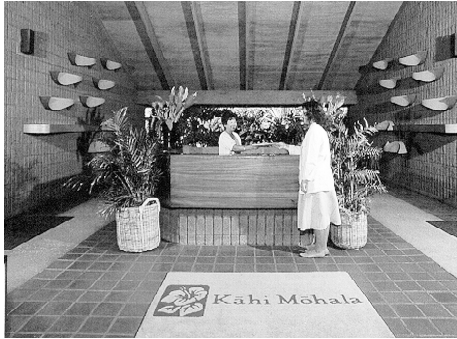


Kāhi Mōhala Behavioral Healthcare



Facts at a Glance (2006)

Physicians on Staff: 8
Employees: 244
Outpatient Visits: 4,200
Inpatient Visits: 23,398
Facility Payroll: \$7.7 million
Net Patient Revenue: \$17.7 million
Community Benefit
Contribution: \$402,000

Populations Served ~

- **Adult Programs:** Adult males and females, generally 18 and older, who have psychiatric, affective, personality, eating adjustment, and/or substance abuse disorders.
- **Adolescent Programs:** Adolescent males and females, generally ranging from 13 to 17 in age, who have conduct, affective, personality, eating, thought adjustment and/or substance abuse disorders.
- **Children's Programs:** Male and female children, generally 3 to 12 in ages, who have affective, eating, thought or adjustment disorders, or those with attention deficit hyperactivity.

Kāhi Mōhala provides comprehensive behavioral health services for adults, adolescents and children experiencing problems with psychiatric disorders, alcohol and drug abuse, anxiety, depression, eating disorders, emotional disturbances and work or family relationship challenges.

Located on 14.5 park-like acres, Kāhi Mōhala's 88 bed-facility is Hawaii's only private, freestanding psychiatric hospital. The buildings and grounds are designed as a complete therapeutic environment, with emphasis on patient safety and security.

Kāhi Mōhala, a private not-for-profit organization, affiliated with Sutter Health in 1992 to ensure continuation of mental health services for residents of Hawaii. Kāhi Mōhala is licensed by the state of Hawaii as a psychiatric hospital, accredited by the Joint Commission on Accreditation of Healthcare Organizations, certified by Medicare and has TRICARE certification for residential treatment and partial hospitalization services.

Treatment Services ~

Kāhi Mōhala's programs emphasize recovery. Therapy treatment programs are individualized, with the goal to return the patient to a healthy, active meaningful life. Treatment includes:

- **Medical Management and Nursing Care** provided 24 hours a day
- **Psychotherapy** provided through individual, group and family sessions
- **Expressive Therapy** including occupational, art therapy, music, etc.
- **Dual Diagnosis (Mentally Ill and Substance Abuse—MISA) treatment**
- **Recreational Services** to enhance self-awareness, develop values and skills, and provide insight into relationships with families and friends
- **Social Services** as part of treatment for the successful return to a healthy life in the community
- **ROPES/Challenge Program**
- **Educational Services** provided to younger patients, as well as adults through Kāhi Mōhala's Education Program
- **Electro Convulsive Therapy**

All Kāhi Mōhala Hospital programs provide substance abuse education and counseling based on 12 Steps.

Specialized Program ~

Specialty Psychopharmacology Services (SPS) program is provided through a collaborative partnership between Kāhi Mōhala and Hawaii Clinical Research Center (HCRC). The Hawaii Clinical Research Center conducts cutting-edge clinical research and education with psychoactive and other investigational medications. Together, we are dedicated to providing excellent, state-of-the-art, specialized psychopharmacological evaluation, treatment, and education and research services.

The ROPES/Challenge program (Reality Oriented Physical Experiential Services) is an innovative form of therapy that uses the power of action-oriented experiences to teach cooperation, responsibility and risk-taking through physical activity. Utilizing a specially designed obstacle course, the goal of ROPES is to place individuals in situations where skills of cooperation, problem solving, goal setting and self-awareness are rapidly developed.



Kāhi Mōhala
Behavioral Health

A Sutter Health Affiliate

With You. For Life.

Kāhi Mōhala
Behavioral Health
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(808) 671-8511

www.kahimohala.org

Treatment Environments ~

Short-Term Hospitalization: Acute inpatient programs provide psychiatric evaluation and stabilization for children, adolescents and adults in a structured, 24-hour supervised environment.

Residential Treatment Services: Longer-term treatment of children and adolescents with serious emotional problems and/or substance abuse who are better served by supervised treatment away from home.

Adult Continued Treatment Program: Longer-term treatment for adults with serious mental illness, substance abuse or dual diagnosis.

Partial Hospital: The partial hospitalization programs offer intensive psychiatric care to patients who are able to live in the community.

Outpatient Services: Outpatient services offer behavioral health treatment without interrupting the continuity of family, school or professional life. These services also offer transitional support for individuals moving from a more intensive treatment back to the community. Individual, group and family therapy, psychiatric medication and evaluation.

Electroconvulsive Therapy (ECT): ECT service is to provide psychiatric care for patients with treatment-resistant affective disorders and schizophrenia who have been unresponsive to standard treatment modalities.

The Treatment Team ~

Kāhi Mōhala provides a staff of professional clinicians to work with the patient and family as part of a interdisciplinary treatment team. The hospital's clinical staff brings together expertise from many related disciplines: psychiatry, psychology, nursing, social work, education, occupational therapy, art therapy, therapeutic recreation, pharmacology, and nutritional specialties. All patients are assessed on an individual basis by team professionals to determine the appropriate treatment plan.

Discharge and Aftercare ~

To ensure a smooth transition to the home environment or to a more open treatment setting, Kāhi Mōhala offers outpatient services that enables individuals to sustain and make additional positive changes. By establishing networks in the community before discharge, patients can confidently enter into healthy living environments and maintain their momentum of positive change.

Guiding Us in Our Mission ~

Kāhi Mōhala is locally governed by a volunteer board of directors that lend expertise, knowledge and commitment to guide the hospital toward its mission.

Robert A. Alm • Louise Ing • Sarah Krevans • Mark R. Mitchell • Celia M. Ona, MD
• Nancy Pace, MD • Barbra Pleadwell • Diane Stewart • Sharon Woo

About Sutter Health ~

Kāhi Mōhala is part of the Sutter Health family of not-for-profit hospitals, physician organizations and other medical services that share resources and expertise to advance health care quality. Serving more than 100 communities in Northern California, Sutter Health is a regional leader in cardiac care, cancer treatment, orthopedics, obstetrics, and newborn intensive care, and is a pioneer in advanced patient safety technology. For more information, visit www.sutterhealth.org.