

WHO CAN I TALK TO?	Who can I call for help?	Who can I share my feelings with?	Should I get counseling?	Where can I find others like me?
IMMEDIATE LOSS OF INCOME	How can I pay my bills?	How can I get financial assistance?	Do I need welfare now?	Can we afford medical insurance?
HOUSING	Will I lose my home?	How am I going to pay my rent?	Where will we go?	Who can help me?
WELL-BEING	What will happen to my/his/her job?	What do I tell my/his/her employer(s)?	Do I need to pay for child-care?	Is my safety a concern?
KEIKI NEEDS	Guardianship/Custody	What do I tell the children?	What do I tell the school?	Is my child acting up?
RELATIONSHIP	How can I contact my loved one in prison?	What do I want for our relationship?	Can I forgive them?	Can I still get child support?



For more information or copies of this brochure:
 Call: 673-1493 or Email: smorse@blueprintforchange.org

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WHO CAN I TALK TO FIRST TO GET HELP?

Aloha United Way 211
 The Parent Line 808-526-1222
EXPLAIN YOUR FAMILY IS IN CRISIS

Keiki O Ka 'Āina
 808-843-2502

Catholic Charities of Hawaii
 808-521-4357

Child and Family Services
 808-841-0822

'Ohana Services Network (workdays only)
 808-596-0207

Grandparents Raising Grandchildren
 808-292-0519

The Neighborhood Places across the State of Hawai'i have staff to help you through your crisis. Ask to speak with a staff member:

- Kalihi 808-841-6177
- Kona 808-331-8777
- Puna 808-965-5550
- Wai'anae 808-696-4589
- Wailuku 808-877-6888
- Kapa'a 808-821-2520
- Waimea (Kaua'i) 808-338-0252

Call 832-5300 if you are aware of a child being abused or neglected.

Most communities have social service providers nearby, and their counselors, case managers, family success coaches, and outreach workers have been trained to help children and families in crises.

Don't be afraid or ashamed to reach out to them !

Help Guide for Families of Those Serving Time



You are not alone.

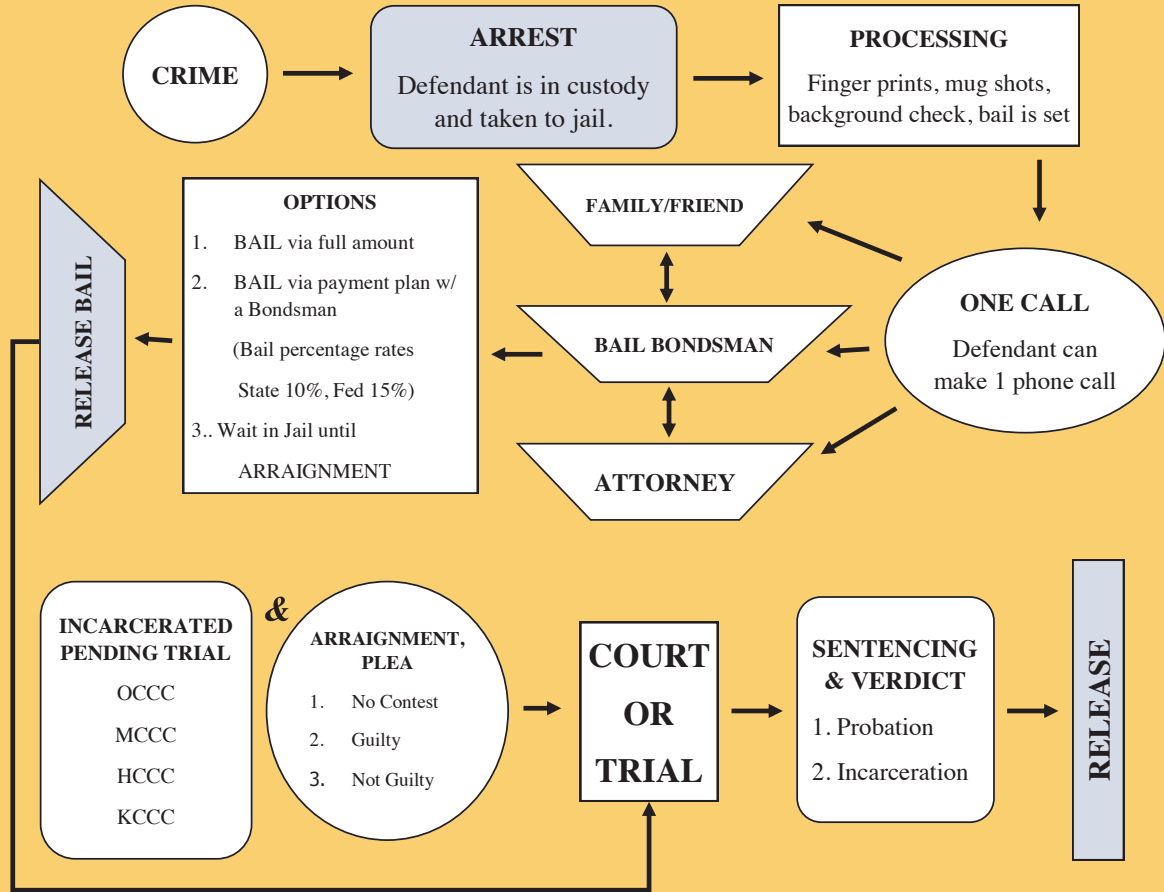
Approximately 600 children in Hawai'i have a parent entering prison every month.
(Hawaii State Department of Safety)

Help is FREE.

Don't be ashamed to ask.



The Bail Bond & Court Process



HOW DO I VISIT THEM IN PRISON?

See Hawaii Department of Safety website for details about visiting days & hours, dress code, phone calls, video conferencing if available, etc.

Mainland Facilities Saguaro Correctional Center - Eloy, Arizona

Hawaii State Prisons

Halawa Corr. Facility: 485-5298

Waiawa Corr. Facility: 677-6150

Women's Community Corr. Ctr: 266-9675

Kulani Correctional Facility: 933-1922

Hawaii Dept. of Public Safety Jails

Hawai'i Community Corr. Center: 933-0522

Kauai Comm. Corr. Ctr: 241-3050, ext. 244

Maui Community Corr. Center.: 243-5101

O'ahu Community Corr. Center: 832-1623



HOW CAN I HELP MYSELF?

- Remember: the reason why he/she went to prison is not your fault.
- Find someone in your immediate circle friends/family, ministers/church/bible study, etc. who can help you. Sometimes just having someone there to listen can help so you can begin to plan what to do next.
- Listen to your favorite music. Go for a walk outside.
- Exercise, take care of your health.
- Meditate/Pray
- Plan ahead, create a routine schedule for yourself.
- Go back to school. Pursue training opportunities to further your career.
- Take the next steps one at a time. It's easy to feel overwhelmed when thinking about everything you have to do.

WHERE CAN I FIND MY LOVED ONE?

Finding Those With State

Crimes: <https://www.vinelink.com/>

State Offenses Look-Up:

<http://hoohiki1.courts.state.hi.us>

Finding Those With Federal Crimes:

<https://www.bop.gov/inmateloc>



HOW CAN I HELP MY CHILDREN?

- Every situation is different. Be honest and share with your children what you think they can handle.
- Help them maintain their relationship with their parent in prison, if the child wants to.
- Keep your normal, everyday routines. Keep meals at regular times.
- Maintain regular attendance at school.
- Enroll support them in afterschool programs like A+, sports, Boys & Girls Club, Big Brothers/Big Sisters, etc.
- Pay attention to your child as an individual. Play with them, spend time with them. Listen to them.
- Find reasons to celebrate, joke and laugh with your children.
- Let them know that they are loved and that you are okay.

LIST OF BOOKS FOR CHILDREN OF PRISONERS

<http://www.nh.gov/nhdoc/fcc/books.html>

This brochure was published by Keiki O Ka `Aina & the Family Reunification Working Group, dedicated to helping families affected by incarceration.