



Hina Mauka Teen CARE

Hina Mauka Teen CARE has been providing support to youth in Hawaii schools since 1987. Teen CARE (Counseling, Awareness, Rehabilitation, and Education) supports teens in making positive and healthy choices for themselves. Students are screened in order to evaluate if substance abuse prevention or counseling programs would aid them in achieving their goals.

Teen CARE partners with teachers to provide the Project ALERT curriculum in the classroom. Project ALERT is an evidence-based program that helps students learn about resistance skills, healthy choices, and the risks of using nicotine, alcohol, and other drugs. Through social media, we endeavor to inspire and educate teens and their families. The [Substance](#) campaign encourages teens to build on what makes them unique, while [Teen CARE Ohana](#) informs parents about challenges youth may experience and how to support them.

For youth who need more support, confidential counseling is available. Teens explore the impact of drug and alcohol use on their lives and develop new ways to cope, communicate, and connect. Individualized counseling establishes goals to address areas that have been negatively affected by substance use, such as personal relationships and academic achievement. Counseling can build a foundation that supports future health and happiness.

Teen CARE's school-based services are funded by the Hawai'i Department of Health. To learn more about our prevention or counseling programs, call us at 305-0634 or email us at cntr.crichards@k12.hi.us.

Referrals can also be made through [this link](https://surveymonkey.com/r/teencare20) (surveymonkey.com/r/teencare20). We're here to help.

