

## Kesenuma Regional Center Community Support Division

The activities of the Kesenuma Regional Center (“Division”) in FY 2022 in the area affected by the Great East Japan Earthquake were Kesenuma City and Minamisanriku Town, under the jurisdiction of the Kesenuma Public Health Center.

### [Resident support project]

#### 1. Individual support

For resident support in FY 2022, we offered mental health consultations to individuals ranging from children to older adults and provided support at the request of individuals, family members, and related individuals.

#### 2. Consultation support project (establishment of mental health counseling service booths)

We opened counseling rooms for students at the request of schools. We also opened counseling service booths for parents raising children and sought to promote mental health and prevent mental illness upon the request of Kesenuma City.

Kesenuma City Hospital Nursing School student counseling booth (held 20 times, total number of people: 12)

Kesenuma Medical Association Nursing School student counseling booth (held 8 times, total number of people: 0)

Kesenuma City Children’s Center counseling booth (held 12 times, total number of people: 4)

#### 3. Local resident exchange project

##### (1) Support project for socially isolated residents (enrichment activity for men)

We provided time for lectures and activities on health for men who tend to be socially isolated and whose mental health may be declining, to improve and promote mental health. Events were co-sponsored by the Health Promotion Division of the Health and Welfare Department of Kesenuma City (henceforth, “City Health Promotion Division”). We asked related departments in Kesenuma City (Community Comprehensive Care Promotion Division, community comprehensive support center, Elder Care Division, Social Welfare Division, Karakuwa General Branch, Motoyoshi General Branch), medical institutions in Kesenuma City, and consultation organizations for their cooperation in reaching out to the target population. This was held five times, with a total of 14 participants.



Towel exercises



Group planting

## [Support for supporters project]

### 1. Professional staff dispatch

We dispatched one staff member three times a week to the City Health Promotion Division and the Minamisanriku Town Health and Welfare Division Health Promotion Section (“Town Health Promotion Section”). The staff member assisted in the work of local government public health nurses to reduce their workload

### 2. Supporter’s mental health support project

- (1) Kesenuma City staff health counseling service booth (opening of mental health counseling service booth)

A health counseling service booth for local government employees was opened in Kesenuma City Hall on the third Wednesday of every month from 10:00 to 16:00 (total number of people who used the service: 38 people). In opening the booth, we provided support in collaboration with the Personnel Division of the General Affairs Department of Kesenuma City

- (2) Minamisanriku Town staff health counseling service booth (opening of mental health counseling service booth)

A health counseling service booth for local government employees was opened on the third Thursday of every month from 14:00 to 19:00 (total number of people who used the service: 19 people). We provided support in collaboration with the General Affairs Division of Minamisanriku Town.

### 3. Supporter’s mental health promotion support project

Upon request, we provided training and lectures for staff involved in disaster victim support and staff overseeing mental health and welfare in affected areas (Table 1)

Table 1 Supporters’ mental health promotion support projects

Implementati on date	Host municipality	Training name/content	Number of times	Number of participants	Requester
April 20, 2022 to March 1, 2023	Kesenuma City	Hope Garden staff training Social skills training	23	101 total	Employment Transition Support Office for Persons with Disabilities Co. Ltd., Hope Garden Kesenuma
April 20, 2022 to March 27, 2023	Kesenuma City	Train staff and user training Total social skills training	11	132 total	Koeru Employment Transition Support Project Employment Support Center Train
December 2, 2022	Kesenuma City	“Learning about mental illness” workshop for supporters in health, medical care, and welfare	1	32	Kesenuma Public Health Center

## [Raising public awareness project]

### 1. Resident mental health public awareness promotion project

#### (1) Municipal activity support projects

##### ①Cooperation in “Public awareness initiative for suicide prevention”

We co-sponsored the public awareness initiative for suicide prevention conducted by Kesenuma City during the Suicide Prevention Week in September and Suicide Prevention Strengthening Month in March. We conducted panel exhibitions and distributed public awareness materials in collaboration with the City Health Promotion Division. We cooperated with the Kesenuma City radio station Radio Kesenuma to transmit information on suicide prevention in the program.

We cooperated in the creation and exhibition of public awareness materials on suicide prevention that Minamisanriku Town conducted during the Suicide Prevention Strengthening Week in September. We were co-sponsors with Minamisanriku Town during the Suicide Countermeasures Strengthening Month in March and distributed public awareness materials as part of public awareness activities relating to suicide prevention.

## ②Other training projects

Upon request, we dispatched lecturers to lectures arranged by local governments to community residents, and we aimed to spread understanding and knowledge about mental health (Table 2).

**Table 2. Municipal support activity projects in and requested**

Implementation date	Host municipality	Training name/content	Number of participants	Requester
May 27, 2022	Kesennuma City	Kesennuma City Health Promotion Association training: “Mental health and communication”	57	Kesennuma City
July 1, 2022	Kesennuma City	Kesennuma City Matsuiwa District Health Promotion Staff Member lecture: “How to effectively deal with stress”	20	Kesennuma City
September 22, 2022	Kesennuma City	Kesennuma City West District Health Promotion Staff Member lecture: “Mental resetting and easy stretching methods to incorporate in your daily life”	28	Kesennuma City
November 18, 2022	Kesennuma City	Kesennuma City Motoyoshi District Health Promotion Staff Member lecture: “Maintaining mental and physical health: How to effectively deal with stress”	36	Kesennuma City
December 22, 2022	Kesennuma City	FY2022 Mental health promotion lecture (Karakuwa/Motoyoshi districts): “Let’s notice mental fatigue: Stress and care”	22	Kesennuma City
February 14, 2023	Kesennuma City	Listening course: “Gatekeeper training course”	17	Kesennuma City

## (2) Support for health festivals and other activities

At the Health Promotion Festival that was sponsored by Kesennuma City, we exhibited posters and distributed public awareness materials on mental health and drinking-related problems. Our goal was to maintain and improve the mental and physical health of local residents.

We planned to participate in the Minamisanriku Town Welfare and Health Festival as an executive committee member, and we prepared activities to raise public awareness of mental health among local residents. However, the public awareness activities were canceled on the day of the Festival to prevent the spread of COVID-19.

## (3) Lectures

We held training and lectures for local residents to deepen their understanding of mental health (Table 3).

Table 3. Lectures on mental health

Implementation date	Host municipality	Training name/content	Number of participants	Requester
May 13, 2022	Kesennuma City	Drug abuse prevention class lecture: “What is self-harm?”	180	Miyagi Prefecture Motoyoshi Hibiki High School
July 26, 2022 to January 24, 2023	Kesennuma City	Health lectures (3times)	23	Municipal Makisawa Housing District A

August 31, 2022	Kesennuma City	Coordinator training course, self-care edition: “Basics of self-care and mental health”	15	Kesennuma Town University Management Council
September 6, 2022	Kesennuma City	Junior high school health lecture: “Confusing friendships in the second year of junior high school”	47	Kesennuma City Omore Junior High School
September 8, 2022	Kesennuma City	Drug abuse prevention class lecture: “Status of drug dependence and crisis avoidance”	39	Miyagi Prefecture Kesennuma High School
October 14, 2022	Kesennuma City	Kesennuma City Akaiwa District Middle/Early Old Age Group lecture: “Mental health”	20	Kesennuma City Akaiwa District
November 23, 2022	Kesennuma City	Kesennuma City Kamizawa 2 <sup>nd</sup> Ward lecture: “Mental health”	18	Kesennuma City, Kamisawa 2 <sup>nd</sup> Ward
December 6, 2022	Kesennuma City	High School Vice Principals’ Association, Motoyoshi District Association lecture: “Mental changes related to the Great East Japan Earthquake”	7	High School Vice Principals’ Association, Motoyoshi District Association

## 2. Public relations project

### (1) Posting columns in *Sanriku Shimpo*

We posted the column “Sanriku Mental Health Communication” once a month in collaboration with the Miyagi Prefecture Kesenuma Health and Welfare Office in the local newspaper *Sanriku Shimpo*, which is a monthly subscription mainly in Kesenuma City. Our goal was to provide information on mental health to residents. The posted contents covered the local circumstances and those relating to the Great East Japan Earthquake. The Division will end its activities in FY 2025, so the postings were reduced to four times in FY 2022. Additionally, the March publication of “What’s important because it’s this time now: How to deal with anxiety,” overseen by the Division, was created jointly by the City Health Promotion Division and Town Health Promotion Section.

### (2) Dissemination of information through radio

We disseminated information through Radio Kesenuma to reach a wide range of residents on how to maintain mental health during the COVID-19 pandemic.

### [Summary, future prospects, and challenges]

Moving toward the conclusion of activities in FY 2025 based on the MDMHCC Second Operation Plan, FY 2022 was marked by regular meetings among related institutions, which include the Kesenuma Public Health Center, Mental Health and Welfare Center, and the Division, to share information on issues in the area and examine the future form of mental health care in the community. Regarding mental care systems since FY2021, the “mental care meeting” (mental care review committee) sponsored by the Kesenuma Public Health Center was held as a forum for exchanging opinions with local governments, which the Division also attended. Additionally, the Division examined support policies for individual cases, managed the progress of future activity schedules, and held meetings with local governments and the Kesenuma Public Health Center. Division staff members were dispatched to related divisions in target local governments to provide operational support to local governments throughout the year.

In FY 2022, Kesenuma Public Health Center had to respond to the COVID-19 pandemic, and the local government had additional duties, such as administering COVID-19 vaccinations. The Division was unable to implement all of its projects according to the project plan. However, we believe that we were able to provide local government support along with the Kesenuma Public Health Center and Mental Health and Welfare Center, improving local mental health and welfare activities.

Furthermore, in FY 2023, we further strengthened collaborations and engaged in the three projects of resident support, support for supporters, and raising public awareness, while frequently sharing our schedule for the conclusion of activities and the activity status of the Division to related institutions in the community. We have also proceeded with the examination of the conclusion of projects and the handing over of projects to related institutions.