

FY 2013 Activity Report

Miyagi Danshukai, an NPO
Vice-Chairman – Shinichiro Tsuruga

1. Introduction

The NPO Miyagi Danshukai conducts social welfare activities centered on consultations and public awareness projects for people with alcohol abuse problems at 19 locations throughout the prefecture, mainly in Sendai. In addition, after the earthquake, we have been developing activities in disaster areas, fearing that alcohol problems will worsen or increase because of difficulties such as changes in housing and living environments. Here, I would like to report on what we have been working on in collaboration with Tohokukai Hospital, which specializes in the treatment of alcohol-related problems.

2. Activity Content (Report)

(1) Motoyoshi Danshukai

This Danshukai was established in June 2013 with the support of the government. It was triggered after a person who was treated for alcoholism and aimed to stop drinking (hereinafter referred to as an “alcohol abuser”) proposed its establishment to a local public health nurse. Currently, it is a place where, once a month, people can easily discuss alcohol-related issues. Participants range from alcohol abusers and their families to Tohokukai Hospital staff (doctors, psychiatric social workers, nurses), local public health nurses, medical institution staff, and supporters. The venue was Motoyoshi Public Hall, and the average number of participants was 15. Two people from the Danshukai participate and play an auxiliary role in management.

(2) Shichigahama Alcohol Issues Club

This group was established in June 2012 because there was no Danshukai in the meeting area and because it was difficult for individuals in this area to participate in the self-help group meetings held in Sendai. This group still meets twice a month. We distributed a leaflet regarding the round table conference to the residents of Shichigahama, especially the alcohol abusers living in prefabricated temporary housing, and made them aware of the existence of this group. Similarly, we presented a report on the status of our activities at the government office and have solicited requests for cooperation.

The venue was the Shichigahama Town Lifelong Learning Center, and two to three people participated from Danshukai and responded to consultations. As a result, we have been able to work with five alcohol abusers so far.

(3) Higashimatsushima Alcohol-Related Project

We participated and cooperated with Tohokukai Hospital and other self-help groups in an alcohol-related project in Higashimatsushima. The purpose of this project was to have local public health nurses and supporters gain knowledge about alcoholism and perceive an image of recovery. We have participated since November 2013, and each time two members of the Danshukai shared their experiences as alcohol abusers and spread information about the existence of our association. The venue was a temporary housing assembly hall.

3. Conclusion

We of the Danshukai set up the above-mentioned opportunities to tackle post-disaster alcohol-related issues.

In particular, 2013 was a year in which our activities so far, such as the establishment of the Motoyoshi Danshukai and the continued holding of the Alcohol Issues Club, have come to fruition. I also feel that we were able to deepen the understanding of alcohol-related problems among local supporters. We would like to continue the activities listed here in FY 2014 and further develop them.