

# Maui Fires: One Year Later

As Hawaii's largest EAP, we have been affected by the losses, heartaches, and challenges from the devastating Maui fires on August 8, 2023. Our staff and clinicians across the state have spent hundreds of hours since then supporting employees, their family members, and the organizations where they work. One year later, we are devoting this special edition of our monthly newsletter to share some of our reflections as well as from others in our community.

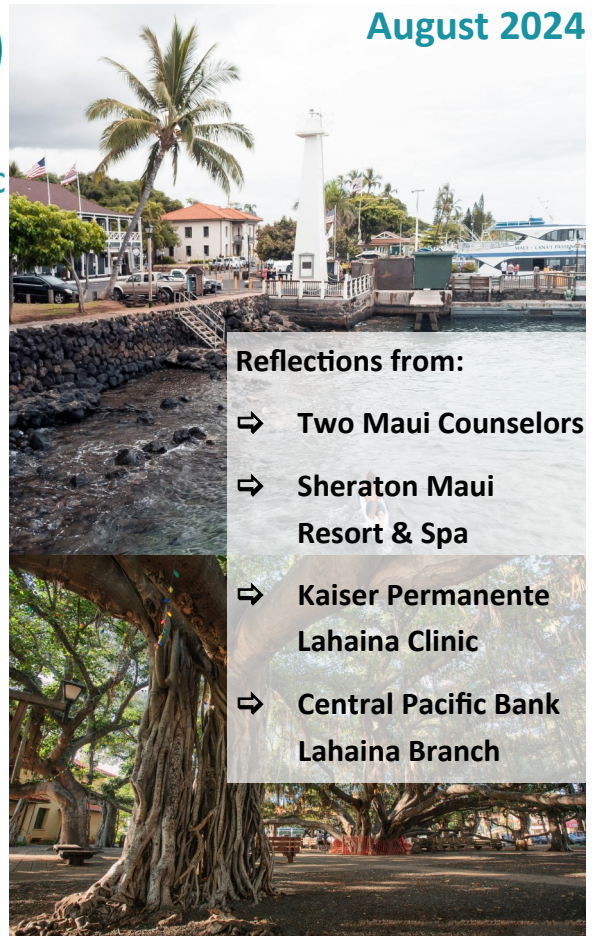
This newsletter shares some different perspectives from a few of the many businesses we support across Maui and a few stories from our EAP counselors who live and work on Maui. There are thousands of stories, and we are grateful to be able to share just a few with you here from Maui residents who were willing to share their perspectives.

We continue to grieve, and we know that one year does not reflect full recovery or rebuilding. We will never forget. There are many whose daily struggles with housing or mental health continue. And yet, a one-year remembrance of a catastrophic disaster can be a time to pause and reflect — remembering some of the good, appreciating survival, and continuing to work toward more healing as long as it takes. **There is no timetable on healing.**

We are thankful for the perspectives of the amazing people we interviewed for this newsletter. We have had the honor of responding to many large national and international disasters over the years, and we know that every story matters. And your EAP will continue to want to hear yours any time.

With much aloha,

Vali and Dave Mitchell, General Partners of your EAP



Reflections from:

- ⇒ Two Maui Counselors
- ⇒ Sheraton Maui Resort & Spa
- ⇒ Kaiser Permanente Lahaina Clinic
- ⇒ Central Pacific Bank Lahaina Branch



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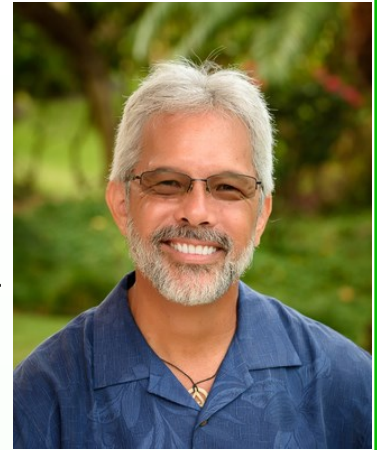
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## Interview with Barry Probst, LMFT

### Lahaina Affiliate Counselor



Q: You have a unique story to share about the Maui fires. How does it feel one year later as we reflect on what happened?

A: Yes, it has been a year since the tragic events of August 8, 2023, and it feels strange. It feels like a lifetime ago and yet like it was just yesterday. That continued sense of loss and regret for things not done prior to evacuating is something that only those directly impacted by the fire can truly understand. It feels that the rest of the world has moved on—to the next fad, the next trend, the next thing that seems to bring them a sense of importance, relevance, or meaning. For me, everything seems to revolve around, “What’s next?” What do I have to do next to move forward, regroup, rebuild, stop thinking about the past and what was lost, and focus on the wonder of what may lie ahead? But how?

Q: Can you share what you lost a year ago?

A: On that tragic day, we lost our generational home of 62 years, our family’s commercial property that my grandmother built and had been in our family for 88 years, and a large chunk of our family’s 130 years of history in the town of Lahaina. We also lost King Kamehameha III Elementary School. This place was near and dear to my heart, as three generations of my family attended this school, and it is where I worked as a behavioral health specialist.

Q: What do you remember about the first days after the fire?

A: I remember the days immediately after the fire brought a sense of numbness. We were evacuated to the other side of the island and I found myself wandering, trying to answer the question, “What do we do now?” Aid stations, the Red Cross, FEMA, the SBA, distribution hubs, countless emails, calls, and texts from loved ones—it was all so overwhelming. I just wanted it to stop and go back to the way it was before the fire. The reality was that it was gone, and there was no going back. There was no changing what happened, how it happened, or who might be to blame. “Accept the things I cannot change,” as it says in the serenity prayer, which is something I have come to use on a regular basis. The only direction is forward.

Q: What did you notice as time passed?

A: Over the first few weeks after the fire, my life consisted of navigating different agencies and the frustration of an ever-changing landscape of information that, at times, seemed to make no sense. As the rush of this activity started to settle, the numbness returned. The waiting. The feeling of not knowing what to do next. Where do I start? How do I start? Who has the answers? Everyone was scrambling to provide answers to things I didn’t even have questions for yet. Friends would ask, “What do you need?” I would reply, “I don’t know.” I had no idea what I needed. I found myself reaching for things that were no longer there. I would go to get something and was reminded I don’t have that anymore. There’s something I need. I need that, whatever that was at that moment.

Q: One of the next stages of dealing with a disaster is anger. Did you see that in yourself?

A: Yes, as the initial numbness left, anger filled the void. “Why? Why is this happening to me? Why is this happening to us? How are we ever going to get back?” And again, that voice returned: “Accept the things you cannot change.” Nothing will bring any of it back.

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## Continued Interview with Barry Probst, LMFT — Lahaina Affiliate Counselor

- Q: Many people have struggled with just feeling helpless.
- A: I experienced that. I am powerless over what has happened, but I am not helpless. I was told long ago, and it has been my experience, that when there seems to be nothing more to do in the moment to fix my problems, it is most beneficial to help someone else with theirs. Be of service. The kids need us. Be part of a solution. So, I went back to work.
- Q: What have you seen in the Lahaina community since the fires?
- A: It has been amazing to see teachers, parents, school administrators, and our community pulling together to make sure the children know they are loved and cared for. Restaurants provided food, independent hubs were created to help fill the needs of our community, and people continue to do whatever they can to help each other. André Lacocque said, “Hope is born while facing the unknown and discovering we are not alone.” I have hope. We are in this together. It’s not easy, but everyone is doing their best to pull together and, at the same time, deal with their own deep emotional pain. People have different views on what is most important, what should be done first, and who should be helped first. Factions started to develop. Different factions pulling on the system, trying to fill the community’s needs in what they feel is the best approach. None of them are wrong. That is the way it is with these things. One stimulus, many experiences. We have all been traumatized in some way, and the thought comes: “I can help there. That is where I can be of service.”
- Q: How has your work been impacted by the fires?
- A: In addition to being a behavioral health specialist in the school system, I am a Licensed Marriage and Family Therapist with training to help those who have experienced trauma. I focused my private practice on those affected by the fire. Clinicians from across the world came to Maui to help train us on different modalities for treating trauma. As someone who was also directly affected by this trauma, I bring a knowing to my work. A knowing of what the experience was like and how it feels—the mixed emotions, the anger, the pain, the powerlessness, and there is still hope.
- Q: How are you doing emotionally one year later dealing with the losses you experienced?
- A: A lot has changed in this last year, and yet much has stayed the same. I go along fairly well emotionally, focused on the task at hand. Then it hits me. The sadness, the loss; grief rears its head and I’m taken aback. Once again, I want things back the way they were. I want my home back. I want my town back. I want my school back. “Accept the things I cannot change.” It’s a funny thing, acceptance. It has been said that acceptance doesn’t mean approval. The best definition of acceptance I have found is “the willingness to believe that something is true.” I like that. I can do that. I can believe that what has happened has happened. And yet something more feels needed: surrender. It seems that acceptance needs to flow through some sort of surrender. Surrendering to what is rather than what I would like it to be. I can accept that this tragedy has happened, and I can surrender to what is. So, what do I do now?
- Q: What else have you done to cope with the loss?
- A: Another piece of universal wisdom comes to mind: “One day at a time.” I can’t do everything that needs to be done in one day, but there are things I can get done today. Focus on that. Sometimes, it needs to be one moment at a time. I remind myself to take a breath. Breath has a way of bringing me back to the present moment, even if for just an instant. Sometimes that is all I need to change my mindset. Breath slows my body down just enough that I am able to reengage the more rational part of my brain and make clearer decisions. Breathe, breathe, breathe...
- Q: What help and support have you reached out for this past year and what suggestions do you have for people still struggling?

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## Continued Interview with Barry Probst, LMFT — Lahaina Affiliate Counselor

A: As I look back on this last year, I reflect on the things I have come to learn. Maybe not even learn, but remember. I need others. I cannot do this alone. It's too much for me to try to handle all this on my own. I need help moving through. With the help of others, it feels like moving through is possible. It is important that I continue to talk about what is happening with me. Not only is it important that I continue to talk about it, but that I talk about it with the right people. To share with those who allow me the space to simply express what I am feeling without trying to provide solutions. People's responses of providing solutions to what I am feeling are well-intended, but I'm not looking for solutions to my feelings; I just want to be heard. Sharing my feelings has become part of my healing process. It is almost like checking in with myself through sharing with another. Seeking out my own therapy has been very helpful in my process through these times.

Q: Anything else you would like to share about your journey?

A: I have also learned to lean more heavily into my spiritual beliefs. I have been on this planet for some time now. I am 64 years old. As I reflect on my life's journey, it has been made very clear to me that I am always taken care of. Many things in my life have not turned out the way I wish they would have (at the time), but with some hindsight, it seems they have always turned out to be at a minimum what I needed, and on the other end of that, something miraculous, something much more precious. Luckily, the big things don't always turn out the way I want. I would have probably short-changed myself. If I let it, not knowing the outcome can give me a greater sense of wonder. Yet, I often forget what I believe to be a spiritual truth, "I am always taken care of." Fear takes me away from that truth, and when the fear arrives, I have to somehow get me back to that truth. C.S. Lewis said, "Relying on God must begin each day, again, as if nothing had yet been done." I find that to be very helpful.

Q: A year after a disaster is an opportunity to reflect on lessons learned. What can you share about your journey through loss and about resiliency?

A: Because of this catastrophe, it has now been my direct experience that everything can be fine one day, and then I wake up to find everything that I have is gone. It seems so random. It can happen at any time, at any place. Trauma doesn't discriminate. Out of this tragic event has come what might be a blessing: It has made me come to really appreciate the things I do have. More importantly, everyone I have. What is truly of the most value are my relationships. The love I share with family and friends. I do understand that it is not the same for everyone. My heart aches for those who lost loved ones during the fire. I cannot imagine the pain of those losses and how devastating that must feel. I recognize how lucky I am. I do not have to experience that part of this tragedy, and I truly hope those who have lost loved ones find peace and some sense of healing—even though some wounds may feel like they will never heal.

Q: Any additional advice for those struggling one year later?

A: As we approach August 8, one year since the tragedy, many may feel as if they are reliving that tragic event. Feelings of sadness, anger, and fear may rear their heads. Please reach out to loved ones, to professionals, to someone. It is important that we speak about what is happening with us. In my work as a therapist, I have witnessed people healing from horrific traumas. Healing is possible. There are many professional resources available for help. If you are reading this, you are an employee of a company that has resources available to help you move through the pain and trauma experienced. I encourage you to use them. It has helped me.

Q: Mahalo nui loa for your time and for sharing your journey. How are you doing today?

A: As for my life now, our lot is cleared and we are working on developing plans for our new home. Navigating this process continues to have its ups and downs and can be littered with moments of fear and frustration. I remind myself to breathe; take it one day at a time, one moment at a time; and to accept the things I cannot change. There is another part of that serenity prayer which says, "Courage to change the things I can." I have come to recognize that the reality is, the only things I can change are me and my attitudes.

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## Interview with Kimmie Ouchi, MD

### Chief, Kaiser Permanente Lahaina Clinic



Q: As you were born and raised in Lahaina and ended up practicing in Lahaina, could you share what you experienced a year ago when you lost your entire clinic?

A: Because I grew up here, I am very connected to the Lahaina community. My mom is still here and my brother lives on Maui as well. I have been a Primary Care Physician in Lahaina since 2004 and have served as the Medical Director and Chief of the Clinic here since 2014. One of the hardest things was that I was in Seattle when the fires broke out. I was obviously concerned about what was going on, and then grave concerns settled in when I started to realize how serious it was. I still remember receiving the text that said, "Lahaina is gone." "What do you mean?" I responded, and the emotions kicked in when the answer was simply "Lahaina is gone." I did not have any communication with my mom for 48 hours, while we all tried to figure out what was going on. I was told the West side was completely cut off, and that was hard to imagine. Two days later, I finally found out that a friend had seen her at a shelter.

Q: What was the immediate response from your team and how did this evolve?

A: Kaiser Permanente immediately helped to provide staffing for various shelters throughout the island, and the hospital also made a point of up staffing the ER at Maui Memorial Medical Center (Maui Health System) in anticipation of the increased healthcare needs following the fires. At first, the patients were not coming into the ER as Lahaina was cut off from all communication and there was limited access to the Westside. In addition, many who would have needed medical services simply did not survive or could not get to "the other side" of the island for help. When I flew back, I immediately volunteered at Maui County's distribution center on the Westside of Maui. It was clear that my community was suffering. I felt the need to get them help and wanted to be on the ground and on the frontlines. When Kaiser Permanente mobilized our mobile health vehicle from Oahu, I was there on the scene helping as needed, along with other Kaiser Permanente providers and nurses. We were able to reconnect with our patients and members of the community, regardless of insurance, providing essential healthcare services. During a time of so much loss, patients were so happy to just see familiar faces in a sea of uncertainty. Many tears and hugs were shared. Kaiser Permanente was also able to provide other services such as social work, mental health support, pharmacy refills, and other ancillary services to help the people of Lahaina. In the early days, we even co-located our Mobile Health Vehicle next to the County distribution center so folks could seek healthcare services and resources while picking up other supplies. We even walked the line of people waiting in their cars for food/supplies, to see if they needed any other support. It was so helpful to mobilize so quickly in an integrative and collaborative way. I still remember standing in the Lahaina Gateway Parking Lot and hearing a FEMA worker say that in all his 18 years of working disaster relief, he had never seen such a coordinated response and so soon after a tragedy. This was a true testament to our community pulling together during a time of need.

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Q: What do you remember about your staff during that time?

A: Our staff was amazing. Many nurses had lost their homes, were missing family members, and they were still showing up to help while working through their grief. We had physicians and providers who lost their homes and were still showing up – it was wonderful to see this. In Lahaina we're very much an ohana community, many of us went to school together, and our team had taken care of generations of patients. The mobile health vehicles made it possible to serve them. We were in Lahaina, at the hotels, Napili, Gateway, and more locations.

Q: How did this work impact you and your staff?

A: Vicarious trauma is real – having to relive patient experiences over and over, hearing moving and tragic experiences is challenging. This continues a year later, as patients share their traumas from their experiences. We're available for them, meet them where they are, help them sort out their goals and their needs. People are moving through this at different speeds and stages. Because we have relationships with them, we listen to their perspectives: some have been living in hotels; some have had depression and anxiety worsen; some have to eat whatever is served, so their diabetes has spiraled out of control; some have moved eight times – but they're all moving forward in some way. We find what resources are available and construct a plan with smart, achievable goals while being sensitive to their needs.

Q: What are you seeing a year later?

A: We're finding out more about the health of our community, both the physical and mental health. It's a strong community but there are still a lot of unknowns and uncertainties.

Q: What do you miss that was lost in the fires?

A: There are a couple of my patients that were near and dear to my heart. I still tear up when I think of them. One I had just seen that apparently died trying to help others – that is just so like him. Another, I can see his smiling face and get teary. These relationships have impacted our community and there's still a lot of loss. I see their faces on the memorial when I drive by.

Q: Is it getting easier to drive by the memorial one year later?

A: It's still hard emotionally to make the drive. Not only is it a much longer drive from Makawao to the West side, but seeing the landscape, the town, the faces on the memorial, or hearing a song – all of these can still trigger grief and tears.

Q: What have you seen that you're grateful for or gives you hope?

A: Having this clinic here has been a beacon of hope for our community. I miss the former clinic where I worked – it was such a central pillar where people gathered, especially people of my mom's age whose places of support have largely disappeared. But the new clinic is amazing. We have mental health support available as well as just about all the services we need. I see the new buildings coming up, I have young patients who were thrilled to go back to their Lahaina schools, and it's great to see them so happy. I still see such incredible resilience and hope in what's happening. It still hurts, but people here

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## Interview with Crystal Sellona

### Director of Human Resources, Sheraton Maui Resort & Spa



Q: What was it like at your hotel the first few days after the fires?

A: The day of the fire, I was attending a work conference on Oahu. When I returned to Maui, I could not return to the hotel because the roads were closed. Those first few days without contact with my team, not knowing the status of everyone in Lahaina, were very difficult. My HR team and I then began the task of calling each associate. Every unanswered call was mentally and emotionally draining. Unfortunately, we found out that we lost one associate to the fire. At the hotel, the team did a fantastic job taking care of the in-house guests and the associates and their families who came to the hotel for shelter. The team safely and efficiently evacuated the guests and then pivoted to caring for the remaining families.

Q: How did this change over the next few weeks?

A: Our team continued to work together to get things done. We trusted our General Manager and Hotel Manager to lead us, and everyone continued to do their part. We also started to think about the mental and emotional needs of our associates and their families and what else we could do to support them through this tragic event. Bringing EAP services on-site, planning events where they could gather as a Sheraton Maui community and planning holiday activities for the children were just a few of the things we did.

Q: As an HR professional, it must have been overwhelming at times dealing with so many challenges. How did you take care of YOU while you were taking care of everyone else?

A: I have a cat! He is my emotional support animal! I did a lot of reading and puzzles. Great, supportive people surround me, and I know I can lean on them if I need to. Also, I find taking care of others helps me to take care of myself.

Q: You asked us to provide counselors to help your crew – can you share what it was like having EAP counselors at your hotel taking care of your team?

A: Having the EAP counselors onsite gave our associates easy access to help they probably would not seek out independently. I believe it comforted them and allowed them to talk about their situations and feelings.

Q: I was impressed that both your hotel and the union worked together to help support all your employees.

A: Our associates' health, including mental and safety, is our highest priority. I believe this is a priority they share with us.

Q: Is there something you personally lost in the fires that you miss, or something that still feels like a loss to you one year later?

A: I did not lose anything in either of the wildfires. I drive to Lahaina for work every day, and as the first anniversary approaches, I find myself filled with mixed emotions. We've been through a lot, but there is still much more to complete.

Q: Are there any lessons learned you could share with other HR professionals or other leaders about surviving a disaster?

A: Disasters will bring out the best or worst in people. Our job is to be there to help ensure it is the best. As difficult as it may be, we are the place where our associates will turn for information, comfort, a listening ear, and sometimes a hug. Don't forget to take care of YOURSELF! Otherwise, you cannot take care of anyone else.

Q: Are there any other last thoughts you would like to share as we near the one-year mark?

A: As I reflect on the last year, I am grateful to live in a community and work for an ownership group and company that encourages us to take care of each other.

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## Interview with Alison Bromley, LCSW

### Wailuku Affiliate Counselor



Q: We know you have a busy private practice, so why did you decide to spend over 200 hours helping us with the mental health response to the Maui fires?

A: I was volunteering at the shelters the next day – I couldn't sit at home and do nothing. Our whole island was going through something massive. I have skills in trauma therapy, and I needed to find a way to use them to help. EAP gave me an opportunity to do so, and I was truly grateful for the ability to support Lahaina during tragedy.

Q: What struck you the most about the people affected by the fires?

A: I didn't really know how solid and tight-knit the Lahaina community was. I realize now that Lahaina had always been tighter than I knew, and the way they pulled together and protected each other was amazing.

Q: What do you miss the most that's now gone?

A: I miss the whole town of Lahaina. I loved going there and miss it deeply. I'd take my kids there and enjoy the beautiful town – we'd drive over for a day of hiking, beach, fun, and food. I also miss some innocence. Maybe that's not the right word, because the community has been burdened by the tragedy of colonization, but there is a new pain and scar that will remain long past our lives.

Q: What are your concerns as Maui figures out how to rebuild?

A: Like a lot of people who have been through this fire, I'm concerned about the rebuilding process – there's fear that politics and corruption will not ease the housing crisis that is already impacting us. I'm concerned about who will manage to stay here and who will be priced and squeezed out. There are definitely opportunities for creative thinking and for the community to come together and take ownership, but I have concerns about this and have to work to remain optimistic.

Q: How has your work changed over the past year?

A: It's changed in a lot of ways. I have sought out more training and education on trauma, community loss, and disaster, making sure all I am doing all I can. I do some pro bono work, especially writing letters to facilitate access to housing for emotional support animals. I have probably lost some boundaries along the way. I drive more to see clients than I used to, and I go beyond the scope for my Lahaina people. One beautiful thing happened is that a lot of trainings for Mental Health Providers have been offered for free across Maui. I have accessed training in Accelerated Resolution Therapy and Safe and Sound Protocol – techniques that help people reset their nervous systems and resolve trauma. It's been helpful for me personally as well as professionally.

Q: Any other suggestions for survivors?

A: Stay engaged and active in the community. Hold on to your values and stand up and speak up for your rights. Vote. Focus anger on running for office or getting solid people elected. Get involved in the decisions that will be made. I also encourage people to get the mental health care they need -- it's even free and confidential through your EAP. There's nothing unusual or strange about still having symptoms a year later, and there is a lot of support still available.

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## Interview with Rose Koyama

### AVP, Lahaina Branch Manager, Central Pacific Bank



Q: Can you share what the first few days were like?

A: The inability to contact our families, team, and friends during the chaos left us feeling helpless. The feeling of helplessness was overwhelming as we witnessed our loved ones struggling, with confusion in their eyes and grappling to comprehend the reality that their homes and all their possessions were destroyed. We had family members and friends who didn't even have the basic necessities. Our home became a refuge for everyone, where they could find solace, share information, and receive essentials like toiletries, clothes, and food, thanks to the kindness of neighbors, other families, and friends. Having them stay with us provided much-needed comfort and reassurance they were safe in that difficult time.

Q: How did things change with you and your crew over the next couple of months?

A: We have made progress towards creating a more cohesive team by proactively communicating with each other and offering support when needed. The teams were eager to return to work and restore normalcy, with a focus on serving our customers.

Q: How did the fires impact your customers?

A: Numerous people lost their homes, their source of income, and tragically lost loved ones. Our customers recounted their escapes, feeling helpless as they were forced to flee, in some cases without their family and neighbors. They longed to return to Lahaina, but the harsh truth is that they are currently uprooted and resettled in unfamiliar places. They are now grappling with the decision of whether to leave their cherished town or await its restoration.

Q: What has your organization done to take care of employees impacted by the fires, as well as the business side of recovering from the losses?

A: CPB prioritized supporting both our employees and the Maui community affected by the devastating fires. We've helped our Lahaina-based employees by providing financial support and counseling. Additionally, we've organized community-wide relief efforts, such as donation drives and volunteer initiatives, to aid in the recovery process. Our CPB family (from teller to executive management) conveyed their thoughts and prayers, organized a donation drive and extended support towards their swift recovery.

Q: Is there anything you lost that you miss?

A: The pictures are what I will miss the most, as they hold a wealth of memories that cannot be replicated or shared with the future generations. This includes artwork created by my children and my sibling's children, which were gifted to my parents over the years.

Q: What have you learned about resiliency over the past year, and how do you see that your team is doing one year later?

A: The past year has underscored the power of unity and perseverance. Our team has emerged from this tragedy, demonstrating strong support for one another and a deep commitment to our community. Our customers have become an extension of our family.

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## More thoughts from your EAP

When we arrived on Maui to assist after the fires, it was overwhelming. We had seen large-scale disasters before — Manhattan at Ground Zero, remnants after hurricanes, tornadoes, and other wildfires — but Lahaina was just hard on the heart. Driving past the places we used to enjoy when we would visit to provide a training or a consultation, or more often, to “play tourist” on our regular Maui staycations, it became clear what the scope of this disaster was.

For us, the response to the businesses we serve across Maui was certainly more than we have ever seen. Never have we lost in one day a hotel, a medical clinic, a school, stores, bank branches, let alone the homes of many of our covered employees. Thousands of structures lost in one day, thousands of lives upended, and over a hundred who perished.

Thanks to our amazing network of counselors across Maui, we had boots on the ground as soon as it was safe for employees and our crew to be there. Many of our counselors jumped in, saying “How can I help?” They offered to go to the businesses requesting onsite support. This support continued for months — we had over 200 hours of onsite support from six of our counselors to one hotel alone to provide emotional support to its workers. And we even served two organizations, one on Kauai and one on Oahu, whose workers were affected by the fires! One year later, we’re SO grateful to our counselors who took time from their busy schedules to help their community recover.

And the mental health needs of many Maui residents continue. Disasters tend to not make financial challenges better, or relationship challenges better, or mental health challenges better. They tend to make domestic violence worse, substance abuse issues worse, and mental health challenges such as anxiety and depression worse. We continue to support employees and their family members across Maui who are affected. We encourage any of our covered employees to give us a call and we can set up free, confidential counseling with one of our Hawaii providers. We also have legal, financial, eldercare, ID theft, and mediation support available.


Also, if you don’t live on Maui, or haven’t seen the footage (and if it wouldn’t break your heart to see it), there have been some amazing videos online that have helped us visualize and better understand how massive the damage was and where the cleanup process is a year later. We have been following YouTube videos from Maui’s Jesse Wald to get a better sense of the scope as well as the progress. His March [Front Street drive-through driving video](#) was hard to watch. Now his early July drone video showed what seems to be the first residential home in Lahaina to start vertical construction! (<https://www.youtube.com/watch?v=168LZun3m-A>) Progress is clearly being made, but there is still a long road ahead. Our trauma-informed counselors will continue to help the recovery.

With warm aloha to all, Dave & Vali Mitchell



## Articles On Our Website

Did you know about all the resources available to you from your EAP’s website? Here are a few examples:



**DEVELOPING RESILIENCY**

Imagine the last upsetting event that you experienced. What was your reaction to it?

[Read More](#)



**50 IDEAS FOR SELF-CARE**

If you just need some good old fashioned self-care (and who doesn’t?)...here is a list of great ideas.

[Read More](#)



**SUICIDE PREVENTION**

When we find out that a friend, loved one, or co-worker may be thinking of suicide, often our fear of...


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**HUMAN CONCERNS IN DISASTER RECOVERY**

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