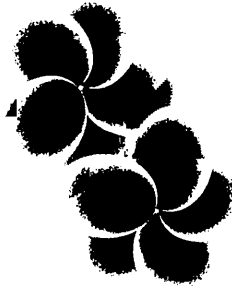


Because we understand

We're HFAA, a statewide network of local support made up of parents whose children have serious emotional or behavioral challenges. The common bond among us is that, like you, our children's behavior at home, school and in other environments is both confusing and challenging.



We've been helping Hawaii families for more than eighteen years

HFAA was established in 1986. It was the parent organization of the Ohana Project, one of 44 projects across the country funded by the Center for Mental Health Services to develop local systems of care for youngsters with emotional or behavioral challenges.

HFAA has become known nationally for the work done in increasing community-based services. Through a holistic approach that is child-, family- and community-centered, HFAA is here to provide help to families through education, technical assistance and advocacy.



Families helping families with children who have emotional or behavioral challenges

Hawaii Families As Allies

A chapter of the Federation of Families for Children's Mental Health, Inc.

Here's how to reach us

For Information, call HFAA at 808-487-8785

Fax: 808-487-0514

E-mail: hfaa@hfaa.net

99-209 Moanalua Rd.

Suite 305

Aiea, HI 96701

Neighbor Islands: 1-866-361-8825

Warm Line: 487-3845



If Your Child Seems Emotionally or Behaviorally Different..

we can help



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“For me, one of the most important things was knowing I wasn't alone.”

HFAA staff members are parents of youngsters with emotional or behavioral needs, so we can understand what you're experiencing. We know that you're faced with making decisions about your child, and we're here to help you be as educated and well informed as possible

“It's easy to feel overwhelmed. Families helping families makes a big difference.”

We know that families have no magic answers. But over the years we've seen the many ways families can help families like yours:

- Families can be helpful listeners
- Families can talk about the pleasures as well as the pain of having a child with emotional or behavioral challenges
- Families can tell you about services and programs that can help your child grow to his or her fullest potential
- Families can be a child's best ally when arranging for appropriate services at their school
- Families and professionals working together can help convince Hawaii's legislators and other elected officials to improve services for our children and adolescents



“I felt like we'd lost our daughter. Now I feel like we have her back.”

“My teenager daughter's behavioral problems escalated to some drug abuse. The service coordination she was getting was fragmented until I found HFAA. Now, my daughter is making good progress towards getting her GED. And I feel that HFAA's services have made me a better parent, more in touch with my daughter's needs. One of the most important things to me is being connected with other families who are having similar struggles to mine.”

- Friendship and a listening ear
- Information on how to understand and deal with your child's emotional or behavioral challenges
- Information on how to work with your child's school
- Telephone support
- Local support and group meetings
- Information and referral
- Resource library
- Parent advocacy training
- Annual statewide conference
- Legislative action network

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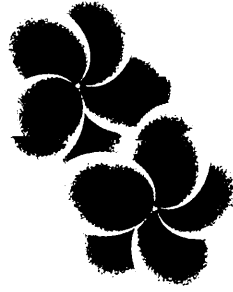
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“If it weren't for HFAA, we wouldn't have known what to do.”

HFAA strives to empower families to develop the skills they need to help support their child. Here are some of the things they offer you:

- A lot of worry or anxiety, as shown by refusing to go to school, go to sleep, or take part in activities that are normal for the child's age
- Abuse of alcohol and/or other drugs
- Big changes in school performance
- Big changes in sleeping and/or eating habits
- Consistently violates others' rights, opposes authority, cuts school, steals, or destroys property
- Depression, shown by prolonged negative mood and attitude, poor appetite, trouble sleeping, or thoughts of death
- Frequent, unexplainable temper
- Hyperactivity, fidgeting; constant movement beyond regular playing
- Low self-esteem, feels worthless
- Many complaints of physical ailments
- Persistent nightmares
- Regular disobedience of teachers and/or parents, or fights with other children (longer than 6 months)
- Slow language development and poor communication skills
- Strongly fears becoming obese with no relationship to actual body weight
- Talks about or threatens suicide
- Trouble coping with problems and daily activities
- Withdrawals from family and friends

“I tell families that getting a professional checkup for their child is one of the first things they should do.”



Children and adolescents can have many kinds of problems. And there are no simple answers. Here are some warning signs that indicate a need for a professional checkup:

- A lot of worry or anxiety, as shown by refusing to go to school, go to sleep, or take part in activities that are normal for the child's age
- Abuse of alcohol and/or other drugs
- Big changes in school performance
- Big changes in sleeping and/or eating habits
- Consistently violates others' rights, opposes authority, cuts school, steals, or destroys property
- Depression, shown by prolonged negative mood and attitude, poor appetite, trouble sleeping, or thoughts of death
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