

FY2020 Activity Report

- **FY2020 Activity Report by project item**
- **FY2020 Miyagi Mental Health Care Forum Implementation Report**
- **FY2020 Children's Mental Health Care Community Base Project Report**
- **Activity Report of each Division**
 - Kesenuma Regional Center Community Support Division**
 - Ishinomaki Regional Center Community Support Division**
 - Stem Center Community Support Division**
 - Stem Center Planning and Research Division**
- **Research Report**

FY2020 Activity Report by project item

1. FY2020 results and total number of activities (Table 1)

Table 1 Number of activities by affiliation

	Community Support Division of each Regional Center				Planning and Research Department	Stem C managers	Part- time / contract	Supporters, etc.	Total
	Kesennuma	Ishinomaki	Stem	Seconded to local government					
Resident support	2,255	1,320	421	2,186	37	41	1	21	6,282
Support for supporters	86	206	190	286	2	27	0	42	839
Raising public awareness	188	29	20	43	15	31	11	0	337
Human resource development	28	5	12	6	12	17	0	8	88
Support for various activities	2	0	1	0	1	0	0	0	4
Research	0	1	0	0	3	5	0	0	9
Meeting contact coordination	428	350	128	425	116	19	0	0	1,466

2. By project item

(1) Resident support (Table 2) (Table 3)

Table 2 Total number of managed cases by support method (excluding letters; N=6,191)

Support method	Number of cases
Home visit	1,519
Walk-in visitors (including those at counseling booths)	1,937
Telephone counseling	2,398
Counseling in group activities	170
Case conference (when subject is attending)	28
Accompanying consultation	56
Other	83
Total	6,191

Table 3 Routes to initial support by this center (multiple selections; N=684)

Consultation route	Number of cases
Health survey / all-household visits	223
From administrative agency	215
From individuals themselves	130
From family / relatives	109
From support center / temporary housing supporters	0
From medical / welfare institutions	22
Other (neighbors, workplace, unknown, other)	65

① Support recipients

a. Gender, age, and employment status (Fig. 1)

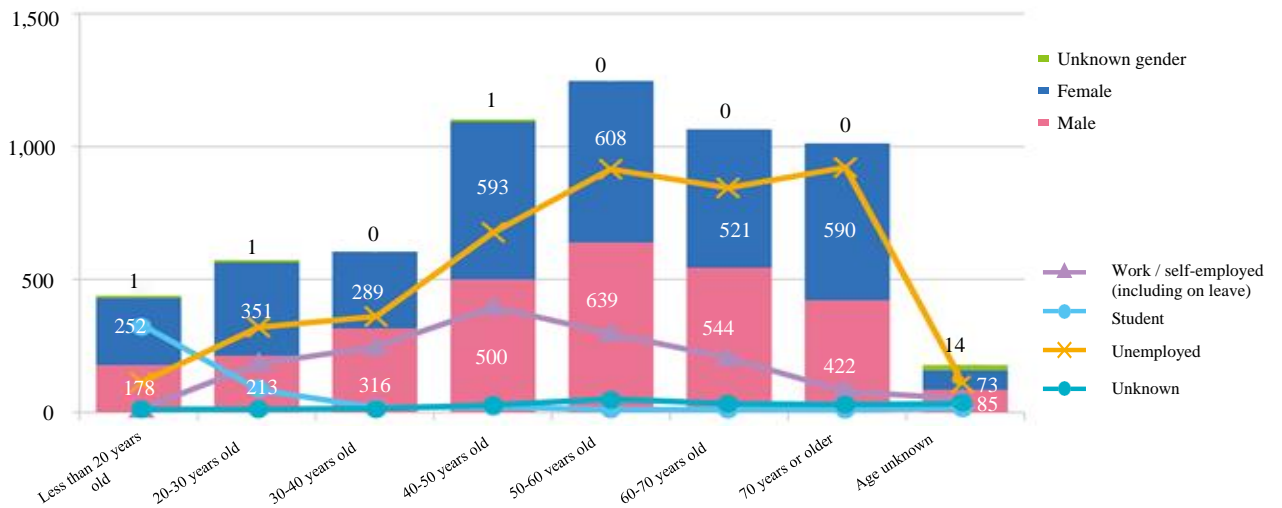


Fig. 1 Support recipients by gender and age group (total number of cases; N=6,191)

b. Damage status

Bereavement status and subject (Figs. 2, 3), injury status (Figs. 4, 5), housing damage (Figs. 6, 7).

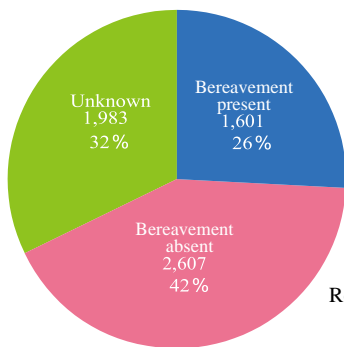


Fig. 2 Bereavement status (Total number of cases; N=6,191)

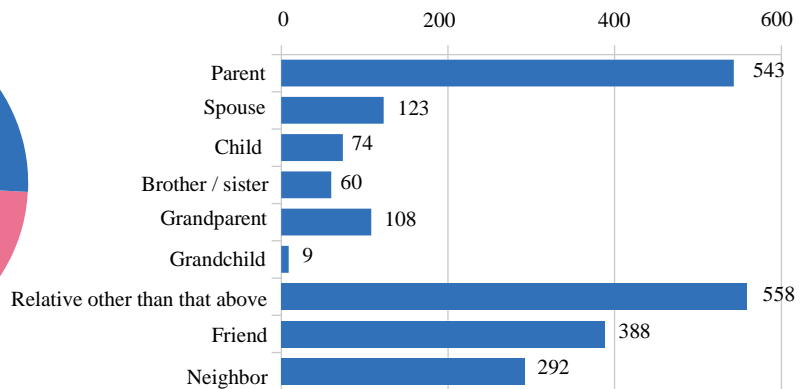


Fig. 3 Details of bereavement (total number of cases; multiple selection; N=1,601)

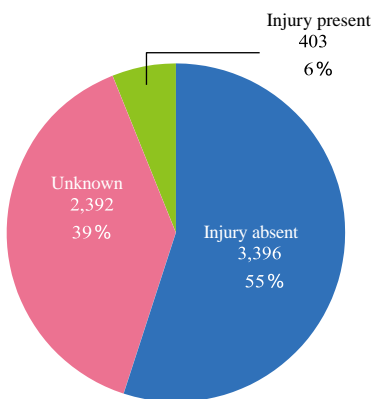


Fig. 4 Presence or absence of injury in individual or close relative (total number of cases; N=6,191)

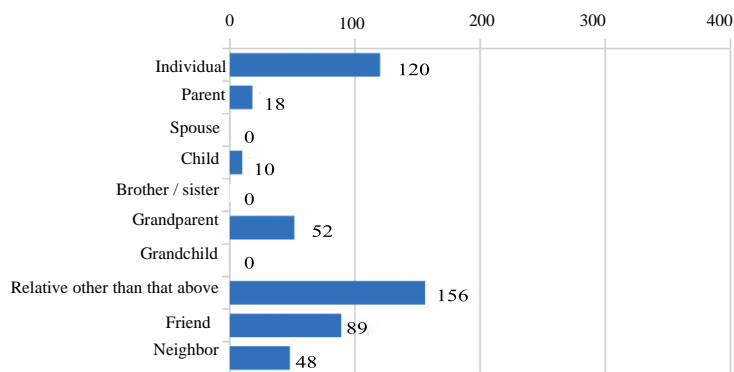


Fig. 5 Details of injuries (total number of cases; multiple selection; N=403)

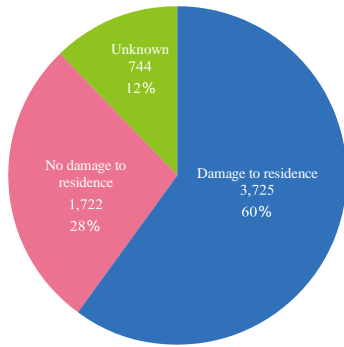


Fig. 6 Presence or absence of housing damage (total number of cases; N=6,191)

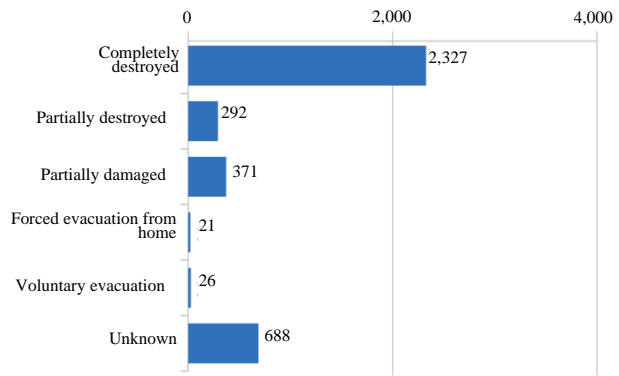


Fig. 7 Details of housing damage (total number of cases; N=3,725)

c. Living conditions (Table 4; Figs. 8, 9)

Table 4 Current living environment (total number of cases; N = 6,191)

Living environment	Number of cases
Home	3,654
Container-type temporary housing	31
Apartment-type rental housing	38
Public housing	2,302
Other / unknown	166

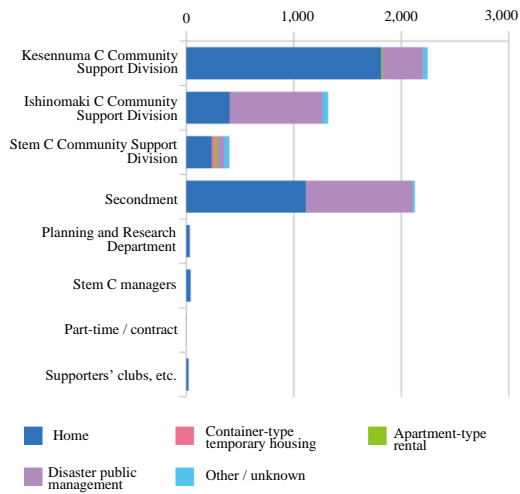


Fig. 8 Current living conditions for each supervising division (total number of cases; N = 6,191)

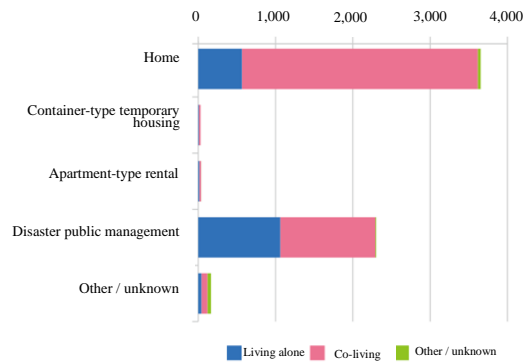


Fig. 9 Living environment and household situation (total number of cases; N = 6,191)

d. Consultation background (Fig. 10)

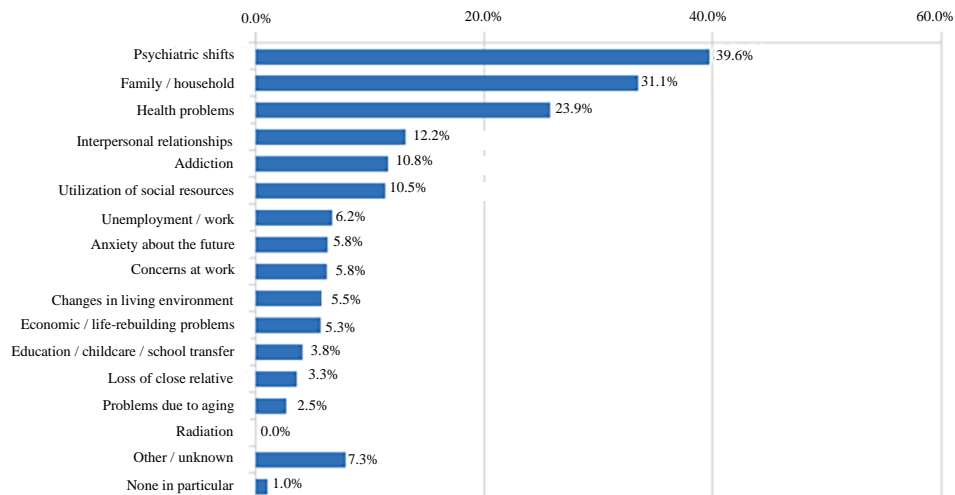


Fig. 10 Percentages relative to number of valid responses in consultation background (total number of cases; multiple responses; N=6,191)

e. Psychiatric shifts (Fig. 11)

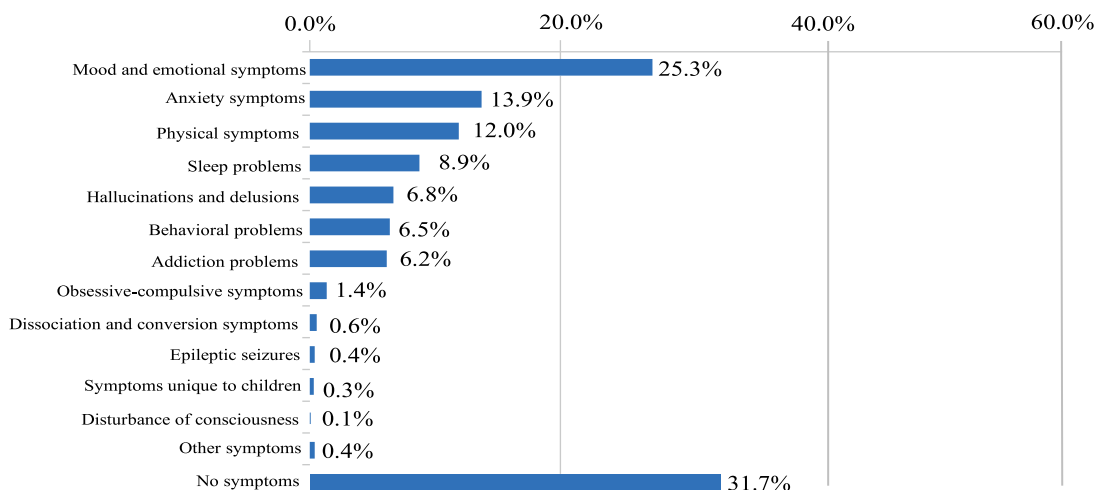


Fig. 11 Percentages relative to number of valid responses according to psychiatric shifts (total number of cases, multiple responses; N=6,191)

f. Presence or absence of psychiatric counseling, disease name, onset time, current treatment history (Table 5, Fig. 12)

Table 5 Medical history and current treatment status (total number of cases; N = 6,191)

History of psychiatric counseling	Number of cases
Ongoing treatment	2,443
Treatment concluded	217
History of medical examination	Treatment interrupted 434
	No treatment 43
	Unknown treatment status 11
No history of medical examination	2,213
Unknown history of medical examination	830

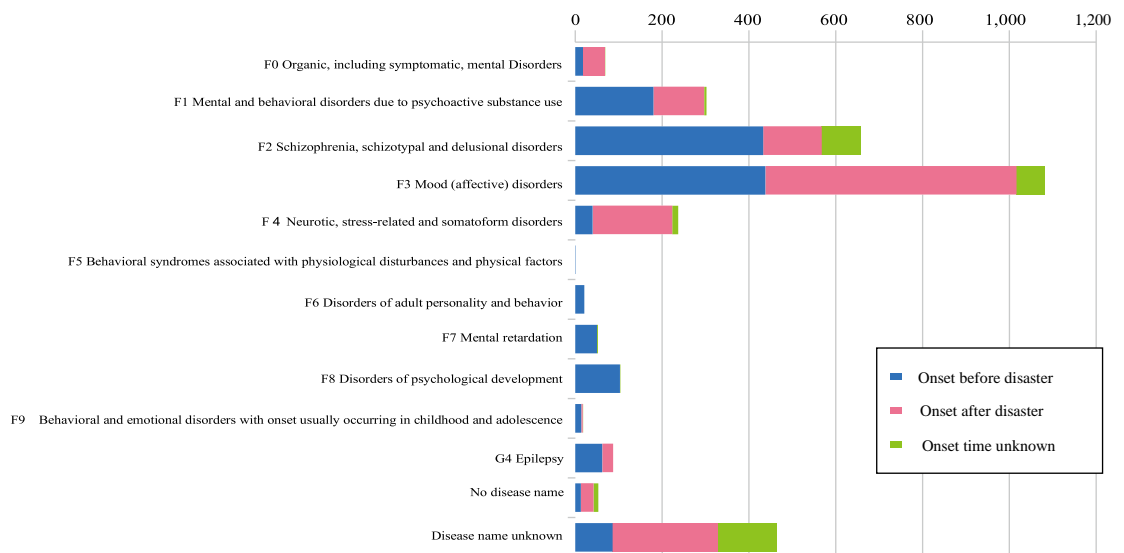


Fig. 12 Number of cases by disease classification for those with a history of medical examination or diagnosed with a disease (total number of cases, multiple responses; N=3,148)

② Support content

a . Number of cases by support method for each supervising division (Fig. 13)

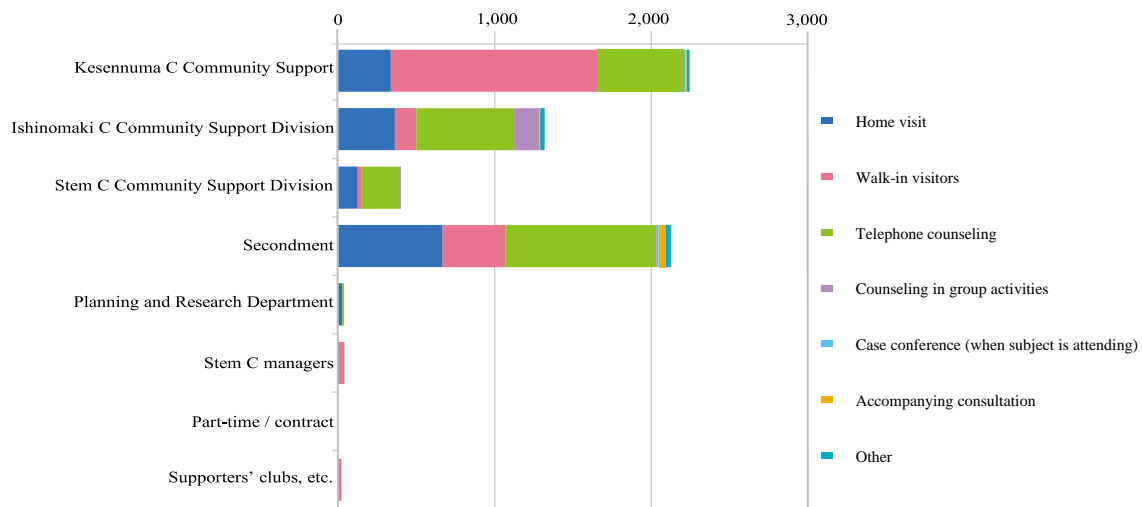


Fig. 13 Number of cases by support method for each supervising division (total number of cases; N = 6,191)

b . Breakdown of counseling recipients (Fig. 14)

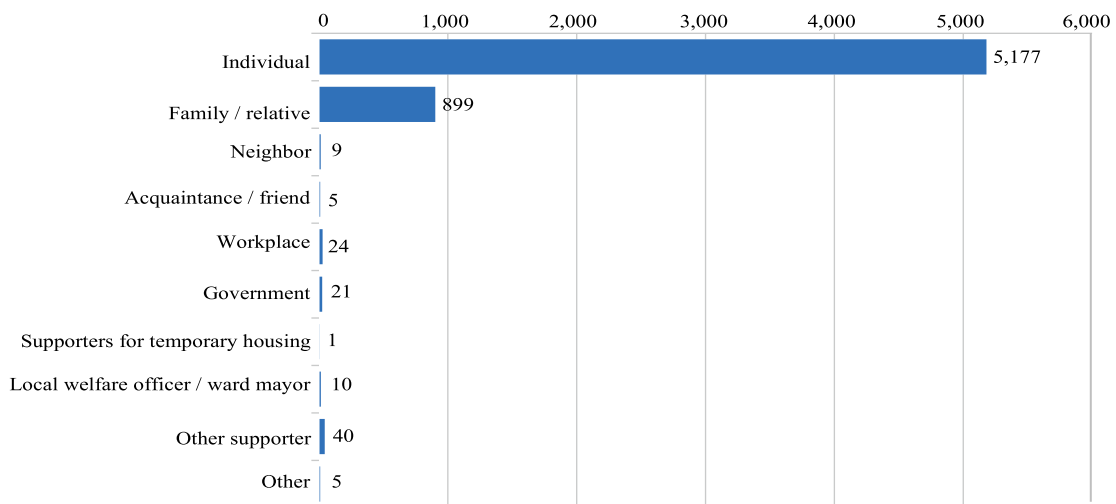


Fig. 14 Number of cases by counseling recipient (N=6,191)

c . Attendance by other institutions (Fig. 15)

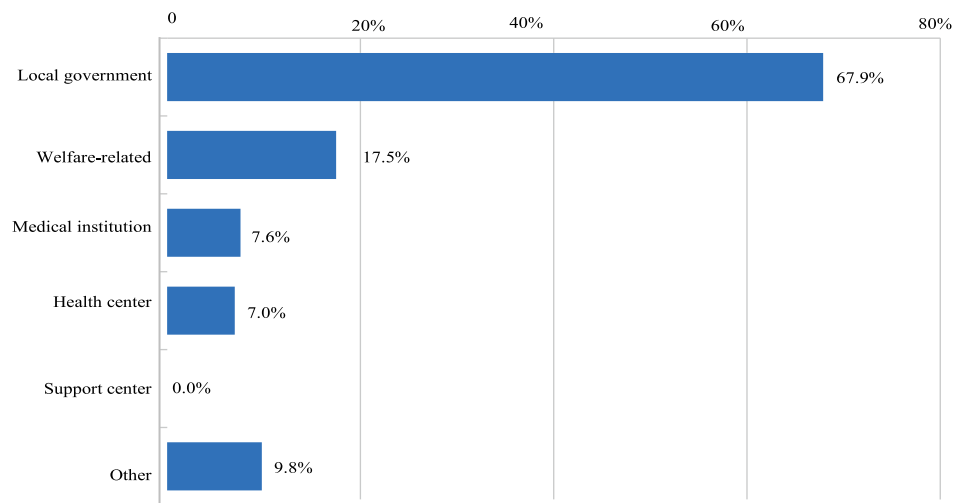


Fig. 15 Percentages relative to number of valid responses of other attending institutions (total number of cases, multiple selection; N=747)

d . Characteristics of each supervising division (Fig. 16)

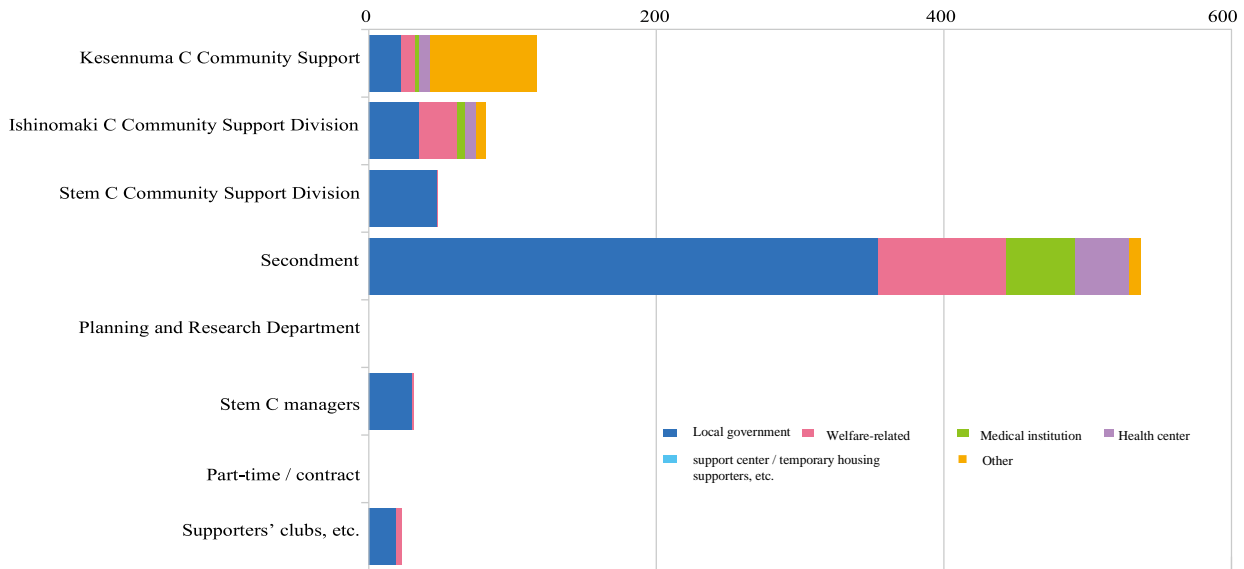


Fig. 16 Breakdown of other attending institutions according to supervising division (total number of cases, multiple selection; N=747)

③ Support conclusion status (Table 6, Fig. 17)

Response status	Number of cases
Regular interview	3,659
Ongoing (total)	
Interview when needed	1,777
Other	0
Status improvement	570
Conclusion (actual number)	
Referral to other institutions	155
Refusal of support	6
Other	24

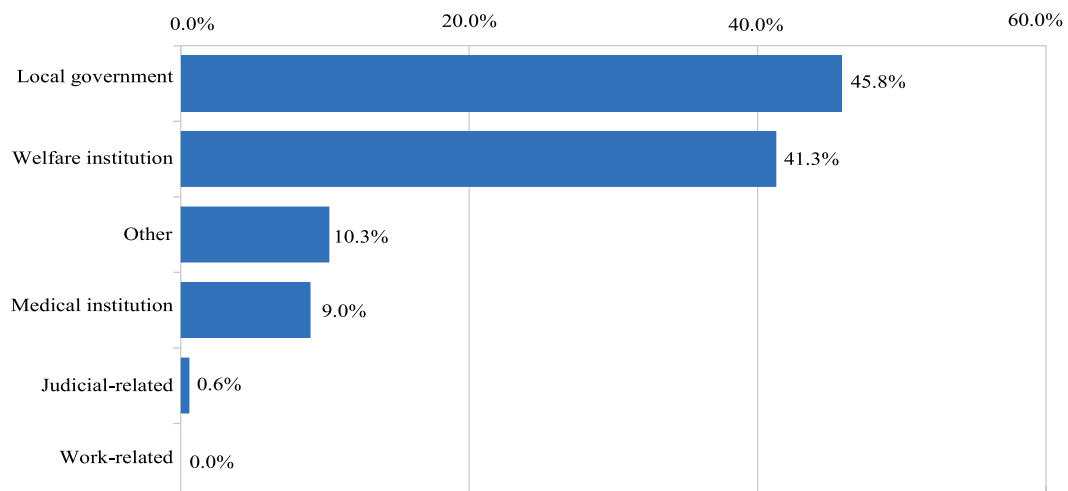


Fig. 17 Percentages relative to number of valid responses in referrals to other institutions (total number of cases, multiple selection; N=155)

(2) Support for supporters

① Support implementation status

a . Number of support cases (Table 7)

Table 7 Support for supporters implementation status (total number of cases; N=839)

Support content	Number of cases	Number of participants
Report after visit / interview	49	58
Professional guidance / advice	219	808
Community issues	29	118
Workplace mental health care	9	39
Case conference (when subject is not attending)	186	1,039
Establishment of mental health counseling service booth	33	35
Medical examination support	124	481
Office work support	168	203
Other	22	40
Total	839	2,821

b . Content for professional guidance / advice (Table 8)

Table 8 Details of professional guidance / advice (N=219)

(Total number of cases, multiple selections)

Details of professional guidance / advice	Number of cases
Alcohol problems	9
Gambling problems	0
Drug problems	1
Depression	6
Complicated grief	1
PTSD	4
Abuse	29
Other	182

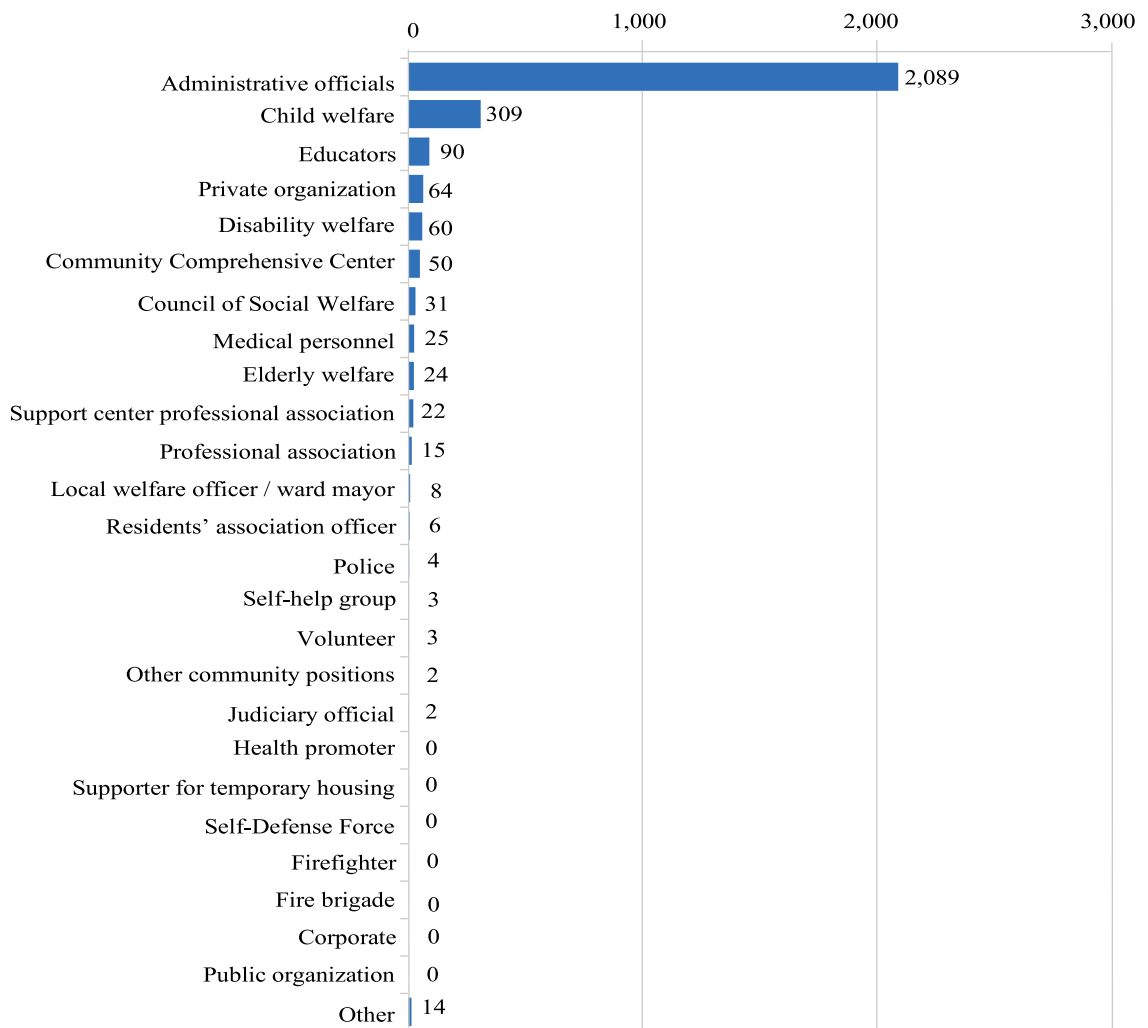


Fig. 18 Details of support recipients (total number of individuals; N=2,821)

② Breakdown of implementation of support for supporters according to supervising division (Fig. 19)

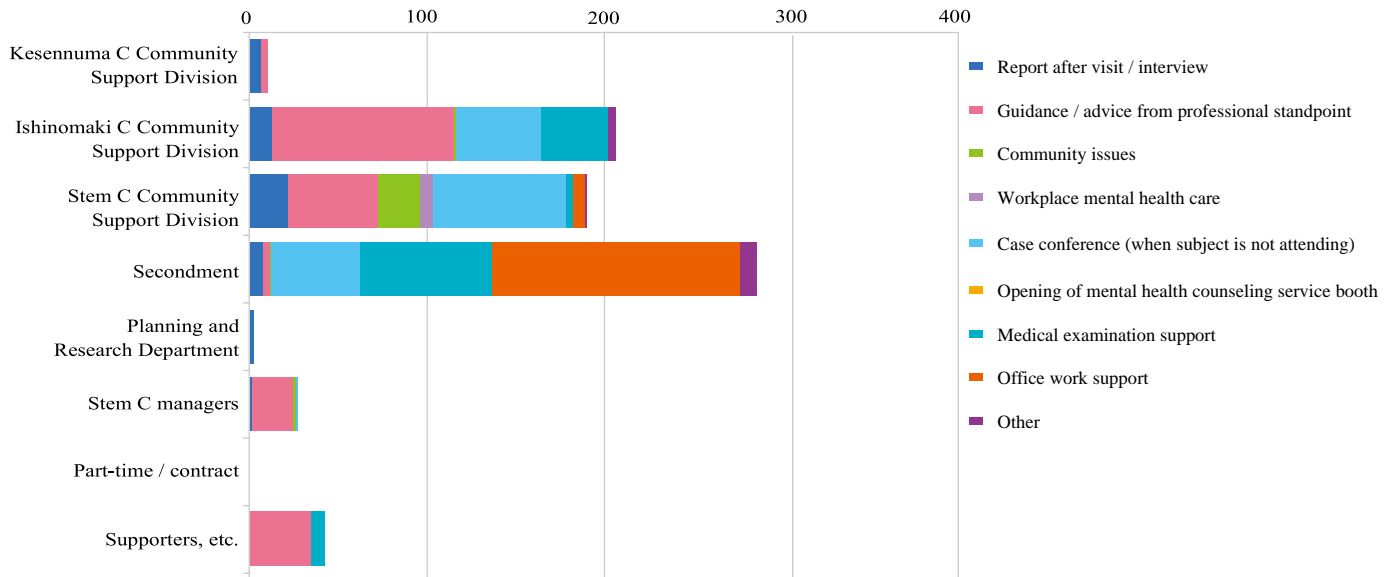


Fig. 19 Status of implementation of support for supporters according to supervising division (total number of cases, multiple selection; N=839)

③ Breakdown of professional advice and guidance according to supervising division (Fig. 20)

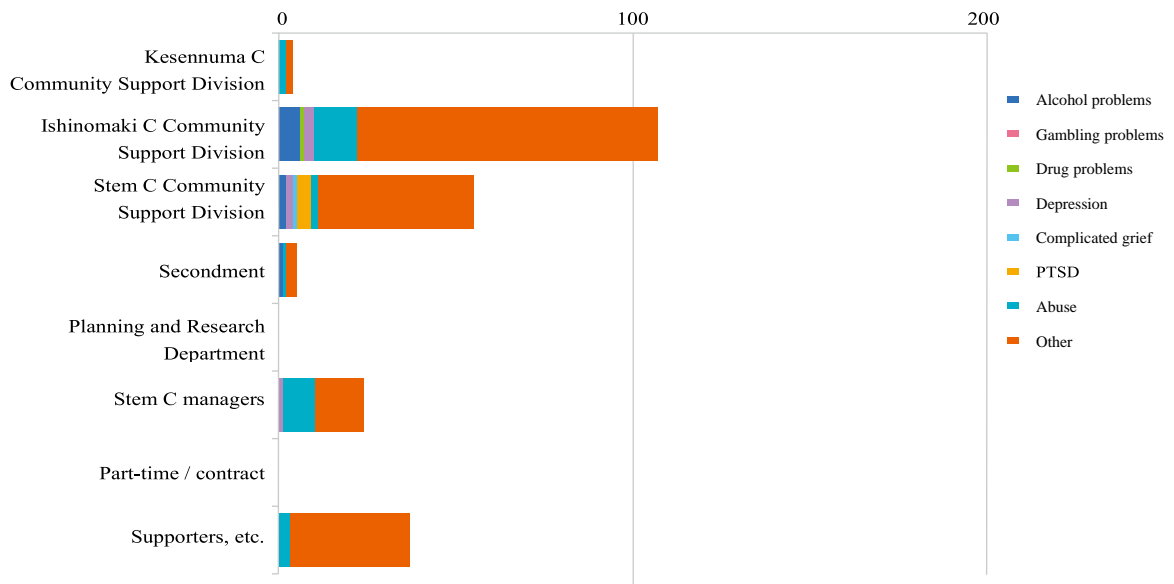


Fig. 20 Details of professional guidance and advice according to supervising division (total number of cases, multiple selection; N=219)

(3) Raising public awareness

① Issuance of public awareness materials (Table 9)

Table 9 Status of creating materials, such as pamphlets

Distribution area	Title / content	New / reprint	Number of copies
Entire prefecture	Information about consuming alcohol	Reprint	2,000
	Symptoms and illnesses that occur with alcohol consumption	Reprint	500
	Self-care that can even be conducted by children: poster	New	600

② Training for raising public awareness (Table 10)

Table 10 Details of training for raising public awareness (N=32)

	Number of times	Number of participants
Psychological reaction after earthquake	1	50
Mental illness	2	32
Basic listening techniques (attentive listening, dealing with bereaved families, etc.)	2	43
Addiction problems (alcohol problems, etc.)	19	133
Impact of the earthquake on children	1	120
Stress and mental health care / self-care	6	171
Physical health	0	0
Workplace mental health	1	9
Disaster area status and activities of our center	0	0

③ Salon activities (Table 11)

Table 11 Salon activities (N=64)

	Community Support Division of each center					Total
	Kesenuma	Ishinomaki	Stem	Secondment	Other	
Sponsored / co-sponsored salons	16	17	8	0	11	52
Cooperation with salons of other institutions	0	0	0	12	0	12

(4) Human resource development (Table 12)

Table 12 Human resource development implementation status (N=88)

Content	Number of times	Number of participants
Earthquake exchange meeting	0	0
Media conference	0	0
Addiction-related problems	4	9
(Alcohol)	(4)	(9)
(Other addictions)	(0)	(0)
Support skills training	43	546
(Attentive listening)	(3)	(110)
(Stress and mental health care / self-care)	(1)	(10)
(other)	(39)	(426)
Mental health training for supporters	1	50
Workplace mental health training	4	88
Mental health training for children	15	428
Mental health training for seniors	1	40
Training for suicide-related problems	5	226
Training for mental illness / disorders	4	105
Disaster area status and activities of our center	4	142
Case study	2	19
Other	5	127
Total	88	1,780

(5) Research (Table 13)

Table 13 Research

Activity year	Activity month	Supervisor	Research name	Details
2020	September	Naru Fukuchi	Various effects of the spread of COVID-19 in Japan on children's physical and mental health	Presented remotely at the disaster-related session of the 38 th Meeting of the Japanese Society of Psychosomatic Pediatrics (held online, conference in Kurume City, Fukuoka Prefecture, from September 11–13, 2020).
2020	September	Naru Fukuchi	Mental health of mothers and community support practice	Delivered remotely at the 19 th Japanese Society for Traumatic Stress Studies Meeting (held online, conference in Kobe City, Hyogo Prefecture (Hyogo University), September 21–October 20, 2020. Symposium "Mental health of mothers after the Great East Japan Earthquake: Disaster area in the present day as seen from the 'Michinoku Children's Cohort'" (symposium conducted from September 22–October 20).
2020	September	Naru Fukuchi	Longitudinal support study for children born after the Great East Japan Earthquake and their families (1): From the relationship between cognitive development, problematic behaviors, and family damage status in children in Miyagi Prefecture	Presented at the 19 th Japanese Society for Traumatic Stress Studies Meeting (held online, conference in Kobe City, Hyogo Prefecture (Hyogo University), from September 21–October 20, 2020). Poster Session as "Longitudinal support study for children born after the Great East Japan Earthquake and their families (1): From the relationship between cognitive development, problematic behaviors, and family damage status in children in Miyagi Prefecture" (poster session conducted from September 22–October 20).
2020	September	Shusaku Chiba	Longitudinal support study for children born after the great East Japan earthquake and their families (2): Damage status of parents and progress of each cluster due to past traumatic experiences	Presented at the 19 th Japanese Society for Traumatic Stress Studies Meeting (held online, conference in Kobe City, Hyogo Prefecture (Hyogo University), from September 21–October 20, 2020). Poster Session as "Longitudinal support study for children born after the great East Japan earthquake and their families (2): Damage status of parents and progress of each cluster due to past traumatic experiences" (poster session conducted from September 22–October 20).
2020	September	Naru Fukuchi	Status and issues of Miyagi Disaster Mental Health Care Center	Delivered remotely at the 116 th Meeting of the Japanese Society of Psychiatry and Neurology (held online, conference in Sendai City, Miyagi Prefecture, from September 28–30, 2020). Symposium "Current status and issues of the Miyagi Disaster Mental Health Care Center."
2020	September	Naru Fukuchi	What is needed in community support after a major disaster?: What can be seen from activity analysis of the Miyagi Disaster Mental Health Care Center	Presented at the 116 th Meeting of the Japanese Society of Psychiatry and Neurology (held online, conference in Sendai City, Miyagi Prefecture, from September 28–30, 2020). General presentation (poster) session as "What is needed in community support after a major disaster?: What can be seen from activity analysis of the Miyagi Disaster Mental Health Care Center" (poster session conducted from September 28–30).
2020	October	Shigeru Okazaki	Implementation of joint projects with self-help groups (Danshukai) and support toward autonomy: Reflecting on activities at the Ishinomaki Regional Center of the Miyagi Disaster Mental Health Care Center	Presented at the 11 th Miyagi Convention of the Tohoku Mental Health and Welfare Society (held in print, conference in Sendai City, Miyagi Prefecture, session on October 11, 2020). General presentation as "Implementation of joint projects with self-help groups (Danshukai) and support toward autonomy: Reflecting on activities at the Ishinomaki Regional Center of the Miyagi Disaster Mental Health Care Center."
2020	October	Izumi Watanabe	Creation of FY2019 Bulletin No. 8	FY2019 Bulletin No. 8 created and published. Distributed to 883 locations.
2021	March	Miyoko Kubota	Creation of official activity record (2011–2020)	Official activity record created and published. Distributed to 960 locations.

(6) Support for various activities (Table 14)

Table 14 Support for various activities

Implementation date	Activity name	Details
2020/7/22	Support for members of Natori City Health Salon (Temperance Society)	Current director and vice director of Natori City Health Salon (Temperance Society) planned to convert this to a voluntary group. They thus consulted us regarding rules and regulations, and we provided support.
2020/8/22	Participation in bereaved family support activity "Wakachiai-no-kai" (sponsored by Sendai Grief Care Study Group)	Investigated how the Wakachiai-no-kai should be operated, facilitated a lecture by Mr. Namerikawa (Chairman, Sendai Grief Care Study Group). Cooperated in the operation of the Wakachiai-no-kai.
2020/12/26	Participation in bereaved family support activity "Wakachiai-no-kai" (sponsored by Sendai Grief Care Study Group)	Cooperated in the operating of the Wakachiai-no-kai, and subsequently held a meeting for the next fiscal year.
2021/1/12	Response to Great East Japan Earthquake Support Group Questionnaire based on request from Kyodo News	Provided an online response to a questionnaire for Great East Japan Earthquake support groups requested by the editorial department of the Kyodo News Sendai branch office.