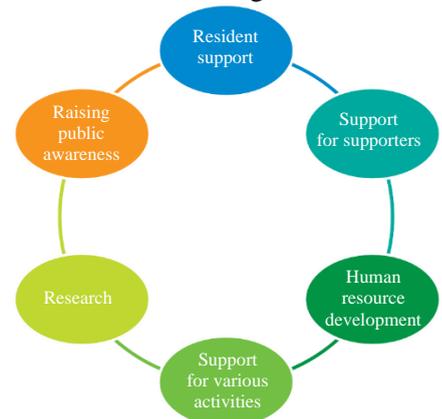


Overall Activity Report

Regarding Our Projects

In FY 2012, the MDMHCC considered all prefectural residents psychologically affected by the Great East Japan Earthquake and all persons forced to evacuate Miyagi Prefecture targets for mental health care, and engaged in the six projects seen here (in accordance with the conditions in each region) to ensure a return to life in their communities as soon as possible.

Stem Center, Planning Division



1. Raising Public Awareness

We took part in a variety of initiatives designed to deepen post-disaster understanding of mental health, including publication of a public relations (PR) magazine, information sharing via our website, creation of PR pamphlets, workshops/lectures, and so on. The workshops/salon activities listed in (4) numbered 93 in all, with a total of 3,526 attendees.

(1) Internet-Based Public Awareness

In order to widely share information about the MDMHCC and to publicize our activities, we created and began to manage a website. In FY 2012, the page was accessed 9,843 times.

(2) Publication of a PR Magazine

In order to inform people about our projects and to communicate the status of each region within the prefecture, we published the “MDMHCC Magazin” four times (in May, October, December, and March), and distributed copies to around 500 locations of affiliated organizations throughout the prefecture. We also allowed this pamphlet to be viewable from our homepage.

(3) Pamphlet Creation and Distribution

We created and distributed a pamphlet discussing issues that were expected to increase significantly in the post-disaster period. With respect to alcohol-related problems, several types of pamphlets for different target groups and situations were created.

<Within the Prefecture>

MDMHCC Pamphlet (for Supporters)	6,000
MDMHCC Pamphlet (for the General Public)	9,000
“What is PTSD?”	20,000
“Preventing Depression”	20,000
“Keep an Eye out for Insomnia”	20,000
“Alcohol and Mental Health”	20,000
“For You, Because You Are Important”	20,000
“Your Health and Alcohol Workbook”	20,000
“Symptoms and Illnesses Related to Alcohol Consumption”	10,000

<Kesenuma Area>

“For You, Because You Are Important (Kesenuma Version)”	4,000
Public awareness ballpoint pen	500

<Ishinomaki Area>

“For You, Because You Are Important (Ishinomaki Version)”	2,000
“Alcohol and Mental Health (Ishinomaki Version)”	2,000
Public awareness ballpoint pen	500
Pocket tissues	1,000

(4) Public Awareness Training and Salon Activities

In response to requests from municipalities and affiliated organizations, we conducted mental health workshops for community residents (general public/professional sector). We assisted in the implementation of salon activities by support organizations, administrative agencies, and other bodies that hosted them. We also entrusted several salon activities to the Miyagi Psychiatric Center.

<Workshop Topics and Number of Events>

About Post-Disaster Mental Health	10
About Mental Illness	6
How to Listen Effectively	1
About Alcohol-Related Issues	2
How Disasters Affect Children	4
Stress, Mental Health Care, and Self-Care	13
About Mental and Physical Health	8
About Workplace Mental Health	4
Status of Disaster-Affected Regions and Center Activities	11
Salon Activities	34

(5) Information Provided Through the Media

Using the radio, newspapers, and so on, we conducted activities to disseminate information about the MDMHCC’s initiatives, mental health issues, and other topics.

2. Support for Supporters

We implemented initiatives aimed at stress relief and health promotion for our exhausted supporters.

(1) Professional Aid for Municipalities

We dispatched staff in response to requests from municipalities. Dispatched staff were posted in the town/city to which they traveled and worked to relieve the burden of the individuals they worked under.

<Kesenuma>

Period	June 2012–March 2013
No. of Active Members	1 (psychiatric social worker)
Frequency	5 days/week
Duties	Assisted with resident surveys and continued post-survey follow-ups. Assisted with infant checkups. Personal support for walk-ins, phone counseling, and home visitations.

<Ishinomaki>

Period	April 2012–March 2013
No. of Active Members	1 (occupational therapist)
Frequency	4 days/week
Duties	Assisted with resident surveys and continued post-survey follow-ups. Personal support for walk-ins, phone counseling, and home visitations.

<Higashimatsushima>

Period	April 2012–March 2013
No. of Active Members	2 (psychiatric social workers)
Frequency	5 days/week
Duties	Assisted with resident surveys and continued post-survey follow-ups. Personal support for walk-ins, phone counseling, and home visitations. Assisted in skill-up training for local supporters.

<Onagawa>

Period	April 2012–March 2013
No. of Active Members	1 (psychiatric social worker)
Frequency	5 days/week
Duties	Assisted with resident surveys and continued post-survey follow-ups. Personal support for walk-ins, phone counseling, and home visitations.

<Shiogama>

Period	May 2012–August 2012
No. of Active Members	1 (psychiatric social worker)
Frequency	5 days/week
Duties	Assisted with resident surveys and continued post-survey follow-ups. Personal support for walk-ins, phone counseling, and home visitations.

<Natori>

Period	January 2013–March 2013
No. of Active Members	1 (psychiatric social worker)
Frequency	5 days/week
Duties	Assisted with resident surveys and continued post-survey follow-ups. Personal support for walk-ins, phone counseling, and home visitations.

<Ishinomaki Public Health Center>

Period	April 2012–March 2013
No. of Active Members	1 (nurse)
Frequency	5 days/week
Duties	Staff supervision, alcohol-related counseling, psychiatric counseling, home visitations, checkup support, etc.

In addition, with the support of the Japanese Association of Psychiatric Social Workers (JAPSW) and the Yokohama City Community Support Alliance for the Mentally Disabled (Shiseiren), we performed activities in various areas of the prefecture.

<Cooperating Organizations>

Organization Name	JAPSW
Period	April 2012–December 2012
Total Active Members	150 (psychiatric social workers)
Activity Locations	Higashimatsushima, Onagawa, Natori, Iwanuma, Shiogama
Duties	Assisted with resident surveys and continued post-survey follow-ups.

Organization Name	Yokohama City Community Support Alliance for the Mentally Disabled
Period	July 2012–October 2012
Total Active Members	29 (psychiatric social workers)
Activity Locations	Higashimatsushima, Onagawa, Natori, Iwanuma, Shiogama
Duties	Assisted with resident surveys and continued post-survey follow-ups.

(2) Supervision and Advice for Supporters Requiring Specialized Knowledge

We dispatched specialized staff to aid people who had been providing continuous support since the disaster and were experiencing high levels of fatigue. Further, we participated in case studies and conferences, providing advice from a specialist perspective. In addition, to deal with alcohol-related problems, we entrusted projects to more specialized organizations.

Kesenuma: We offered advice on working with high-risk individuals after health surveys.

Minamisanriku: We offered municipal staff advice on following up after public health activities and health surveys. We also entrusted lectures, group work, and other activities for temporary supporters to Tohokukai Hospital.

Ishinomaki: We offered advice on working with high-risk individuals after case studies and health surveys. We also entrusted projects regarding case studies, training lecturers, and advice to the Japan Social Worker Association for Alcohol Related problem(JASW), as these dealt with alcohol-related problems.

Onagawa: We supported town projects, including psychiatric social work counseling and health checkups.

Shiogama: We offered advised health survey methods and after the visit. We supported city projects, including health checkups.

Tagajo: We participated in conferences and offered specialist advice as needed. We accompanied Health Division staff and social workers on home visitations and offered specialist advice.

Matsushima: We accompanied staff on home visits when requested and offered advice regarding case studies and so on.

Natori: We provided specialist advice to city public health nurses on cases involving home visitations.

Iwanuma: Approximately four days a week, we assisted two staff members in organizing data, accompanied city staff on visitations, and offered specialist advice on cases. Further, following requests from the Child Welfare Division, we dispatched a clinical psychologist once a month to work on child-related issues and offer specialist advice to public health nurses.

Watari: We dispatched staff two days a week and carried out post-health survey resident home visitations.

Yamamoto: We carried out home visitations among residents of private chartered housing and provided specialist advice as needed.

- Shiroishi: Once a month, a psychiatrist carried out home visitations and supervised difficult cases.
- Tome: We supervised municipal staff.
- Osaki: We participated in conferences on working with alcohol-related and PTSD cases, among others, and offered specialist advice.
- (3) Setting up Counseling Booths for Use During Checkups/Administering Questionnaires
- In response to municipal requests, we administered different kinds of questionnaire surveys to community residents. At the same time, we set up mental health counseling booths.
- Kesenuma: We assisted with infant checkups.
- Ishinomaki: We assisted with infant checkups in the Kahoku and Osika districts.
- Higashimat-sushima: We assisted with general resident health checkups and attended mental health and welfare counseling sessions. We also assisted in the creation of questionnaires handed out during specific health examinations (for lifestyle diseases).
- Matsushima: We opened a “mental health corner” during general health checkups and provided individual counseling to high-risk individuals identified through surveys and to those who requested it.
- Iwanuma: We administered questionnaires during general checkups and opened a counseling counter.
- Taiwa: We opened a “mental health booth” during general health checkups and conducted individual interviews with the concerned individuals.
- (4) Support for Supporters Conducting Home Visitations
- In an effort to reduce their mental stress and improve their one-on-one aid skills, we accompanied supporters conducting home visitations on their trips to temporary housing and offered advice.
- Kesenuma: We participated in supporter meetings and health counseling (wellness classrooms) at the Temporary Housing Support Center, offering advice and providing individual help.
- Minamisanriku: We participated in district satellite meetings, offered advice, and provided individual help.
- Ishinomaki: We attended area meetings. Following a request from the Social Welfare Council (SWC), we carried out individual interviews with temporary supporters.
- Higashimat-sushima: We accompanied city public health nurses on their rounds of the Support Center and responded to cases brought to our attention.
- Onagawa: In response to a request from the Onagawa Town SWC, we conducted individual interviews with temporary support staff and offered them specialist advice.
- Tagajo: We accompanied Support Center staff, civilian support organizations, care managers, and other individuals on home visitations. In response to requests from temporary support staff, we visited emergency temporary housing one to three times per week and offered specialist advice. In addition, we offered specialist advice on cases at weekly meetings.
- Natori: In response to requests from temporary support staff, we visited emergency temporary housing one to three times per week and offered specialist advice. In addition to accompanying Support Center staff on home visitations, we offered specialist advice on cases at weekly meetings.
- Iwanuma: We offered specialist advice on the topic of support to municipal staff.
- Watari: We participated in supporter meetings, accompanied temporary support staff on home visitations, and offered specialist advice.
- (5) Mental Health Support for Municipal Staff and Other Supporters
- We targeted supporters and raised awareness of the need for self-care, established mental health counseling counters, mediated relationships, and provided information. We also mediated and offered advice on issues in the workplace and in interpersonal relationships.
- SWC: Requests to conduct health surveys among the staff of the [Ishinomaki], [Kesenuma], [Shichigahama], [Onagawa], [Minamisanriku], and [Sendai]

- SWCs were received; thus, we carried them out. Following the survey, we worked with the Tohoku University Graduate School of Medicine, Endowed Department of Preventive Psychiatry (“Endowed Department”) to provide counseling interviews to staff who requested them. We also distributed PR pamphlets. (The survey was carried out between October 2012 and March 2013. We are currently working on feedback regarding the results.)
- Kesennuma: We carried out post-health survey follow-up interviews and created pamphlets on stress countermeasures for city staff and distributed them to all staff and dispatch staff.
- Minamisanriku: We carried out post-health survey follow-up interviews. We also set up a counseling counter for staff (held once per month) and created pamphlets on stress countermeasures for city staff and distributed them to all staff and dispatch staff.
- Ishinomaki: We carried out individual interviews with Ishinomaki City staff. We conducted lectures and individual interviews with the Ishinomaki Wide-Area Administrative Association (firefighters, etc.) (done by the Endowed Department).
- Higashimat-sushima: We provided individual counseling to the staff of intensive care nursing homes.
- Onagawa: We opened a counseling counter for Onagawa Town staff and provided individual counseling to them. We also published a PR magazine aimed at raising awareness about self-care among Town Hall staff.
- Tagajo: We provided support at individual and group counseling sessions for temporary support staff.
- Natori: We conducted individual interviews with reconstruction Support Center staff.
- Iwanuma: We conducted individual interviews with Reconstruction Support Center and Support Center staff.
- Watari: We conducted individual interviews with administrative staff and SWC staff.

3. Human Resource Development

We targeted specialists and professionals working in the field of mental health, as well as supporters, and implemented a variety of projects aimed at disseminating knowledge on various topics and developing human resources. Please refer to the appendix for more information about human resource development and training projects.

(1) Organizing the Earthquake Exchange

In an effort to facilitate the sharing of information between administrative staff, supporters, and other involved parties, we organized the “Earthquake Disaster Mental Health Exchange.” We requested the various civilian organizations that had carried out multiple activities throughout the prefecture to submit activity reports, and organized this event in both Sendai and Ishinomaki.

[Appendix] (3) Human Resource Development (1) Organizing the Earthquake Exchange

(2) Training Workshops by Disaster-Related Theme

In an effort to assist in the acquisition of the knowledge and techniques needed to respond to disaster-related issues and in the building of professional networks, we organized training workshops on a variety of themes.

[Appendix] (3) Human Resource Development (2) Training Workshops by Disaster-Related Theme

<Number of Events by Workshop Topic>

Post-disaster mental health	21
Support skills	56
Mental illness and disability	2
Workshops on mental health in the elderly	3
Workshops on suicide countermeasures	11
Working with bereaved family members	1

Workshops on alcohol-related issues	28
Workshops on child mental health	25
Stress and mental care/self-care	5
Physical and mental health	2
Workplace mental health	19
Status of disaster-affected areas and center activities	21
Media conference	1
Case studies	37

(3) Supporter Mental Health Training

We delivered lectures on workplace mental health and the importance of self-care for our supporters, who are forced to deal with different burdens. [Appendix] (3) Human Resource Development (3) Supporter Mental Health Training

(4) Regular Staff Training

We held these workshops on the fourth Friday of every month as an opportunity for staff skill-up training and information exchange between community centers. In the latter half of the financial year (FY), we developed a system that allowed the Disaster Mental Health Care Centers in all three disaster-affected prefectures to mutually participate and incorporated a vast array of themes, including those related to the disaster itself, lectures by Disaster Mental Health Care Center staff from other prefectures, case study meetings, and so on. [Appendix]

(3) Human Resource Development (4) Regular Staff Training

4. Resident Support

We implemented projects aimed at preventing mental illness and promoting mental health among disaster-affected individuals.

(1) Community Resident Support (Counseling Support Provided at the Request of Residents, Municipalities, and Other Organizations)

In response to requests from municipalities, various organizations involved in support activities in disaster-affected regions, and community residents themselves, we provided counseling support via home visitations, walk-ins, and telephone.

[Appendix] (4) Community Resident Support Activity Report

<Number of Support Requests Fielded by Type>

Home visitations	3,260
Walk-ins (including counseling counters, etc.)	1,232
Telephone counseling	1,945

(2) Social Interaction Encouragement Project

We planned and implemented a variety of events for residents of temporary housing to allow them to rebuild social relationships and prevent shut-ins.

<Implemented Projects>

Ishinomaki area	Survivor Interaction Project “Koko Farm” (encouraging interaction through farm activities)
	Art exhibition (display and exchange of pieces created by residents of private chartered temporary housing)

(3) Camp for Parents and Children from Disaster-Affected Regions

In an effort to prevent mental illness and promote mental health, we conducted a day camp for elementary school children and their parents/guardians. Twenty-five children and four guardians participated. The children took part in recreational activities and psychological education, while the parents/guardians took part in recreational activities and individual counseling.

5. Support for Various Activities

We collaborated with organizations active in the prefecture, such as municipalities, Public Health Centers, various types of support organizations, and survivor organizations, to implement projects that supported their activities.

(1) Supporting Collaboration Between Civilian Activity Organizations

We assisted civilian activity organizations in holding information exchange meetings and managing their affairs.

Whole prefecture: Held the “Earthquake Mental Health Exchange Meeting, Miyagi” in Sendai (reproduction).

Ishinomaki area: Held the “Earthquake Mental Health Exchange Meeting, Miyagi in Ishinomaki” in Ishinomaki (reproduction).

Minamisanriku: Exchanged information with organizations supporting disaster survivors through salon activities, etc.

Sendai: Engaged in regular information exchange with civilian activity organizations.

(2) Assistance in Co-Hosting/Sponsoring Training Workshops and Events

We co-hosted (six events) and sponsored (seven events) training workshops and events planned by various organizations and assisted them in publicizing them. [Appendix] (5) Support for Various Activities (2) Assistance in Co-Hosting/Sponsoring Training Workshops and Events

6. Research

In order to better understand the situation in disaster-affected regions and among disaster-affected persons, we carried out surveys and research projects.

(1) Health Surveys for Community Residents

In response to requests from municipalities, we carried out health surveys for community residents (in Iwanuma). Follow-ups and data analysis were conducted in collaboration with the Endowed Department and various community centers.

(2) Health Surveys for Municipal Staff, and so on.

In response to requests from municipalities, we carried out health surveys for municipal staff. Follow-ups and data analysis were performed in collaboration with the Endowed Department and various community centers.

<Municipalities and Persons Surveyed>

Ishinomaki: Municipal staff, firefighters, water supply authority

Kesennuma: Municipal staff

Minamisanriku: Municipal staff

(3) Health Surveys for Municipal SWCs (Reproduction)

In response to a request from the Miyagi Prefecture SWC, we carried out health surveys for the staff of six municipal SWCs (Kesennuma, Minamisanriku, Ishinomaki, Onagawa, Shichigahama, and Sendai). Follow-ups and data analysis were performed in collaboration with the Endowed Department and various community centers.

(4) Development of an Information Technology System

Starting in April 2012, we began developing an information technology system to better collate our activity reports, clearly tabulate our achievements, and determine communities’ post-disaster needs and the support they required.

(5) Assistance with Surveys/Research

We assisted other research institutions in their surveys and research.

- We assisted the Tohoku University Department of Public Health and the Tohoku University Graduate School of Medicine, Community Health Support Center in their survey research related to the earthquake disaster.
- National Center of Neurology and Psychiatry, Institute of Mental Health, Adult Mental Health Research Department: We used the Delphi method to gather information on individual experiences during the Great East Japan Earthquake Disaster and opinions about it.

(6) Publication of Bulletin

We published Issue 1 of our bulletin as a report of the activities taking place at the MDMHCC.

1.. Raising Public Awareness (4): Public Awareness Training and Salon Activities

	Date	Training Name	Content	Municipality	Targets	People
1	4/21	FY 2012 Kiwanis One-Day Lecture	A child's mental responses after an earthquake	Sendai	Resident volunteers	50
2	4/27	Motoyoshi, Koizumi Area Temperance Meeting (Session 1)	About stress and alcohol	Kesenuma	Koizumi Middle School temporary residents	13
3	5/10	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	10
4	5/16	Kesenuma Retirees' Association	Post-disaster mental health	Kesenuma	Kesenuma staff retirees	41
5	5/18	Relaxation salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	4
6	5/24	Relaxation salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	18
7	6/1	Akaiwa Children's Center/Parenting Net Akaiwa Training	How to work with mothers and children in infancy/early childhood	Kesenuma	Parents, nursery teachers	28
8	6/8	Tohoku Bunka Gakuen University Faculty of Medical Welfare Department of Health and Welfare Special Lecture	About support for the mentally ill	Sendai	psychiatric social work students	10
9	6/13	Miyagi Disability Employment Center Training Session	Understanding the characteristics of developmental disorders	Sendai	Developmentally disabled people, employment	11
10	6/14	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	11
11	6/15	National Psychiatric Social Work Project Alliance in Yokohama	The current state of disaster areas after the Great East Japan Earthquake (now)	Yokohama, Naka Ward	Psychiatric social work professionals, families, and clients	100
12	6/22	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Yamamoto	Temporary housing tenants	4
13	6/23	Traveling Lecture "Mental Health Seminar"	Post-disaster mental health and future countermeasures	Kesenuma	Temporary housing tenants	15
14	6/26	Traveling Lecture "Mental Health Seminar"	Post-disaster mental health and future countermeasures	Kesenuma	Temporary housing tenants	11
15	6/28	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	12
16	7/6	Traveling Lecture "Mental Health Seminar"	Stress and mental health care	Kesenuma	Residents	26
17	7/9	FY 2012 Matsushima middle school health lectures	About internet game addiction and mental and physical health	Matsushima	Students at Matsushima Middle School	369
18	7/10	Traveling Lecture "Mental Health Seminar"	Stress and mental health care	Kesenuma	Residents	20
19	7/12	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	19
20	7/13	Karakuwa kindergarten lecture sessions	Child mental health care after the Great East Japan Earthquake	Kesenuma	PTA/ staff	16
21	7/19	Traveling Lecture "Mental Health Seminar"	Stress and mental health care	Kesenuma	Temporary housing tenants	18
22	7/20	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	20
23	7/25	Ishinomaki resident lecture	Mental health care lecture "Fascial Massage Self-Maintenance"	Ishinomaki	Temporary residents/temporary support staff	100
24	7/26	Third Health Lecture	Mental health creation: how to live with energy	Tome	Food habits improvement staff, community residents	33
25	7/26	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	26
26	8/9	Relaxation salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	15
27	8/10	KRA tea party (salon)	Mini-lecture, health counseling	Kesenuma	Temporary residents	3
28	8/17	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	20
29	8/21	Mental Health Creation Lecture (Motoyoshi Hall)	Prevention of dementia and depression	Kesenuma	Residents	15
30	8/23	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	9
31	8/25	National Rehabilitation Forum 2012	Subcommittee meeting: "The Great East Japan Earthquake: Now and in the Future"	Tokyo, Toshima Ward	Psychiatric social work professionals Families, and clients	100
32	8/27	Traveling Lecture "Mental Health Seminar"	Post-disaster mental health and future countermeasures	Kesenuma	Residents/doctors/municipality staff	62
33	8/29	FY 2012 Ishinomaki Playhabilitation Project	Guidance for hip exercises while sitting	Ishinomaki	Temporary residents	13
34	8/30	KRA tea party (salon)	Salivary gland massage, oral exercises, falling prevention exercises	Kesenuma	Temporary residents	9
35	9/11	Mental Health Creation Lecture (Koizumi Middle School)	Prevention of dementia and depression	Kesenuma	Residents	15
36	9/13	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	19
37	9/14	KRA tea party (salon)	Health check, tea party, lecture on sugar and sodium intake	Kesenuma	Temporary residents	15
38	9/21	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	22
39	9/24	Energy Classroom	Health education, mental health counseling, and care prevention exercises for temporary housing tenants	Kesenuma	Temporary housing tenants	21
40	9/27	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	16
41	10/2	Mental Health Creation Lecture	Prevention of dementia and depression	Kesenuma	Residents	15
42	10/2	Izumi Ward Public Health Center Mental Health Creation Lecture	Stress and mental health in the disaster area—how to rest your mind and body	Sendai, Izumi Ward	Residents	70
43	10/5	Daiwa Densetsu Kogyo in-house workshop	About mental health in the workplace	Sendai	MDMHCC employees	90
44	10/11	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	9
45	10/19	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	17
46	10/23	Energy Classroom	Health education, mental health counseling, and care prevention exercises for temporary housing tenants	Kesenuma	Temporary housing tenants	35
47	10/25	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	12
48	11/2	FY 2012 Ishinomaki Playhabilitation Project	Gymnastics guidance for fall and dementia prevention	Ishinomaki	Temporary housing tenants	16
49	11/4	Kesenuma Health Festival Café (Koko Cafe)	Massage, social gathering	Kesenuma	General residents	245
50	11/8	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	8
51	11/8	Mental Health Training for Elderly Club Alliance Women's Department	"Mental health after the earthquake," fascial massage	Watari	Elderly Club Alliance Women's Department	63
52	11/13	Matsushima Mental Health Care Lecture	Let's laugh! Let's loosen up! Mind and body—10 years Rejuvenating mind and body self-care	Matsushima	Matsushima people, civil welfare officers, etc.	70
53	11/16	FY 2012 Mental Health Lecture	Tomado Adolescent—let's grow in the circle of the community	Tome	General residents, civil/child welfare officers, etc.	200
54	11/16	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	4
55	11/17	Symposium on health and reconstruction town development	Thinking about the future of mental care	Taiwa	General residents	80
56	11/20	Energy Classroom	Health education, mental health counseling, and care prevention exercises for temporary housing tenants	Kesenuma	Temporary housing tenants	24

57	11/20	Hebei Regional Comprehensive Support Center Care Prevention Project	About mental and physical health after the earthquake	Ishinomaki	Temporary housing tenants	13
58	11/20	Lecture to Hakozuka Sakura Temporary "Mimamori Corps"	About winter health management, about drinking	Natori	Temporary residents	7
59	11/20	Lectures for Miyagi/Iwate/Fukushima citizens and supporters	Activity introduction of the Miyagi Heart Care Center	Sendai	Miyagi /Iwate /Fukushima residents, supporters	80
60	11/22	Mental health promotion lecture	Aspects of mental health you want to be careful about after the earthquake	Kesenuma	Residents	39
61	11/22	Relaxation salon (co-hosted with Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Natori	Temporary housing tenants	17
62	11/27	Mental health creation supporter lecture	Let's be good at listening ~ Treat with a feeling of being close	Shiogama	General residents	23
63	12/14	Rifu community lecture session	What is stress? ~ To create a healthy heart that can withstand stress ~	Rifu	Civil welfare officers, child welfare officers, general residents	30
64	12/17	JA Green mental health training session	Stress management	Osaki	JA Green managers	70
65	12/17	Japan Catholic Medical Association	Mental health	Kesenuma	Temporary residents	8
66	12/21	Relaxation salon (co-hosted with Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	15
67	1/18	Relaxation salon (co-hosted with Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	5
68	1/21	Salon "Koko Cafe"	Tapping Touch Salon	Kesenuma	Designated Temporary housing tenants	9
69	1/21	JA Green mental health training session	About occupational mental health	Misato	JA Green managers	70
70	1/22	JA Green mental health training session	About occupational mental health	Misato	JA Green managers	90
71	1/23	JA Green mental health training session	About occupational mental health	Misato	JA Green managers	90
72	1/31	Salon "Koko Cafe"	Salon with tapping touch / aroma experience	Kesenuma	Designated Temporary housing tenants	7
73	2/1	Minamiuwa City Mental Health Thinking Group	Earthquake disaster and mental care	Minamiuwa	General residents	—
74	2/8	2nd HIT Workshop	To maintain Mental health	Sendai	New entrepreneurs	50
75	2/8	KRA-hosted tea party (salon)	Mini-lecture on cold/flu prevention, stiff shoulder exercises, fall prevention exercises	Kesenuma	Temporary housing tenants	17
76	2/13	FY 2012 Mental Health Exchange: Koko Cafe	Let's relieve the tiredness of mind and body	Kesenuma	Private chartered housing tenants	13
77	2/16	Fukushima's Gathering & Koransho Tea Party	Yoga, hand massage, individual consultation, tea party	Natori	Private chartered housing tenants (Fukushima prefecture)	25
78	2/16	Great East Japan Earthquake Bunkyo Citizens Symposium	About health activities immediately after the disaster	Tokyo	Residents of Bunkyo	80
79	2/22	Relaxation Salon (co-hosted with the Miyagi Psychiatric Center)	Health lecture with a doctor, relaxation exercises, crafts	Yamamoto	Temporary housing tenants	10
80	2/23	Exchange meeting sponsored by Miyagi Prefecture Support Center Support Office	Hometown salon (Rifu Matsushima private chartered housing tenants social)	Rifu	Private chartered housing residents	27
81	2/23	Dementia supporter education lecture	About dementia	Ishinomaki	Temporary residents, Community residents	24
82	2/25	Okayama Pearl Lions Club Regular Meeting	Children after the Great East Japan Earthquake	Okayama	Okayama Lions' Club Members	20
83	2/26	Energy Classroom	To maintain Mental health	Kesenuma	Residents	28
84	2/26	Salon "Koko Cafe"	About the relationship between mind and body	Kesenuma	Private chartered housing tenants	11
85	2/27	Mental Health Creation Lecture	How to deal with stress well	Zao	General residents	100
86	2/27	Mental health creation study session (Suicide countermeasures project)	About stress management	Misato	General residents	22
87	3/2	Fukushima's Gathering & Koransho Tea Party	Yoga, hand massage, individual consultation, tea party	Natori	Private chartered housing tenants	28
88	3/3	Disaster Mental Health Care Training	Hoping for the recovery of the victims' hearts—Support during the reconstruction period, Miyagi's activities	Niigata, Nagaoka	General residents, welfare workers	30
89	3/7	Higashimatsushima study session at the Women's Club regular meeting	Mental care after the earthquake	Higashimatsushima	General residents	40
90	3/9	Mental care support forum	Current status and issues of mental care in the disaster area	Tokyo	Resident volunteers	70
91	3/10	Disaster Mental Health Care Training	Report on mental care activities in the Niigata-Chuetsu earthquake, introduction of Miyagi's activities	Niigata, Nagaoka	General residents, welfare workers	20
92	3/17	Disaster Mental Health Care Training	Progress report from immediately after the earthquake in Kochitani Community, Miyagi's activity introduction	Niigata, Nagaoka	General residents, welfare workers	11
93	3/24	Disaster Mental Health Care Training	Introducing Miyagi's activities on how to support people who have experienced parting with their loved ones in a disaster	Niigata, Nagaoka	General residents, welfare workers	30

1. Raising Public Awareness (5): Information Dissemination Through the Media

	Date	Training Name	Content	Municipality	Targets	People
1	10/3	Appeared on community FM programs	FM radio appearance "About alcohol"	Iwanuma	General residents	—
2	12/11	Appeared on community FM programs	FM radio appearance "Mental health self-care" (sleep theme this time)	Onagawa	General residents	—
3	3/4	Sanriku Shinpo coverage	Introduction of Miyagi Heart Care Center	Kesenuma	General residents	—
4	3/8	Information provision in Onagawa disaster FM	About mental health care	Onagawa	General residents	—

3. Human Resource Development (1): Hosting Disaster Social Events

	Date	Training Name	Content	Municipality	Targets	People
1	11/10	The 3rd Earthquake Mental Care social Miyagi	It's been one year and eight months since the earthquake/~Current situation and issues in the disaster	Sendai	Psychiatric social workers	60
2	3/1	Earthquake mental care social Miyagi in Ishinomaki	Let's talk about the present and future of disaster victim support	Ishinomaki	All supporters	83

3. Human Resource Development (2) Training Sessions by Disaster-Related Topic <Alcohol-related problems training workshops >

	Date	Training Name	Content	Municipality	Targets	People
1	4/3	Alcohol training for new life supporters	About alcohol	Minamisanriku	Temporary support staff	40
2	4/4	Lecture and group work	About addiction	Kesennuma	Temporary support staff	40
3	4/18	Group work training	Alcohol case study	Minamisanriku	Supporter, public health nurse	17
4	5/2	Group work for public health nurses	Group work	Minamisanriku	Public health nurse	5
5	5/2	Group work training	Group work	Kesennuma	Temporary support staff	54
6	5/16	Southern temporary support staff group work training	Group work	Minamisanriku	Temporary support staff	10
7	5/18	Kesennuma alcohol training workshops	Alcohol and health	Kesennuma	Fraternity visitor	13
8	6/6	Kesennuma alcohol training workshops	Alcoholism and families	Kesennuma	Municipality staff, temporary support	40
9	6/6	Group work with each satellite chief	About alcohol	Minamisanriku	Support Center	6
10	6/20	Group work training	Case study and group work	Minamisanriku	Temporary support staff	9
11	7/4	Kesennuma alcohol training workshops	Treatment and confirmation of alcohol problems	Kesennuma	Temporary support staff	43
12	7/4	Shizugawa satellite group work training	Group work	Minamisanriku	Temporary support staff	14
13	7/5	Alcohol-related problems training	Initial intervention in alcohol-related problems	Iwanuma	Municipality staff	18
14	7/9~14	Alcohol-related problems training for medical staff ①	Alcohol-related problems, knowledge and skills needed to help	Coastal areas	Psychiatric nurses/psychiatric social	3
15	7/18	Utatsu satellite group work training	Group work	Minamisanriku	Temporary support staff	14
16	7/19	Yamamoto Alcohol training	About alcohol	Yamamoto	municipality staff	15
17	8/6~11	Alcohol-related problems training for medical staff ②	Alcohol-related problems, knowledge and skills needed to help	Coastal areas	Psychiatric nurses/psychiatric social	3
18	9/10~15	Alcohol-related problems training for medical staff ③	Alcohol-related problems, knowledge and skills needed to help	Coastal areas	Psychiatric nurses/psychiatric social	3
19	9/19	Nursing care specialist training workshops	Addiction as a related illness	Kesennuma	Care support specialists	24
20	10/15~20	Alcohol-related problems training for medical staff ④	Alcohol-related problems, knowledge and skills needed to help	Coastal areas	Psychiatric nurses/psychiatric social	3
21	12/5	Temporary support staff training workshops	About alcohol and its harm	Minamisanriku	Temporary support staff	13
22	12/13	Temporary Nagai housing complex resident alcohol problem case study meeting	About individual correspondence of alcohol problem	Ishinomaki	Temporary support staff	12
23	1/11	Alcohol-related problems basic training	Alcohol-related problems and alcoholism	Ishinomaki	Municipal public health nurses	45
24	1/21	Alcohol study session	Learn about alcoholism and its content	Iwanuma	Municipal public health nurses	2
25	1/22	Kesennuma Care Support Specialist Training	Correspondence to those who have addiction problems	Kesennuma	Care support specialists	40
26	2/8	Alcohol-related problems basic training	About alcohol-related problems	Ishinomaki	Municipal public health nurses/Community supporters	40
27	2/13	Community Care Study Group on Alcohol Cases in Momou District	Alcohol case study	Ishinomaki	Community supporters	30
28	3/8	Alcohol-related problems basic training	Alcohol-related problems.” “about mental illness”	Ishinomaki	Government, medical care, persons	40

3. Human Resource Development (2): Training Sessions by Disaster-Related Topic <Elderly Mental Health Training>

	Date	Training	Content	Municipality	Targets	People
1	7/18	The 7th Iwanuma City Mental Health Care Study Group	What you need to know about dementia	Iwanuma	City public health nurse, other supporters	20
2	2/19	Elderly mental health care workshop	Comprehensive assessment of dementia and depression	Ishinomaki	Municipal public health nurses, visiting nurses, community supporters	59
3	2/26	Elderly mental health care workshop	Mental care for the elderly after the earthquake—focusing on dementia-	Iwanuma	Municipal public health nurses, temporary supporters, community supporters	47

3. Human Resource Development (2) Training Sessions by Disaster-Related Topic <Suicide Countermeasure Training>

	Date	Training	Content	municipality	Targets	People
1	10/18	Suicide prevention measures training workshops	Think about suicide prevention in the Motoyoshi area	Kesennuma	Administrative staff, volunteers	31
2	10/22	Suicide prevention gatekeeper education lecture	You are also a gatekeeper	Osaki	Iwadeyama district barber union member	64
3	11/15	Misato mental health making training (suicide countermeasure training)	Deepening understanding of mental health and building relationships that are easy to consult in the community	Misato	civil welfare officers	8
4	11/20	2012 Mental health creation supporter lecture	Suicide prevention and mental health-to protect your precious life-	Shiogama	Psychiatric social workers	17
5	12/20	2012 2nd suicide prevention measures support training workshops	What are suicide prevention measures—advanced edition	Kesennuma	Victim support workers in Motoyoshi Community	20
6	1/25	Tome suicide prevention measures business consultation counter Training workshops	About suicide risk/prevention related to the earthquake	Tome	Public health nurse, counselor, etc.	30
7	2/4	2012 suicide countermeasure training workshops for healthcare professionals	What you need to do to prevent suicide in the community	Tome	Health care workers	30
8	2/6	2012 Suicide prevention measures training workshops	How to deal with psychiatric problems that are likely to occur after a disaster	Kesennuma	Healthcare professionals and other related organizations staff	42
9	2/25	Barber hygiene disinfection class	Suicide prevention gatekeeper education lecture	Ishinomaki	Barber life hygiene trade union member	110
10	3/5	2012 Osaki Suicide Countermeasure Project “Gatekeeper training workshops”	You are also a gatekeeper	Osaki Sanbongi	Civil / child welfare officers	134
11	3/8	Taiwa Gatekeeper education training workshops	What you can do “now” for your child’s future	Taiwa	Administrative staff, volunteers, child welfare	40

3. Human Resource Development (2): Disaster-Related Topics Training < Child Mental Health Training >

	Date	Training	Content	Municipality	Targets	People
1	4/26	Motoyoshi Support Center Supporter Workshop	The reaction of the child's mind after the disaster	Kesenuma motoyoshi	Schoolchildren related staff	11
2	6/21	2012 Sendai School Health Association	About mental care for children after a disaster	Sendai	School officials	132
3	7/31	2012 Kurokawa school Health Association	About mental care for children after an earthquake	Tomiya	School officials	50
4	9/21	Health Association Sendai Standing Hospital Staff Training	Current situation and response to child abuse	Sendai	Medical personnel	50
5	9/30	The 6th Children's Mental Clinician Workshop	Disasters and children's hearts	Tokyo	Pediatrician / psychiatrist	165
6	10/14	7th This Pediatric Psychiatric Association Tohoku Regional Association	After the Great Earthquake "What the Earthquake Has Affected in the Child-rearing Environment"	Sendai	Medical personnel	100
7	10/21	Yamagata Prefectural School Health Association	About the reaction of children's minds after the Great East Japan Earthquake	Yamagata, okitama	psychiatric social work officials	36
8	10/23	Tokyo Child Guidance Center Staff Training	Response to children after the Great East Japan Earthquake	Tokyo	okyo Kita Children's Counseling Center staff	40
9	10/24	The 64th Miyagi Prefectural School Health Association	Supporting children's minds after the disaster	Iwanuma	School officials	135
10	11/8	2012 School Health Workshop	When listening to the impact and stories of the earthquake on children	Tome	Educators	120
11	11/9	Natori City Child Protection Area Council Workshop	Points to keep in mind:	Natori	Educators	120
12	11/22	Hyogo Prefecture Mental Care Center "Mental Care" Symposium	Response to child abuse and the impact of the earthquake on children	Hyogo	psychiatric social work relationship	30
13	11/27	2012 Special Needs Education Understanding Workshop	Mental care in the Great East Japan Earthquake-Now in the disaster area-	Sendai	School officials	50
14	11/29	2012 Sendai Nursery School Federation Nursery School Director Workshop	Understanding and support for children with disabilities from the perspective of medical	Sendai	Childcare personnel	130
15	12/1	NPO Rosie Bell Volunteer & Staff Workshop	practice "Earthquake and child rearing	Sendai	volunteer	20
16	12/11	Training for Municipal Public Health Nurses	Breathing method and fascia care	Kesenuma	Municipal public health nurse	10
17	12/25	Miyagi Prefecture Tomiya Town Board of Education "Education Forum"	Nurturing environment and child rearing	Tomiya	Faculty and staff, civil welfare children's	100
18	1/15	Taiwa Town Tsurusu Elementary School Children's Understanding Teachers'	About the impact of the earthquake on children	Taiwa	Yogo teacher, public health nurse	30
19	2/5	Oshika District School Health Liaison Council	Raising the heart of a child	Ishinomaki	nursing teacher	10
20	2/5	Oshika General Branch Elementary and Junior High School Nurse Teacher Training	Child-rearing environment and child-rearing	Ishinomaki	Child welfare, public health nurse	10
21	2/12	Workshop on Children's Mental Health Care	How to grasp the heart of a child after a disaster	Osaki	Child guidance center staff	20
22	2/12	Children's Mental Health Care Liaison Task Force Meeting	About mental care of children after the great earthquake-Current situation and future-	Osaki	Pediatric medicine	20
23	2/15	Miyagi Pediatric Health Seminar 2013	About the reaction of the earthquake and the child's heart	Sendai	Faculty and staff, civil welfare children's committee, home education promotion	50
24	3/6	Series Seminar " Learn from the Great East Japan Earthquake" 6th	Current status of care after the earthquake-Verification for the second year	Kobe	Yogo teacher, public health nurse	20
25	3/16	Developmental Disability Medicine Seminar	Support for children with developmental disabilities during a disaster	Tokyo	psychiatric social work related faculty	98

3. Human Resource Development (2): <Media conferences>

	Date	Training	Content	Municipality	Targets	People
1	2/20	Media conference	Mental care after the earthquake—Current status report of Higashimatsushima-	Sendai	Media personnel	20

3. Human Resource Development (2): Training on Disaster-Related Topics <Other Training Projects for Specialists & Community Supporters (Temporary Support Staff, Etc.)>

	Date	Training	Content	Municipality	Targets	People
1	4/16	Onagawa living counselor training workshops	Expectations for listening volunteer activities (about listening)	Onagawa	Temporary support staff	14
2	4/23	Onagawa living counselor training workshops	Expectations for listening volunteer activities (about listening)	Onagawa	Temporary support staff	15
3	4/27	Matsushima food habits improvement staff training workshops	Think about your health after the earthquake	Matsushima	Food habits improvement staff	43
4	5/12	Psychiatric Nursing Technology Association Miyagi Prefectural Branch general training workshops	Support in the event of a disaster	Sendai	Nursing	50
5	5/14	Matsuyama community mental health training workshops	About mental care after a disaster—How should I be involved in the future	Osaki Matsuyama	Civil welfare officers/child welfare officers	20
6	5/16	The 5th Iwanuma Mental Care Study Group	How to deal with people with personality disorder and cognitive bias	Iwanuma	City public health nurse, other supporters	20
7	5/24	The 108th Annual Meeting of the Psychiatry and Neurology Society (Symposium)	Post-earthquake psychiatric situation in Miyagi Prefecture one year later	Hokkaido	Member medical welfare workers student	—
8	6/3	Meiji Yasuda Mental Health Foundation Specialized lecture	Psychoeducation in the psychiatric ward at the beginning of the Great East Japan Earthquake	Tokyo	Child-related professional	68
9	6/8	Ishinomaki Kama/Okaido District Health Promotion Staff training workshops	About disuse syndrome	Ishinomaki	Health promoter	21
10	6/10	The 11th Traumatic/Stress Society (Luncheon Seminar)	Mental health care after the Great East Moto Earthquake in the Miyagi family—Based on recent activities	Fukuoka	Member medical welfare workers student	—
11	6/11	Bando City Iwai District civil and child welfare officers council training workshops	About the role required in the event of a disaster	Sendai	Civil welfare officers/child welfare officers	43
12	6/14	Home nurse training workshops	Points to keep in mind during activities	Tagajo	Home nurse staff	15

13	6/20	The 6th Iwanuma Mental Care Study Group	Checkpoints for residents' medical examination	Iwanuma	City public health nurse, other supporters	24
14	6/21	Iwanuma training ①	Important things when visiting	Iwanuma	Temporary support staff	12
15	6/23	The 22nd Society of Mental Health Nursing (Symposium)	What can we do now in the Great East Japan Earthquake? -Issues for medium- to long-term support-Kumamoto focusing on supporting nurses in the disaster area	Kumamoto	Academic members Medical welfare workers Participants Students	-
16	6/28	Ishinomaki jurisdiction supporters training workshops	Points of support for the victims of the disaster-Interviews with people in distress-	Ishinomaki	Public health nurse, Comprehensive Support Center	26
17	7/5	Iwanuma Training (2)	Understanding and engaging in mental illness	Iwanuma	Temporary support staff	10
18	7/10	Taiwa Volunteer Friends' Club training workshops	About medium- to long-term support	Taiwa	Community volunteer	18
19	7/12	Ishinomaki Ohashi Ward Temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	24
20	7/20	Mental Symposium IN Urayasu	Mental health care activities after the Great East Japan Earthquake-From experience at Miyagi-	Urayasu	Health care workers	—
21	7/20	Miyagi Prefecture Psychiatric Social Work Association "P Lab"	About the actual situation in the disaster area and the care center for Miyagi	Sendai	Member of Miyagi Prefecture Psychiatric Social Work Association	10
22	7/23	Ishinomaki Community Long-term care staff training workshops	Disaster and mental care	Ishinomaki	Chief helper	4
23	7/25	2012 Miyagi prefecture mid-sized civil and child welfare officers' training workshops	Post-disaster mental care-close to the victims' hearts-	Sendai	Civil welfare officers/child welfare officers	115
24	7/26	Training workshops on visits	Perform role play	Iwanuma	Temporary support staff	8
25	8/1	Group work training	Case study on the hardships of activities	Minamisanriku	Support staff	20
26	8/2	Training workshops on visits	Perform role play	Iwanuma	Temporary support staff	8
27	8/5	The 7th Community depression Medical Promotion Summit	Initiatives at Miyagi through support for communities and work areas	Tokyo	doctors	—
28	8/22	Ishinomaki Monou temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	12
29	8/23	Ishinomaki Watanoha area temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	17
30	8/27	Ishinomaki Ogatsu/Kitakami district temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	12
31	8/28	Ishinomaki Kahoku district temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	16
32	8/29	Ishinomaki Inai district temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	32
33	8/30	Ishinomaki Hebita/Kama/Okaido district temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	17
34	8/30	Ishinomaki mental health lecture session (listening volunteer)	Changes in mind after the earthquake	Ishinomaki	Ishinomaki listening volunteer	100
35	8/31	Ishinomaki Oshika district temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	4
36	8/31	Miyagi prefecture-sponsored Miyagi prefecture center care training workshops	Mental care for the victims—To connect the victims with appropriate support	Sendai	Psychiatric social workers	30
37	9/1	Ishinomaki SPR training	Psychological/recovery/skill training	Ishinomaki	Community supporters centered on the Ishinomaki area	25
38	9/3	Ishinomaki Kanan district temporary support staff training workshops	About listening	Ishinomaki	Temporary support staff	17
39	9/8	Kochi occupational medicine training workshops	Mental health measures after a large-scale disaster	Kochi	Health care workers	—
40	9/11	Ishinomaki mental health lecture session (listening volunteer)	How do you get close to the other person's heart?	Ishinomaki	Ishinomaki listening volunteer	70
41	9/12	Ishinomaki Watanoha district health promotion staff mental care training workshops	About mental care	Ishinomaki	Health promoter	14
42	9/20	Ishinomaki Health Promoter training workshops	If you feel tired around this time—Health promotion to protect yourself and your loved ones	Ishinomaki	Health promoter	40
43	9/20	Shikama teaching staff/civil welfare officer training workshops	About child abuse	Shikama	Teaching staff, civil welfare officers	11
44	9/23	66th Tohoku Psychiatry and Neurology Society General Assembly	Toward the reconstruction of the heart of the disaster area "Miyagi Prefecture Mental Care"	Akita	Member medical welfare workers student	200
45	9/28	2012 Kesenuma Welfare Forum for Persons with Disabilities	About the reaction of the heart after the disaster	Kesenuma	Welfare for persons with disabilities	30
46	9/29	Ishinomaki SPR training	Psychological/recovery/skill training	Ishinomaki	Community supporters centered on the Ishinomaki area	18
47	9/30	Ishinomaki mental health lecture session (listening volunteer)	How do you get close to the other person's heart?	Ishinomaki	Ishinomaki listening volunteer	54
48	10/3	Temporary support staff group work training	About the meaning of listening and the importance of listening support	Minamisanriku	Deemed temporary support staff, public health nurse	8
49	10/13	55th Main Hospital/Community Psychiatric Association	Symposium Great East Japan Earthquake and Nuclear Disaster and Mental Health "Current Situation and Issues of Mental Health in Disaster Areas" Furuya City	Nagoya	Member medical welfare workers Student	1000
50	10/19	Sendai Volunteer Liaison Council	About mental care	Sendai	Volunteer staff	30
51	10/19	2012 World Psychiatric Association International Conference (Symposium)	Mental health issues and countermeasures after the Great East Japan Earthquake in Miyagi Prefecture Praha, Czech Republic society members, Medical welfare workers, students	Praha, Czech Republic	Member medical welfare workers student	—
52	10/24	Takasago Home Care Liaison Committee training workshops "One and a half years after the earthquake, think about mental care again" Mental care after the earthquake	Mental care after the earthquake	Sendai	Supporters	40
53	10/25	National Psychiatric Social Work Liaison Council general meeting	Current status and issues of mental health in the disaster area	Miyazaki	Psychiatric social workers	30
54	10/27	Ishinomaki SPR training	Psychological / Recovery / Skill training	Ishinomaki	Community supporters centered on the Ishinomaki area	15
55	10/30	This Home-Visit Nursing Foundation Mental Health Training	Introducing necessary viewpoints, perspectives, and actual support flow through examples	Natori	Visiting nurse	8
56	10/31	9th Iwanuma Mental Care Study Group	Consider how to deal with people with mental illness through case studies	Iwanuma	City public health nurse, other supporters	20
57	11/1	"Mental care" activity workers training workshops in the disaster area in 2012	Current status and issues of mental health after the Great East Japan Earthquake	Niigata, Nagaoka	Psychiatric social workers	30

58	11/1	2012 Sendai civil welfare officers, child welfare officers council director / councilor movement training workshops	Impact of the earthquake and mental and physical care	Sendai	civil/child welfare officers	70
59	11/7	Temporary support staff group work training	Relationships with supporters and confidentiality obligations as supporters	Minamisanriku	Temporary support staff	8
60	11/13	2012 labor management lecture	Future response to mental problems that occur after the earthquake	Sendai	Corporate labor manager	30
61	11/17	(Special) psychiatric social work Exchange Promotion Association 19th Career Advancement Support Training	Great East Japan Earthquake Miyagi initiatives	Sendai	Psychiatric social workers	40
62	11/21	Temporary support staff group work training	Be confused about how to respond	Minamisanriku	Temporary support staff	13
63	11/24	The 12th Society of Cognitive Therapy (Symposium)	Support after a large-scale disaster: Efforts to popularize cognitive-behavioral psychological support	Tokyo	Member medical welfare workers Student	—
64	11/28	The 10th Iwanuma Mental Care Study Group	Consider grief through case studies	Iwanuma	City public health nurses, other supporters	20
65	12/8	Hyogo Prefecture Psychiatric Social Work Technician Association regular training	“Listen/learn/think” about the Great East Japan Earthquake	Hyogo, Kobe	Member of Hyogo Prefecture Psychiatric Social Work Association	15
66	12/11	KRA staff training workshops	To recover in the community	Kesenuma	KRA staff	40
67	12/13	The 3rd Prefectural Area Employment Support Organization Liaison Conference for Persons with Disabilities	To have mental health	Kesenuma	Welfare workers with disabilities	30
68	12/19	The 11th Iwanuma Mental Care Study Group	Looking back on the year-end—Why don’t you review “mental care”?	Iwanuma	City public health nurses, other supporters	20
69	1/11	Temporary support manager training	About team building	Tagajo	Temporary support manager	8
70	1/18	Temporary support manager training	About team building	Tagajo	Temporary support manager	4
71	1/21	Osaki Matsuyama civil welfare officers/child welfare officers training workshops	Think about mental care through support for victims	Osaki	Civil welfare officers, administrative staff, council staff	20
72	1/22	Kurokawa-gun Uchimachi-mura Council of Social Welfare training workshops	Supporting recovery from disasters	Taiwa	Council of Social Welfare staff	100
73	1/23	Earthquake and mental care lecture session in Sendai	Mental care after the earthquake—Toward medium- to long-term support	Sendai	Medical health personnel	—
74	1/23	12th Iwanuma Mental Care Study Group	Communication skills as a “tool”	Iwanuma	City public health nurse, other supporters	20
75	1/31	Tapping touch training	About tapping touch	Kesenuma	Volunteer center staff	21
76	2/1	Temporary support staff leader training (Session 1)	About the team	Tagajo	Temporary support staff leader	6
77	2/1	2012 PTSD countermeasure specialized training project large-scale disaster countermeasure course (psychiatric care)	From the activity experience of the Great East Japan Earthquake	Tokyo	Health care workers	150
78	2/4	Kesenuma dispatch staff training	Stress and communication associated with changing places	Kesenuma	Kesenuma dispatch staff	76
79	2/5	Case study meeting	About wrist cut cases	Ishinomaki	Municipal public health nurses	9
80	2/5	Oshika district health promotion staff training workshops	In the 2nd year of the earthquake (changes in mind after the earthquake)	Ishinomaki	Health promoter	18
81	2/11	Workshop for planning disaster mental support strategies	Damage and support activities in Miyagi’s psychiatric care and mental health after the Great East Japan Earthquake	Tokyo	Expert	30
82	2/13	Ishinomaki Childrearing Support Center staff training workshops	About care of the helper’s mind and valuing emotions/feelings	Higashimatsushima	Persons involved in childrearing support	21
83	2/19	2012 Ishinomaki Health Promotion Staff training workshops	To be close to the feelings of the other person	Ishinomaki	Municipal public health nurses	29
84	2/20	13th Iwanuma Mental Care Study Group	Looking back on mental health examinations, communication skills as a “tool” part 2	Iwanuma	City public health nurse, other supporters	18
85	2/20	Mental care meeting	Report on Designated temporary residents’ health survey follow-up results	Ishinomaki	Community supporters	23
86	2/22	Kyoritsu maintenance staff training	About teamwork	Tagajo	Kyoritsu maintenance staff (temporary support staff)	6
87	2/25	Wakayama Prefecture psychiatric social work-related specialized training workshops	Current status and issues of mental health after the Great East Japan Earthquake	Wakayama	psychiatric social work relationship	30
88	3/2	Emergency residents’ symposium	“Thinking about the mental problems of tsunami-affected residents” in preparation for the Great East Japan Earthquake and another crisis	Tokyo	Medical personnel Media personnel general residents	100
89	3/5	Training for salon staff to deal with disaster victims	Precautions when listening to the story	Natori	Administrative staff, private organizations	20
90	3/6	Tohoku University practical religious studies donation lecture	Mental health and medical care	Whole prefecture	Monks and ministers	15
91	3/8	Osaki Community Activity Support Center for Persons with Disabilities and related organizations joint training workshops	About support for persons with disabilities	Osaki	Administrative staff	19
92	3/13	Natori Home-visit Nursing Foundation Training	How to deal with people who have a mental risk	Natori	Home-visit nursing foundation	4
93	3/14	Lecture at the Scrivener Association	About the situation of the victims in Miyagi prefecture	Sendai	Government, judiciary	13
94	3/23	SPR follow-up training in Ishinomaki	Case study on support using SPR (3 cases)	Ishinomaki	Government officials	2
95	3/26	Training for Japan Overseas Cooperation volunteers entrusted with Natori community revitalization project	Stress care management	Natori	Government, public organization	16
96	3/26	Initial abuse training workshops	Group work on initial response and parent support methods	Iwanuma	Administration, temporary support staff, child welfare	22
97	All year	Psychological support skill up lecture (15 times in total)	Training workshops on psychological support skills	Sendai	Psychologist and others	450
98	All year	Reconstruction Support Center Hiyori Case Study Meeting (34 times in total)	Case study	Natori	Life counseling supporter	340

3. Human Resource Development (3) Mental health training for supporters

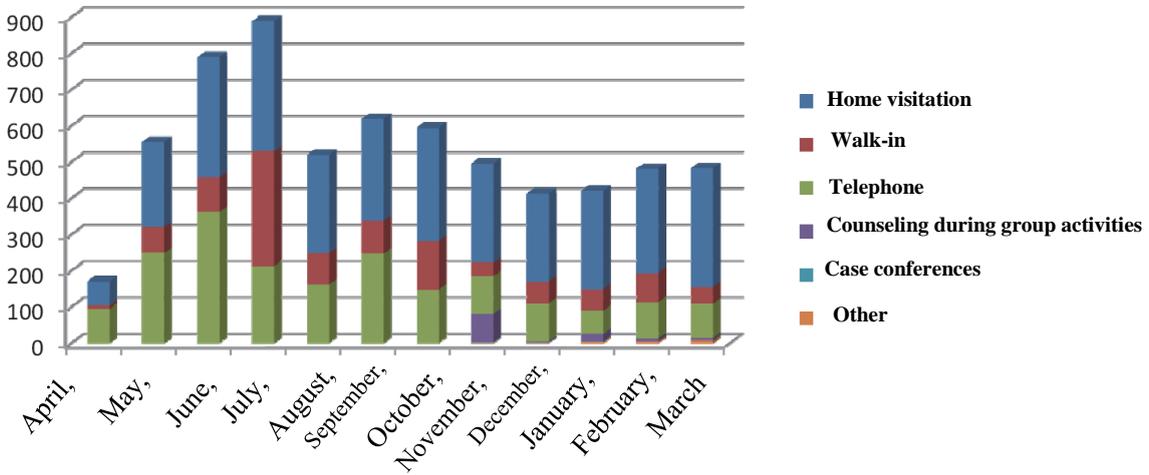
	Date	Training Name	Content	Municipality	Targets	People
1	4/11	Miyagi Prefectural Nursing Association Shiogama Branch: Mental	Post-disaster mental care—Mental care for patients and themselves	Shiogama	Nurses	25
2	4/12	Mental and physical care training for Ishinomaki management staff	About mental health care after the earthquake	Ishinomaki	Ishinomaki government office manager	25
3	4/12	Ishinomaki Regional Waterworks Corporation Mental Health training	About mental health that I want to be careful about one year after the earthquake	Ishinomaki	Ishinomaki Regional Waterworks Corporation staff	34
4	4/18	The 4th Iwanuma Mental Care Study Group	Mental health of public health nurses/care for secondary disasters	Iwanuma	City public health nurse, other supporters	2
5	4/26	Ishinomaki Regional Waterworks Corporation Mental Health training	About mental health that I want to be careful about one year after the earthquake	Ishinomaki	Ishinomaki Regional Waterworks Corporation staff	125
6	5/14	Kesennuma staff management training	Mental health after the earthquake	Kesennuma	Kesennuma staff management	32
7	5/15	Kesennuma staff management training	Mental health after the earthquake	Kesennuma	Kesennuma staff management	32
8	5/17	For Ishinomaki Wide Area Administrative Office staff	About mental health care after the earthquake	Ishinomaki	For Ishinomaki Wide Area Administrative	103
9	5/21	Public Shizugawa Hospital Nurse Mental Health training workshops	Post-disaster mental care	Minamisanriku	nurses	6
10	5/24	Public Shizugawa Hospital Nurse Mental Health training workshops	Post-disaster mental care	Tome	nurses	6
11	6/1	Ishinomaki Wide Area Administrative Office Mental Health training	About mental health that I want to be careful about one year after the earthquake	Ishinomaki	For Ishinomaki Wide Area Administrative	112
12	6/7	Ishinomaki Regional Waterworks Corporation Mental Health training	About mental health that I want to be careful about one year after the earthquake	Ishinomaki	Ishinomaki Regional Waterworks Corporation staff	27
13	6/10	The 11th Traumatic / Stress Society (Symposium)	Impact of trauma/stress on nurses in the Great East Japan Earthquake and future support issues	Fukuoka	Member medical welfare workers Student	—
14	6/25	Self-Defense Force Funaoka Camp lecture session	About mental health care after the earthquake	Shibata	Funaoka Camp Funaoka Self-Defense	20
15	6/26	Ishinomaki Community Comprehensive Support Center staff training	Mental health of care providers	Ishinomaki	Comprehensive staff, care manager	20
16	7/3	Ishinomaki Community Comprehensive Support Center staff training	Mental health of care providers	Ishinomaki	Comprehensive staff, care manager	20
17	7/26	This doctors meeting 2012 emergency disaster medical director liaison	Mental health of disaster medicine supporters	Tokyo	Doctors Association Emergency Disaster	176
18	7/29	The 14th Society of Disaster Nursing (Symposium)	Mental care for nurses in the disaster area and future issues	Aichi	Member medical welfare workers Student	—
19	8/20	Kakuda staff training workshops	To maintain mental health—Rethinking life-work balance	Kakuda	Kakuda staff	23
20	8/22	The 3rd Care Manager Liaison Meeting	To have mental health	Tagajo	Care workers	50
21	8/24	Self-Defense Forces Funaoka Camp lecture session Mental health	About mental health care after the earthquake	Shibata	Self-Defense Forces executive	25
22	8/24	Matsushima supporters support training workshops	To have mental health	Matsushima	Psychiatric social workers	66
23	8/29	8th Iwanuma Mental Care Study Group	Supporters stress and burnout	Iwanuma	City public health nurse, other supporters	20
24	9/6	Watari Council of Social Welfare supporters Mental support business	About mental health after a disaster	Watari	Shakyo staff, temporary supporters	27
25	9/13	Ishinomaki Wide Area Administrative Affairs Association Guidance	About mental health care	Ishinomaki	Ishinomaki Wide Area Administrative Office staff	63
26	9/20	Ishinomaki Wide Area Administrative Affairs Association Guidance	About mental health care	Ishinomaki	Ishinomaki Wide Area Administrative Office staff	2
27	9/27	Miyagi Prefecture Victim Support Worker Training Step-up Training I	Mental care of support staff	Sendai	Support staff	30
28	10/2	Minamisanriku staff administrator training	Mental health in the workplace after the earthquake	Minamisanriku	Minamisanriku staff management	15
29	10/4	Minamisanriku staff administrator training	Mental health in the workplace after the earthquake	Minamisanriku	Minamisanriku staff management	15
30	10/4	Miyagi Prefecture Victim Support Worker Training Step-up Training I	Mental care of support staff	Minamisanriku	Kesennuma District Support Center Supporter	53
31	10/5	Shiogama District Industrial Hygiene and Safety Convention	Points of mental health in the prime of work	Shiogama	Occupational health personnel	40
32	10/16	Minamisanriku Life Support Staff Training	Communication and self-care	Tome	Minamisanriku Life Supporter	29
33	10/17	2012 2nd Nursing Care Support Specialist Training	About self-care of helpers	Kesennuma	Care support specialist	26
34	10/18	Miyagi Prefecture Disaster Victim Support Worker Training	Support staff care	Ishinomaki	Temporary support staff	70
35	10/21	13th Seminar Team Medical / Community Rehabilitation training	Disasters and mental health—What We Are Aiming for (Focusing on the Mental Health of Supporters)	Miyagi, Matsushima	Psychiatric social workers	100
36	10/24	Minamisanriku Life Support Staff Training	Communication and self-care	Minamisanriku	Minamisanriku Life Support Staff / Welfare staff	28
37	10/24	Hyogo Prefecture Mental Care Center: Continuous Seminar Session 1	Stress and mental care of disaster-stricken nurses—From the practice of continuous mental health support for disaster-stricken nurses-	Kobe	Medical health welfare worker	—
38	10/26	Kesennuma Health Survey Report Meeting	About the mental health of staff	Kesennuma	City hall staff	30
39	10/30	Miyagi Prefecture Disaster Victim Support Worker Training	Support staff care	Ishinomaki	Temporary support staff	80
40	11/6	Watari Council of Social Welfare supporters Mental support business	Mind and body self-maintenance	Watari	Shakyo staff, temporary supporters	25
41	11/6	Natori staff training workshops (for managers)	To have mental health	Natori	Natori staff	30
42	11/12	Ishinomaki Health Promotion Division Public Health Nurse Training	Supporters self-care	Ishinomaki	Ishinomaki Public Health Nurse	17
43	11/13	Miyagi Prefecture Ishinomaki Government Building staff training	About mental health in the workplace	Ishinomaki	Prefecture staff	40
44	11/16	Minamisanriku Life Support Staff Training	What to do with your care	Minamisanriku	Life supporter	47
45	11/19	Natori staff training workshops (for general jobs)	“To maintain mental health,” “Relaxation by fascial massage”	Natori	Natori staff	30
46	11/19	2012 foreigner consultation counter training workshops	Interview basics and supporters’ mental health	Sendai	Prefecture staff	30
47	11/20	Miyagi Prefecture Ishinomaki Government Building staff training	About mental health in the workplace	Ishinomaki	Prefecture staff	40
48	11/21	Miyagi Prefecture Disaster Victim Support Worker Training Step-up Training I	Stress and relaxation	Ishinomaki	Temporary support staff	30
49	11/26	Higashimatsushima Yamoto Akai no Sato staff training workshops	Mental health points in the prime of work—Mental health promotion to protect yourself and your loved ones	Higashimatsushima	Long-term care staff, life counselor	42
50	11/27	Miyagi Prefecture Ishinomaki Government Building staff training	About mental health in the workplace	Ishinomaki	Prefecture staff	40
51	12/6	Self-Defense Force Funaoka Camp lecture session	About mental health care after the earthquake	Shibata	Funaoka Camp Funaoka Self-Defense	60
52	12/9	The 38th Meeting to Improve the Welfare of Persons with Disabilities	To have mental health	Kesennuma	Welfare workers with disabilities	50
53	12/19	Reconstruction support coordinator and life support counselor infor-	Introduction of efforts at Watari, fascial massage as supporters support	Watari	Iwanuma Community Reconstruction Coordinator / Life Support Counselor	20
54	1/16	Minamisanriku Temporary support staff training	About self-care for assistants	Tome	Temporary support staff	19
55	1/28	Aoba Ward Disability Elderly Division staff training	About mental health in the workplace	Sendai	Sendai administrative staff	30
56	1/29	Ishinomaki Community Long-term care staff training workshops	Mental health of interpersonal assistance	Ishinomaki	Home-visit care office staff	6
57	2/5	Ishinomaki Community Long-term care staff training workshops	Mental health of interpersonal assistance	Ishinomaki	Home-visit care office staff	5
58	2/5	Watari Council of Social Welfare supporters Mental support business	How to use aroma massage and massage experience	Watari	Temporary support staff	18
59	2/7	Mental health training workshops for Ishinomaki staff	Workplace mental health: As a boss	Ishinomaki	Ishinomaki staff	70
60	2/19	Yamamoto staff training workshops	To maintain mental health	Yamamoto	Yamamoto staff manager	10
61	2/19	2012 Tagajo Health Promotion Staff training workshops	To maintain mental health	Tagajo	Health promotion staff	40
62	2/21	Mental health training workshops for Ishinomaki staff	Workplace mental health: As a boss	Ishinomaki	Ishinomaki staff	43
63	2/28	Minamisanriku staff Mental health training workshops	Staff health survey results and countermeasures	Minamisanriku	Minamisanriku staff	154
64	3/5	Support care for those who support	Healing supplements—Manipulative by yourself	Sendai	Administrative staff	4
65	3/6	Support staff training	About self-care of helpers	Minamisanriku	Temporary support staff	50
66	3/6	About tiredness and self-care felt at work (core support center life support	About the relationship between mind and body	Sendai	Temporary support staff	19
67	3/13	About tiredness and self-care felt at work (core support center life support	About the relationship between mind and body	Sendai	Temporary support staff	16
68	3/15	Self-Defense Force Funaoka Camp lecture session	About mental health care after the earthquake	Shibata	Funaoka Camp Funaoka Self-Defense	60

3. Human Resource Development(4)

	Date	Training Name	Content	Municipality	Targets	People
1	4/2~6	FY 2012 MDMHCC New Hire Training	Post-earthquake situation, Miyagi Prefecture's efforts, Miyagi Heart Care Center, etc.	Sendai	MDMHCC staff	36
2	5/23	FY 2012 MDMHCC Regular Staff Training ①	About the progress of support in Miyagi Prefecture and the way of support required in the future	Sendai	MDMHCC staff	44
3	6/22	FY 2012 MDMHCC Regular Staff Training ②	Understanding and care for the Great East Japan Earthquake and PTSD trauma	Sendai	MDMHCC staff	38
4	7/21,22	FY 2012 MDMHCC Regular Staff Training ③	SPR Training	Sendai	MDMHCC staff	27
5	8/24	FY 2012 MDMHCC Regular Staff Training ④	Basics of interpersonal assistance and the way teams and collaboration should be—Important switching between logic and emotions-	Sendai	MDMHCC staff	27
6	9/21	FY 2012 MDMHCC Regular Staff Training ⑤	"Trauma and Resilience"—From Adults to Children, From Individuals to Groups	Sendai	MDMHCC staff	26
7	11/22	FY 2012 MDMHCC Regular Staff Training ⑥	Case study meeting	Sendai	MDMHCC staff	29
8	12/21	FY 2012 MDMHCC Regular Staff Training ⑦	Support for those who help—Reflecting supervision	Sendai	MDMHCC staff	35
9	1/25	FY 2012 MDMHCC Regular Staff Training ⑧	About manners required for interpersonal assistance	Sendai	MDMHCC staff	21
10	2/27	FY 2012 MDMHCC Regular Staff Training ⑨	Looking back on the activities of the Miyagi Heart Care Center in 2012—Future prospects and issues-	Sendai	MDMHCC staff	32
11	6/19	MDMHCC Ishinomaki Community Center staff training	About alcoholism and treatment	Ishinomaki	MDMHCC staff, Public Health Center staff	18
12	All year	Tohokukai Hospital alcohol-related problems/mental care center staff	Acquisition of knowledge and skills on alcohol/drug-related issues	Sendai	MDMHCC staff	18

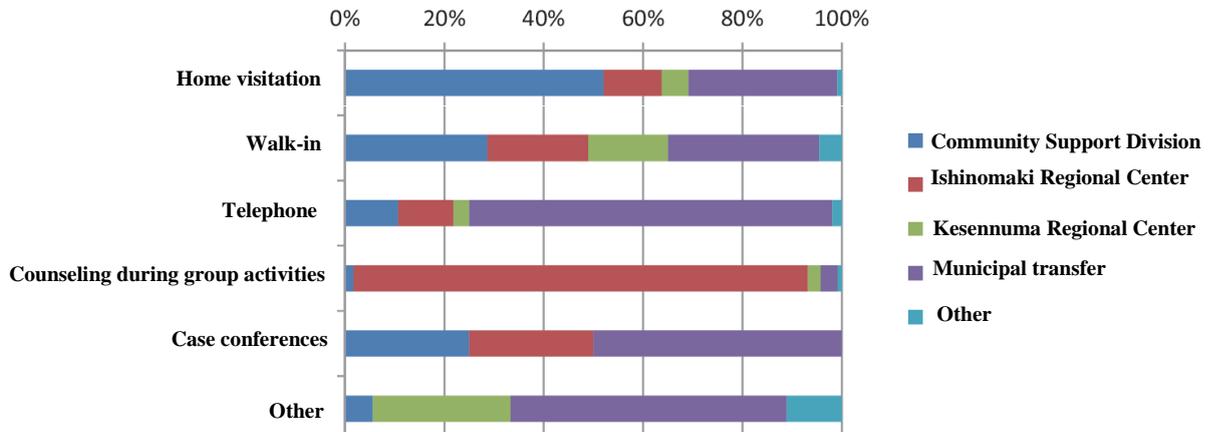
4. Community Resident Support (1) Status by Support Method

① -a: Monthly Cases

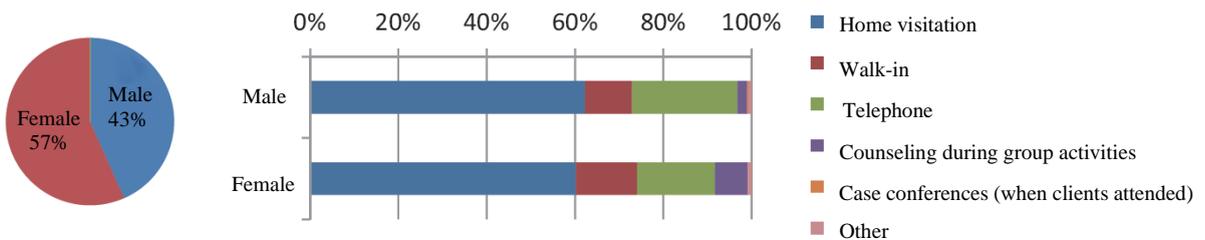


Owing to certain data restrictions, data shown in 1-b and beyond reflect the period from 11/2012 to 3/2013.

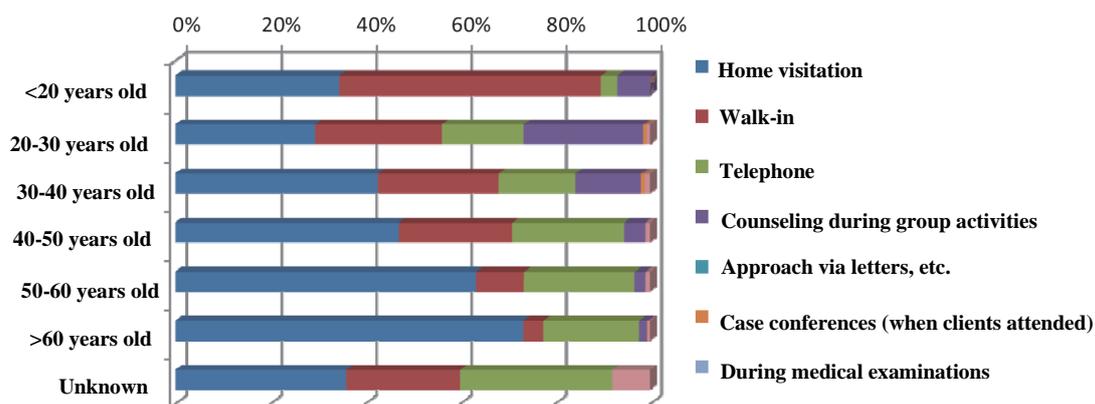
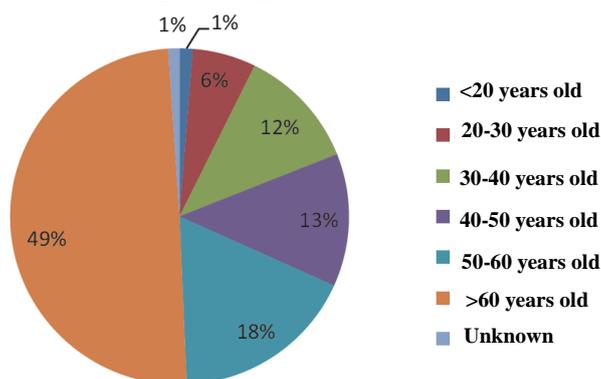
1-b: Percentages by Overseeing Division



1-c: Client Gender Ratios



① -d: Cases by Age Group



② Support Cases by Municipality

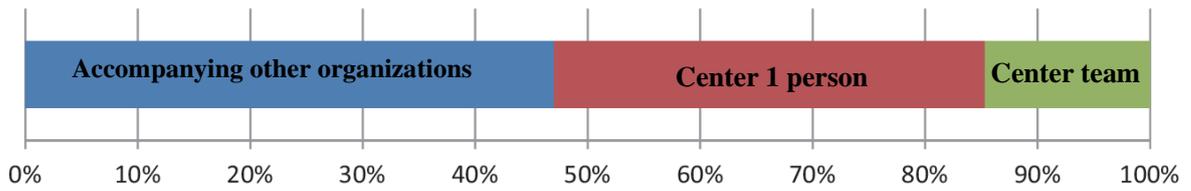
V=visitation, W=walk-in

	V	W
Sendai	2	9
Aoba Ward	1	5
Miyagino Ward	1	4
Wakabayashi Ward	0	0
Izumi Ward	0	0
Taihaku Ward	0	0
Sennan Health Center	3	0
Shiroishi	0	0
Kakuda	3	0
Zao	0	0
Shichikashuku	0	0
Ogawara	0	0
Murata	0	0
Shibata	0	0
Kawasaki	0	0
Marumori	0	0

	V	W
Shiogama Health Center Area	105	14
Shiogama	2	0
Rifu	0	2
Matsushima	40	2
Shichigahama	0	0
Tagajo	63	10
Kurokawa Branch Area	13	2
Taiwa	13	2
Osato	0	0
Tomiya	0	0
Ohira	0	0
Iwanuma Branch Area	608	43
Natori	463	25
Iwanuma	87	16
Watari	57	1
Yamamoto	1	1

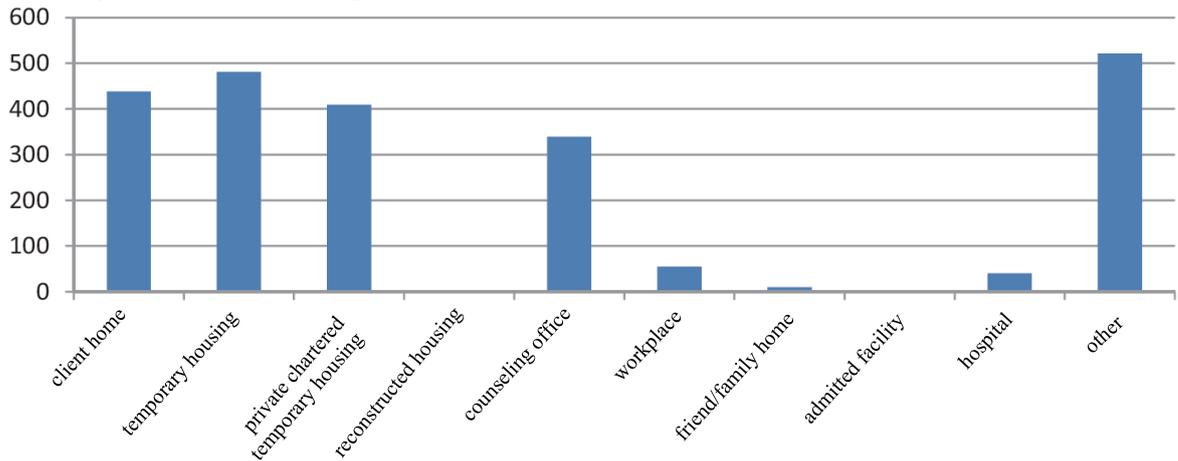
	V	W
Osaki Health Center Area	3	0
Osaki	3	0
Kami	0	0
Shikama	0	0
Misato	0	0
Wakuya	0	0
Ishinomaki Health Center Area	482	133
Ishinomaki	237	34
Higashimatsushima	153	47
Onagawa	92	52
Kesennuma Health Center Area	168	84
Kesennuma	160	52
Minamisanriku	8	32
Kurihara Health Center Area	0	0
Kurihara	0	0
Tome Health Center Area	12	1
Tome	12	1
Outside the prefecture	5	0

③ Staff Groups Sent for Visitations



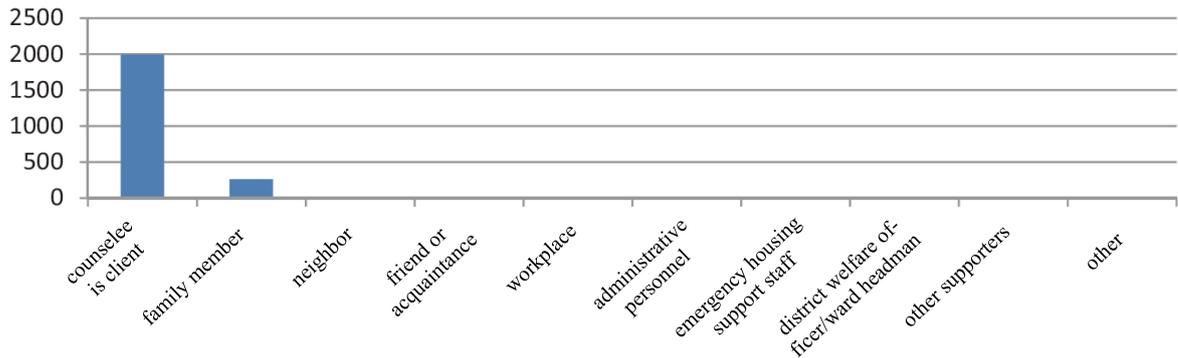
*Situations in which a “center team” was sent to accompany another organization have been counted as the latter type.

④ Cases by Place of Counseling



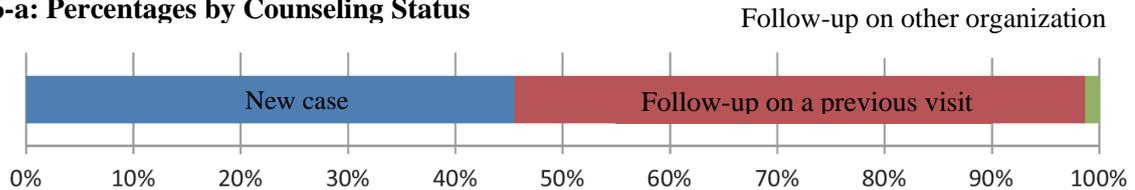
⑤ Cases by Relationship Between Counselee and Client

Relationships Between Counselees and Clients

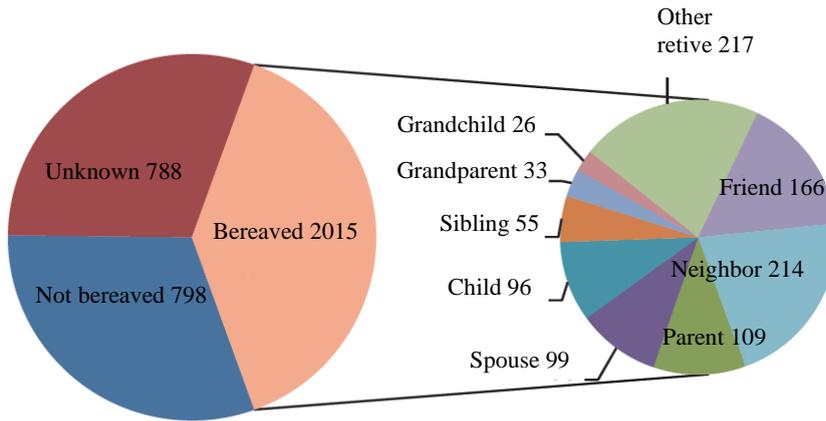


⑥ Client Details

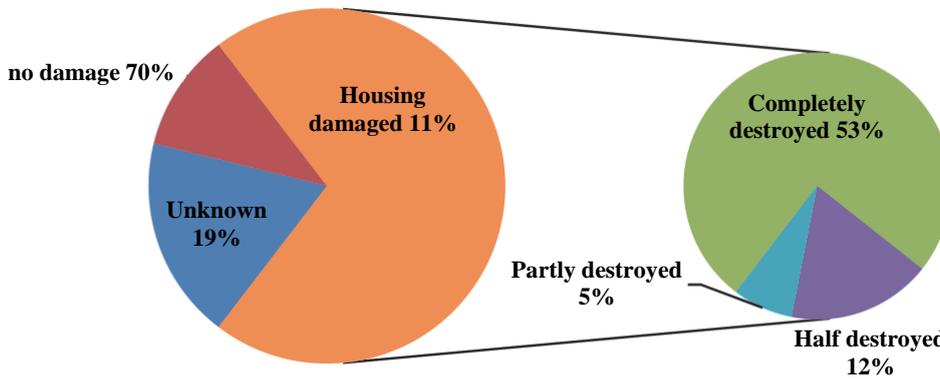
6-a: Percentages by Counseling Status



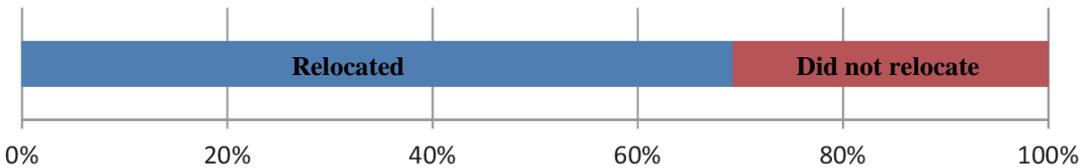
6-b: Disaster Survivors' Current Status (Bereavement)



6-c: Disaster Survivors' Current Status (Housing)

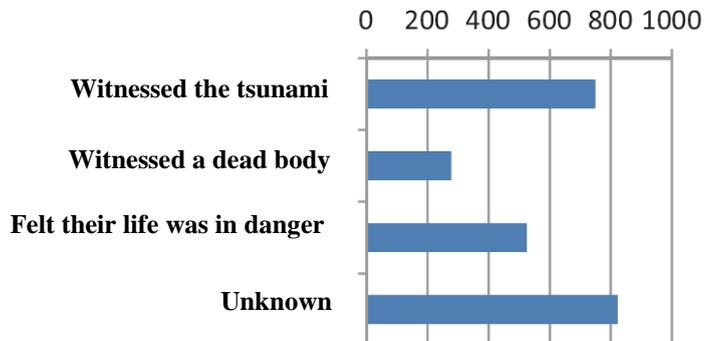
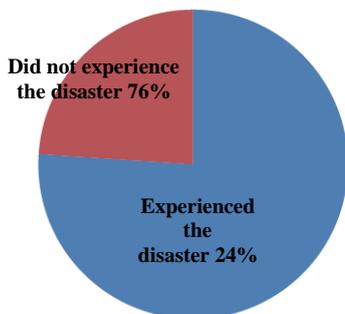


6-d: Disaster Survivors' Current Status (Relocation Caused by the Disaster)



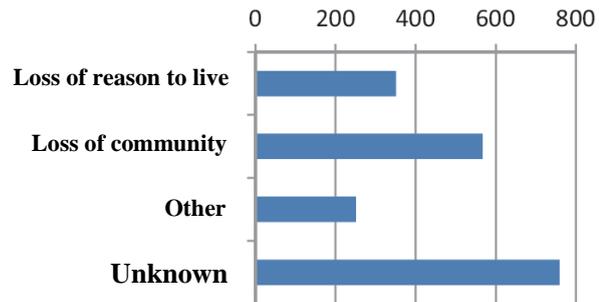
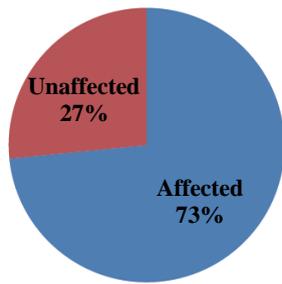
6-e: Disaster Survivors' Current Status (Disaster Experience)

Experience details (multiple answers)

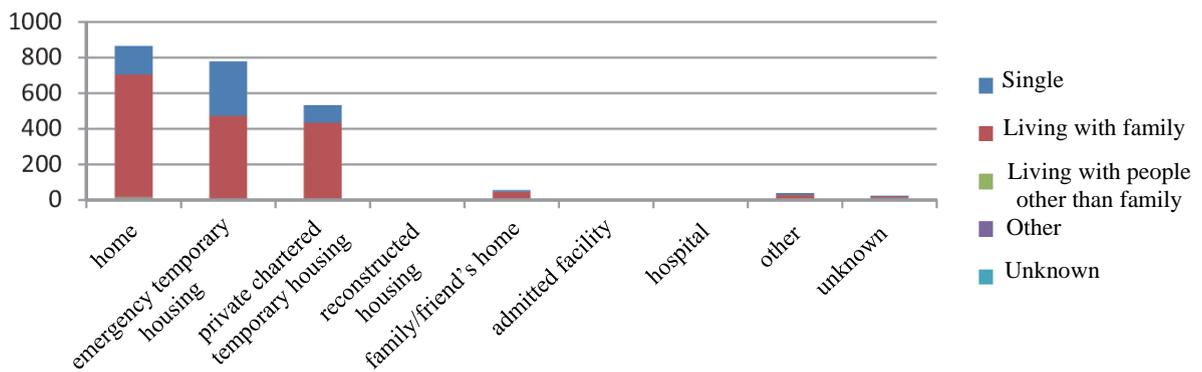


6-f: Disaster Survivors' Current Situation (Effects on their Environment)

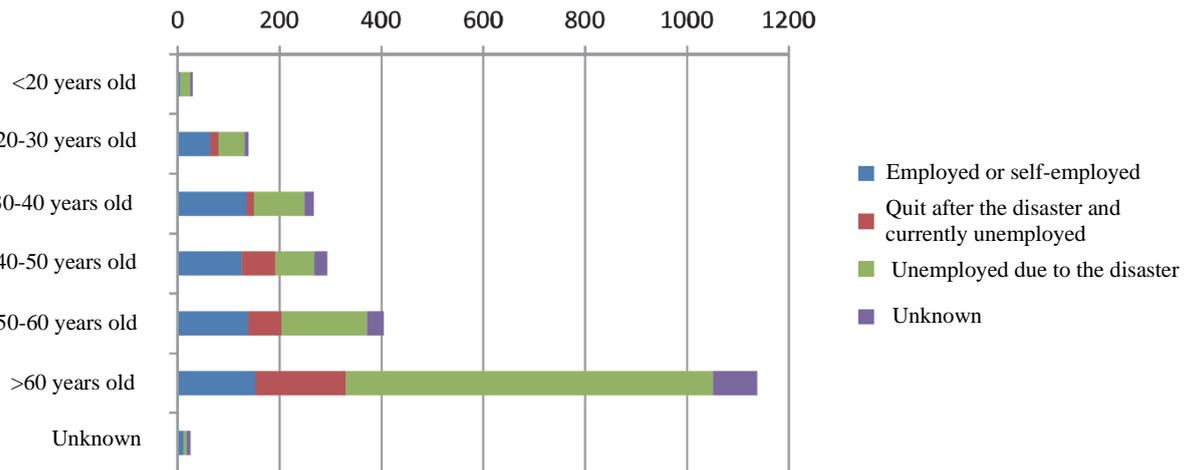
Details of the nature of the effect (multiple answers)



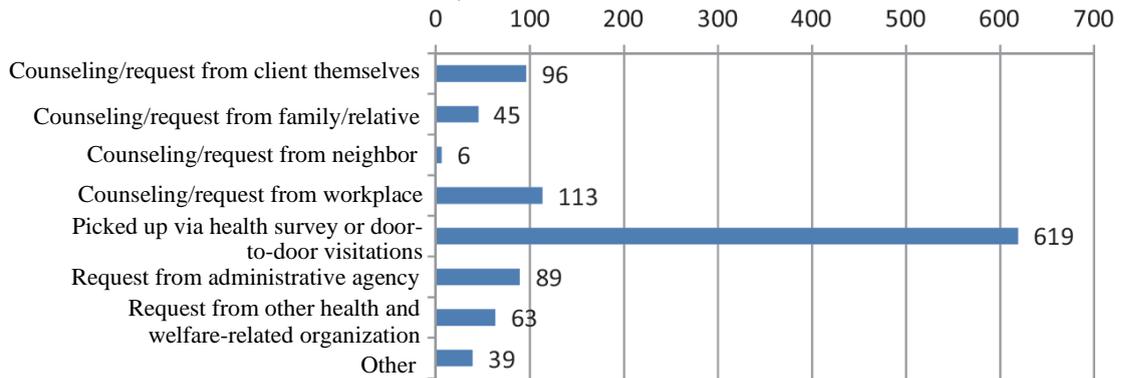
6-g: Living Environment and Household Situation



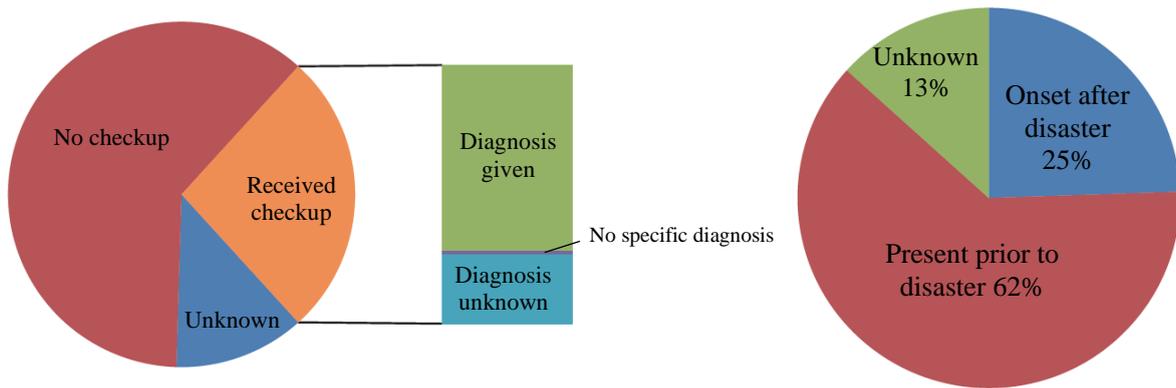
6-h: Employment Status by Age Group



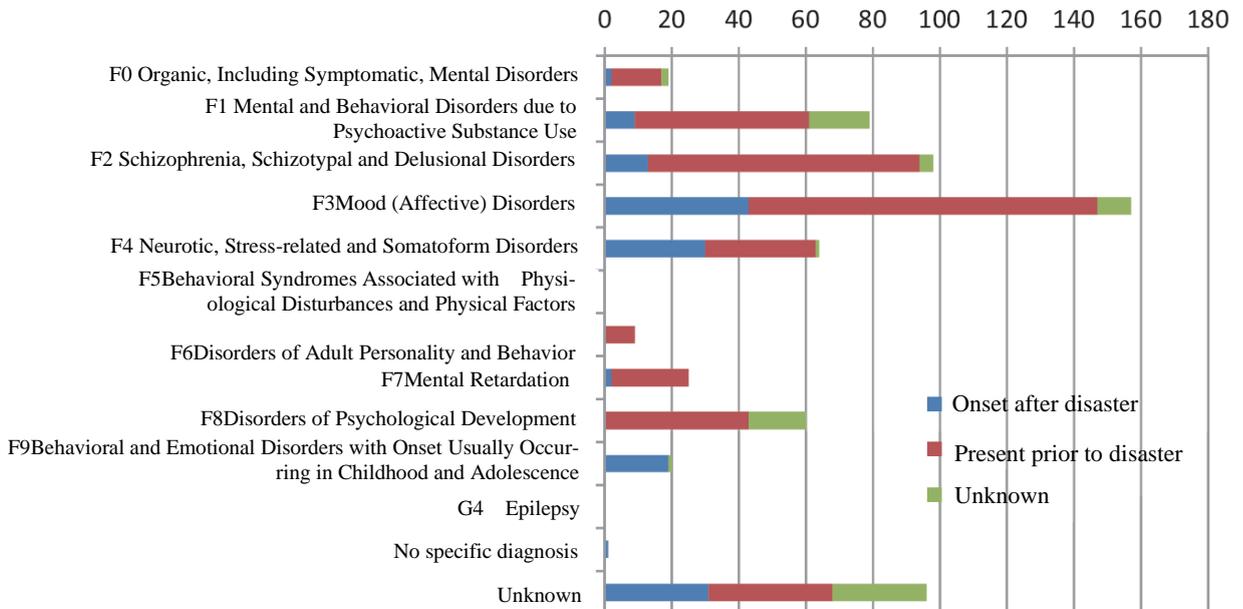
6-i: Reason for Receiving Counseling (Includes only “New Case” or “Follow-up on Another Organization’s Case” from “Case Status”)



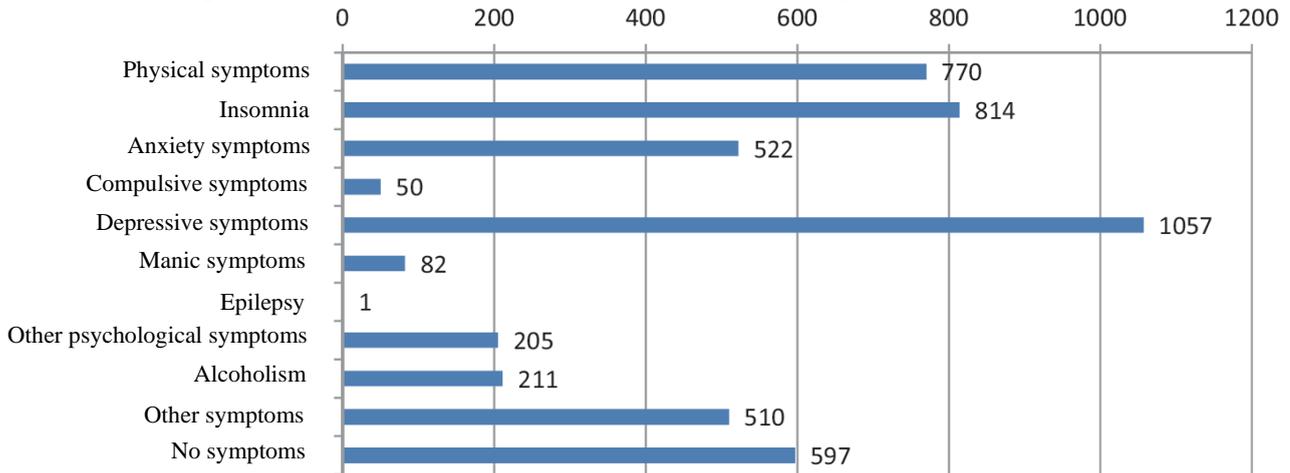
6-j: Psychiatric Examination Status



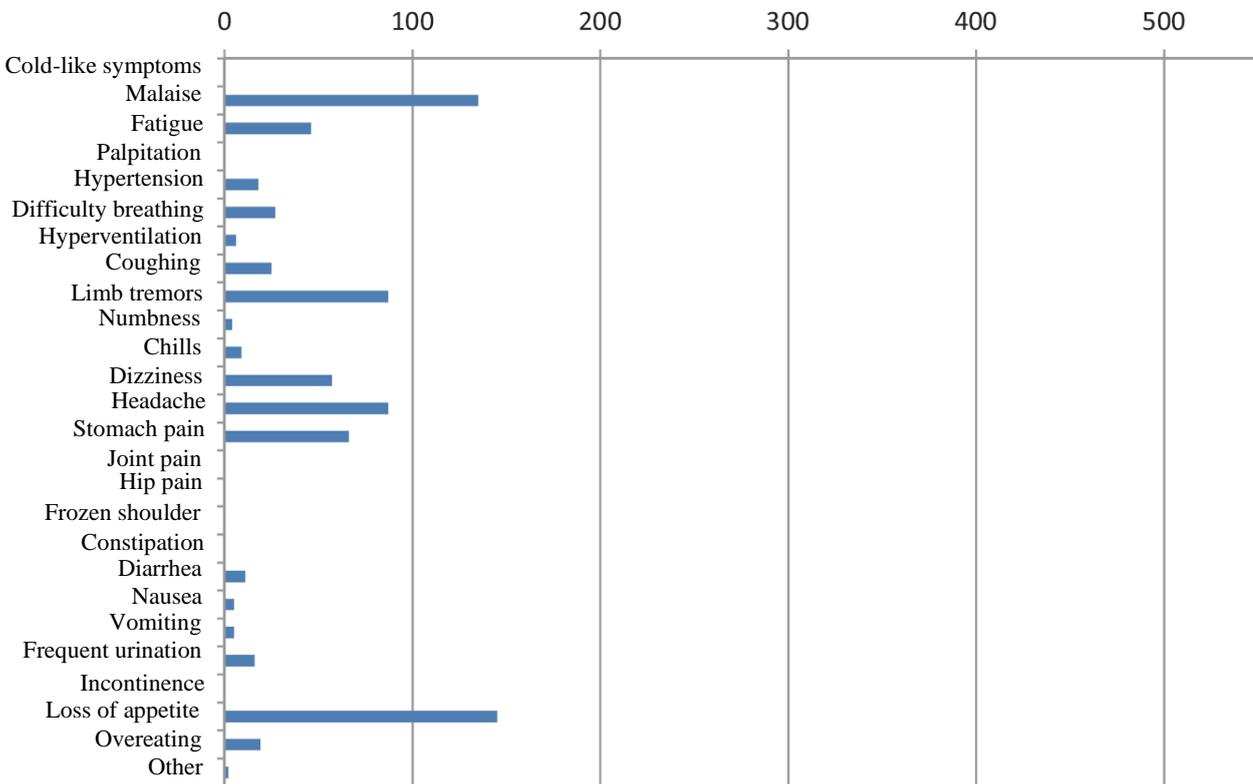
6-k: Diagnoses by Onset Time (Primary and Secondary Condition)



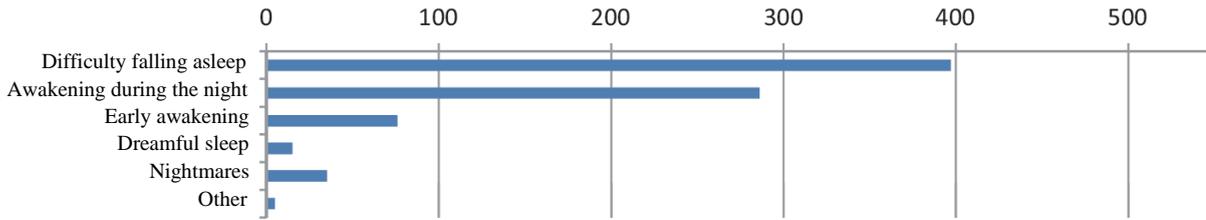
6-1: Symptoms (General Classification) 5 Most Salient Symptoms



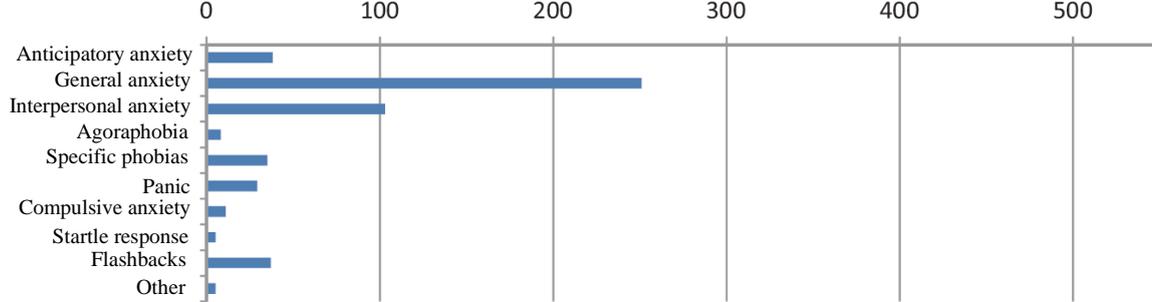
(Physical symptoms)



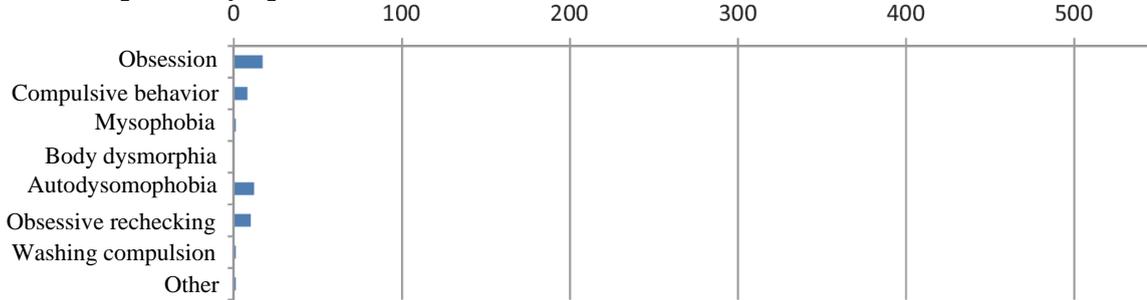
(Insomnia)



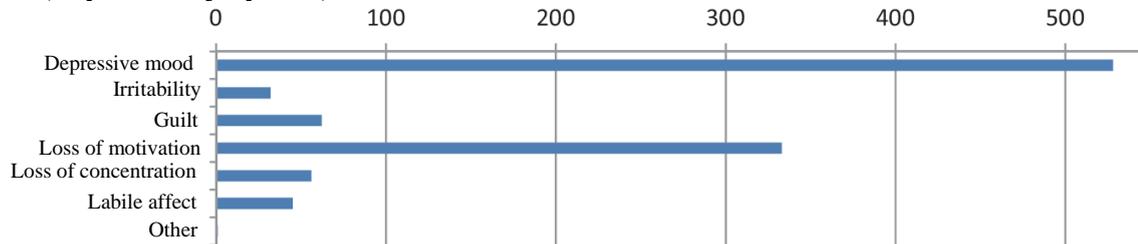
(Anxiety symptoms)



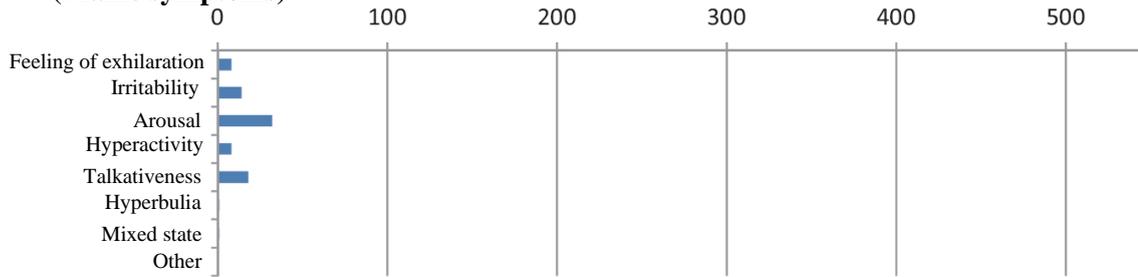
(Compulsive symptoms)



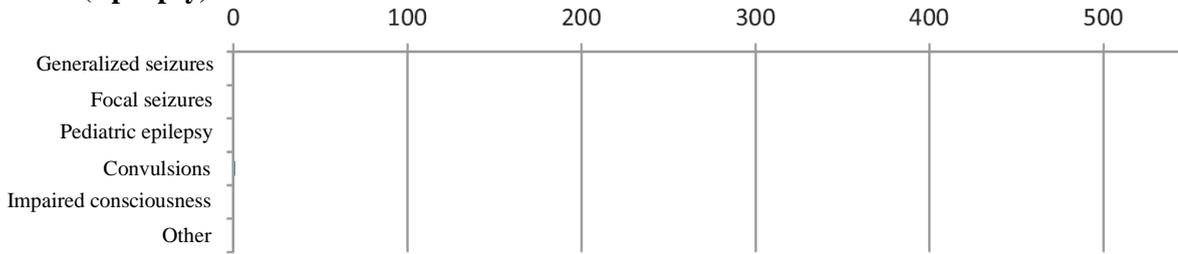
(Depressive symptoms)



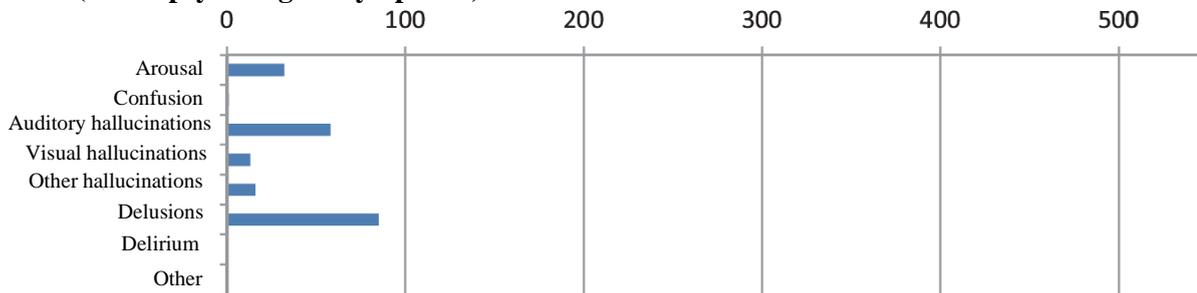
(Manic symptoms)



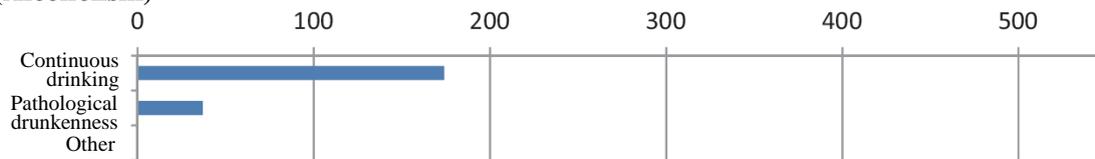
(Epilepsy)



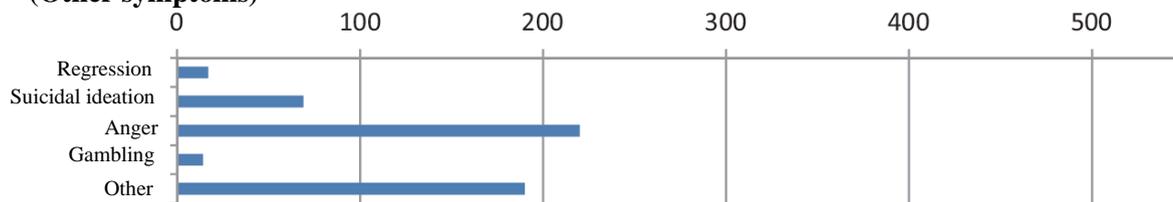
(Other psychological symptoms)



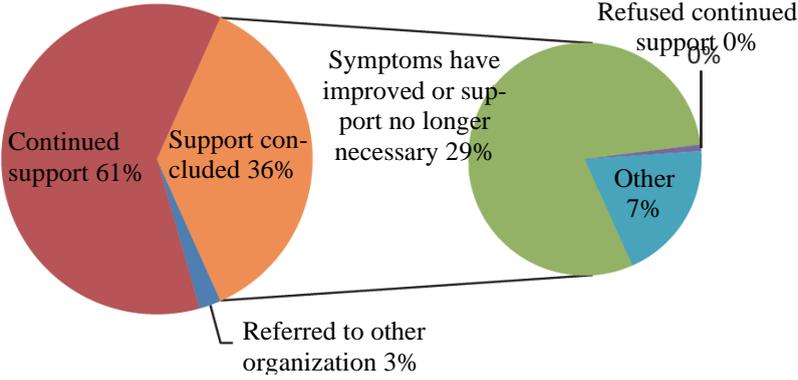
(Alcoholism)



(Other symptoms)



(7) Support Status



	1	Fukuchi, Naru. "Children's Minds Recover During Play," monthly "Child Health," Vol. 15 No. 3, 53-55 (2012).
	2	Fukuchi, Naru. "The Effects of the Disaster on the Child's Mind," Journal of the Tokyo Pediatric Association, Vol. 30, 1-4 (2012).
	3	Fukuchi, Naru. "The Great Earthquake Disaster and the Mind of a Child," Journal of the Japan Pediatric Association, No. 43, 43-47 (2012).
	4	Fukuchi, Naru. "Parenting and the Earthquake Disaster." Parenting Science, No. 18, 74-78 (2012).
	5	Fukuchi, Naru. "The Effects of the Disaster on the Child-Rearing Environment." J. Jp. Soc. Prev. Child Abuse and Neglect," Vol. 14, No. 1, 14-19 (2012).
	6	Fukuchi, Naru, Asako Murai. "Disaster Support Targeting Children," Journal of the Japan Hospital/Community Psychiatry Society, "Hospital/Community Psychiatry," Vol. 55, No. 1, 56-58 (2012).
Papers	7	Matsumoto, Kazunori: Mental Health Care During the Great East Japan Earthquake: From Experiences in Miyagi. The Voice of Treatment, 13(1): 77-84, 2012.
	8	Matsumoto, Kazunori, Atsushi Sakuma, Ikki Ueda: Depression in the Wake of Large-Scale Disasters. Internal Medicine, 110 (6): 1085-1089, 2012.
	9	Matsumoto, Kazunori: Mental Health Care for Disaster Survivors. Journal of the Japanese Medical Association, 141(1): 56-60, 2012.
	10	Takahashi, Yoko: Support for Supporters after the Great East Japan Earthquake: Supporting Individuals that are Survivors and Supporters. Psychiatric Medicine 67: 114-120, 2012.
	11	Takahashi, Yoko: Training Six Months After the Disaster in Kesemnuma, Miyagi: An Overview of "Mental Health Care for Nurses After the Disaster." J. Jp. Psy. Nrs. Assc. 21: 23-27, 2012
	12	Takahashi, Yoko: Issues in Medium-/Long-Term Support After the Great East Japan Earthquake: Nurses in Disaster Areas. J. Jp. Psy. Nrs. Assc. 21: 100-101, 2012.
	13	Takahashi, Yoko, Kazunori Matsumoto. Trauma after the Great East Japan Earthquake. Mental Health Science 165: 50-55, 2012.
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5. Support for Various Activities (2): Help with Various Training Sessions / Event Co-hosting / Name Sponsorship

	Date	Training Name	Content	Municipality	Targets	People
1	4/1	[Support] Disaster supporters Stress Hot Line	Consultation counter for supporters in the Great East Japan Earthquake	Hyogo	All supporters	—
2	4/21,22	[Co-sponsored] Facilitator education lecture	Supporting those who lost their loved ones in the earthquake—Facing and supporting grief-	Sendai	General residents	100
3	6/5	[Support] Earthquake and mental care lecture session in Shiogama	General knowledge of mental care required in clinical practice	Shiogama	Psychiatric workers	—
4	6/15	[Support] Earthquake and mental care lecture session in Ishinomaki	About the situation at the time of the disaster in the Coastal areas of Miyagi Prefecture and future	Ishinomaki	Psychiatric workers	50
5	7/21,22	[Co-sponsored] Facilitator education lecture	Supporting those who lost their loved ones in the earthquake—Facing and supporting grief	Sendai	General residents	100
6	7/25	[Co-sponsored] Listening volunteer education lecture	Self-care, changes in mind after the earthquake, etc. (4 series)	Ishinomaki	Listening volunteer	200
7	9/7	[Co-sponsored] The 55th Bar Association Human Rights Convention Pre-Symposium	Suicide prevention measures in the symposium community	Sendai	Persons involved in suicide prevention measures	110
8	9/25	[Support] Grief lecture (sponsored by Sendai Grief Care Study Group / JDGS Project)	5 series training workshops on grief care	Sendai	Victims/bereaved Family Support Students, etc.	—
9	12/3	[Support] Dr. Pauline Boss Workshop	Lectures on ambiguous loss theory and practices, case studies and supervision	Sendai	Psychiatric/earthquake support personnel, etc.	146
10	1/22	[Co-sponsored] Community psychiatric social work activities after the 2012 disaster training workshops	Training workshops for studying medium- to long-term community psychiatric social work activities after a disaster and organizing past activities	Osaki	Municipality/public health nurse in charge of public health nurse	50
11	1/23	[Co-sponsored] Earthquake and mental care lecture session in Sendai	Mental care after the earthquake—Toward medium- to long-term support	Sendai	Psychiatric workers	—
12	1/27,3/2	[Support] Workshop for dealing with suicide attempters in the medical field	Workshop to appropriately deal with suicide attempters and discuss suicide prevention in the emergency medical field	Sendai	Psychiatric workers	32
13	3/30	[Support] Children's Heart Summit in Sendai	World cafe-style discussion for junior high school students to think about and talk about "Mental health"	Sendai	Middle-schoolers in Sendai	50