



KOHALA

RESILIENCE HUB

2023 RESILIENCE PLAN

April 19, 2023

Presented by: Kathy Matsuda, 'Ekela Kahuanui, Leslie Nugent, Tiana Miyamoto,
Ross Pagat, Michelle Kawai, and Amylia-Rae Gandolf

Our Hub Team

Kathy Matsuda

‘Ekela Kahuanui

Leslie Nugent

Tiana Miyamoto

Ross Pagat

Michelle Kawai

Amylia-Rae Gandolf



NORTH KOHALA COMMUNITY RESOURCE CENTER

The Kohala Resilience Hub is a
program of the Resource Center.

Founded in 2002, NKCRC's mission
is to **support successful community
projects that benefit North Kohala.**



Photographed: Michelle Kawai, Leslie Nugent, 'Ekela Kahuanui

Location

Kohala Village LLC

55-514 Hawi Rd.

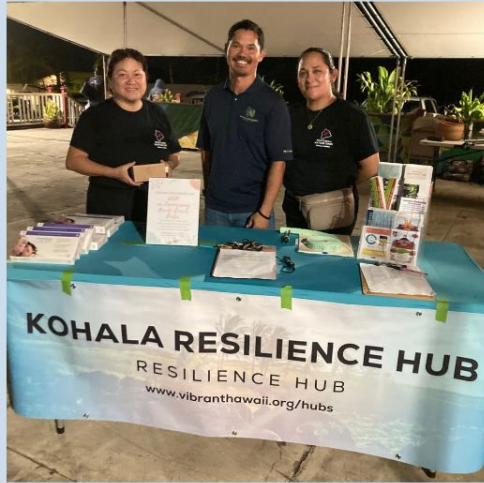
Hawi, HI 96719



KRH Mission:

*To sustain a thriving North Kohala through supporting our community's ability to meet **basic** needs, health & wellness, and emergency preparedness.*

Spreading the Message



Our Resilience Hub was introduced to the Kohala Community with an article in the **Kohala Mountain News**.

January 27, 2023

The Kohala Mountain News

Page 7

NKCRC Expands Its Staff and Responsibilities

By 'Ekela Kahuana

It's official... The North Kohala Community Resource Center (NKCRC) has grown in size!

While we continue the work we've done for the past 20 years to support many active community projects, we're excited to announce that we've added two new team members, Kathy Matsuda and Tiana Alcoran-Miyamoto, as well as additional responsibilities.

In addition to remaining at the Fukuda Building, we now hold the lease for the former Kohala Village HUB property and plan to expand the community resource is called the Kohala Resilience Hub.

The Kohala Resilience Hub is part of an island-wide network designed to coordinate, collaborate and build a more connected and prepared community.

Kathy Matsuda has taken on the role of the Kohala Resilience Hub's



North Kohala Community Resource Center has added two new positions. (Left to right): Current Board Member and volunteer Rose Pagat is joined by new hires Kathy Matsuda, Kohala Resilience Hub Coordinator, and Tiana Alcoran-Miyamoto, Kohala Resilience Hub Facilities and Events Coordinator. ('Ekela Kahuana)

Coordinator.

She will work to help Kohala people survive as well as thrive. This includes providing connections to services to help families

meet basic needs for health, wellness, and emergency preparedness. Tiana Alcoran-Miyamoto is now the Resilience Hub's Facilities and

Events Coordinator. She will be servicing clients in need of spaces to hold events, meetings, classes, and programs. She will also coordinate community events such as the Night Market, Movie Night at the Barn, and annual holiday activities.

NKCRC would also like to acknowledge Rose Pagat, who's been instrumental in getting the attention of Vibrant Hawaii.

While in his role as School Community Coordinator for Partners in Development, he facilitated the distribution of "Keiki Care Packs" and the helped develop first iteration of the Resilience Hub during the pandemic.

He remains as one of NKCR's most valued volunteers and a dedicated board member.

Here's wishing everyone a healthy and vibrant makahiki hoi! For more information regarding programs and rentals, please call Kathy or Tiana at 808-889-5312 or email them at Tiana@northkohala.org or kathy@northkohala.org

Are You Prepared for the Next Emergency?

By John Winter

According to Civil Defense, Hawaii Island experiences more types of disasters and weather threats than any other county in the United States. We are a big island with limited resources. North Kohala is particularly isolated from assistance and resources in an emergency.

Due to a limited number of emergency responders, everyone needs to do their part to help keep families and property safe and secure. We can make a difference by preparing in advance. It is important to know what we can expect, how to prepare, what resources are available and how to contact them. Don't get caught by surprise by the next earthquake, storm, flood, tsunami, fire, etc.

Here are a few things to consider:

- Develop a Family Emergency Plan that includes your special needs and pets. Exercise your plan (fire drill, evacuation drill, smoke detector test, check first aid kit, check evacuation kit, etc.)
- Know where your family will

meet if a disaster occurs.

- Check your smoke alarms. Replace old batteries and any alarm over 10 years old.

- Know where your local fire emergency, police station, emergency evacuation shelter and hospital are located.

- Have a list of emergency numbers near or stored in your telephone.

- Prepare your home for high winds, heavy rain and earthquakes. Know safe parts of your house or property to shelter. Know where your community emergency shelters are and local evacuation plans.

- For earthquake damage prevention, secure top-heavy and tall household items such as a water heater or TV to the wall or floor.

- Have at least two ABC-type fire extinguishers in your home. Shake fire extinguishers once a month to keep powder from clumping in the bottom.

- Learn how to safely turn off your electricity, propane tanks and water.

- Prepare by having at least 10 days of food, water and disaster

supplies ready, including special needs and pet care items. Have a Preparedness Kit, First Aid Kit and a Family Go-Bag.

- Consider a neighborhood emergency and communication plan. To what disasters is your neighborhood particularly vulnerable? Be aware of neighbors with special needs.

- Know your first responder resources. Did you know that North Kohala has a volunteer Community Emergency Response Team (NK-CERT) that is trained in disaster response and first aid?

CERT is a program managed by the Hawaii County Civil Defense Authority. CERT provides you with the knowledge and skills to prepare for and properly respond to an emergency. People who complete the free CERT training gain a clear understanding of the potential threats to their home, workplace, and community and more importantly know what steps need to be taken to properly respond to an emergency to reduce losses of life and property. NK-CERT is severely understaffed right now due to the

pandemic and loss of members due to age or leaving the area. Please consider joining NK-CERT as a service to your family, neighborhood and community. Training is free and you will receive an equipment backpack. There will be an Emergency Preparedness meeting on Thursday, February 9, at 5 p.m. in the Kohala Intergenerational Center to discuss these issues and more. If you are interested in how to be better prepared or if you wish to learn more about joining CERT, please attend.

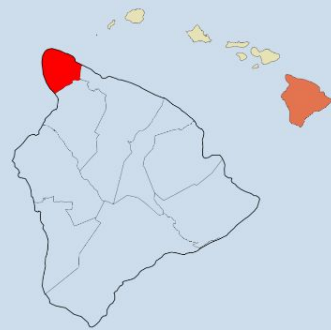
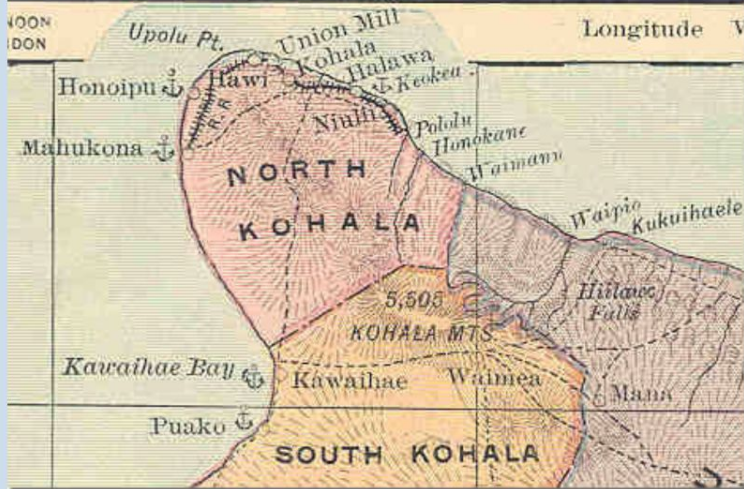
An online training is available. CERT volunteers must take this, but anyone can participate at home without joining CERT. It is suggested that one person from each household take it so they will know what to do in an emergency and take care of their family.

Please call or email John Winter (808-854-5021, winterj@whitman.edu) or Kathy Matsuda (808-889-5312, kathy@northkohala.org) if you are interested in taking the online training (and/or a future CERT physical training and becoming a member of North Kohala CERT).

KOHALA
RESILIENCE HUB

Where Are We? 📍

Kohala is located in the **northwest portion** of Hawai'i Island and was named after the dominating geological feature **Kohala Mountain**, the oldest of our island's five major volcanic mountains.



Demographics (2021)

Population	6,060
Median Household Income	\$85,313
Age	19% under 18 51.7% 18-64 29.3% 65 and over
Sex	53% female, 47% male
Travel time to work	28.8 minutes
Education	96.3% high school grad or higher 34.3% bachelor's degree or higher
Poverty	9.2% persons below poverty line
Units and Occupancy	80% of housing units owner occupied 20% of units renter occupied

[Link to census data](#)

North Kohala Community Assessment

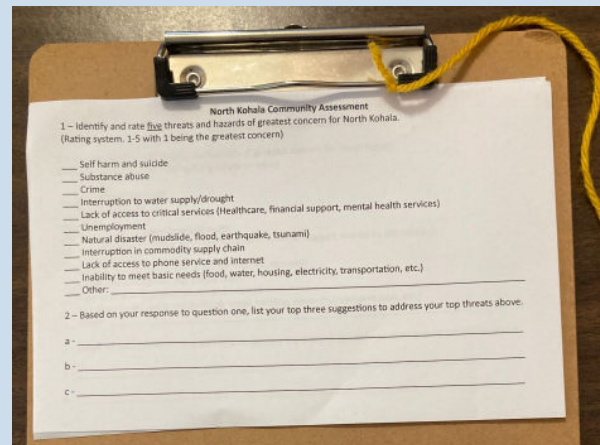
We had **100** people from the community fill out our survey.

Data collection took place at the **Kohala senior citizens meeting**, our **'ohana fun day health fair**, and the **Kohala night market**.

Top 3 identified threats and hazards:

1. **Substance Abuse**
2. **Basic Needs**
3. **Self Harm & Suicide**

Survey results **reinforced** what the community already knew.



Resource Brochure

The Food Basket (808) 322-1418

Health Services/Hospitals/Clinics

Hamakua-Kohala Health Clinic (808) 889-6263
53-3925 Akoni Pule Hwy, Kapa'au

Kohala Dental Center (808) 889-6277
54-3872 Akoni Pule Hwy, Kapa'au

Kohala Hospital* (808) 889-6211
54-383 Hospital Rd, Kapa'au

Kokolulu Cancer Retreat (808) 889-9893
PO Box 340, Hawai

N. Hawaii Comm. Hospital* (808) 885-4444
Queen's Health System
Kohala Home Health Care

North Hawaii Hospice (808) 885-5592
65-1328 Kawaihae Rd, Kamuela

**Location has an Emergency Room*

Housing/Shelter

Ainakea Senior Residences (808) 322-3422
53-3988 Ainakea Dr, Kapa'au

Miscellaneous/Multi-Services

**Benefit/Employment/
Social Services Support** (808) 889-7141
54-3900 Akoni Pule Hwy, Kapa'au

Big Island Giving Tree (808) 880-1984
Various year-round support services for families
& kupuna

Catholic Charities Hawaii (808) 961-7050
73-5618 Mai'au St, Ste B201, Kailua-Kona

HOPE Services Hawaii (808) 935-3050
Providing resources and services for those
facing homelessness
Makapala Retreat Center

(808) 889-5082
Free health & wellness classes

North Kohala Tool Library (808) 987-3116
54-3842 Akoni Pule Hwy, Kapa'au

Overflow Church (808) 731-7394
55-595 Hawai Rd, Hawai
GriefShare group

KOHALA RESILIENCE HUB

Sustaining a thriving North Kohala by
supporting our community's ability to meet
basic needs, health & wellness, and
emergency preparedness.

A program of the
**North Kohala Community
Resource Center**
(808) 889-5312

Please visit our website for more resources
and detailed information.

www.northkohala.org



A network of trusted, people-
powered spaces that provide
resources to build more connected
and prepared communities.

KOHALA RESILIENCE HUB

E KUAHUI LIKE I KA HANA

"Let everyone pitch in and work together"



Where Do I Turn for Help?

Guide to Community Services in
North Kohala and Beyond.

Updated March 2023



Addiction, Substance Dependency, and Recovery

Big Island Substance (808) 969-9994
Abuse Council (BISAC)
Kohala Village Hub & in schools

Alcoholics Anonymous (AA) (808) 889-6703
Kohala Support Group

Al-Anon (808) 895-2094 Kohala Support Group

Lokahi Treatment Centers:

Hilo (808) 969-9292

Honoka'a (808) 775-7707

Kona (808) 331-1175

Pahoa (808) 965-5535

Waikoloa (808) 883-0922

Narcotics Anonymous (NA), (805) 452-9501

Healing Circle, Nani's Garden, Dharma

Recovery - Kohala Support Group

Agricultural Resilience

Kahua Pa'a Mua kahuapaamua.org
Providing resources for families to grow their
own food.

Children's Services

Child Welfare Services (808) 327-4970
Protective & intervention services for child
abuse and neglect

Family Support Hawaii (808) 885-8054
67-1185 Mamatlahoa Hwy, Ste H147, Kamuela

PATCH (808) 322-2500
75-5995 Mamatlahoa Hwy #521, Kailua-Kona
Child care information, referrals, and resources

Tutu & Me (808) 365-3157
Travelling Preschool
Kohala Home Visits and Group Play

Clothing/Household Goods

As Hawi Turns Thrift Store (808) 889-5023
55-3412 Akoni Pule Hwy, Hawai

St. Augustine's Thrift Store (808) 889-5390
54-3801 Akoni Pule Hwy, Kapa'au
Wed 12-3pm/Thurs 4-6pm

Crisis Hotlines

Domestic Violence Hotline (808) 322-7233
Kona - 24/7

Hawaii Child Trafficking (888) 398-1188
Hotline

Poison Control Center +1 (800) 222-1222

Sexual Assault Support (808) 334-1624

Suicide Hotline (808) 832-3100

Hawaii Cares - Big Island

National Social Service Hotline 211
Crisis, emergency, housing, food, health

Elderly Services

Ainakea Senior Residences (808) 322-3422
53-3988 Ainakea Dr, Kapa'au

Better Choices, Better Health (808) 938-7431
Chronic disease self-management program

Hawaii County Office of (808) 323-4392
Aging
74-5044 Ane Keohokaloale Hwy, Kailua-
Kona Assistance for residents 60 years and
older

Ho'onani Place (808) 896-6417
65-1267B Lindsey Rd, Kamuela
Adult Day Center and Care Home services

Kohala Senior Citizens Club (808) 961-8710
54-3900 Akoni Pule Hwy, Kapa'au
Mondays 9am-12noon

Remember Thru Music
Providing support for Alzheimer's & Dementia
through personalized music.
rememberthruusic@gmail.com

Emergency Evacuation Shelters

Kohala Elementary & High School

First Responders

North Kohala Fire Station & (non-emergency)
North Kohala Police Station (808) 935-3311
54-3900 Akoni Pule Hwy, Kapa'au

Food

Kohala Free Food Pantries (Hawi & Kapa'au)
DragonHeart Farms (808) 889-6808
Community Harvest
Thursdays (call for more info)

Kohala Cares kahalacares.org
Kohala Village Hub
Wednesdays at 4:30pm

Sacred Heart Food Basket (808) 889-6436
Sacred Heart Catholic Church - Hawai
3rd Thursday at 9am

Kohala Food Hub (808) 896-3179
kohalafoodhub@hipagriculture.org
55-230 Hoea Rd, Hawai
SNAP/EBT accepted for produce boxes

We have our presence in the community on the first Wednesday of the month at the
Kohala Night Market.



We continue our surveys, share information, share events happening, and give out free covid test kits. We invite community partners to have a booth for example Hāmākua-Kohala Health Center and Firewise.

Health & Wellness

Substance Abuse

We are a small tight knit community and what we see everyday was enforced by the assessment.

1. Person unable to function normally and wonders street.
2. Person has family, but family has kicked them out because they can no longer take care of them.
3. Person unable to hold a job to support family.
4. Family broken apart because they are no longer able to live together.

Action:

- KRH to encourage events providing opportunity for BISAC to be present.
 - BISAC Community Assessment- Q2
 - Food drive - Done 2022
 - Back to school drive -Done 2022

KRH to promote resources on social media, newsletter, flyers, monthly night market booth.

- KRH to host and promote educational classes in partnership with BISAC and other groups that work with substance use and prevention.
 - Naloxone training- Done 2022
 - Suicide Prevention-Done 2022

Health & Wellness

- Quarterly meeting with BISAC to find out goals and progress for Kohala- Q2-Q4
- BISAC to continue work with Kohala Middle & Kohala High School - Q2-Q4

Self Harm/Suicide

1. Parents don't know how to deal with teens self harm.
2. We have lost many young adult males to suicide.

Action:

- KRH team to participate in MHFA online training - Q1
- Certify KRH team member as a MHFA instructor - Q3
- Host live MHFA training - Q4
- Promote MHFA online training within Kohala community - Q4
- Host community run/walk & ho'olaule'a to raise awareness around mental health, suicide, self-harm prevention. Q3

Emergency Preparedness

Action:

- Help recruit CERT members for a goal of 20 members. Q1-Q3
- Help CERT update inventory. Q2
- AED/CPR hands on instructor from Kohala - Q1
 - a. AED/CPR hands on instructor start teaching- Q2
 - b. Sally Kaufman took the training and is a RN at Kohala High School and has started teaching students. Q2
- First Aid/CPR instructors from Kohala-Q2
 - a. Instructors available to start teaching.-Q3
- Have quarterly meetings with CERT. Q1-Q4
- Have a communication network list with community members in leadership Q2
- Work on mapping. Q1-Q4
- Ham radio classes to take test. Q1-Q2

CERT



Connecting with our Kohala CERT.
Helping them get people certified to reach the goal of 20 members.
Community meeting to see interest.
Invited Hawaii County Civil Defense Administrative Officer, **Bill Hanson.**
The Head of Kohala CERT, **John Winters** leads the meeting.



Basic Needs

Food

1. Lack of food

Action:

- Communicate & share resources about food distributions
 - Kohala Cares weekly food drive - Q1 - Q4
 - Sacred Heart food pantry-Q1 - Q4
 - Little free food pantry - Hawi, Kapaau - Q1 - Q4
 - St. Augustine's monthly community meal. Q2 - Q4
 - Connect with CDP ag subcommittee to learn about food sustainability. Q1 - Q4
 - Kahua Pa'a Mua teaches families to grow and raise their own food.

Housing

1. No house available for rental
2. People unable to purchase their own house

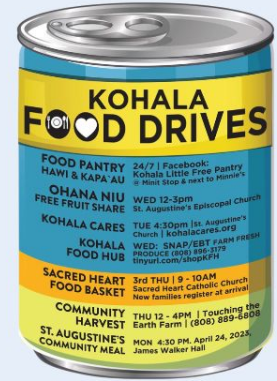
Action:

- Connect with project Kohala Affordable Housing. Q1 - Q4
- Kohala Affordable Housing to have a booth at Kohala Night Market. Q2 - Q3
- Financial Literacy Support. Q2 - Q4
- Vibrant Hawaii Social Service Navigator training. Q3

Food Sustainability

Little Free Food Pantries & Kohala Food Drives

We inform people of places to receive free food by posting on Facebook and posting flyers around town.



Kohala has 2 little free food pantries for people to take food and to contribute. One is located in Kapaau and the other in Hawi. Includes toiletries and books.

‘Ohana Niu



Free fruit share every Wednesday during
St. Augustine's thrift shop day.
Get fresh coconut water.

Kohala Cares



Weekly food distribution.



Affordable Housing



Connecting with Affordable Housing is a project of NKCRC.

Basic Needs

Safety

1. House burglary
2. Disaster preparedness
3. Kupuna Care awareness

Action:

- Connect with neighborhood watch-Q2
- Connect with Community Officer- Q1 - Q4
- CERT certified- Q1 - Q3
- Location of Kupuna that need assistance- Q3
- Provide First Aid/CPR instructor training-Q2

Transportation

1. No vehicle
2. Vehicles for emergency situation.

Action:

- Have a list of vehicles for emergency situation - Q1, Q2
- List of bus schedule, taxi-Q2

Basic Needs

Water

1. Water available for farmers and ranchers.

Action:

- Connect with CDP Advisory Group subcommittee Utilities - Q2
- Connect with CDP Advisory Group subcommittee Agriculture-Q1 - Q4

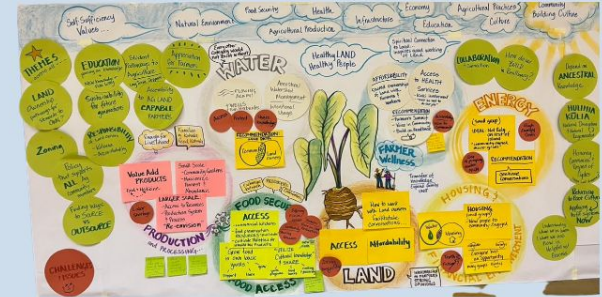
Utilities

1. Unable to pay utilities bills
2. Where to find assistance.

Action:

- Participate in Vibrant Hawaii Social Navigator class-Q3
- Share information for resources in newsletter, facebook, website. Q2 - Q4
- Connect with HELCO & Dept. of Water to receive updates-Q2

Kohala Agricultural Visioning Event & Taste of Kohala



KRH supported the planning and execution of the event held on March 25, 2023. The event was hosted by the North Kohala CDP Advisory Group Subcommittee on Agriculture.

Funding and Future Support



- Evaluation
- Budget and current funding
- Future support

Kohala Reunion



*Bringing the past, present,
and future generations
together in order to preserve
our legacy.*

Contact Information


Hub Instagram: @KohalaResilienceHub

Hub Facebook: www.facebook.com/Kohalaresiliencehub

Resource Center Instagram: @nkrcrc_

Resource Center Facebook: www.facebook.com/northkohalaCRC

Kohala Resilience Hub Office: 808-889-5312



By the end of
February 2024, the
Kohala Resilience
Hub team will aim to
ensure that...

- KRH has a strong Kohala CERT team to back us up.
- KRH will continue to work with organizations and share information on Health & Wellness.
- KRH will continue to assist food sustainable projects.