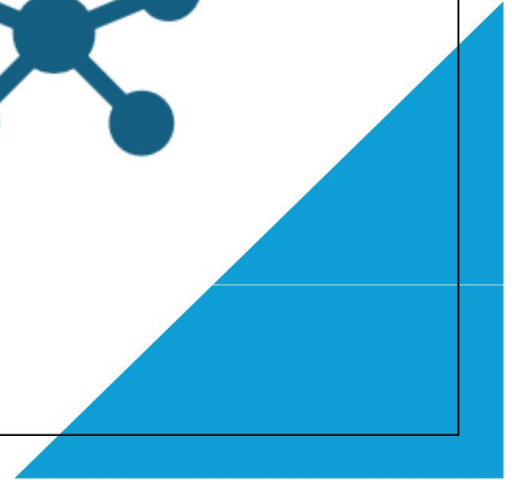
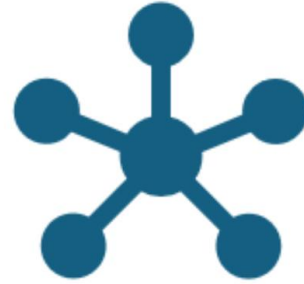


# Building Networks of Support



# Learning Objectives

- Differentiate formal and informal networks
- Identify ways to build your networks



# Circles of support

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Community – SPIN, Ho'omana, LDHA,  
EFMP

Health Care Providers

Neighborhood

Friends

Family

# Formal & informal networks

A healthy support network is vital for everyone and is comprised of informal and formal supports.

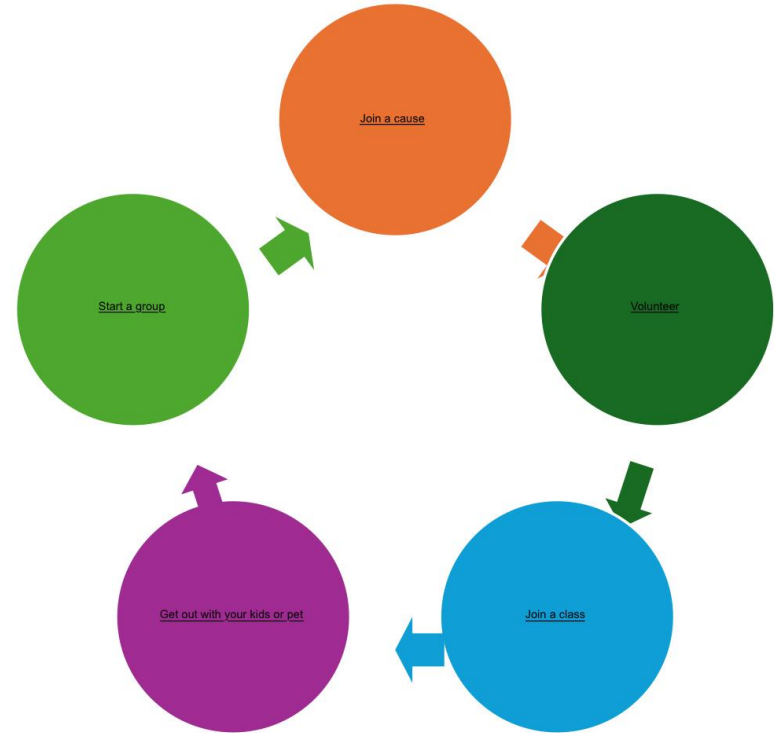
## Informal Networks

People who are part of the family's **social network** like family members, friends, neighbors, co-workers or members of a faith-based community

## Formal Networks

Typically, individuals from **organizations** or **agencies** that provide help or a service to the family

# Building an informal support network



## Building formal support networks

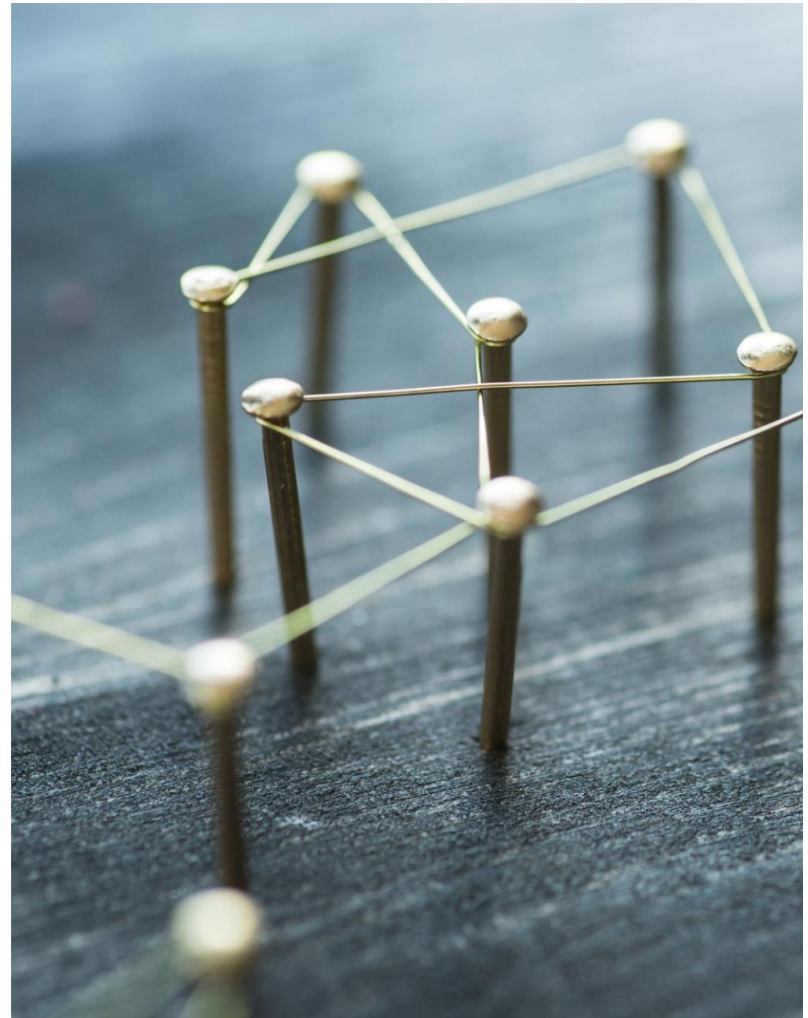
- Reach out to current professional support such as an early intervention provider, physician or case manager.
- If you are not receiving appropriate services, request a referral from your physician to medical or mental health services.

# How one network may build another

Follow SPIN, LDAH or EFMP on Facebook

- › Attend a class/workshop or participate in recreation activities, which can lead to new friendships
- › **Joining a group can help you meet others with common interest**

**Organized an activity or meet and greet in your neighborhood**





# Make Small Talk using the acronym FORM

## **Family**

Where are you from? How many kids do you have?, etc.

## **Occupation**

what do you do for work? What are you studying?

## **Recreation**

What do you like to do for fun?

## **Message**

I really enjoy talking to you. We should get together for Coffee/do XYZ Activity...

**ACTIVITY**

# EFMP

Exceptional  
Family Member  
Program



Corrie Shigeta –  
EFMP’s Program Manager.  
Loves watching her son’s  
soccer and baseball games,  
fishing with her husband,  
and baking!



April Hughes – EFMP’s  
Family Case Worker.  
Loves to travel and  
cook in her spare time.



Gloria Beard - EFMP’ S  
Family Case Worker.  
Enjoys reading books  
and painting.



Rose DeMello –  
EFMP’s TEO.  
Loves cooking  
and going to the  
Beach.

## Office location:

MCB Hawaii Kaneohe Bay, Bldg. 219 (Base Theater & Library courtyard)

Office Hours: M-F 0730-1630, excluding federal holidays

You can contact your Family Case Worker for assistance with Housing, School/IEP/504 support, Early Intervention support & Resources and information – Military and community programs.

Your Family Case Worker will contact you regularly to offer assistance and support.



# The Power of Community

Building a network of Support

Presented By :

**Kahea Ilae**





# Community Already Exists



People are social creatures and they create connections anywhere they are.

You are not starting from scratch, what you need probably already exists, you just have to find it.

You're here at SPIN and that's a great place to start.



**Autism:** Autism Society of Hawai'i (ASH)  
Hawaii Autism Foundation  
Ho'omana Parent Support Group

**Cerebral Palsy:** United Cerebral Palsy Association of Hawaii

**Down syndrome:** Down Syndrome Ohana

**Sibling Support:** HUGS

**Bereavement:** Queen Liliuokalani Foundation

**Military:** Exceptional Family Member Program (EFMP)

**IEP & Advocacy:** LDAH



## You Have to Show Up

The truth of the matter is that being part of a community takes effort and it often starts with just showing up. Is it awkward sometimes? Yes! But you have to push through the cringe to find the magic

**The trick is that you have to keep showing up.**

**It's awkward until it's not.**



# You Have to Give Grace

People are people and they will mess up sometimes.

If it doesn't seem to be your cup of tea try it two more times before moving on.



**Community is Accountability and Accountability is an Act of Love**

**Building Community isn't a Passive Endeavor**



# You Have to Speak Up

People can't read your mind. They can usually see the struggle but will assume you are doing ok unless you voice your need.





**ACTIVITY**

## Statewide

Monthly Virtual Meetings  
Virtual 1:1 Coaching

## Preschool thru Adulthood

Specializing in Post High  
School Transition



## Oahu Based In Person Meetings

Monthly Unstructured Play Days

Monthly Structured Play Days  
(Ho'omana Movement)



Jordan's Mom

Loves walks at the beach



Can recreate almost any meal I try at a restaurant

Kahea Ilae

Fierce Advocate

I am Sila's Mom

a painter



loves to move, workout, and rollerskate

Jess Jones

makes pizza crust from scratch

Jacee, Kingston, and Cara's Mom

Greets pets before people



Witty and Resourceful

Sara Henry

Detroit Lions fan!







# ALOHA MINDS OF ALL KINDS

Building Community for Neurodivergent Families

# ABOUT US

Aloha  
Minds  
OF ALL KINDS



Aloha Minds of All Kinds was created by parents who understood the need for connection, support, and belonging for families raising neurodivergent children in Hilo

# COMMUNITY MATTERS

Families raising children with disabilities often face isolation.

In many communities, resources are limited and support systems can be difficult to access.

Many parents feel like they need an official diagnosis before they can receive help or be welcomed into support spaces.

At Aloha Minds, we believe support should never depend on a label.





# OUR MISSION

Our mission is to create a supportive and welcoming community for neurodivergent families.

We believe every child deserves belonging, and every parent deserves support. We focus on building connection through:

- Family-friendly events
- Parent support gatherings
- Community collaborations
- Resource sharing
- Creating inclusive and judgment-free spaces

**Our goal is to support the whole family.**



*Aloha*  
*Minds*  
ALL KINDS



# WHAT WE REALLY NEED

While services and therapies are important, families often need more than that.

Parents need:

- A place where their child is accepted exactly as they are
- A community that understands their daily experiences
- Emotional support from other parents
- Opportunities for their children to connect and belong

Sometimes the most meaningful support comes not from professionals, but from other families who truly understand the journey.



# SOMETHING FOR EVERYONE

## Family Events

Our events create opportunities for families to gather in a safe and welcoming environment. Children are able to play, explore, and socialize without pressure or judgment. Parents can relax, connect with other families, and simply enjoy being part of a community that understands.

## Parent Get-Togethers

Parent meetups are one of the most powerful parts of our community. These gatherings give parents a chance to:

- Share experiences and resources
- Ask questions
- Offer advice and encouragement
- Build friendships with people who truly understand

Sometimes the most powerful support comes from simply knowing you are not alone.

## Community Collaboration

We believe building strong communities requires collaboration. Aloha Minds works with:

- Local organizations
- Therapists and service providers
- Schools and educators
- Community leaders

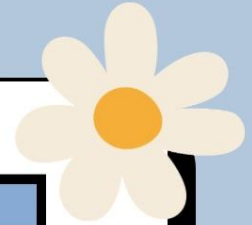
Together we expand opportunities, resources, and support for families.





# THE IMPACT

- Through community, families begin to experience real change.
- Parents feel less alone.
- Children find spaces where they are accepted and celebrated.
- Friendships are formed between families who understand one another.
- Community creates strength.





# ACTIVITY





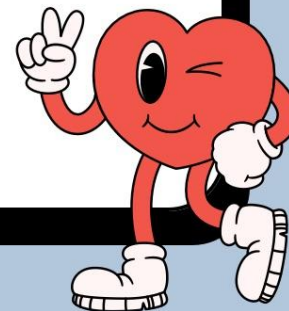
# IT'S YOUR TURN

Creating community does not have to start big.

It can begin with:

- A small group of parents
  - A park meetup
  - A conversation
- A shared desire to support one another

When parents come together, community begins to grow.





**BIG  
THANKS!**

follow us on IG @alohamindsofallkinds

# Questions?

- MCBH EFMP Phone: 808 496-7773
- [corrie.Shigeta.civ@usmc.mil](mailto:corrie.Shigeta.civ@usmc.mil)



- Ho'omana – Kahea Ilae 808 426-6879
- [hoomanagroup@gmail.com](mailto:hoomanagroup@gmail.com)



- Shyla 808 333-4440 [shyla@alohaminds.org](mailto:shyla@alohaminds.org)

Follow us on IG [@alohamindssofarllkinds](#)