

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 information or copies of this brochure:

Call: 673-1493

E-mail: [smorse@blueprintforchange.org](mailto:smorse@blueprintforchange.org)

## 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  
 808-853-2502

Catholic Charities of Hawaii  
 808-521-4357

Child and Family Service  
 808-841-0822

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

Nā Tūtū (Grandparents Raising Grandchildren) 808-292-0519

The Neighborhood Place Family Centers across the State of Hawai'i have trained 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.**





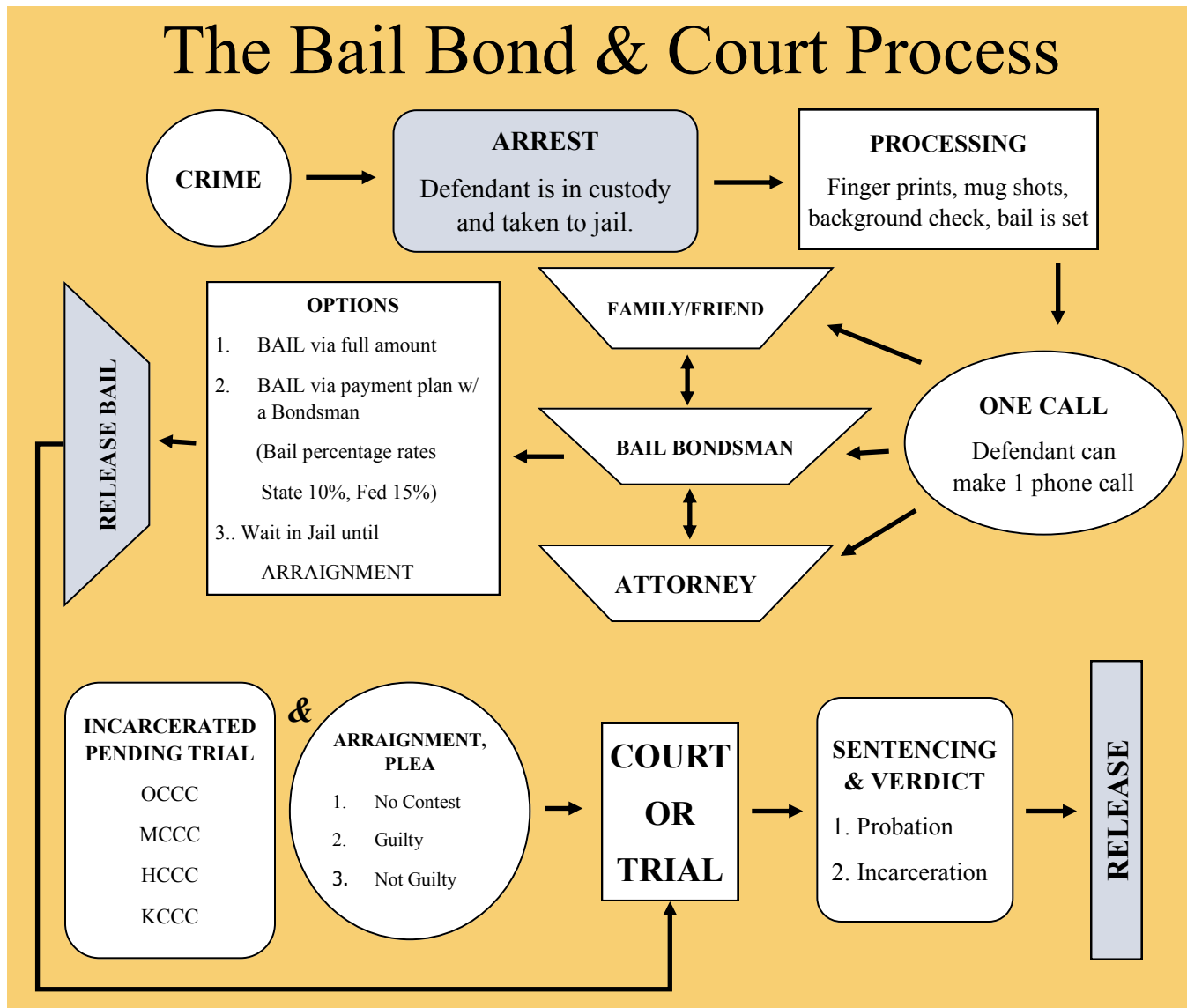
## HOW CAN I HELP MYSELF?

- 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 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.

**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

**Mainland Facilities** Saguaro Correctional Center - Eloy, Arizona



## 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/nhdof/fcc/books.html>

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