosevelt High School. Long-term goals are to increase attendance, improve educational outcomes, reduce behavior issues, and increase school connectedness in order to increase graduation rates and economic development targeting Native Hawaiian youth, Papakōlea youth, and "at-risk" youth of our community. All programs held in public schools are open to all children.

Community Engagement, Family Engagement, and Cultural Enrichment are utilized to develop programming, enhance relationships, and cultivate learning. Historically, Native Hawaiians and Papakōlea youth have been targeted with derogatory reputations for educational outcomes and behavior—while parents felt ostracized and unwelcome in the school systems. KNNPH recognized its special relationship with the community as an opportunity to bridge the gaps.

In the Elementary Schools

KNNPH has sponsored cultural enrichment programs such as Hula, Ukulele, and Mele programs. The second graders visit Papakōlea park every year for a day of learning activities and first-hand experiences to see and learn about the Papakōlea Community. Themed learning activities are created and led by Nursing Practicum students from Hawai'i Pacific University (HPU) who have a semester long on-site community based service-learning class hosted by KNNPH at Papakōlea Park and Social Work practicum students from the University of Hawai'i. KNNPH participates in reading aloud to students at Lincoln Elementary School on its annual Dr. Suess Day. KNNPH hosts the annual *Papakōlea Ohana Health Fair* for the community on the grounds of Lincoln Elementary and ties in a free keiki games zone and an Art Contest with prizes for each grade of elementary to encourage families to attend.

In the Middle School

Because for many, the spiral of dropping out starts in Middle School, KNNPH implemented the Na'auao Program at Stevenson Middle school to identify "at-risk youth" (based on behavior, attendance, and grades of students that do not qualify for SPED services) and created a cohort with a designated learning space, instructors, and counselor to address and support the needs of this group of students. KNNPH has partnered with DNHH/JABSOM in bringing middle school students to JABSOM for a day of learning, mentoring, and lunch with medical students.

Cont'd pg 2.



Photo by: Chantal Keliioomalua

Children learn to ku'i kalo (pound poi) from taro at Papakōlea Annual Health Fair.

Chantal Keliioomalua:

Chantal graduated from the Myron B. Thompson School of Social Work, at the University of Hawai'i at Mānoa in 2017 with her Masters in Social Work. Chantal has been working in collaboration with Kula no na Poe Hawai'i and John A. Burns School of Medicine (JABSOM), Department of Native Hawaiian Health (DNHH) for three years.

"Hānai ke keiki, hiki ke ho 'oūnauna."

Foster the children and they become able

Fall 2018

The NHCOE partnership with Kula no na Po'e Hawai'i links JABSOM to the Papakōlea community and regional schools in Honolulu, Roosevelt HS and Stevenson Intermediate. For the past two years, NHCOE and the office of Medical



Education have invited science teacher, Ms. Susan Ching and her 8th grade class to meet JABSOM second year medical students. Here, current JABSOM students and former 'Imi Ho'ōla student, James Lonzanida, work with a Stevenson Intermediate 8th grader to learn more about his goals and talents and to explore options in health careers.



Photos by: Malia Lee

Cont'd from pg 2.

to promote interest and access to medical careers and education for Native Hawaiian children. Since the inception of this visit two years ago, Roosevelt High School (RHS) has experienced a spike from incoming ninth-graders with interests in health careers. Due to this spike in health career interest RHS has designated two Health Career Pathway classes that started in the academic year 2018-19.

In the High School

After following the Na'auao students from 6th-8th it was disappointing to lose sight of them in high school and the impact of the Na'auao program on HS graduation rates was non-evidentiary due to student loss of supports and KNNPH not having access to records. KNNPH reached out to RHS and the Kulia program was created to give both continued support and to follow the progress of the Na'auao cohort through graduation. KNNPH provided a crisis counselor for the cohort and ongoing workshops and activities to continue the relationship and promote success for the students.

Additionally, in the 2016-17 school year KNNPH partnered with DNHH/JABSOM, led by Drs. Dee-Ann Carpenter and Malia Lee, and then Graduate Assistant & MSW student Chantal Keliioomaluu to develop, create, and implement a series of culturally relevant, incentivized, Health Career Pathways workshops to develop self-confidence, identify existing skills and interest that align with, access to, and knowledge of all levels of careers in the medical field. Native Hawaiian students were targeted in recruitment for this but was open to all students. Two information gathering and activity-based workshops were held to increase participation and identify career interest. Information gathered from these workshops was used to bring in over forty guest speakers from the health career fields for a two day workshop finale "speed-dating" style sessions with health professional and small groups of students. Roosevelt administration was amazed at the high turnout and student feedback was extremely positive. Last school year the student body initiated a student led, all-school College and Career day which KNNPH and DNHH assisted in bringing in professionals and college representatives. College and Career day was another huge success.

In All Schools

KNNPH provides home outreach services for all partner schools—for acute situations and to increase family and school engagement as needed.

An over-arching goal for KNNPH is to build a robust population of Papakōlea residents in health-related fields to build infrastructure within community of reliable caregivers and resources and promote both health equity and economic stimulus. Many of the programs and goals of KNNPH are interconnected and supported by the invaluable partnership with DNHH/JABSOM. By building relationships and programs in our schools we hope to improve outcomes for our students and community.



Photo by: Chantal Keliioomaluu

Vance Keliioomaluu demonstrates Ku'i Kalo (poi pounding) at Papakōlea Annual Health Fair.



Photo by: Chantal Keliioomaluu

Papakōlea Annual Health Fair: Meghan Kenney MSW practicum student, Ka'apuni Kama Community Expert, Kelli Murakami MSW practicum student, Nicole Woolsey MSW practicum student.

At Hoa 'Āina O Mākaha, Native Hawaiian Health Scholars Plant Seeds of Hope and Malama 'Āina (Care for the land)

by Vanessa Freitas

Located on the Wai'anae Coast, Hoa 'Āina O Mākaha (the land shared in friendship in Makaha) is a nonprofit dedicated to teaching students to care for themselves and each other by nurturing the land and learning Native Hawaiian values. It was started in 1979 when Father Luigi "Gigi" Cocquio was asked by Sister Anna McAnany of Maryknoll to transform this initially barren five acres of land owned by the Catholic Diocese of Honolulu into something with greater purpose. Gigi began to build the community farm with the help of Brother Ed Gerlock, Eric Enos of Ka'ala Farm, and youth. Today, Hoa 'Āina O Mākaha programs include: Na Keiki O Ka 'Āina (Children of the Land), Ke Ala Program (The Learning Center), Hale Ho'omaluhia (The Peace Center), and the Container Garden Program. These programs give haumāna (students) hands-on experience in mālama 'āina (caring for the land), and in this process, they learn about themselves and how to nurture their communities.



Photo by: Sachi Kaulukukui

Native Hawaiian Interdisciplinary Health students, Nā 'Ōpio o Nānākuli HS students, and JABSOM medical students share mo'olelo at Hoa 'Āina O' Mākaha.

"Stepping foot into Makaha Farms with fellow classmates and 1st year medical students was a wonderful experience. We cultivated the land and also our spirits. We were taught not only to mālama the 'Āina, but also mālama those around us. It was truly a blessing to be brought to this place, and I will surely come back again." - Katelyn Sebastian, Nānākuli HS student

In Spring 2018, the Native Hawaiian Interdisciplinary Health (NHIH) scholars (with Dr. Sasha Fernandes and Lehua Abrigo) and Nā 'Ōpio o Nānākuli high school students and med students (led by NHCOE faculty, Sachi Kaulukukui) gathered in Makaha at this farm to do just that. As visitors, we opened with an 'oli (chant) requesting permission to enter the farm and asking for guidance to have an open mind and heart to learn. Under Hale Haumāna, we listened to Gigi's mo'olelo (story). Gigi spoke of the power of positive thoughts and actions, likening them to planting seeds of hope, and inspiring us to be the catalyst for positive change in the world.

Then Dr. Sasha Fernandes challenged us to become better listeners with a small group activity. The Nānākuli students, medical students, and NHIH premed and social work students shared their mo'olelo by taking turns being listener and speaker. Questions were saved until later. We received and shared mo'olelo and then asked for feedback on whether we heard correctly. People were moved by feeling truly heard and, as aspiring health professionals, we practiced the art of listening with our hearts.

"(Gigi's) goal to teach young children to care about others and themselves through caring of the land resonated with me since having a common goal to preserve and love the environment can breed new friendships and improve teamwork." - Shirley So, 1st year medical student in Nā 'Ōpio o Nānākuli

After the listening activity, we created our container gardens and Gigi reminded us to bring our Aloha and positive thoughts to nurture our seedlings. We talked story together as we planted basil, tomatoes, green onion, and rediscovered our love for the land. Then, we also visited a special Mango tree that was planted in remembrance of Jorge Luis Andrade Fernandes, Dr. Fernandes' husband, who passed away in 2004. We made leis and brought flowers to his tree to honor his memory.

"Uncle Gigi shared his life story about his many travels and the many struggles he went through before coming to Hawaii and starting this farm. His story and reasons for coming here have inspired me to never give up when an obstacle appears in my path," - Chalyssa-Ann Belford, Nānākuli HS student

Hoa 'Āina O Mākaha is a gathering place where the community can come together to reconnect with the land and each other. We look forward to coming back and bringing more people with us. It is true, when we care for the 'Āina, the 'Āina takes care of us.

Vanessa Freitas:
Vanessa Freitas is a Native Hawaiian Student Pathways to Medicine alumna. She graduated from Gonzaga University with her Bachelors of Arts in biology and psychology.

Striving to Reach the Summit at Camp Palehua in Makakilo

by Malia Lee, MD, Kelli-Ann Voloch, MD and Sachi Kaulukukui, MS

Kuaola and Na 'Ōpio o Nānākuli (NOoN) are two of NHCOE's first-year medical student Community Health Electives led by Dr. Kelli-Ann Voloch and Ms. Sachi Kaulukukui respectively. Both Community Health groups work with students from Nānākuli High and Intermediate School (NHIS) as mentors in a program called Nānākuli Pathways to Health. Twelve first-year medical students were introduced to the Wai'anae coast by Paula Burgess from the Kamehameha School (KS) Ma'ili Learning Center. JABSOM students participated in a "sense of place" and "cultural sensitivity" exercises along with a tour of Nānākuli and Waianae coastlines as part of their orientation to the community. Medical students began presentations on health and career topics to Ms. Monica Yasuda's 8th Grade AVID and Mr Jemeil Deliz' Global Health classes this October.

This fall, NHIS and JABSOM medical students met for the first time to take part in a variety of team building exercises and get a sense of the adventures to come as they began the year together. Throughout the year, students learn about the history of Hawai'i by visiting significant sites on 'Oahu and by taking part in land-based/culture-based community service-learning experiences to help broaden their understanding of healthy choices, disease prevention, health careers, Hawaiian culture and their kuleana (responsibility).



Photo by: Kelli Ann Voloch
Kuaola and NHIS AVID Students at Camp Palehua



Overlooking the Kapolei and Ewa plains, Camp Palehua staff led Kuaola mentoring teams to work together and achieve seemingly impossible tasks. Activities challenged students to focus on embracing the joy in the journey as they strive to reach their goals. A second kick-off activity brought NOoN mentoring teams to a University of Hawai'i Volleyball game where they were able to see teamwork in action, meet the UH sports trainers, and partake in college life activities.

Photo by: Sachi Kaulukukui

NHCOE and 'Ahahui gathering at Waialae Beach Park.

For Our Native Hawaiian Students

Creating a kauka hui...NHCOE and 'Ahahui o nā Kauka celebrating our NH JABSOM Haumana

NHCOE and 'Ahahui o nā Kauka (Association of Native Hawaiian Physicians) gathered our Native Hawaiian JABSOM haumana at Waialae Beach Park in September for an 'ohana style picnic.

This day beautifully spoke to 'Ahahui's vision to create: Kākou and pono. Collaboration and basic Hawaiian values provide the foundation upon which all goals, objectives and activities shall be planned and implemented.

Dr. Emmett Aluli ('Ahahui President) and Dr. Martina Kamaka (past President) shared their wisdom to remain involved in the health and wellness of kanaka 'ōiwi.

A special welcome to our Native Hawaiian MS1s: Nanea Cavaco, Kaimana Kuwada, Brittany Sato, Nicholas Simon, Dillon Tacdol, and Malui-keau Tang.

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Nū 'Oli o NHCOE is a newsletter of NHCOE at the John A. Burns School of Medicine. Opinions expressed herein are not necessarily those of JABSOM or of the University of Hawai'i. Suggestions and submissions are welcome. Please submit to nhcoe@hawaii.edu - Mahalo!

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