

# 'Ohana Coach Program

*Stomping out stigma: Peer to peer support when a family member has substance use issues*

## **What is the 'Ohana Coach Program?**

The 'Ohana Coach Program is a Peer to Peer Support program using local, trained volunteer coaches (via CMC: Foundation for Change and Partnership to End Addiction) to provide support and resources **for people who have experienced loved ones dealing with substance use issues**. This program is supported by the Hawai'i Rural Health Association and the Hawai'i Opioid Initiative.

## **How can someone connect with an 'Ohana Coach?**

The Peer seeking support can be referred via the 'Ohana Coach Referral Committee at:

- 'Ohana Coach Referral Line: 808-523-7550

Peers will be connected to an on-call member of the 'Ohana Coach Referral Committee, which will take calls 7 days a week between the hours of 8 a.m. and 8 p.m. The Referral Committee Member will send the Peer contact info to a matched 'Ohana Coach, who will contact the Peer within 24 hours.

## **What kind of support the 'Ohana Coach provide?**

*'Ohana Coaches cannot provide professional counseling or substance treatment services in their peer capacity.* Instead, they have been trained as confidants and peers, providing FREE emotional support and coping resources for people whose family members or loved ones are dealing with substance use.

'Ohana Coaches will work with the Peer for up to 5 phone calls (maximum 1 hour each call) at the Coach's and Peer's convenience. The calls are usually weekly, but scheduling is flexible.

Once the 5 calls have been completed, the Peer can be assigned to a different Coach for continued support over another 5 calls.

## **How does someone become an 'Ohana Coach?**

Anyone in Hawai'i who has lived experience with a loved one or family member dealing with substance use issues can request training to become an 'Ohana Coach. Please contact Debby Atkinson at [deborah.atkinson@gmail.com](mailto:deborah.atkinson@gmail.com) or Thaddeus Pham at [thaddeus.pham@doh.hawaii.gov](mailto:thaddeus.pham@doh.hawaii.gov).

If you are seeking substance treatment services for yourself or others, please call Hawai'i CARES at 1 (800) 753-6879.