

Diamond Head Clubhouse News



Anticipation of the NAMI State Conference

By: Squirrel & Wes

Hi everyone, the NAMI (National Alliance on Mental Illness) Hawaii State Conference is returning on March 24, 2025 at the Prince Waikiki Hotel from 9 am to 3 pm. This year's topic is Help, Not Handcuffs. It will focus on topics like Crisis Intervention Team, Jail Diversion, Addressing the Gaps in Services, Assisted Community Treatment for Families, and Help for Families and Community Members. There will be a speaker from the State Department of Law Enforcement, the Honolulu Police Department, a medical doctor, and other advocates. For more information or to register for this event go to namihawaii.org. This year, Squirrel will be attending the conference with others. She also attended last year's conference and said she enjoyed it. In addition, the food at the conference was excellent. It was informative for her, and the clubhouse had its own table. She is looking forward to attending this year's one as well. She is currently studying to become a member of the crisis intervention team, which means she will be sharing her stories with law enforcement.

Diamond Head
Clubhouse
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NAMI HAWAII STATE CONFERENCE 2025

HELP not handcuffs

**March 24, 2025
9:00AM - 3:00PM
Prince Waikiki Hotel**

Registration Opens February 10, 2025

CONFERENCE FOCUS:

- Crisis Intervention Team
- Jail Diversion
- Addressing the Gaps in Services
- Assisted Community Treatment For Families
- Help for Families and Community Members

PRESENTERS:

- Maj. Mike Lambert, Nominated Director of State Dept of Law Enforcement
- Sgt. Corbin Matsumoto, HPD, Honolulu CIT law enforcement lead
- Heather Lusk, LCSW, Executive Director, Hawaii Health and Harm Reduction Center, Honolulu CIT clinical lead
- Dr. Chad Koyanagi, MD, Honolulu CIT founding member and trainer and ACT advocate
- Connie Mitchell, APRN, Honolulu CIT founding member and trainer and ACT advocate
- Tim Hansen, LSCW, Hawaii County CIT founding member and clinical lead



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Clubhouse Guarantees Its Members:

- The right of place to come to

-A right to meaningful relationships

-A right to meaningful work

-And a place to return to

The Tale of the Caterpillar

By: Lindsey

Ever since I saw my first butterfly tree they have always fascinated me. The butterflies flying around always represented that change is a beautiful process. The crown-flower tree blooms a purple and white flower which is home to the yellow and black striped caterpillar. It can be as small as a thumb nail and grow to about two inches. One of my favorite experiences is to spot a caterpillar on its leaf. It takes a trained eye but anyone can do it. To me, it's like striking gold. My heart seems to jump in my chest with joy. Big, small, skinny, or thick, this little creature always amazes me. The caterpillar molts or sheds its skin like a snake when it grows bigger.

The Hawaiian name for the butterfly is pulelehua. The crown-flower tree produces a particular butterfly known as the monarch butterfly. Its wings are orange and black, I was fortunate this past month to plant two butterfly trees in my yard. To plant a tree is to believe in tomorrow. However, I've been taking caterpillars and leaves from my neighbor's tree for the past 35 years. Then, I put them in a vase with a screen and rubber band on the top. Because of their short life spans they have minimal maintenance and cleaning. My hobby experience has shown me that it is good to be independent like caterpillars with unique skills that guide them successfully through their lives.

I don't want to spoil what happens next but it's nothing short of magical. Personally, there's nothing better that illustrates a transitional life cycle than the caterpillar turning into its chrysalis or cocoon. The metamorphoses experience is truly inspiring for anyone who is turning over a new leaf in their life or beginning something new for the first time. The appearance of the emerging butterfly can be so astonishing because of its obvious visual differences to the worm like caterpillar. Much like our new beginnings of friendship, this life cycle stage is the most delicate but reaps the most rewards. For soon, the fragile pulelehua takes to the air in flight to show off its beautiful colors and grace. My butterfly advice to everyone is to treat yourself like a monarch.



Transitioning to Transitional Employment

By: Fernando

What motivated me to start work again? I just needed the right opportunity and the right pay rate and the right work environment, I love what I do. I enjoy what I do. Any challenges? As a person with mental health issues, of course I have challenges, but taking my medication and using my coping skills helps a lot. As I'm enjoying my recovery I see a lot of positive things I'm able to do, I'm really helping people getting their orders completed. It's a perfect position for me. I'm learning what I need to learn and getting paid handsomely. How do I maintain the job? I make sure I'm at the shop at least 15 min early. I make sure I work fast and precise on all my orders. I make sure there's good communication between me and the workers and the owner. There's nothing healthier for your physical and mental health than working and loving what you do, for money. I learned if you live to the age of 89 years old you have lived 32,485 days, so what are you doing with those 32,485 days? I believe if I live to 89 years old I only have 14,235 days to live, so live my remaining days happy, positive, wise, strong, healthy, and financially stable. My secret for life successes is being persistent and tenacious in anything I do. I decided to have this persistent and tenacious behavior late in my life, but not too late to enjoy the powerful effects of this lifestyle of persistent and tenacious behavior. Mahalo.



Diamond Head Clubhouse News



New Member Highlight: Dan

By: Squirrel

Daniel has been a local for 24 years and attended Kealahou High School. He's been around the island. He's been involved with mental health for the past 8 years and heard about Diamond Head Clubhouse from roommates. When asked how he likes it here at Diamond Head, he replied "it's been nice". He enjoys his hobbies of video games & fishing & has done so since he was 8 years old. His favorite food is pizza. When he needs to chill, he goes to the beach & also enjoys going for walks. His hope for his future is to get off of conditional release. He enjoys action/adventure movies & his favorite movie is "Star Wars", while his favorite TV series is "Better Call Saul". His favorite book is "The Peaceful Warrior". When asked what he would do if he had a million dollars, he replied "I'd buy a home, motorcycle, boat & give some to family". If he had a friend having a difficult time, he'd help by listening & asking if they needed anything from the store. When asked "What do you like most about yourself" he answered: "being sober & clean for two years". Keep up the great work Daniel H.R.



For You

By: Vernon

Not to be compared
I see things for what they are
Existing with some semblance
The niceness of time
A second chance, the second coming
Forgotten, n'er to be remembered
Recalled only through effort
The timelessness of happiness.
When we know things are meant to be
Forthwith—the sign most becoming
Seen through your eyes
How we are appropriate
Written and beleaguered
Scourged yet, tenuous
Happy is the man born in this world of ours.



Diamond Head Clubhouse News



Kitchen Unit Update

By: Sandra

We are very glad that everyone is reading the newsletter. Since the changes at the beginning of the year, both members and staff are engaging side-by-side in the work-ordered day and things are getting done. We continue to have our morning and afternoon unit meetings where we discuss the 2025 goals. Both units work together to plan the weekly menu. It is good to have changes in the units. We love coming to the Clubhouse since we have fun and enjoy socializing while engaging in the work of the day. We also look forward to the social recreation activities each month. Please enjoy the newsletter and have a nice day! We love and appreciate you all!



Birthdays

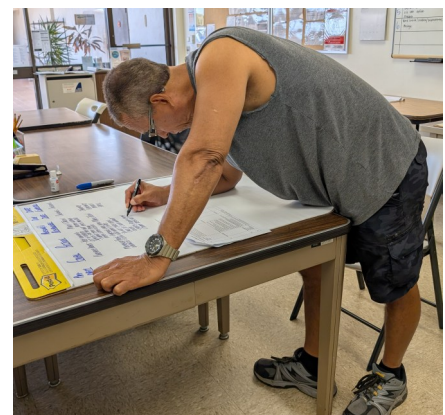


DANNY
JASON
VERNON
KRISTINE
SHEENA
LOREAL
DANIEL
QUEENIE
JOE
MARIO
ZACHARY

Business Unit Update

By: Wes

In the Business Unit this month, we are busy with Orientation and the Silent Auction. For the Silent Auction, we are doing follow ups with the Donation Letters. This involves making phone calls to Businesses that we have sent donation letters to. As for the Orientation in February, it was a successful one. The members who have chosen the Business Unit as their Choice to be in were Paul, Jay and Danny. Let's welcome these new members to our Unit. The Unit has also been going to the Garden as a unit every Friday afternoon. We have been working on our unit goals, and the goal we have been focusing on is to keep our Van clean, and continue with the maintenance of our Van.



Sudoku



			8						5	
		7						5	1	
								7	9	2
1			7					8		
7		9	6					4	2	1
			3					9		4
4	8	5	9							
	6		1						8	
	7							3		

Inspirational Message

**"May you have all the happiness and luck
that life can hold—and at the end of your
rainbows may you find a pot of gold." -
Old Irish Blessing**

MYRELEADDFVCHABKSLQOFLSUEGTOBKRICHOSURPNICREALEULTPRFEIAXLNUF
ACLAHFWKSLABGEAMQEMRPERCDAKUNO
GCHBKLQOFLSUEGTOBKRICHOSURPNICREALEULTPRFEIAXLNUF
I C H O R S S H O E U

BLARNEY STONE	LEPRECHAUN	CORNER BEEF	JIG
HORSESHOE	POT OF GOLD	CLADDAGH	
SHAMROCK	BELFAST	BAGPIPE	
EMERALD	RAINBOW	IRELAND	
CELTIC	DUBLIN	CLOVER	
IRISH	LUCKY	CABBAGE	
PATRICK	FIDDLE	SNAKES	
COINS	MAGIC	SAINT	