

Children’s Mental Care Community Base Project

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Introduction

In Miyagi Prefecture, we have set “continuous support, from children to adults” as the basic policy of the reconstruction plan for post-earthquake disaster mental health care. The Miyagi Disaster Mental Health Care Center (henceforth, the “Center”) has been contracted for children’s mental health care work since April 2016 until the present day. The contracted duties include “consultation projects,” “professional dispatch projects,” “training projects,” “dissemination/public awareness projects,” and “research projects,” for a total of five projects.

We summarize the FY2019 Children’s Mental Care Community Base Project (henceforth, “Base Project”) below, according to the contractual specifications, and this is a reprint of consultations with persons under the age of 20 years from our Center’s statistical documents.

1. Contract project content and performance

(1) Consultation projects

The Center provides consultation on children’s mental health care through educational institutions and nursery schools such as municipalities, elementary schools, junior high schools, and high schools. In many cases, consultations are triggered by correspondence arising from infant health examinations and consultation desks in municipalities where professionals are dispatched.

A cumulative total number of consulted-on cases in FY 2019 was 373. This was an increase from the total number of consulted-on cases in FY2018, which was 330, although the actual number slightly decreased from 138 in FY2018. The number of cases by age and counselee is shown in Table 1, and the number of cases by age and residence is shown in Table 2.

By age, we can see that the number of consultations for those under 6 years decreased from 83 in FY2018, while the number of consultations for those between the ages of 7 and 15 years greatly increased from 116 in FY2018. In particular, the number of cases in Ishinomaki and Kesenuma increased considerably. The number of consultations for those under 6 years and those in the 7–15 and 16–19 age groups all increased relative to FY2018. The total number of cases at the Stem Center has halved since FY2018.

**Table 1. Number of cases by age and counselee
 (total number of cases, 373; actual number, 134)**

		Under 6 years	7-15 years	16-19 years	Total
Total number (by counselee)	Individual	2	109	122	233
	Family	67	52	17	136
	Other	2	2	0	4
	Total	71	163	139	373
Actual number		65	37	32	134

Table 2. Total number of cases by age and residence

Residence		Under 6 years	7-15 years	16-19 years	Total	
Stem Center	Sendai	1	5	0	6	
	Shiogama	0	1	1	2	
	Natori	1	1	1	3	
	Tagajo	0	0	0	0	
	Iwanuma	0	0	1	1	
	Tomiya	0	0	0	0	
	Watari	0	0	4	4	
	Yamamoto	0	0	1	1	
	Matsushima	0	0	0	0	
	Other than above	0	0	0	0	
Total number (by residence)	Ishinomaki	28	32	9	69	
	Regional Center	Higashimatsushima	9	9	6	24
		Onagawa	1	0	2	3
	Kesenuma	4	114	103	221	
	Regional Center	Tome	0	0	0	0
		Minamisanriku	1	1	7	9
	Anonymous	26	0	0	26	
	Total	71	163	135	369	

※Of the 373 total cases, four listed Ichinoseki as the residence, so these are excluded from the total count in Table 2.

(2) Professional dispatch projects

Professionals such as child psychiatrists, clinical psychologists, and public health nurses were dispatched to municipal health centers, nursery schools, and elementary/junior high schools, and consultations and training were conducted for staff. Dispatches were made to a total of 229 institutions in FY2019, but this represented a decrease from 309 institutions in FY2018. The number of dispatches by dispatch destination and occupation is shown in Table 3, and the number of dispatches by dispatch destination and municipality is shown in Table 4.

Cities and towns were the most common dispatch destination, with 169 cases, 110 of which were public health nurses, but this represents a decrease from 127 in FY2018. Public health nurses were the most dispatched occupation, followed by clinical psychologists and doctors, but the number of dispatches for all three occupations has decreased. The number of dispatches to nursery schools and kindergartens has not changed since FY2018, but dispatches to elementary schools and junior high schools has decreased from 31 and 12, respectively, in FY2018 to 13 and 3, respectively, in FY2019.

The municipal destination with the most dispatches was Ishinomaki (90 cases), followed by Watari (41 cases) and Natori (34 cases), but this has decreased by 10–30 cases since FY2018.

Table 3. Number of dispatches by dispatch destination and occupation

Dispatch destination / Occupation	Prefecture	Municipality	Nursery school / kindergarten	Elementary school	Junior high school	Other	Total
Doctor	3	7	1	11	2	3	27
Clinical psychologist	0	30	6	0	0	7	43
Psychiatric social worker	2	20	0	1	1	2	26
Public health nurse	0	110	0	1	0	12	123
Other	0	2	8	0	0	0	10
Total	5	169	15	13	3	24	229

Table 4. Number of dispatches by dispatch destination and municipality

Municipality	Dispatch destination	Dispatch destination						Total
		Prefecture	Municipality	Nursery school / kindergarten	Elementary school	Junior high school	Other	
Stem Center	Sendai	0	1	0	4	2	7	14
	Shiogama	0	0	0	0	0	0	0
	Natori	0	26	8	0	0	0	34
	Tagajo	0	2	0	0	0	0	2
	Iwanuma	0	12	0	0	0	0	12
	Watari	0	41	0	0	0	0	41
	Yamamoto	0	9	0	0	0	0	9
	Matsushima	0	2	0	0	0	0	2
Ishinomaki Regional Center	Ishinomaki	0	67	6	1	0	16	90
	Higashimatsushima	2	4	1	0	0	0	7
Kesennuma Regional Center	Onagawa	0	0	0	0	0	0	0
	Kesennuma	2	1	0	8	1	1	13
	Tome	0	4	0	0	0	0	4
Total	Minamisanriku	1	0	0	0	0	0	1
		5	169	15	13	3	24	229

(3) Training projects

In FY2019, we sponsored and dispatched lecturers to 47 workshops. Table 5 shows the implementation status by workshop lecturer's occupation and municipality, and Table 6 shows an implementation overview of the training projects.

Workshops sponsored by the Center include “Valuing the various personalities of children — Understanding and responding to highly sensitive children (HSC)” (268 participants) and “What is attachment disorder? How to support children with an attachment disorder and their parents” (92 participants), which was hosted in Ishinomaki, as well as the Kesennuma Omose Junior High School health lecture titled “Important feelings, important self,” which was hosted in Kesennuma (62 participants).

“Psychological first aid (PFA) training for children” (henceforth, “PFA training”), which demonstrated basic methods for post-disaster psychological support, was hosted eight times in four locations in the prefecture (Sendai, Kesennuma, Higashimatsushima, and Osaki). We provided training for childcare workers in October and lectures for parents in February in Marumori, which was severely damaged by the Eastern Japan typhoon (No. 19) in 2019.

Table 5. Number of implemented training projects

Venue	Lecturer's occupation	Lecturer's occupation					Total
		Doctor	Clinical psychologist	Psychiatric Social Worker	Public health nurse	Other	
Stem Center	Sendai	15	3	0	0	0	18
	Shiogama	0	0	0	0	0	0
	Natori	1	0	0	0	7	8
	Tagajo	1	0	0	0	0	1
	Iwanuma	1	0	0	0	0	1
	Kurihara	1	0	0	0	0	1
	Osaki	2	0	0	0	0	2
	Marumori	2	0	0	0	0	2
	Yamamoto	1	0	0	0	0	1
	Misato	1	0	0	0	0	1
Ishinomaki Regional Center	Ishinomaki	3	0	0	0	0	3
	Higashimatsushima	4	0	0	1	0	5
	Onagawa	0	0	0	0	0	0
Kesennuma Regional Center	Kesennuma	1	1	2	0	0	4
	Tome	0	0	0	0	0	0
	Minamisanriku	0	0	0	0	0	0
Total		33	4	2	1	7	47

**“Other” includes clinical development psychologists and university faculty members.

Table 6. Overview of implemented training projects

No.	Implementation date	Host city/town	Content	Primary participants	Number of participants	Lecturer's occupation
1	April 2, 2019	Sendai	Understanding and handling children under social care	Private organization	1	Clinical psychologist
2	April 9, 2019	Sendai	Role of the child guidance center	Private organization	1	Clinical psychologist
3	April 23, 2019	Sendai	Characteristics of children under social care, role of the child guidance center	Private organization	1	Clinical psychologist
4	April 23, 2019	Natori	Stress and how to cope	Natorigaoka Nursery School	27	University faculty member
5	May 14, 2019	Sendai	Psychological first aid for children [PFA for children] booster training	Private organization, etc.	3	Doctor
6	June 1, 2019	Natori	Fun parenting tips	Masuda Nursery School parents	15	Clinical development psychologist
7	June 5, 2019	Natori	Stress and how to cope	Masuda Nursery School	18	University faculty member
8	June 8, 2019	Natori	Fun parenting tips	Natorigaoka Nursery School parents	30	Clinical development psychologist
9	June 14, 2019	Sendai	Advanced training for supporters involved in children's support	Educators, etc.	15	Doctor
10	June 27, 2019	Natori	Psychological support for parents and the practice of educational consultations	Educators	150	Doctor
11	July 8, 2019	Sendai	What can be done in the field of education to support children's growth	Educators	200	Doctor
12	July 29, 2019	Osaki	Understanding children with developmental disabilities	Osaki faculty and staff	100	Doctor
13	July 30, 2019	Sendai	Psychological first aid for children [PFA for children] 1-day training	Educators, etc.	27	Doctor
14	August 2, 2019	Misato	Living environment and raising children	Educators	100	Doctor
15	August 9, 2019	Sendai	Psychological first aid for children [PFA for children]	Educators	20	Doctor
16	August 16, 2019	Kesennuma	Psychological first aid for children [PFA for children] 1-day training	Educators, etc.	17	Doctor
17	August 19, 2019	Sendai	Coordinator of the Developmental Disability Support Seminar in Miyagi Part 1 Symposium "Continuous support — living, from children to working members of society "	General prefectural citizens, etc.	100	Doctor
18	August 22, 2019	Kurihara	Responding to children with anxiety	Educators	50	Doctor
19	September 6, 2019	Sendai	Children's PTSD assessment training	Medical personnel, etc.	65	Doctor
20	September 12, 2019	Higashimatsushima	Collaboration for abuse support	Higashimatsushima Area Council for Measures for	28	Doctor

				Children Requiring Protection		
21	September 18, 2019	Yamamoto	Raising children that are supported by local connections	Government officials, etc.	10	Doctor
22	September 28, 2019	Natori	Psychological education training	Ainomori Megumi Nursery School	27	University faculty member
23	October 2, 2019	Kesenuma	Delivered a lecture on mental health for high school students	All Toryo High School students	370	Psychiatric social worker
24	October 4, 2019	Ishinomaki	Valuing children's personalities — understanding and responding to highly sensitive children (HSC)	Child welfare personnel, etc.	268	Doctor
25	October 8, 2019	Sendai	School support through mental health care support team dispatches	Educators	200	Doctor
26	October 23, 2019	Marumori	Psychological first aid for children	Himawari Nursery School	45	Doctor
27	October 25, 2019	Osaki	Psychological first aid for children [PFA for children] 1-day training	Private organization, etc.	11	Doctor
28	October 29, 2019	Sendai	Delivered a lecture on psychological first aid for children	Ashinaga Ikueikai	13	Doctor
29	October 29, 2019	Higashimatsushima	What is support when handling abuse? Considering the importance of attentive listening	Higashimatsushima Area Council for Measures for Children Requiring Protection	19	Public health nurse
30	November 13, 2019	Natori	Responding to children's anger	Masuda Nursery School	17	University faculty member
31	November 14, 2019	Kesenuma	Important feelings, important self	2nd-year Omoze Junior High School students	62	Psychiatric social worker
32	November 14, 2019	Ishinomaki	Mental health support activities for children in affected areas	Educators, etc.	92	Doctor
33	November 14, 2019	Higashimatsushima	Understanding children with mental problems	Extracurricular children's club	40	Doctor
34	November 15, 2019	Higashimatsushima	Psychological first aid for children [PFA for children] 1-day training	Government officials, etc.	16	Doctor
35	November 26, 2019	Ishinomaki	Raising children who have experienced a major disaster	Educators	40	Doctor
36	December 15, 2019	Kesenuma	Breathing techniques using a blow-up pipe	Ishiko Children's Association	27	Clinical psychologist
37	December 16, 2019	Sendai	Children's post-earthquake disaster mental problems	Miyagi Prefectural Assembly members	20	Doctor
38	December 20, 2019	Tagajo	Practicing Finnish "neuvola" and its connection with support	Government officials, etc.	24	Doctor

39	December 21, 2019	Sendai	Psychological first aid for children [PFA for children] 1-day training	Educators, etc.	28	Doctor
40	December 23, 2019	Sendai	What the children of today need — what can be done eight years after the earthquake disaster	Sendai School counselors	81	Doctor
41	January 26, 2020	Iwanuma	Michinoku Children’s Cohort Care Campaign 2020	Parents of children in Iwanuma	6	Doctor
42	January 26, 2020	Higashimatsushima	Michinoku Children’s Cohort Care Campaign 2020	Parents of children in Higashimatsushima	7	Doctor
43	February 1, 2020	Marumori	Children’s mental health care and self-care during a disaster	Ouchi Nursery School parents	16	Doctor
44	February 2, 2020	Sendai	Creating a child-rearing environment that is friendly to everyone — insights from a medical perspective	General prefectural citizens, etc.	150	Doctor
45	February 11, 2020	Sendai	Community development symposium for supporting children’s growth – insights from the Michinoku Children’s Cohort	Those involved in children’s support, etc.	62	Doctor
46	February 14, 2020	Sendai	Advanced training for supporters involved in children’s support	Educators, etc.	23	Doctor
47	February 26, 2020	Natori	On organization building	Natorigaoka Nursery School	30	University faculty member

(4) Dissemination/public awareness projects

In FY2019, we created self-care posters for children and distributed them to 416 elementary and junior high schools in the prefecture.

We reprinted clear files created in FY2018 and distributed them to training participants, as shown in Table 7.

Table 7. Implementation overview of dissemination/public awareness projects

No.	Implementation date	Host city/town	Content	Number distributed
1	May 14, 2019	Sendai	Clear files for raising public awareness distributed to attendees of the psychological first aid for children [PFA for children] booster training	3
2	May 21, 2019	Kesennuma	Staff dispatched to the Kesennuma-hosted “Consultation on children’s language” [Group]	6
3	June 14, 2019	Sendai	Clear files for raising public awareness distributed to attendees of advanced training for supporters involved in children’s support	15
4	June 27, 2019	Natori	Clear files for raising public awareness distributed to participants of the Miyagi Prefecture special needs education new personnel training	150
5	July 9, 2019	Kesennuma	Staff dispatched to the Kesennuma-hosted “Consultation on children’s language” [Group]	6
6	July 30, 2019	Sendai	Clear files for raising public awareness distributed to attendees of the psychological first aid for children [PFA for children] 1-day training (Sendai)	27

7	August 16, 2019	Kesennuma	Clear files for raising public awareness distributed to attendees of the psychological first aid for children [PFA for children] 1-day training (Kesennuma)	17
8	September 10, 2019	Kesennuma	Staff dispatched to the Kesennuma-hosted “Consultation on children’s language” [Group]	10
9	October 25, 2019	Osaki	Clear files for raising public awareness distributed to attendees of the psychological first aid for children [PFA for children] 1-day training (Osaki)	11
10	October 29, 2019	Sendai	Clear files for raising public awareness distributed to attendees of the lecture on psychological first aid for children [PFA for children] (Ashinaga Ikueikai)	13
11	November 13, 2019	Kesennuma	Staff dispatched to the Kesennuma-hosted “Consultation on children’s language” [Group]	10
12	November 14, 2019	Kesennuma	Clear files for raising public awareness distributed to attendees of the health lecture for Kesennuma Omose Junior High School	57
13	November 15, 2019	Higashimatsushima	Clear files for raising public awareness distributed to attendees of the psychological first aid for children [PFA for children] 1-day training (Higashimatsushima)	16
14	November 28, 2019	Kesennuma	Clear files for raising public awareness distributed to attendees of the health lecture for Kesennuma Omose Junior High School	130
15	December 15, 2019	Kesennuma	Clear files for raising public awareness (self-care) distributed to participants of the Ishiko Children’s Association Christmas meeting	30
16	December 21, 2019	Sendai	Clear files for raising public awareness distributed to attendees of the psychological first aid for children [PFA for children] 1-day training (Sendai)	28
17	January 15, 2020	Kesennuma	Staff dispatched to the Kesennuma-hosted “Consultation on children’s language” [Group]	8
18	January 24, 2020	Sendai	Posters for raising public awareness (self-care) distributed to elementary and junior high schools in Miyagi Prefecture	416
19	February 1, 2020	Marumori	Clear files for raising public awareness distributed to attendees of the lecture for parents with children at Marumori Ouchi Nursery School	35
20	February 14, 2020	Sendai	Clear files for raising public awareness distributed to attendees of the advanced training for supporters involved in children’s support	23

(5) Research projects

The annually conducted research on continuous support for children born after the Great East Japan Earthquake and their parents, and on camping projects for parents and children in affected areas is reported in “Chapter II: Research Report and Manuscripts Contributed by Other Journals” in this volume.

Research presentations in FY2019 are as shown in Table 8.

Table 8. Implementation overview of research projects

No.	Implementation date	Content	Theme	Overseeing occupation
1	June 16, 2019	18 th Japanese Society for Traumatic Stress Studies Symposium	Mothers’ mental health and community support practices	Doctor
2	June 20, 2019	115 th Japanese Society of Psychiatry and Neurology Annual Meeting	School education in areas affected by the Great East Japan Earthquake and public awareness dissemination activities through psychiatric/medical care/welfare cooperation	Mental health and medical welfare worker
3	June 30, 2019	18 th European Society for Child and Adolescent Psychiatry (ESCAP) International Congress	Mental health of mothers who have children born after the 2011 disaster	Doctor

4	August 4, 2019	29 th Conference of the Japanese Society of Child Health Nursing	Reactions to children's mental health and its support	Doctor
5	August 7, 2019	Research on camping projects for parents and children in affected areas	3 rd Hop☆Step☆ Day – camping	Doctor
6	August 29, 2019	“Japan-jyvaskylä Foster Parents Research Conference” Reports from Japan (Japan-Jyvaskylä Foster Parents Research Conference)	Interviewing adoptive and foster parents who have children with developmental disabilities: preliminary interview for developing special parent training programs	Doctor
7	September 13, 2019	Disaster-related session in 37 th Japanese Society of Psychosomatic Pediatrics Annual Meeting	Challenges to be tackled in the community in preparation for a major disaster	Doctor
8	October 5, 2019	Research on camping projects for parents and children in affected areas	10 th Hop☆Step☆ Day –camping	Doctor
9	November 3, 2019	122 nd Japanese Society of Pediatric Psychiatry and Neurology Poster Session	Examination of adoption support for raising children with developmental disabilities — insights from the qualitative analysis of adoption interviews	Doctor

2. Discussion

Compared to FY2018, the number of consultation and training projects both increased in FY2019. The total number of consultation projects in particular reached a maximum for the fourth year since the project contract. The actual number of people has not increased, so it is thought that the number of people requiring multiple rounds of support, such as in difficult cases, has increased. Furthermore, total number of individual consultations has increased, while the number of family consultations has decreased for the first time. It is thought that for junior high school students and older, there has been an increasing tendency for individuals to engage in consultations themselves, rather than having the family act as their representatives. At the Kesennuma Regional Center, where the number of consultations is increasing, awareness of the center as a consultation destination has been established through public awareness activities at schools, which have been conducted since FY2017. The number of consultations with caregivers, such as mothers, has increased at the Ishinomaki Regional Center.

Cooperation with infant health examinations (64 times a year) in Ishinomaki is thought to have been a trigger for this. At the Stem Center, it is thought that the number of cases handled by local government officials have increased, with efforts focused on supporter support (e.g., advising on cases that are difficult to respond to).

Regarding professional dispatch projects, there were 309 in FY2018, but this has decreased by 80, to 229 in FY2019. This number is also lower than the 266 and 234 projects in FY2017 and FY2016, respectively. Influential factors are thought to have been the reinforcement of support systems by each local government; the lack of consultations for elementary school home visits, which accompanied the cohort surveys implemented every year until FY2018 (research on continuous support of children born after the earthquake disaster and their parents); and the postponement or suspension of municipal projects due to COVID-19 countermeasures.

3. Summary

FY2019 marked four years since the start of the Children's Mental Care Community Base Project. In the nine years that have passed since the Great East Japan Earthquake, the Kesennuma Regional Center, the Ishinomaki Regional Center, and the Stem Center have each been trying to provide “continuous support, from children to adults.” The number of consultation projects has been on an increasing trend, while the number of professional dispatch projects has been decreasing. Training needs remain high, and workshops were hosted for the first time in Misato and Marumori, where there have not been requests to date. The decrease in the number of professional dispatch projects is thought to be due to local governments'/supporters' establishment of human resources, but support for supporters, such as local government officials, will remain essential in the future.

In FY2020, the effects of COVID-19 countermeasures have intensified, and we anticipate decreases in the number of training projects and professional dispatch projects. We anticipate the pandemic having an effect on public awareness dissemination and research as well. We will also need to consider the possibility

of a large influx of related consultations for consultation projects. We would like to meet the demand for increased support while prioritizing infection prevention.

The Base Project concluded as of the end of FY2020, and from FY2021, we expect to continue providing “continuous support, from children to adults” through three projects focused on resident support, supporter support, and raising public awareness. We aim to secure the necessary cooperation to continue the PFA for children training and cohort survey projects, as these will be needed in FY2021 and beyond.