

Stem Center Planning and Research Division Activity Report

Miyagi Disaster Mental Health Care Center
Stem Center, Planning and Research Division
Chief, Psychiatric Social Worker – **Tetsuro Higuchi**
Assistant Chief, Administration – **Yukino Miura**

Introduction

The Planning and Research Division of the Miyagi Disaster Mental Health Care Center (MDMHCC) is mainly engaged in project planning such as for training and public relations activities and research, including the compilation of statistics from various research initiatives and other activities. We share our work's current status with the Community Support Divisions of the Stem Center, the Ishinomaki Regional Center, and the Kesenuma Regional Center and implement projects thereafter. Additionally, when our center hosts events and initiatives related to human resource development and support for supporters, we collaborate with specialized medical institutions and universities to implement them.

FY 2019 is the second year of the development period, the final stage of the “Miyagi Prefecture Earthquake Reconstruction Plan,” and the reconstruction plan will terminate at the end of FY 2020. This is the third year of the “Miyagi Disaster Mental Health Care Center Management Plan,” established in 2017, and the management plan will end with the completion of the reconstruction plan in FY 2020. In anticipation of the end of these plans, we carried out our work this year while remaining cognizant of reducing activities and transferring projects to other organizations while reviewing our existing programming.

Here, we look back on the Planning and Research Division's efforts regarding “continuous support for all, from children to adults,” as outlined in the management plan.

1. FY 2019 Activity Status Report

(1) Community Resident Support

① Day Camp for Children and Parents in Disaster-Affected Areas

The 10th day camp for elementary school students and their parents in disaster areas was held in Matsushima Town on Saturday, October 5th.

Considering changes in living conditions such as rebuilding homes in the inland area and shifting to reconstruction housing, we targeted children in two cities and one town in the coastal regions (Sendai City, Natori City, Matsushima Town), just as was done in FY 2018. The day camp was carried out to improve self-care ability while raising interest in mental health in a natural environment. A total of 27 children participated. Moreover, as in FY 2018, we conducted pre-training for junior and senior high school students who participated in past day camps multiple times. Two people participated as sub-leaders on the day camp. The program for parents involved a preliminary questionnaire, but was not ultimately implemented. This time, we had the Japan Boy Scout Miyagi Prefectural Federation Sendai District Council cooperate with us as part of the day's program.

On the day of the event, we organized a fire-starting experience and recreational activities outdoors, made music boxes, and held psychological education programming indoors. In the “Studying the Heart and Mind” activity, conducted as a psychological education initiative, relaxation using breathing was performed to calm the moods of participants when frustrated or upset. These activities were good opportunities for children from various regions to communicate with each other and engage in activities that they cannot experience in their daily lives. Judging from the

parents' post-questionnaire, many were pleased with the changes in their children after participating. The high school students who participated as sub-leaders used what they learned to play the staff's role during pre-training.

As this was its tenth iteration, a significant milestone, and because its initial objective of “improving the self-care ability of affected children” was successfully achieved, this was deemed the day camp's last occurrence. The project was concluded.



Photo 1 Fire-starting experience ①



Photo 2 Fire-starting experience ②



Photo 3 Making dessert after lunch



Photo 4 Studying the Heart and Mind, breathing techniques

② Other Community Resident Support

As before, in FY 2019, we responded as needed to individual counseling requests, such as telephone counseling. Furthermore, we cooperated with the “Utsukushima Salon” operation in Iwanuma City (a salon for people evacuated from Fukushima Prefecture to Miyagi Prefecture) conducted by the Regional Support Division of the Stem Center.

For those affected by Typhoon Hagibis (Reiwa 1 East Japan Typhoon, or Typhoon No. 19), which occurred in October, we provided support by offering temporary housing for residents in Marumori Town together with the Regional Support Division.

(2) Support for Supporters

① Disaster Area Support Activities by Alcohol-Related Institutions

We outsourced this project to the Tohokukai Hospital and the Miyagi Danshukai. We provided support so that supporters could appropriately deal with alcohol-related problems. We regularly shared information with the Tohokukai Hospital about the status of support for alcohol-related issues. The specifics of these efforts will be introduced in “3. Consigned initiatives” in this issue.

② Supporters' Club

In FY 2019, registered supporters cooperated in the day camp and research studies. One new person was registered and collaborated with the support activities of the Ishinomaki Regional Center.

③ Support for Miyagi Social Welfare Council (SWC) Members

In response to requests from the prefectural SWC, the Tohoku University Graduate School of Medicine, Endowed Department of Preventive Psychiatry, has been conducting a health survey of the members of SWCs in coastal municipalities since FY 2012. Feedback on survey results, staff training, and individual interviews were conducted as necessary, and each regional support section of the Center cooperated in individual interviews. The health survey requested by the SWC was completed in FY 2017.

Since 2018, we have conducted health surveys, staff interviews, and lectures with municipal SWCs from whom we have received requests. We attended meetings with each municipal SWC and the prefectural SWC at the beginning of the year and played a general role in understanding each organization's needs. In fiscal 2019, we also conducted interviews for each municipal council that requested it and provided support in cooperation with the Endowed Department. In light of the Endowed Department's disbanding, mental health support for SWC members ended in FY 2019.

Additionally, at the request of the prefectural SWC, a lecturer was dispatched to the lifestyle supporter regional workshops (Taiwa Town, Iwanuma City) held by the Daily Life Independence Support Project (Mamoribu).

(3) Raising Public Awareness

① Creation of pamphlets etc.

Since FY 2012, we have prepared pamphlets on PTSD, alcohol-related problems, depression, insomnia, and other concerns in the wake of the disaster. We have used them in support activities conducted by each Community Support Division. In FY 2019, the pamphlets we created so far were utilized in each Community Support Division's activities, and frequently used pamphlets were reprinted. We also distributed folders with illustrations of simple self-care methods to participants of lectures and other events.

② Website management

We posted information about our Center's various training programs, recruitment guidance and implementation reports, introductions of each regional Center's efforts, public relations magazines published until 2018, and bulletins translated into English to our website. In addition to providing such information, we updated our blog and sent out an e-mail newsletter. [Reference] Miyagi Disaster Mental Health Care Center, <http://miyagi-kokoro.org/>

③ Working with media coverage, etc.

In 2019, our organization was covered by media outlets seven times. In February, there was a TV interview, and the coverage discussed the issue of mental care in the 9th year since the disaster. Furthermore, since storms and floods that caused significant damage nationwide frequently occurred in FY 2019, we received multiple interviews with newspaper companies outside the prefecture regarding mental care after the disaster.

④ Workplace Mental Health Support Project

In response to companies' requests in the disaster area, we maintained a system to provide lectures on mental health in the workplace, but no events or initiatives were implemented.

(4) Human Resource Development

① Alcohol-Related Issues Training

The need for alcohol-related issues training is still high, and workshops that incorporated viewpoints from primary to tertiary prevention were conducted.

On August 6, we co-sponsored a secondary prevention project for alcohol-related issues titled “Temperance Support Technique Improvement Training” with Miyagi Prefectural Mental Health and Welfare. Dr. Takahiro Fukuda (from the Hizen Psychiatric Medical Center) served as a lecturer. There were many participants from municipal health promotion departments.

Moreover, “On-the-job Training for Alcohol-Related Issues” was conducted to teach practical skills for dealing with alcohol-related issues. Because this initiative targeted the entirety of Miyagi and coastal municipal employees, employees from inland municipalities and throughout the prefecture applied to participate. At the outsourced Tohokukai Hospital, three days were set as one term, and five terms were implemented from October. There was a waiting list of about 10 people, which showed high needs for this training.

Furthermore, “Alcohol-related Issues Follow-up Training” was held on February 19 for individuals that participated in on-the-job training from 2012 to 2019. Lectures and role-plays on the Basic Law for Measures against Alcohol Health Disorders and group work were conducted based on the participants' cases.

The details are as follows:

Date and Time	February 19, 2020, 9:30 AM – 4:00 PM
Place	Sendai City War Reconstruction Memorial Hall, 5th Floor Meeting Room
Morning	Lecture① “Addiction and Psychosocial Treatment” Understanding techniques and ideologies used in addiction therapy Lecturer: Dr. Fukiko Okudaira, Tohokukai Hospital
	Lecture② “Recovery that Allows One to be Heard” Applying open dialogue to the treatment of addiction Lecturer: Dr. Toru Ishikawa, Tohokukai Hospital, Director
Afternoon	Group Work ○ Feelings, questions, and daily thoughts on community support activities ○ Sharing what was discussed in group work talks Lecturer: Toshihiro Suzuki, Recovery Support Department, Director, Tohokukai Hospital
Participants	46 (23 municipal employees from cities, towns, public health centers, etc.)

※Open dialogue is a therapeutic intervention method, mainly for schizophrenia, that has been practiced since the 1980s in the western Lapland region of Finland.

② Supporter Mental Health Support

“Exercise Training for the Heart and Mind” for community supporters was held on May 28 and October 17 in collaboration with the Tohoku University Endowed Department. On May 28, we hosted a lecture and practicum on cognitive behavioral therapy basics for supporters. The aim was to allow participants to learn the basics of cognitive-behavioral therapy for supporters and to experience problem-solving methods, and the session was titled “Cognitive-Behavioral Skills for Support Practice: ‘Problem Solving Methods.’” On October 17, to provide “communication skills to be utilized in support work,” lectures and exercises from the perspective of cognitive behavioral therapy were held that were designed to lead to improvement of support skills and self-care of supporters. The lecturer was a clinical psychologist from the Tohoku University Prevention Course.

This training was significantly required by many occupations, such as local government staff and visiting support staff, and many of them were motivated to improve their communication

skills. This training, held 16 times since 2012, ended on October 17, following the Tohoku University Prevention Course at the end of 2019.

③ Disaster-Related Specialized Training

The training was conducted for disaster victim support professionals to teach knowledge and psychological support methods to support disaster victims' recovery during the disaster recovery period.

On August 2, the “Training Workshop for Long-Term Mental Health during Disaster Recovery” was held jointly with the Tohoku University Endowed Department. Under the theme of “Miyagi / Sendai and Kumamoto now and in the future,” Yusuke Yatabe, director of the Kumamoto Disaster Mental Health Care Center, reported on support in Kumamoto, followed by reports on Miyagi and Sendai's support and exchanges of opinions for mutual reconstruction.

On January 16 and 17, we also co-sponsored “Complex PTSD (C-PTSD) Training” with the Tohoku University Endowed Department, with Dr. Yoshiharu Kin, Dr. Madoka Niwa, and Dr. Ryoko Otaki of the National Center of Neurology and Psychiatry, serving as lecturers. Doctors and clinical psychologists involved in trauma clinical practice participated.

Further, with the help of the Tohoku University Endowed Department, “Psychological Support Skills-up Training” was held on May 29, July 24, September 4, and December 11. These sessions involved case studies and specialized training for beginners. Since specialized training in trauma and cognitive behavioral therapy will continue to be required for human resource development, we consider implementing it in FY 2020.

Moreover, “WHO Psychological First Aid (PFA) Training” was held twice, on September 17 and January 24. Before this, a booster training was held on June 25 for participants taking the instructor training course. It will continue to be held in FY 2020.

④ Tri-Prefectural Care Center Meeting

In FY 2019, the “Mental Health Care Center Cooperation Strengthening Conference,” sponsored by the Ministry of Health, Labor and Welfare, was held on September 27 and February 17. The meeting sponsored by this Center was postponed.

(5) Research

① Hosting the Research Collaborator Conference and Ethics Committee

We have established a system to promote research and actively recommend new research. With the cooperation of the Tohoku University Endowed Department and other part-time staff, we held a “Research Collaborator Conference” and an “Experts Conference” with Center officials' help. At the meeting, the progress of ongoing research was confirmed and examined. We also held an ethics committee to review ongoing research. Finally, we cooperated in preparing documents to be submitted, including research proposals for ethics board approval.

② Publication of Volume 7 of the Bulletin and English Translation

Bulletin No. 7, summarizing our activities and research results in FY 2018, was published and sent to related organizations inside and outside the prefecture (1,300 copies, 960 locations). Additionally, Bulletins No. 5 (English version) and No. 6 (English version) were posted on the website, and the English versions of Nos. 3, 4, and 7 were created. These are scheduled to be posted on the website by the end of 2020.

③ Hosting the Miyagi Mental Health Care Forum

Since FY 2017, we have hosted the “Miyagi Mental Health Care Forum” as a place to report on the practices and issues of mental care in disaster-stricken areas and to discuss the state of community mental health and welfare, both from a prefectural and a wide-area perspective.

The 2019 forum was held under the title of “Eight years after the Great East Japan Earthquake, Thinking about the future of mental care: How communities will take over post-disaster initiatives.” In the first part, Mr. Masayuki Noguchi (Director of Okayama Prefectural Mental Health and Welfare Center, Psychiatrist) lectured on the keynote speech theme “Thinking about a comprehensive community care system from the experience of community support in Okayama Prefecture.” In the second part, Higashimatsushima, Minamisanriku, the Iwanuma Branch of the Shiogama Health Center, and the Tohoku University Endowed Department of

Preventative Psychiatry, gave practical reports and symposia were held, where current issues and prospects were shared with participants. In the exhibition corner, a panel introduced the activities of this Center.

Details have been reported in this issue under the “1. 2019 Miyagi Mental Health Care Forum Report.”

④ Official Activity Record Formulation Project

The management plan stipulates the publication of a booklet summarizing the Center's activities and research over the last 10 years and its role. Until FY 2018, the department managers held discussions and worked to solidify the outline. The “Official Activity Record Development Committee” was officially launched in FY 2019. It will hold meetings every other month, aiming for publication at the end of FY 2020. Scheduling and editing contents were concretely fixed, and writing requests were made to each related organization.

(6) Child Mental Health Care Community Center Project

Regarding the “Child Mental Health Care Community Center Project” that we have been entrusted with since FY 2016, in FY 2019, we primarily coordinated and secured instructors for “specialist dispatch projects” and “training projects,” organized general affairs for “research projects,” and created PR materials for “raising public awareness.” For details, see “1. Report on “Children's Mental Care Community Base Project” in this issue.

① Specialist Dispatch Projects

In response to requests, we regularly dispatched specialists to Watari, Iwanuma, and the Natori City Nursery School and coordinated the dispatch of lecturers to cities and towns. As a general trend, the number of requests decreased from FY2018.

② Training Projects

“Psychological First Aid (PFA) Training for Children” was hosted five times. The venues were Kesenuma, Higashimatsushima, Osaki, and Sendai (twice), and Deputy Director Naru Fukuchi served mainly as a lecturer. In addition to conducting booster training for those who had taken instructor training in the past, we also conducted advanced training for those who had undergone PFA training for children in the past and wanted to improve their level. Additionally, we invited Tomomi Kameoka (child psychiatrist), deputy director of the Hyogo Disaster Mental Health Care Center, to co-sponsor the “Children's PTSD Assessment Training” with the Tohoku University Endowed Department.

③ Research

The cohort survey is designed to track children born immediately after the earthquake for a certain period. It has been conducted since FY 2015 to evaluate the transformation of children and their families and clarify adequate support. From FY 2016 to FY 2018, developmental examinations, interviews, and questionnaire surveys were conducted every year, but from FY 2018 onward, developmental examinations and interviews are being conducted every two years. Therefore, interview surveys (developmental examinations, parent interviews) were not conducted in FY 2019, but questionnaire surveys and progress explanations were conducted for parents. Further, on February 11, we hosted the “Symposium for Community Development that Supports the Raising of Children - What We Have Learned from the Michinoku Children's Cohort.” Furthermore, we summarized data obtained from the day camp participant questionnaire.

Details are reported in this issue, in “Section II: Research Reports Other Contributed Manuscripts.”

④ Raising Public Awareness

In addition to distributing the “Children's Mental Health Care” pamphlet at lecture events, we created a poster with a self-care message for children. We distributed it to elementary and junior high schools in the prefecture. Moreover, the folder created in 2018 was reprinted and

distributed to participants of workshops. Information on mental health care for children was disseminated through website postings.

(7) Management of Business Statistics and Data

Resident support data with personal identification IDs, which we started collecting in FY 2015, are steadily accumulating. In terms of system operation, the “business statistics system” and “individual support system” are operating stably. Further, we will continue to accumulate business report data, analyze individual support and various businesses' status, conduct longitudinal analyses, and strive to understand each region's needs.

(8) Staff Training

① All-Hands Meeting

All-hands meetings have been held since this Center's establishment as an opportunity for staff, active in all three regions, to gather together to share current situations and acquire necessary knowledge from one another. In FY 2019, considering the approaching end of this Center's activities, we plan to hold it twice a year as an opportunity to review our activities and discuss prospects.

At the first meeting held in May, we invited Masako Fujita (Hyogo Prefectural Mental Health and Welfare Center) as an advisor. We looked back on the past eight years and shared our activity policy for FY 2019. The second meeting in February was postponed to prevent the spread of COVID-19.

② Recommended Training etc.

To improve our staff's qualifications, we appropriately disseminated information on external training programs and promoted attendance at these programs by deeming them recommended training sessions. In April, we conducted recruitment training for recruits to promote a general understanding of our Center's operations.

2. FY 2020 Policies and Plans

FY 2020 marks the tenth year since the disaster. It will also be the 4th year of this Center's operation plan, and as the reconstruction plan of the prefecture draws to a close, FY 2020 will mark the final year of our activities. We will continue our existing activities while seeking a new system for FY 2021 onwards.

(1) Community Resident Support

The Planning and Research Division will carry out the following activities for residents who have various worries, such as residents who still bear psychological burden after the disaster or residents with deepening feelings of isolation due to changes in their communities.

① Counseling support for residents and others (visitations, walk-ins, telephone counseling, etc.)

② Management support for salon activities

In cooperation with the Community Support Division, we will help manage the “Utsukushima Salon,” etc.

(2) Support for Supporters

We will reduce the physical and mental burden on supporters by providing specialized advice and self-care training to local government employees and supporters.

① Alcohol-Related Issues Response Project

Part of the project will be outsourced to external specialized alcohol-related agencies (Tohokukai Hospital, prefectural Danshukai). Further, we will help with self-help group activities such as case studies, holding workshops, and alcohol abstinence associations.

② Supporters' Club Management Project

We will make adjustments so that registered members can cooperate with our Center's business (survey research, workshops, etc.) by using their specialized qualifications and experience.

(3) Raising Public Awareness

From the perspective that all prefecture citizens are eligible for support as disaster victims, we will promote awareness-raising projects that will help citizens and supporters deepen their understanding of mental health and improve their mental health. Additionally, we will play a role in disseminating various issues such as disparities in the reconstruction situation in the disaster area and community changes from mental health inside and outside the prefecture. Furthermore, we will disseminate information through the media and accept interviews and inspections from external organizations.

① Pamphlets etc.

We will reprint the pamphlets distributed at workshops, health consultations, and visits as needed. Moreover, based on the fact that our Center's business will change significantly from FY 2021, we will create a FY 2021 version of our activity introduction pamphlet.

② Website management

We will present information on the announcement of various workshops and events and each regional Center's efforts, and so forth. Information from blogs and e-mail newsletters will be posted as appropriate. Furthermore, we will also provide information on business changes from FY 2021.

③ Workplace Mental Health Support

Based on companies' requests in the disaster area, we will maintain a system to respond to requests for lectures on mental health, such as stress in the workplace and daily life.

(4) Human Resource Development and Training

In addition to conducting training highly required by local supporters, we will continue discussions with the Mental Health and Welfare Center for training expected to continue after 2021, such as alcohol-related issues training and PFA training.

① Alcohol-related issues training

On-the-job training and follow-up training are scheduled to end following their implementation in FY 2020. Moreover, Temperance Support Technique Improvement Training, co-sponsored by the Mental Health and Welfare Center until FY 2019, is expected to be held by Miyagi Prefecture, apart from the work of this Center.

② Disaster-related specialized training

PFA training is a support technique that can be used as an initial response to possible disasters in the future, and we believe that it is the role of this Center to spread it widely. In FY 2020, we will hold PFA training twice in the prefecture and carry out booster courses as skills improvement training for instructors.

“Psychological support skill improvement training” is scheduled to be held in FY 2020 because there is a high need for professionals such as clinical psychologists.

③ Other training

With the closing of the Tohoku University Endowed Department, the “Exercise Training for Mind and Heart” project ended in FY 2019, but there are still extensive needs from local government staff and supporters regarding improved communication skills and self-care. Thus, in FY 2020, we will consider dispatching instructors upon request.

(5) Research

In FY 2020, to contribute to mental care measures in future disasters, we will continue to work on research projects comprehensively and intensively, and plan to start the following operations:

① Research Projects

While maintaining an organizational structure that enables the business statistics system's stable operation, we will organize the Center's statistics and utilize them in research.

Further, a meeting of researchers in charge of research will supervise staff to exchange opinions and confirm progress to promote research. We will hold meetings of experts and ethics committees to discuss research projects with outside experts as appropriate.

② Miyagi Disaster Mental Health Care Center Bulletins

We will publish the “Miyagi Disaster Mental Health Care Center Bulletin Vol. 8” as a business report for FY 2019. Furthermore, English versions of Vols. 1, 2, and 8 (this issue) will be prepared.

③ Hosting the Miyagi Mental Health Care Forum

In cooperation with each Community Support Division, we have held this event three times in the past, focusing on lectures related to post-disaster mental health care, local practice reports, and symposiums. In FY 2020, as this Center's activities will reach a significant milestone, we mainly plan to host reports on our efforts.

④ Official Activity Record Formulation Project

The Official Activity Record Formulation Committee will continue to operate, discussing both the activities that we should leave behind and the work of summarizing our research. The Record is scheduled to be published within FY 2020.

(6) Support for Various Activities

In FY 2020, we will cooperate with the events of various groups operating in the prefecture as necessary. Additionally, with regards to accepting medical and welfare student training, we will consider when requested and cooperate to the extent possible.

(7) Child Mental Health Care Community Center Project

In FY 2020, concerning the Specialist Dispatch Project, we will continue to respond to dispatch requests from organizations involved in supporting children in the prefecture with external supporters' cooperation.

As for training projects, we will continue to carry out “Children's PFA Training” in various parts of the prefecture. Separately, we will respond to external requests to the extent possible. Moreover, booster training will be conducted for individuals that have undergone child PFA instructor training. We will also implement advanced training for those who have undergone the training thus far. For research, a cohort survey will be conducted. To raise public awareness, we will reprint pamphlets on “Children's Mental Care” as necessary and distribute them at workshops.

The Child Mental Health Care Community Center Project will end in FY 2020.

(8) Management of Business Statistics and Data

As usual, we will check the consistency of the input items, activity contents, business divisions, etc., of the business report and individual support record created by each staff member and prepare a monthly and annual report. We will also provide appropriate data to be used as a reference for each section's support activities.

Additionally, when there is a request for data provision, such as measures and plans for prefectures and local governments, we will respond appropriately.

We will consider how best to provide business and other sorts of reports in the future, in line with the business restructuring that will occur in FY 2021 and beyond.

(9) Staff Training

We will hold our “all-hands meeting” twice next year in Sendai, emphasizing making time for exchanging opinions between staff members. Looking ahead to FY 2021 and beyond, we will share our activity policies and each section's activity status and plan to utilize them in future support

activities. Training for new employees will be held as appropriate. We will continue to encourage consistent attendance at external training programs to improve staff skills.

3. Discussion

In FY 2019, the Planning and Research Division engaged in its work while cognizant of approaching the end of its activities in FY 2020, including the subsequent restart of its efforts in FY2021. Many people participated in our customary on-the-job training, follow-up training on alcohol-related issues, training for professionals, and PFA training, and these events were positively received. In FY 2020, along with implementing these training sessions, we will also carry out “activities for compilation,” such as holding forums, issuing official activity records, and preparing English translations of bulletins. On the other hand, the day camp and the projects we co-sponsored with the Tohoku University Endowed Department, both of which have been running since the establishment of this Center, were concluded in FY 2019.

Additionally, at the request of the prefecture, we provided support for Marumori Town in connection with the “Reiwa 1 East Japan Typhoon (Typhoon No. 19)” (Typhoon Hagibis). We felt it necessary to consider responses to new disasters and support for reconstruction after the earthquake.

In FY 2020, in light of FY 2021, we will summarize all our projects, including training projects and research projects, and at the time of meetings with the prefecture, we would like to request continuation of the required projects. Furthermore, such work would naturally follow from the work we have done thus far. However, we would not like to limit our activities only to assist with natural disasters such as “Reiwa 1 East Japan Typhoon (Typhoon No. 19)” (Typhoon Hagibis). Instead, we believe it is essential that we consider how we can address and prevent the spread of COVID-19.

4. Conclusion

The Center was expected to work in conjunction with Miyagi Prefecture's 10-year reconstruction plan and reach its activities at the end of FY 2020. Miyagi Prefecture has decided to extend our activities for five years from 2021. From 2021, the work of this Center will be consolidated into three projects: “resident support,” “support for supporters,” and “raising public awareness.”

As our business scale shrinks, it seems inevitable that some businesses will be terminated or handed over to other organizations. We would like to enter FY 2020 with the hope that we will achieve an organizational system capable of implementing the projects required by our communities. We will contribute to the “improvement of community mental health and welfare in disaster areas” while considering cooperation with each Community Support Division, local governments, and related organizations. We would also like to work with affiliated organizations on new issues as they arise.