

# Ola Ka 'Ohana

## The 'Ohana Thrives



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Nā Kama A Hāloa  
Network

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**‘OHANA:** relatives by blood, marriage, adoption...tied by ancestry, birth and sentiment to a particular locality

I MAIKA‘I NŌ KE KALO I KA ‘OHĀ.

THE GOODNESS OF THE TARO IS JUDGED BY THE FINE YOUNG PLANTS IT  
PRODUCES.





HO'OKAHI NA'AU, HO'OKAHI MANA'O



HO'OKAHI 'OHANA





# Hānai & Luhi

## hānai

1. v., To feed; to nourish, as the young.
2. v., To support, as those in need.
3. v., To feed, as a flock; to feed; to sustain, as a people.
4. v., To entertain, as strangers; e hookipa i na malihini.
5. v., To act the part of a parent towards an orphan; to foster.



## luhi

2. *nvt.*, A child or other person tended and raised with devoted care; to care for and attend with care and affection; protégé.

- Examples:

- Ka'u luhi, the person I care for.
- Luhi wahine 'ia, to be cared for and raised by a woman.
- 'O La'akea, ka luhi a Nāmaka, La'akea is devotedly cared for by Nāmaka.
- Ua luhi ka makua kāne iāia, the father cared for him with devotion and patience.

# THINKING ABOUT 'OHANA...

- . What does 'ohana mean to you?
- . How does it function?
- . What does it look like?
- . What does it sound like?
- . What does it feel like?
- . How do you engage?





**KULEANA:** responsibility,  
privilege

‘A‘OHE MĀLAMA, PAU I KA ‘IOLE.

IF YOU DO NOT TAKE CARE OF POSSESSIONS,  
IT WILL BE STOLEN BY RATS OR  
WHEN ONE TAKES CARE OF HIS GOODS,  
HE WILL NOT SUFFER LOSSES.



Hukilau

Akule House





# The Well-Being of Kanaka Maoli & The Disruption of Historical Trauma



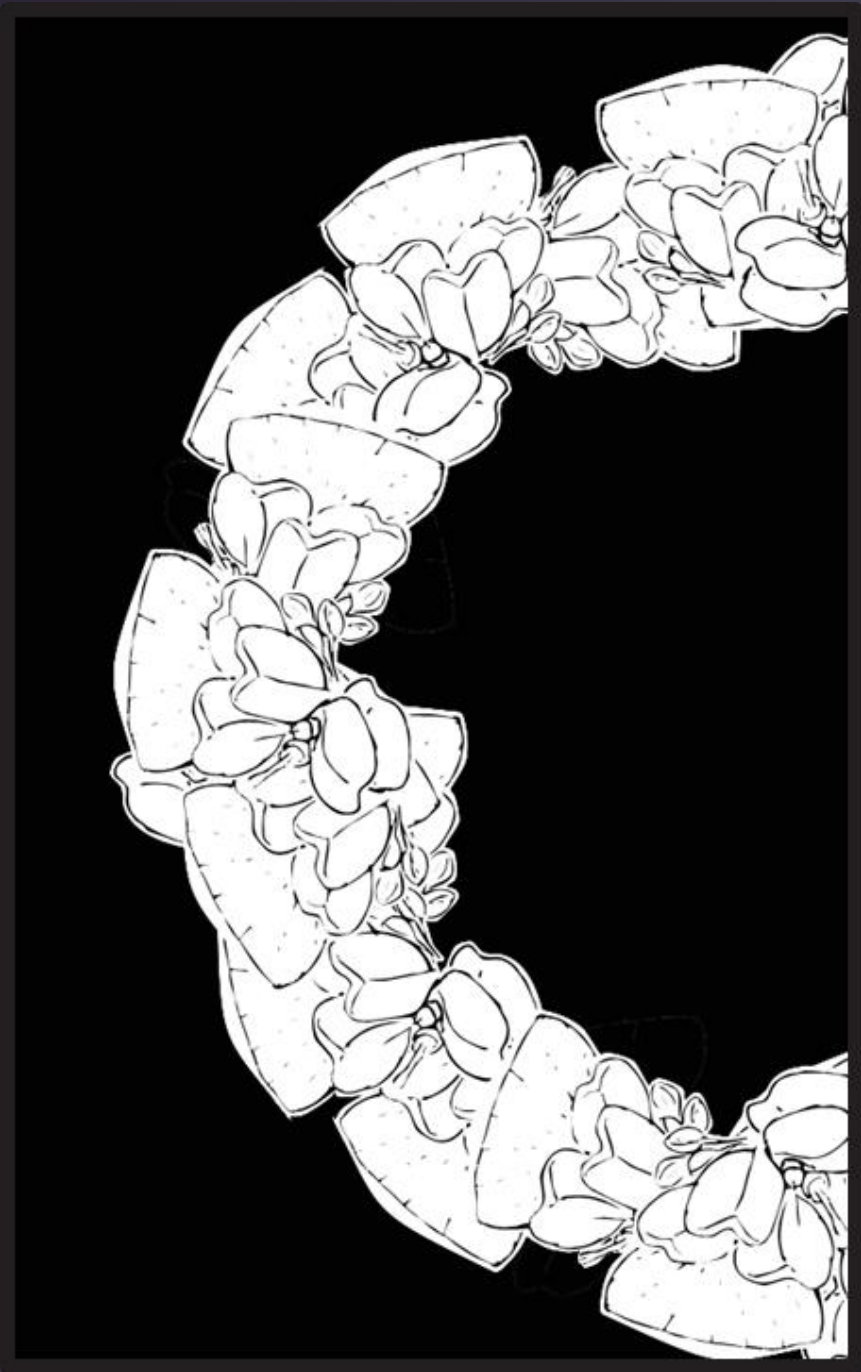
HE 'ONIPA'A KA 'OIA'I'O.

*TRUTH IS NOT CHANGEABLE.*





# Cultural Endurance & Resiliency



**ALOHA:** love, empathy & compassion

**MĀLAMA:** to care for, nurture,  
protect, maintain, attend to

**ALOHA I KEKAHI I KEKAHI.**

*LOVE ONE ANOTHER.*



# THINKING ABOUT RESILIENCY...

- How do you mālama yourself?
- How do you mālama those you care about?
- How do you build resilience in your 'ohana?



# The Bowl of Light



"Each child born has at birth, a Bowl of Perfect Light. If he tends to his light it will grow in strength and he can do all things- swim with the shark, fly with the birds, know and understand all things. If however, he becomes envious or jealous, he drops a stone into his Bowl of Light and some of the Light goes out. Light and the stone cannot hold the same space. If he continues to put stones in the Bowl of Light, the Light will go out and he will become a stone.

A stone does not grow, nor does it move. If at any time he becomes tired of being a stone, all he needs to do is turn the bowl upside down and the stones will fall away and the Light will grow once more."

- Pali Lee & Koko Willis



# Pu'uhonua

A place of refuge, sanctuary, asylum, place of peace and safety. The pu'uhonua was a place for healing and forgiveness.



# Where and Who is your pu'uhonua?







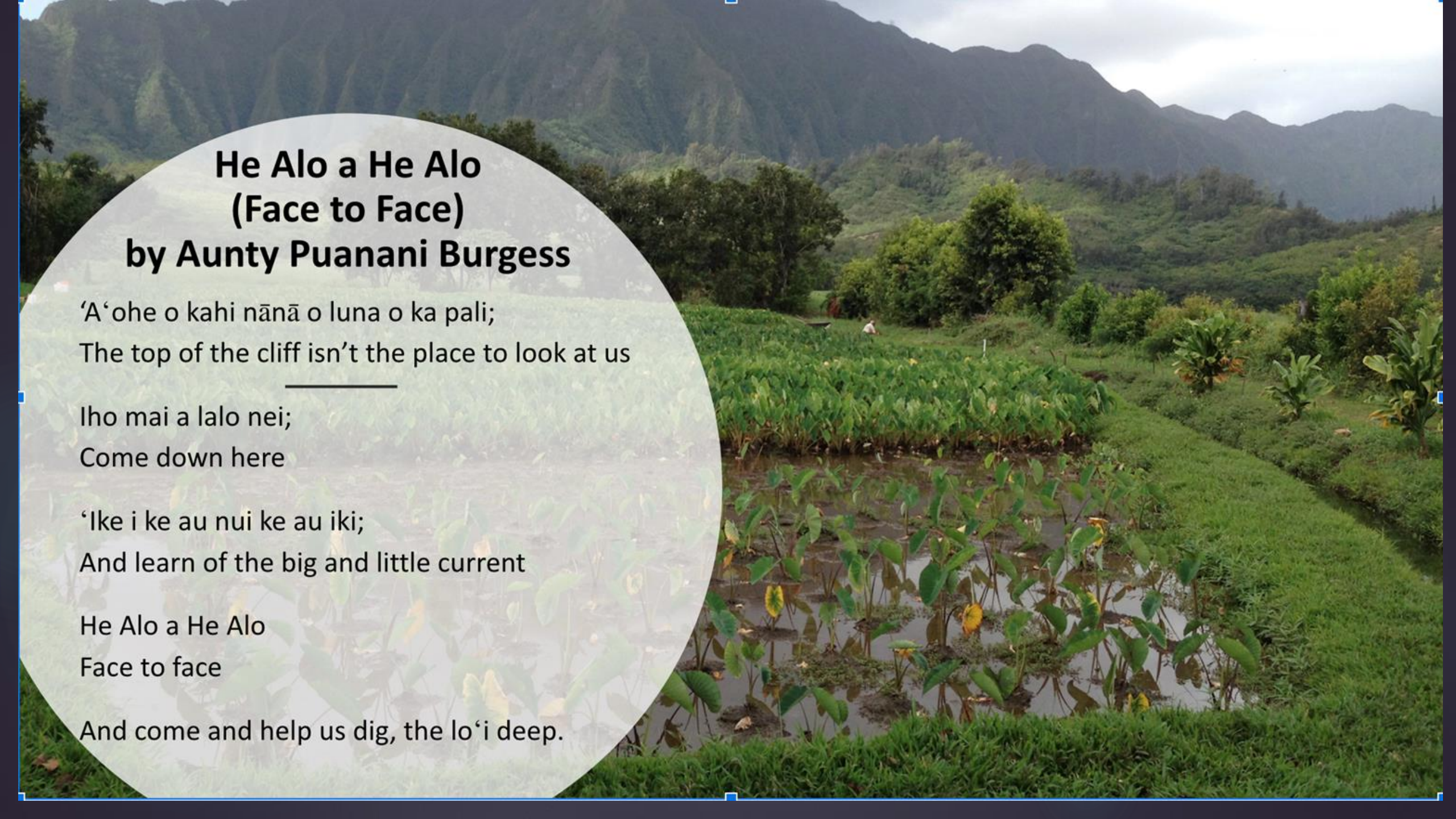
**PONO:** righteous, proper,  
respectful, correct, just,  
fair, equitable, hopeful

**LAULIMA:** working together

‘A‘OHE HANA NUI KE ALU ‘IA.

*NO TASK IS TOO BIG WHEN DONE  
TOGETHER BY ALL.*



The background image shows a lush green landscape. In the foreground, there is a pond with water lilies and other aquatic plants. The middle ground is filled with dense green vegetation, including trees and shrubs. In the background, there are large, rugged mountains under a cloudy sky. The overall scene is peaceful and natural.

## **He Alo a He Alo (Face to Face) by Aunty Puanani Burgess**

‘A‘ohe o kahi nānā o luna o ka pali;  
The top of the cliff isn’t the place to look at us

---


Iho mai a lalo nei;  
Come down here

‘Ike i ke au nui ke au iki;  
And learn of the big and little current

He Alo a He Alo  
Face to face

And come and help us dig, the lo‘i deep.





## Respect Learning & Cultivate Understanding By Observing, Listening, Doing

- **Nānā ka maka.**
- See with your eyes.
- **Ho'olohe ka pepeiao.**
- Listen with your ears.
- **Pa'a ka waha.**
- Don't speak too quickly.
- **Hana ka lima.**
- Work with your hands.



# ‘Ōlelo no‘eau

I ka ‘ōlelo nō ke ola, i ka ‘ōlelo nō ka make.

*In the language there is life, in the language there is death.*  
Words can heal; words can destroy.







**KULANA** : role, position

**KULEANA**: responsibility, privilege

**HA'AHA'A**: humility



## Metaphor of the Huewai



# As an ‘ohana, these are our kuleana...



- **Keep** youth and birth family’s perspective.
- **Understand** where they are coming from (strengths and struggles).
- **Listen deeply** to the thoughts and feelings shared and hear what’s not being said.
- **Empathize with families** and *validate their struggles*.
- **Alternatives** to sustain what is going well, meet their basic needs and help them to shift from surviving to thriving.
- **Negotiate** ways to *lessen their struggles* while they are living with you.
- **Acknowledge** the gifts foster care youth and birth families bring to the “lū`au” of life.



# RESOURCES



## Catholic Charities Hawaii – Resource Caregiver Support Services

- Warm-Line
  - Oahu: (808) 545-1130
  - Neighbor Island: (866) 545-0882
- Hawaii Foster Care Connection Mobile App
- <https://rcg.hawaii.gov>



# REFLECTION

How can you apply what you've learned when interacting with your own 'ohana?





**MAHALO** for the way in which you  
mālama our keiki!