



*Celebrates*

# National Public Health Week

**PROTECTING, CONNECTING AND THRIVING**

We Are All Public Health

**THURSDAY, APRIL 4, 2024**



# Program Agenda

4:00pm	Opening & Welcome
4:05pm	Awardee Recognition
4:15pm	Next Gen Hawaii
4:35pm	Dr. Janet Brito
4:55pm	Dr. Mestisa Gass
5:15pm	Panel Q&A
5:25pm	Mahalo & Closing



# Opening Remarks

**Bryan Talisayan**

HPHA President





# Mahalo Event Sponsors





<https://www.uhsphalumni.org/>

# Background

- ▶ The UH School of Public Health Alumni Association has been working to advance public health and public health training in the State of Hawaii and the Asia-Pacific for over 50 years
- ▶ We partner with UH students, faculty, and friends through the promotion of public health education and training; support for public health policies, programs and infrastructure
- ▶ Our priority is to work with the University of Hawaii, the Hawaii State Department of Health, our public health colleagues and the community at-large for public health

# Hawaii non-profit

- ▶ UH SPHAA is a 501(c)(3) non-profit organization
- ▶ All graduates from the University of Hawaii School of Public Health or Office of Public Health Studies are members of UH SPHAA
- ▶ We are separate from the Office of Public Health Studies and can provide mentorship support, input on education and training needs, and participate in collaborative activities
- ▶ We have been a continuing resource for student scholarships

# Current and prior activities

- ▶ Student Scholarship Program
  - ▶ Since reinstating our Student Scholarships in 2008, we have given over \$20,000 to outstanding UH public health students
  - ▶ We meet with recipients to personally congratulate them. With zoom, we have also included OPHS directors and mentors
- ▶ Mentorship activities with public health professionals in the community
- ▶ Scholarship Fundraisers
  - ▶ Newsletter announcements
  - ▶ APHA/HPHA Conferences
  - ▶ T-Shirt Sales (*e.g., Public Health is Everyone's Kuleana*)
  - ▶ Special Events



# 2023-2024 Student Scholarship Recipients

Jena Funakoshi –  
MPH Social &  
Behavioral Sciences



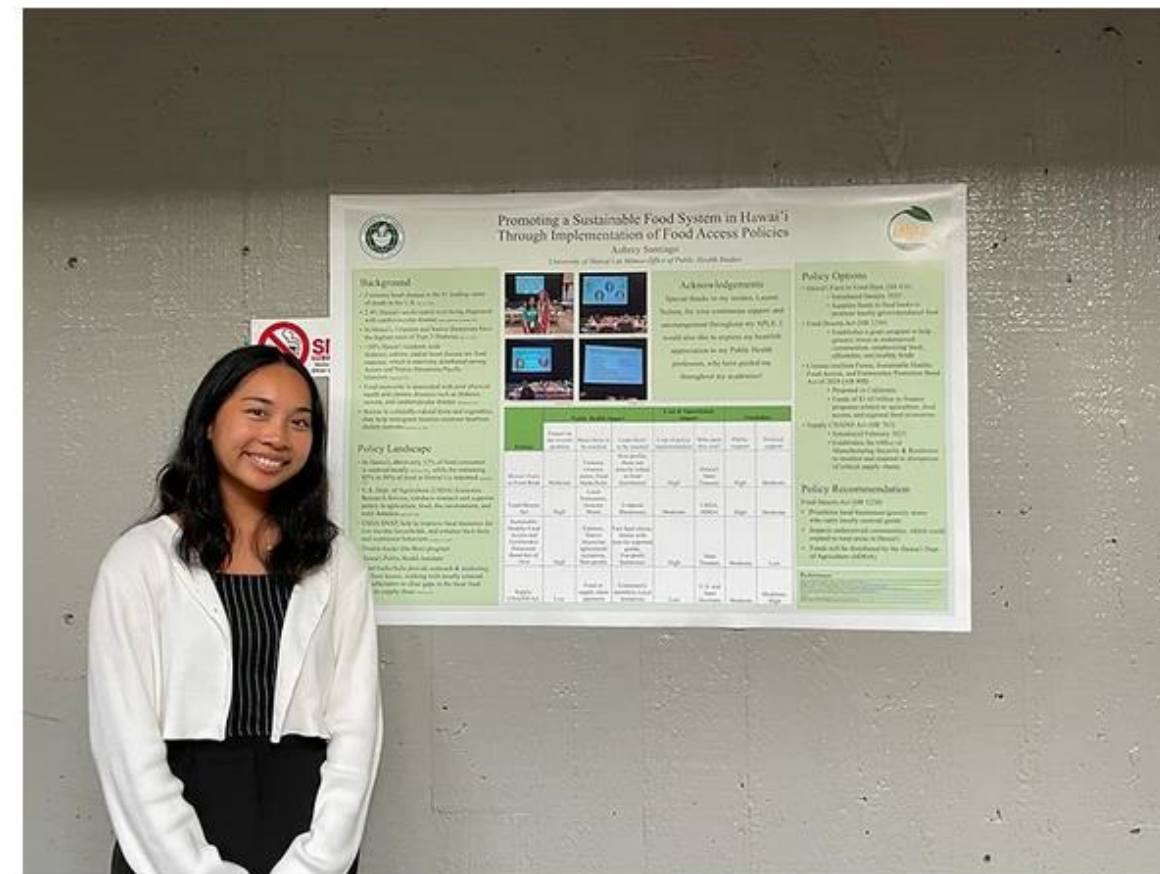
Jena Funakoshi (Graduate) Masters of Arts in Social and Behavioral Health Sciences (MPH)



Chelsea Tanimura (Graduate) Masters of Arts in Health Policy and Management (MPH)

Chelsea Tanimura –  
MPH, Health Policy &  
Management

Aubrey Santiago –  
BA, Public Health



Aubrey Santiago (Undergraduate) Bachelor of Arts, Public Health



# Speaker Introductions

**Taina Yanagi**

HPHA Student Fellow





# Next Gen Hawaii

**Nikky Bali**

Next Gen Hawaii  
Ambassador

**Tetine Sentell, PhD**

Professor of Public Health  
University of Hawai'i





# Speaker Introductions

**Taina Yanagi**

HPHA Student Fellow





# Dr. Janet Brito

**Founder of Hawai'i Center for Sexual and  
Relationship Health and The Sexual Health  
School, speaker, trainer, and author**



# **National Public Health Week - Reproductive & Sexual Health**

*Hawaii Center for Sexual and Relationship Health*

Presented by Dr. Janet Brito, PhD, PSY, LCSW, CST-S

**April 4, 2024**





# Importance of Reproductive & Sexual Health Awareness

- National Public Health Week: Advocates for community well-being.
- Reproductive & Sexual Health Awareness: Empowers healthier decisions.
- Open Discussions: Reduce stigma, foster inclusivity.
- Equitable Access to Sexual Health Education: Promotes health equity.
- Overall Commitment: Fosters healthier communities.



# Recognizing Sexual Health as Integral to Overall Health

- Sexual health intertwines with physical, mental, and emotional well-being.
- Addressing sexual health nurtures healthy relationships, self-esteem, and identity.
- Integrating sexual health into health initiatives prioritizes individual and community well-being.
- Sexual health is integral to comprehensive health, addressing relationships and self-image.
- Comprehensive health encompasses physical, mental, and emotional well-being.



# Overview of Hawaii Center for Sexual and Relationship Health (HCSRH)



**Established Date: 2017**

**HCSRH offers a wide array of specialized services:**

## **Sex Therapy**

Tailored therapy sessions addressing sexual issues, including sex addiction, out-of-control sexual behavior, sexual trauma, and mindful sex.

## **Relationship Counseling**

Providing individual, and family therapy for various relationship concerns, including infidelity recovery and relationship conflict.

## **LGBTQ+, Genderfluid, Nonbinary Affirmative Care**

Providing affirming care and support for LGBTQ+, genderfluid, and nonbinary individuals and couples, including sex therapy and relationship counseling.

## **Gender Health**

Offering services focused on gender-affirming care and support for individuals exploring gender identity and expression.

## **Polyamorous | Kink | Non-monogamy**

Providing specialized counseling and support for individuals and couples navigating non-traditional relationship dynamics.

## **Sex Work and Escorts**

Offering support and counseling for individuals involved in sex work or escorting professions.

## **Sexuality and Faith**

Addressing the intersection of sexuality and faith, providing support and counseling for individuals navigating these complexities.

# Overview of Hawaii Center for Sexual and Relationship Health (HCSRH)



**Additional services aimed at promoting sexual and relational well-being.**

**These services typically include:**

## **Mental Health Support**

Providing services addressing anxiety, depression, trauma, and self-esteem concerns affecting sexual well-being.

## **Workshops and Seminars**

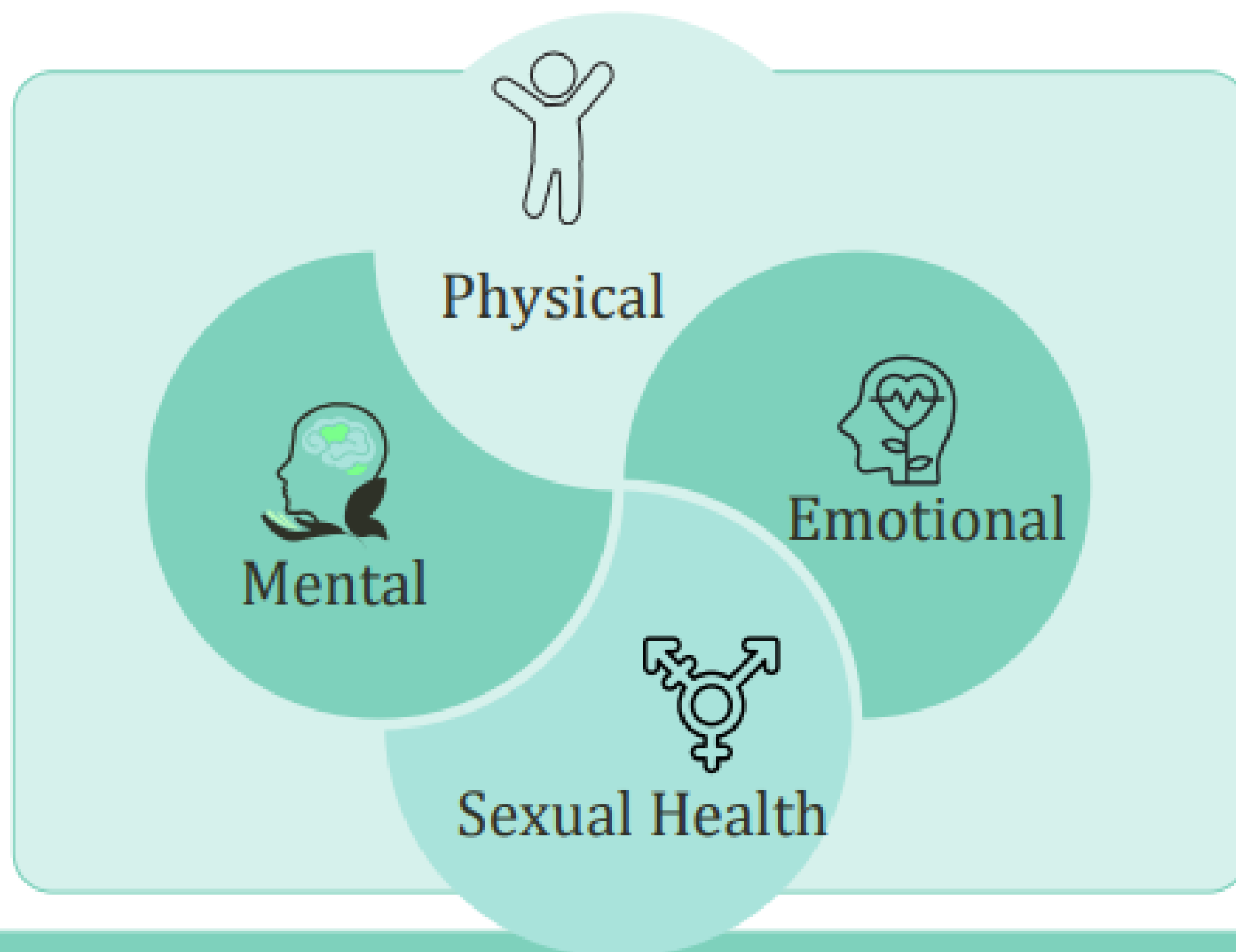
Organizing events on healthy relationships, consent, sexual identity, and sexual pleasure for aspiring sex therapists and counselors via The Sexual Health School - <https://thesexualhealthschool.com/>

## **Referrals and Collaborations**

Partnering with other organizations to ensure individuals receive comprehensive care when needed.



# The Interconnectedness of Health Domains



**Importance of  
Recognizing the  
Interdependence for  
Overall Well-being**



# Breaking Stigma: Addressing Sexual Health in Healthcare

- **Importance of Healthcare Providers Addressing Sexual Health Concerns:**
  - **Recognize** the significance of sexual health for overall well-being.
  - **Acknowledge** healthcare providers' role in promoting open discussions and support for sexual health concerns.
  - **Create** safe, non-judgmental spaces for patients to discuss sexual health.
  - **Encourage** providers to initiate sexual health conversations during appointments.
  - **Provide** training to enhance providers' skills in addressing sexual health sensitively.
  - **Offer** accurate information and referrals for sexual health services.
  - **Advocate** for policies prioritizing sexual health in healthcare settings.



# Addressing Sexual Health in Healthcare

- **Encouraging Open Dialogue:**

- Create a safe environment for patients to discuss sexual health concerns openly and without fear of judgment.
- Emphasize the importance of patients feeling comfortable expressing their needs and seeking guidance regarding sexual health issues.

- **Comprehensive Assessments:**

- Advocate for thorough assessments by healthcare providers, including inquiries about sexual health practices, concerns, and preferences.
- Integrate sexual health discussions into routine healthcare visits to ensure holistic care for patients.



# Challenging Stigma

- **Challenging Stigma Surrounding Sexual Health Discussions:**
  - Promote open dialogue and education about sexual health topics.
  - Encourage respectful and non-judgmental conversations.
  - Provide accurate information to debunk myths.
  - Advocate for policies promoting sexual health awareness.
  - Support individuals in accessing services without stigma.



# Collaborations and Partnerships

- **Collaborating with Medical Professionals, Educators, and Community Organizations**
  - Partner with medical professionals for comprehensive care.
  - Work with educators to implement sexual health education.
  - Engage community organizations for outreach.
  - Share resources and expertise.
  - Organize joint events and workshops.



## Recap!

- **Integrating Sexual Health into Comprehensive Health is Essential for Well-being**
  - Recognizes the interconnectedness of physical, mental, and emotional health.
  - Promotes informed decision-making and reduces stigma.
  - Ensures holistic care for individuals.
  - Leads to healthier individuals and communities.





# Thank you!!!

Thank you for joining us today  
to discuss sexual health.  
Your involvement is crucial in  
promoting well-being for all.  
Let's continue our collaboration  
for a healthier future.



Hawaii Center for Sexual and  
Relationship Health

# Contact Information

**Hawaii Center for Sexual and Relationship Health**

-  **Sex Therapy Hawaii**: <https://sextherapyhawaii.com>
-  **The Sexual Health School**: <https://thesexualhealthschool.com>
-  **773-888-3312**
-  **info@sextherapyhawaii.com**



# Speaker Introductions

**Taina Yanagi**  
HPHA Student Fellow





# Dr. Mestisa Gass

Program Director  
Mental Health America of Hawaii





# Panel Q&A

**Anika Martin**

HPHA Board Officer





# Closing Remarks

**Bryan Talisayan**

HPHA President





# Mahalo Organizational Members



## Maile



## Hibiscus



## Plumeria

