



PROGRAM SERVICES

- Early-Intervention for High-Risk Youth
- Positive Youth Development
- Mentoring Services
- Fitness Program
- 10-Day Camp
- Psychoeducational Training
- Spiritual guidance through 12-step to success (recovery)

ELIGIBILITY

Adolescent ages 12-18 who are of high-risk and have significant problems within their lives at home, in school, and in relationships, because of substance abuse.

FEES

There is no cost to attend this program.

*Ua Ola Loko
i ke Aloha*

LOVE GIVES LIFE WITHIN

VISION

We envision positive, healthy living, and drug free lifestyles for the youth of Kaua'i.

MISSION

To create a positive, nurturing support network for adolescents, where they feel that they belong. To provide an alternate lifestyle to help turn the tide of substance abuse amongst our youths, while instilling hope and developing their resilient assets, through teachings of making positive choices.

EXPECTATIONS

Participants are expected to:

- Participate in the intake process (assessments, consents)
- Attend Phase 1 (10-day camp) and Phase 2 (fitness training and psychoeducational meetings)
- Maintain contact with provider

CONTACT US

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Keala

FOUNDATION



KEALA TO SUCCESS

EARLY INTERVENTION PROGRAM



KAUAI YOUTH AGES 12 - 18

ABOUT THE PROGRAM

Keala to Success Early Intervention Program is an overall 8 week program. The program will begin with a consecutive 10 day camp on the program site, Keala Hale. On the four days following each weekend, the youth will participate in physical activities through CrossFit paired with psychoeducational meetings followed by weekend retreats.

HOLISTIC APPROACH

The program provides an interactive, holistic approach to address substance abuse and health issues. Through fun and engaging physical activities, we will support the overall wellness for the youth in a healthy environment.

The program is designed to foster a safe space where youth are able to engage in open group discussions led by staff.



PROGRAM OBJECTIVES

To intervene early on to prevent continued use and reduce abuse patterns that can lead to increased behavioral problems and possible substance use disorder.

- Increase family involvement
- Increase positive peer relationships
- Increase self-efficacy
- Increase cultural knowledge
- Continue fitness, including sports
- Continue participation in therapeutic/spiritual support

*"They teach you how to ground yourself. It is a good way to get your mind off of your problems."
-15 year old, Kālea*

PROGRAM GOALS

Help build and foster a strong spiritual foundation: **Pili 'uhane**

Increase positive social and family engagement: **'Ohana**

Increase their physical functional fitness: **Ho'oikaikakino**

Help nurture and build to their full potential: **Kāko'o**

Increase cultural awareness in relationship to **Akua** (God), **'Āina** (land), and one another: **Lōkahi**



MULTIDISCIPLINARY TEAM

The program consists of a multidisciplinary team that works together to address problem behaviors and mitigate the impact of risk-factors that can lead to substance abuse and dependence on Kaua'i.

The team consists of:

- Keala Foundation staff including trained coaches and mentors
- Prevention specialists
- Hawaiian cultural specialists
- Clinical mental health consultants
- Certified Substance Abuse Counselors
- Community-based therapists

Every child deserves to grow up in a healthy environment.