

Section I

MDMHCC Activity Report

1. FY 2013 Activity Report
2. Department Initiatives
 - . . . Kesenuma Regional Center – Community Support Division
 - . . . Ishinomaki Regional Center – Community Support Division
(including municipal transfers)
 - . . . Stem Center – Community Support Division (including municipal transfers)
 - . . . Stem Center – Planning Division
3. Other Initiatives
 - . . . Tohokukai Hospital
 - . . . Tohoku University Graduate School of Medicine, Endowed Department of Preventive Psychiatry
 - . . . Miyagi Psychiatric Center
 - . . . Miyagi Danshukai, a Nonprofit Organization
 - . . . Japan Alcohol-Related Social Workers' Association
 - . . . Supporters' Club (Heart and Mind Counseling/Relaxation Salon Project)

Glossary

AA(Alcoholics Anonymous)	A self-help group for individuals with drinking problems who wish to achieve sobriety.	
CAGE	A simple four-item scale used to determine the possibility of alcoholism. The presence of two or more items indicates a high possibility of alcoholism.	
PCL(PTSD Check List)	A scale to evaluate the severity of PTSD (see Glossary) through the use of 17 question items.	
PFA(Psychological First Aid)	A psychological support method known to be effective for children, adolescents, adults, and families immediately after a disaster or terrorist attack. It is configured so that only the relevant parts can be used.	
PHQ-9(Patient Health Questionnaire)	An evaluation scale for the body and mind that evaluates depressive symptoms and their severity.	
SPR(Skills for Psychological Recovery)	A psychological support method designed to equip people in the disaster recovery period with skills to properly deal with post-disaster stress and various difficulties.	
Addiction	In other words, a “bad habit.” It refers to dependence on substances, relationships, or activities like overeating, gambling, work, alcohol, and medicine use despite awareness of their repercussions.	
Endpoints	Evaluative metrics used to show the effectiveness of a treatment.	
	Primary endpoint	An evaluative metric used as the “primary” objective in a clinical trial. Pharmacologically or clinically significant metrics that can be objectively evaluated are used.
	Secondary endpoint	An evaluative metric used in a clinical trial to determine effects other than those evaluated by the primary endpoint. It is not necessarily related to the primary endpoint.
Emergency temporary housing	A form of post-disaster temporary housing stipulated in the Disaster Relief Act. Consists of container-type temporary housing and private chartered housing; the latter type involves the provision of private rented housing as emergency temporary housing and is used only to compensate for insufficiencies in the former.	
ASD(Acute stress disorder)	Symptoms such as anxiety attacks, insomnia, and difficulty concentrating develop within a month of extremely strong traumatic experiences such as disasters, accidents, crimes, violence, and crime damage.	
Case conference	In casework, it is a case study meeting held by social workers, doctors, and other people involved in assistance. It is used as a synonym for various meetings held regarding individual support, including “case meetings” and “care	
Consultation	Advice and guidance from clinical specialists to other specialists.	

Case study	A process wherein a single individual or group is highlighted as an example case, detailed information about that case is gathered, analysis and discussion on its characteristics and changing processes are carried out, and the findings thereof are put to clinical or academic use.
PTSD(Post Traumatic Stress Disorder)	A very strong psychologically traumatic experience such as a disaster, accident, crime, or violence, the fear associated with which lingers long after the event.
Screening	Sorting. Particularly used in reference to the use of medical methods to select individuals who have developed or are likely to develop a particular target disease from amongst a healthy population. The use of health surveys, etc., in the wake of a disaster event to identify individuals in need of support.
Supervision(SV)	In clinical psychological practice, a term used to refer to a specific educational training method used to improve the abilities of a counselor. Now used to refer to advice or guidance for supporters.
High-risk	Individuals who have a high likelihood of developing a particular disease. In this context, used to refer to the state of being at high risk of destroying one's mental health according to health survey results and/or professional findings, or to refer to individuals in such a state.
Follow-up	To pursue after the fact, and to provide treatment as necessary. To understand a particular situation, provide individual interviews, etc., and to connect the individual in question to any necessary support services.
Miyagi Danshukai	Self-help groups that seek to aid in the recovery of those who experience the consequences of alcohol use and their families. The Miyagi Prefecture Danshukai has 19 locations, mainly in Sendai City, and is also engaged in social welfare activities that focus on consultation and promotion of awareness of the harmful effects of alcohol.
Matching	To connect two individuals or entities with the same needs. To connect an individual requiring a specific type of support to an entity or individual that can provide it.
Health survey	Owing to concerns about the occurrence of various health problems, health surveys were carried out with the aim of understanding the health status of residents, connecting followers to necessary health support projects, and collecting basic data for policy development. Some have been jointly implemented by Miyagi Prefecture and the municipalities that manage container-type temporary housing and private chartered housing, and some have been independently implemented by the municipalities.