**I’ve Got the Power!**

Carol Matsuoka, Ranilo Laygo, Chelsey Yamamura, Rosanne Smollan, Stephanie Manley, Angela Hoppe-Cruz, Linda Machado, & Leah Chang

Population: Transition aged young people (ages 15 through 21 years) who are experiencing serious emotional or behavioral challenges residing in an ethnically diverse community in urban Honolulu, Hawaii.

The majority of the young people (72%) enrolled in the evaluation remained in a single living situation between intake and follow-up.

The percentage of youth with clinically significant impairment and depression scores decreased from intake to follow-up, while anxiety scored remained stable.

Data from caregivers suggest that Project Ho`omohala services have resulted in positive outcomes. For example, caregivers reported an increase in family interactions over time.

**Ho’okahi ka ‘ilau like ana**

“Wield the paddles together. Work together.”

**Ne huli ka lima iluna, pololi ka opu; Ne huli ka lima ilalo, piha ka opu.**

“When your hands are turned up, you will be hungry; When your hands are turned to the soil, you will be full.”

http://www.projecthoomohala.org/