

.....

HEALING
LĀHAINĀ,
HEALING
OUR WORLD

- Dr Kalamaokaaina Niheu
- 2024 HAFP Annual Symposium
- February 18, 2024
- Hilo, Hawaii





Standing Rock Medic Healer Council

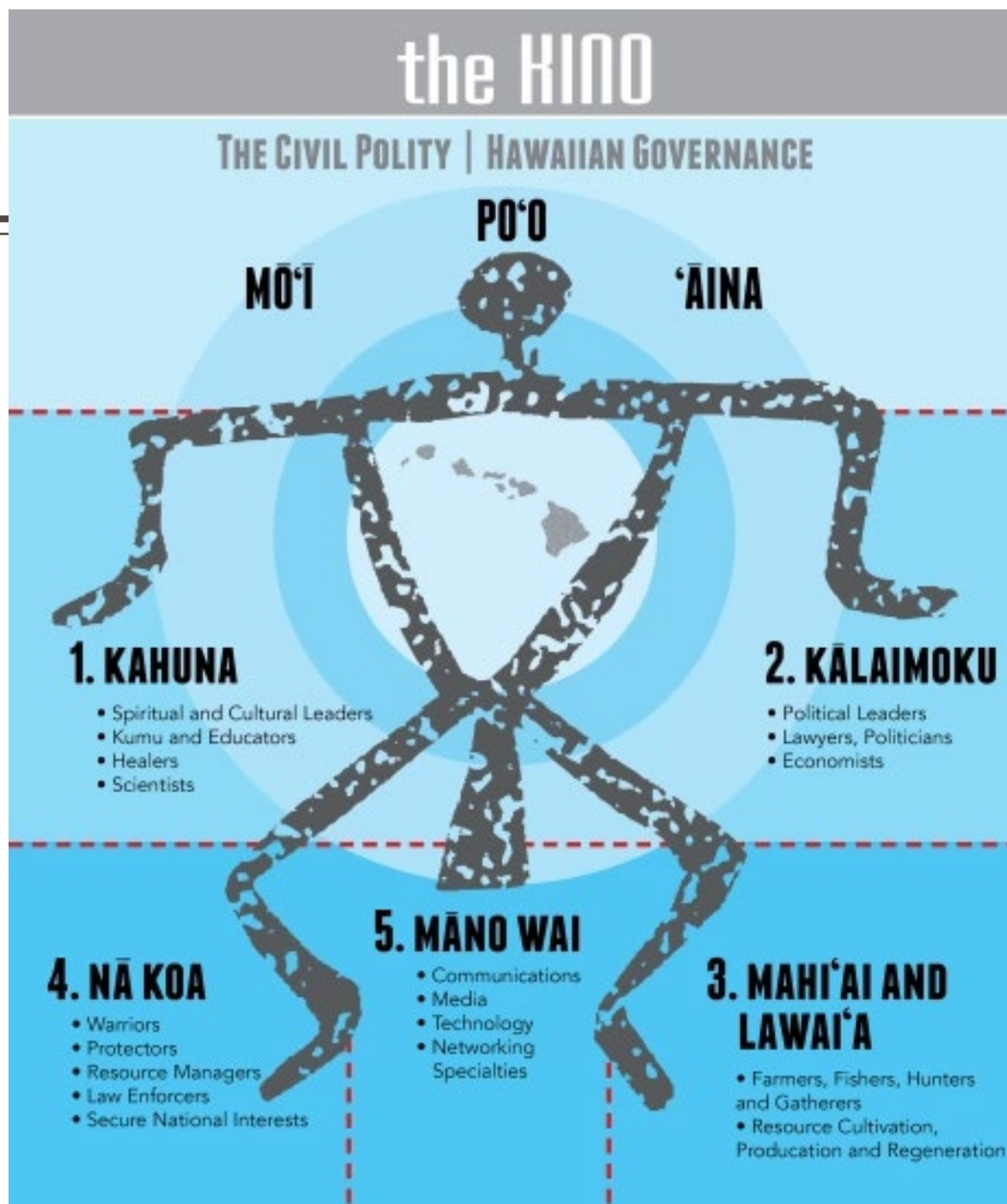
2016-2017



Ceremony and the Sacred

Mni Wichoni

Kino Kalaimoku



Haleakala

Maui, 2017

NEWS SPORTS OPINION LIFE OBITUARIES JOBS CLASSIFIEDS TV PAU HANA

Protesters accuse police of excessive force after incident


Police: Prais 'struggled with officers,' who were then forced to restrain and handcuff him

LOCAL NEWS
AUG 4, 2017

COLLEEN UECHI
Staff Writer
cuechi@mauinews.com

f SHARE t TWEET

✉
🖨



Protesters and police surround David Prais as he lies unconscious early Wednesday morning near the intersection of Haleakala Highway and Kekaulike Highway. Some protesters believe police used excessive force in restraining Prais, although police said Prais struggled with officers and refused to follow orders. The Maui News / COLLEEN UECHI photo

Protesters complained that police used excessive force Thursday after an incident that left 39-year-old David "Kai" Prais unconscious on the road during a protest against a convoy of telescope materials headed to the summit of Haleakala early Wednesday morning.



Mauna Medic Healers Hui

2019



Lahaina Fire August 8, 2023

State resources were focused on containing the fire and transporting the wounded to care

Immediately the local Maui community mobilized, activating what local Hawaii residents fondly call our “coconut wireless

Within 48 hours dozens of medics and healers actively on the ground with hundreds of our members rallying throughout the islands and beyond.





In the immediate aftermath of the Fire

- 911 was not functioning, onsite urgent medical care, and triage to hospitals. Thousands of medical prescriptions needed to be replaced.
- In conjunction with Maui Mutual Aid, 9 hubs were established along the West coast of Maui providing food, clothing, first aid, outreach to Primary Care, Acupuncture, Lomilomi, La'au Lapa'au, Eastern Medicine, etc

Art Therapy





Lom ilom i



La`au Lapa`au

Pu`uhonua o Nene

Under the leadership of **Project Vision** and in partnership with **Health Mothers, Healthy Babies, Maui, Maui Medic Healers Hui** provides medical, mental, and traditional healing to the little village for houseless in Wailuku



Re-Entry Support



**Protect Yourself,
Your 'Ohana,
& Future Generations**



SOOT & ASH ARE TOXIC!

DON'T BREATHE, SWALLOW, OR LET IT GET ON YOUR SKIN

Lead, arsenic, asbestos, dioxins, and other poisons are in soot and ash

Even small amounts can hurt the lungs and heart or cause cancer a long time from now



WASH WITH SOAP AND WATER IF SOOT GETS ON YOUR SKIN

Shower as soon as you leave the burn zone



WEAR THE BEST PROTECTION YOU CAN



- Best: P100 respirators
- Next best: N95 mask
- 'A'ole: Bandana



- Best: Sealed safety goggles
- Next best: Glasses/Sunglasses
- 'A'ole: Contact lenses



- Best: Chemically-resistant gloves
- Next best: Dishwashing gloves
- 'A'ole: Cloth or leather gloves



- Best: Tyvek Coveralls
- Next best: Long sleeves and pants
- 'A'ole: Exposed skin



- Best: Chemically-resistant boots
- Next best: Heavy boots
- 'A'ole: Sneakers, slippers



- Best: Throw away clothes worn in burn zone
- Next best: Change before coming home, wash separately

THE BURN ZONE IS NOT SAFE FOR:



KŪPUNA
(60 YEARS +)



KEIKI
(AGES 0 - 17)



HĀPAI
(PREGNANT)



**EXISTING
RESPIRATORY
CONDITIONS**



**IMMUNO-
COMPROMISED**



PETS

**VISIT THE MAUI MEDIC HEALERS HUI HQ AT HONOKŌWAI BEACH PARK
OR AT MAUIMEDICHEALERSHUI.ORG FOR MORE INFORMATION**

Kukakuka Destigmatizing Mental Health

Destigmatizing Mental Health

Kukakuka has roots in Ho-
oponopono

Let's Talk Story

MENTAL WELL-BEING AND
VISITING HOME



Ke Kino Overload

THE BODY MAYBE OVERWHELMED
BY:

- WHAT IT SEES
- WHAT IT SMELLS
- WHAT IT HEARS
- WHAT IT TOUCHES

THE NA'AU MAY BE MORE
AWARE, MORE SENSITIVE TO THE
COLLECTIVE PAIN. THIS IS OKAY.



Kino: Body
Na'au: Intuition

SEEING OUR HALE AFTER A
DISASTER CAN BE FILLED WITH ALL
TYPES OF THOUGHTS AND
FEELINGS.

AS WE MOVE GENTLY FORWARD,
REMEMBER THE STRENGTH IN
YOUR BREATH AND STAY
CENTERED WITH IT.

TRY TO HOLD SPACE FOR THE
FOLLOWING:

Hale: Home



Ka Mana'o

MENTAL WELL-BEING IS AN ESSENTIAL PART OF KANAKA WELLNESS. TENDING TO IT PAVES THE ROAD FOR LŌKAHI.

- TALK AND LISTEN TO 'AKUA
- TALK AND LISTEN TO KŪPUNA
- TALK AND LISTEN TO EACH OTHER
- TALK AND LISTEN TO LOVED ONES
- TALK AND LISTEN TO FRIENDS

Ka Mana'o: Mental wellness
Lōkahi: Balance/Harmony
'Akua: God/gods/goddess/Source



Wellness Support

THE MAUI MEDIC HEALERS HUI WILL BE IN THE BURN ZONE AT A SHADY TENT, EVERY RE-ENTRY DAY. COME BY TO:

- TAKE A BREAK
- GET WATER AND COLD PACKS
- GET FREE PROTECTIVE GEAR
- TALK STORY

FOR CRISIS SUPPORT: 9-8-8



Maui Wildfire Exposure Study



PUBLIC HEALTH REPORT

INITIAL FINDINGS FROM THE MAUI WILDFIRE EXPOSURE STUDY

FEBRUARY 8, 2024

Key Findings: Food insecurity



MauiWES



UHERO Public Health Report Initial Findings from the Maui Wildfire Exposure Study

- Approximately 35% of surveyed households experienced very low or low food security, higher than
- the 23.7% and 20.5% observed in the earlier UHERO survey of Maui and State cohorts, respectively.

Key Findings

General Social Impacts:

Only 24% of participants remain in their pre-wildfire homes. The majority, 65%, are in temporary homes, and 11% have moved to new permanent homes.

The wildfires caused 58% of participants to lose their jobs. Currently, over half have found employment, but 24% are still jobless and searching.

74% report a drop in their household income.

Self-Reported Health Outcomes:

Almost half of the participants (49%) said their health is now worse than last year (prior to the wildfires). About 24% reported that they do not have steady access to medical care.

13% reported that they do not have health insurance, much higher than last year's survey of Maui residents where only 1.7% reported being uninsured, similar to that reported statewide.

Key Findings: Physical Health Assessment:

Over 20% of the cohort participants showed high blood pressure at the level of stage 1 and 2 hypertension, with 55% at pre-hypertension levels, indicating an overall proportion (~76%) of individuals at elevated risk for cardiovascular disease.

Initial blood biomarker tests also indicated that 8-18% of participants may have compromised kidney function. Additionally, up to 74% of participants may be experiencing poor respiratory health, with

49% exhibiting signs of mild to severe lung obstruction, and 33% with compromised lung function linked to impaired tissue oxygenation.

Study participants were provided a copy of their results immediately upon completion of enrollment. Those with abnormal levels of clinically-relevant health metrics were encouraged to seek professional medical care to confirm these assessments and obtain treatment if needed.

Key Findings: Mental Health Assessment

The MauiWES study suggests a significant rise in depression rates among its participants, with 55% exhibiting depressive symptoms. This is notably higher than the approximately 33% reported for both the general population statewide and specifically for Maui residents in a previous survey.

Depression rates in the MauiWES cohort increased with age, peaking at 75% in those aged 50-59. This suggests the wildfires had a profound impact on the mental health of older residents, highlighting their vulnerability to psychological trauma during recovery.

Elevated levels of low self-esteem, with 34.6% of MauiWES respondents reporting this issue, far exceeding the 13-14% observed in the 2023 UHERO pre-wildfires survey. Low self-esteem was consistently high across all age groups in the MauiWES cohort, with notable peaks in the 30-39 and 70+ age groups.

1.3% of participants reported recent suicidal thoughts, a slight increase from the state and Maui-specific rates in May 2023, underscoring the persisting mental health challenges in recovering from the wildfires.

Fires and Climate Change

- It is estimated that from 1971 to 2021, human-caused climate change -primarily through the burning of fossil fuels- contributed to a +172% increase in burned areas, with a +320% increase from 1996 to 2021. In the coming decades, a further increase in annual forest burned areas is expected, ranging from 3% to 52%
- West Maui is a microcosm of man-made climate change on a global scale horrifically exacerbated by very local, specific, and deliberate changes made to the land and her peoples, primarily in the name of profit for a select few. Eighty wildfires, an average of about four fires each year, directly affected Maui county between 1999 and 2019





LĀHAINĀ:

Venice of the Pacific

- The historic name for Lāhainā, Malu Ulu o Lele which translates to “Shady breadfruit grove of Lele”. He described how in ancient times the west side of Maui was a food forest of “ulu, kalo (taro), coconut and many other canoe crops.” Lāhainā was not only able to sustain itself, but was so abundant that it was also able to support other districts and islands with breadfruit and kalo.

Land and Water Theft



The overthrow of the Hawaiian Kingdom on January 17, 1893, and the illegal Annexation of Hawai'i by the U.S. in 1898 was orchestrated by the Committee of Safety, composed of thirteen descendants of missionaries and American businessmen. In 1993, the U.S. Congress admitted to its role in the overthrow of Hawai'i, calling it an illegal act of war.



Hand in hand with the seizure of land came the seizure and diversion of water. On Maui, the West Maui Land Co (WMLC) controls much of the land water on the leeward side of the island. WMLC is a subsidiary of Alexander and Baldwin, one of the missionary-descended companies that benefited from the overthrow of the monarchy, often collectively referred to as the "Big Five."



Land and Water Theft

- Initially used for monocropping of sugar and Pineapple, after agribusiness no longer became feasible, the focus was changed to real estate and tourism. Instead of reforestation and return to streams, WMLC has been continuing to hold onto stream water, most likely for the purposes of development
- Invasive grasses were allowed to proliferate, setting up West Maui for the disastrous fires
- Tourism accounts for 44.7 percent of total water consumption in the islands.



Needs Today

- Ongoing care at Community Hubs: Main Healing center at Royal Lahaina Hotel, house calls to the various hotels or BnB's where Lahaina residents are currently housed
- Connecting: patients to resources
- Public health education and advocacy on the toxins from the ash.
- Ongoing Mental health, including malama kino work (acupuncture and lomilomi)

What is needed: My thoughts

- **In Maui:** ensure the millions of dollars being raised goes to those most affected and are not pouring into state and non-profit banks
- **Transition from fossil fuels** to more green energy is not enough. Create decentralized electric microgrids locally powered by wind and solar that not only do not require long power lines, but do not result.
- **Remodeling of the medical system.** Nationalized medicine, detaching healing from a profit focused industry. Increased integration into community, increased access to alternative healing modalities. Return of the Indigenous scientist.



A HUI HOU

And...



Mahalo.

.....

HEALING LĀHAINĀ, HEALING OUR WORLD

- 2023 Laulima Symposium
- November 11, 2023
- John A Burns School of Medicine

