



Bernie Strand, L.L.C. is located in Windward Oahu.

CONFIDENTIAL, comfortable, private office is welcoming to children and adolescents. Youth tend to resist treatment settings they perceive as rigid or institutional.

Office is close to bus stop and convenient to schools.

Flexible office hours accommodate work schedules and children enrolled in school.

Direct billing to insurance providers, where possible.

Parental involvement is encouraged in assessment and treatment of children and adolescents.



(808) 265-0868

Call for a brief, FREE consultation to see whether behavioral health services may be right for you or your family.

Preferred Provider:



Professional Affiliations:



Olakino Maika`i

Enjoying health and vigor of body, mind, and spirit



BEHAVIORAL HEALTH SUPPORT

VALUES BASED APPROACH



WWW.BERNIESTRAND.COM

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Licensed Clinical Social Worker (LCSW)
Certified Substance Abuse Counselor
(CSAC)

MALAMA OUR KEIKI

Children don't come with instruction manuals. Parents and kupuna do their best to provide guidance and direction for keiki. At times, despite everyone's best efforts, professional help is needed. Bernie Strand has over 20 years of learning from ohana what works when keiki struggle with change or powerful emotions. Parents know their keiki best, and are encouraged to be involved in the treatment process as much as possible.



KULEANA

Young people are exposed to alcohol and other drugs every day. Many get their first taste of illegal drugs from someone they know and trust. Rates of illicit drug use among adolescents in Hawaii are higher than the national average. (YRBS, CDC, 2013) Substance abuse impacts the entire ohana, and it takes courage to face it. Treatment works. Recovery happens every day! Today is the right day to act. Reduce the harm from substance abuse as soon as possible. Decide to interrupt the progression of consequences from substance abuse disorders.

LAULIMA & `IMI NA`AUAO

Life throws many of us a wicked curveball. At times, it may seem like the pitches just keep on coming. Stress, anxiety, or despair can feel overwhelming, whether the situation is from one big issue or a pile of smaller ones. Pride only prolongs needless suffering. Reach out. Help, in the form of encouragement, collaboration and information, is just a phone call away.



HO`IHI OHANA NAKOA

Soldiers are part of our community, whether they are family members in the National Guard, active duty Military, Veterans, or as family members who supported deployed loved ones. Confidential, goal-focused assistance is available to help heroes remain battle-ready, and to assist them and their family members with adapting to the new normal pre-, during, and post-deployment.

LOKAHI

Bad things happen to good people. Some scars are invisible. Emotional injuries may take longer to heal. Trauma informed care respects survivors, helping to find safe people and places in the community. Survivors have strengths and talents for being resilient. Those who struggle to find peace and safety alone, can do so by collaborating with a trauma specialist. When behaviors that come from trauma hurt more than they help, it is time to get help.

QUEST Members Welcomed

QUALIFICATIONS

- Licensed Clinical Social Worker (**LCSW**)
- Certified Substance Abuse Counselor (**CSAC**)
- National Association of Social Workers (NASW)
- Association of Play Therapists (APT)
- MSW, U of Michigan
- BSW, U of Wyoming
- AA, Addictions Specialist
- Experienced with school- based services including IEP, case management, and assessment of youth.
- Specialized training in Play Therapy
- Experienced with foster care system and services
- Experience in teaching, Crisis Debriefing, and with community emergency response teams
- Service Members, Veterans, and Their Families Policy Team
- Board Member, Waimanalo Market Co-op
- Member Hawaiian Civic Club of Waimanalo
- Member Waimanalo Ahupua`a Coalition
- Member University of Hawaii Alumni and Friends
- Member Friends of Waimanalo Library