


Contact us if you would like more information, help accessing services or to schedule an appointment  
*In-person or online:*

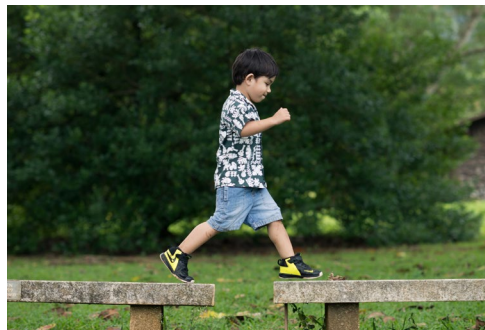


Phone: (808) 525-6255  
Fax: (808) 525-6256  
Email: [info@iolalahui.org](mailto:info@iolalahui.org)  
Website: [www.iolalahui.org](http://www.iolalahui.org)



*I Ola Lāhui* expresses our intent to improve the health and well-being of our people. It means, “So that the people will live and thrive.”

The I Ola Lāhui mission is to provide culturally-minded evidence-based behavioral health care that is responsive to the needs of medically underserved, Native Hawaiian, and rural communities. Our services are open to everyone.



# *I Ola Lāhui*

*“So that the people will live and thrive.”*



*Integrated Behavioral  
Health Services*

## *Did you know?*

- You don't need a doctor to refer you to use our services. Call us for an appointment.
- Psychologists have professional training and skills to help with physical and emotional well-being.
- Anyone can use our services. You can be any age, gender, ethnicity, or income level.
- We also work with rural, Native Hawaiian, and underserved communities to meet their behavioral health needs.
- We train psychologists in our model of care.
- Online care is an easy and convenient option you can choose.
- Our offices are in two communities on O'ahu.
- We also have a registered dietitian and fitness classes available to support you.
- Both locations feature free patient parking and are along the bus line.

## *We Can Help With...*

### ***Common Concerns***

*Anxiety · Panic · Phobias*  
*Depression · Bipolar*  
*Trauma, Abuse & PTSD · OCD*  
*Relationships · Caregiving · Grief*  
*Loss & Life Changes · Parenting*  
*ADHD · Cultural Concerns*

### ***Health Concerns***

*Diabetes · Hypertension · Chronic Pain*  
*Epilepsy · Cancer · Aging & Dementia*  
*Fertility, Women's & Men's Health*  
*Enuresis & Encopresis*  
*Coping with a Diagnosis*  
*Adjusting to a Disability*

### ***Lifestyle Changes***

*Weight Management*  
*Smoking Cessation*  
*Substance Use · Insomnia*  
*Stress & Anger Management*  
*Adults · Children · Kūpuna*  
*Individual · Couples*  
*Families · Groups*

We offer integrative behavioral health services to help with a variety of concerns for individuals, couples, families and groups, to promote overall health and well-being.

Our team of psychologists offers specialized services that are culturally sensitive and patient-centered.

We work closely with physicians and other members of your health care team to bring you the best coordinated care possible.

We participate with most insurance plans including HMSA, UHA, Quest, Aloha Care, Tricare, and Medicare. Sliding fee scale is offered for uninsured individuals.

Our Team of Licensed Clinical Psychologists:

Aukahi Austin Seabury, Ph.D.

Reid Elderts, Psy.D.

Kelsey Fujinaka, Psy.D.

Erin Ogawa, Psy.D.

Tiffany Wilson-Landrum, Psy.D.

Jolene Young, Psy.D.