



**Overview of the
Miyagi Disaster Mental
Health Care Center**

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Overview of operating association

Name:	Miyagi Prefecture Mental Health and Welfare Association	
Purpose of establishment:	To promote and improve the mental health and welfare of citizens in Miyagi Prefecture	Director: Noriyuki Takashina (Chairman, Shotokai Minamihama Central Hospital)
Establishment of association:	1971 (opened 1959)	Location: Osaki City, Miyagi Prefecture

Progress of Installation of the Miyagi Disaster Mental Health Care Center (MDMHCC)

A Disaster Mental Health Care Center needed to be installed as a base to provide a long-term response to mental health problems caused by the earthquake, including post-traumatic stress disorder (PTSD), depression, alcohol-related problems, and suicides. It is also responsible for providing support for the medical care and community life of people with mental illness. Miyagi Prefecture inquired about the operation of a center, and following active efforts by the Association, the stakeholders decided that a Disaster Mental Health Care Center be established and operated in the Prefecture.

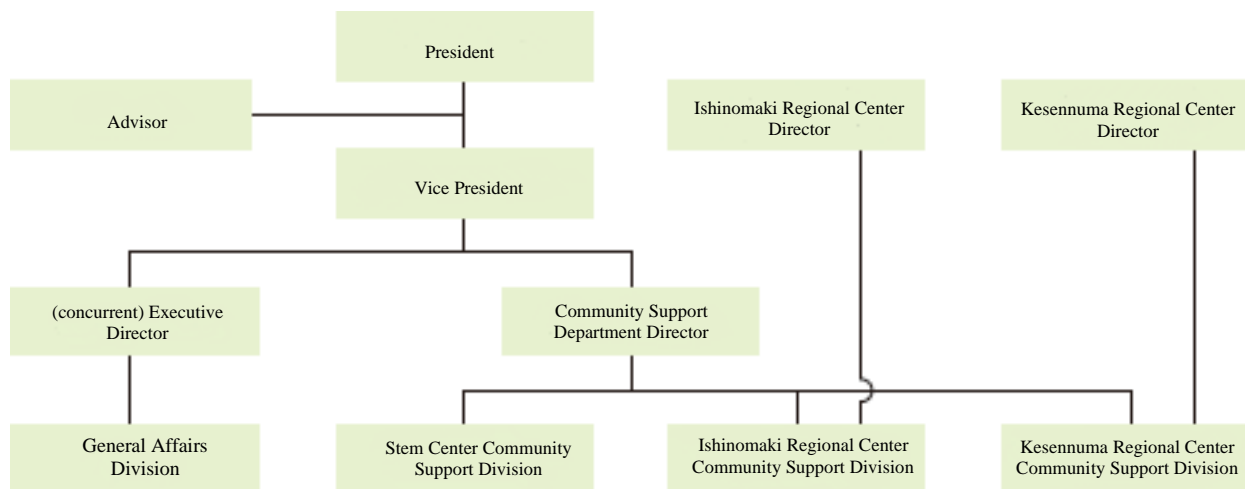
- November 2011 Establishment of a preparation room within the Association
- December 2011 Establishment of the Disaster Mental Health Care Center (Stem Center)
- April 2012 Establishment of the Ishinomaki Regional Center and Kesennuma Regional Center

Miyagi Disaster Mental Health Care Center system

President:	Naru Fukuchi (Hospital Associate Professor, Tohoku Medical and Pharmaceutical University Hospital)
Number of staff:	28 (24 full-time, 4 part-time) as of April 1, 2023
Professions:	psychiatrists, mental health social workers, psychologists, public health nurses, nurses.
Locations (activity areas):	<ul style="list-style-type: none"> ● Stem Center (Aoba Ward, Sendai City) <ul style="list-style-type: none"> ○ Activity areas (Shiogama District, Iwanuma District, inland areas) ● Ishinomaki Regional Center (Ishinomaki City) <ul style="list-style-type: none"> ○ Activity areas (Ishinomaki District) ● Kesennuma Regional Center (Kesennuma City) <ul style="list-style-type: none"> ○ Activity areas (Kesennuma District and Ichinoseki District [evacuation destination])



Miyagi Disaster Mental Health Care Center organization chart, as of April 1, 2023



Basic principle

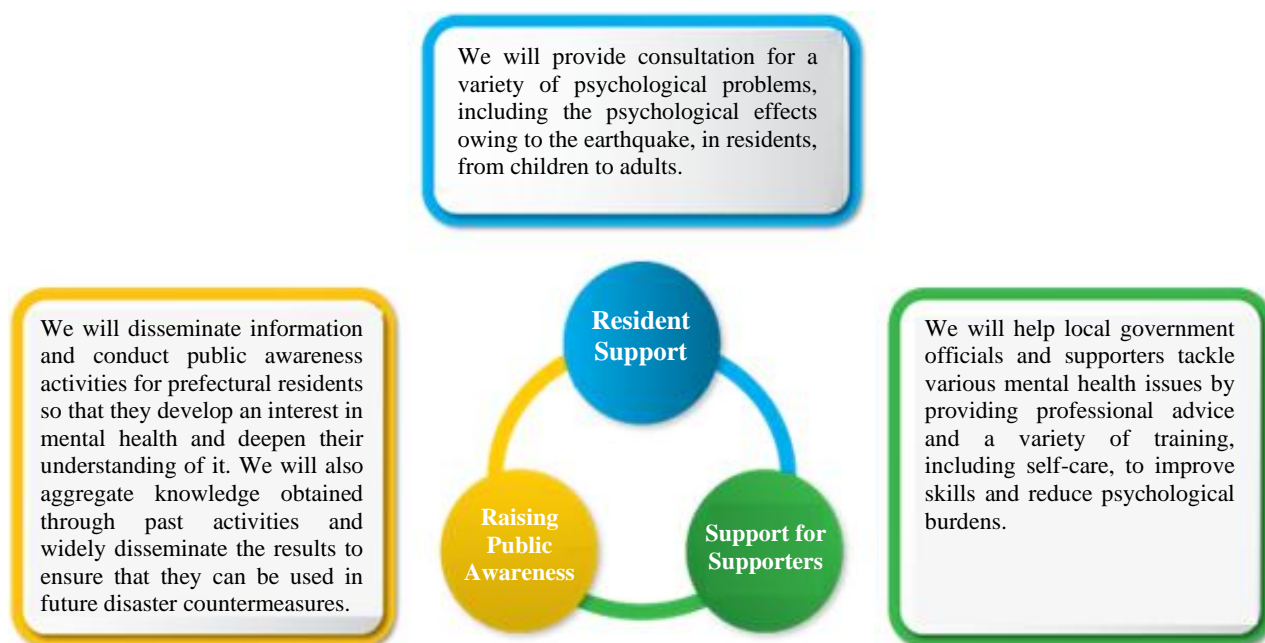
Improvement of community mental health in the disaster-affected area

Basic policy of activities

- ① Implement “seamless support” for residents from children to adults.
- ② Resident support involves mental healthcare activities centering on outreach, based on accompanying visits with related organizations, such as local governments.
- ③ Support for supporters involves implementing activities that help improve the skills of supporters through case studies and consultations as well as provide support for the mental health of supporters.
- ④ Raising public awareness involves activities that relate to mental health for community residents and prioritize preventive viewpoints to deepen understanding and interest in the mental health of residents, implemented in cooperation with local governments.
- ⑤ Implementing activities with the perspective of passing on the experience from past activities that the Center has overseen to date, such as summarizing the ideal way of support that can be utilized in the event of a disaster, will contribute to providing valuable knowledge on mental healthcare activities in the event of a disaster.
- ⑥ Conducting activities according to the actual circumstances of municipalities while collaborating and cooperating with related organizations, such as local governments, with the aim of improving community mental health and welfare activities; systematically implementing the transition of various projects to related organizations in anticipation of the conclusion of activities in FY2025

Main activities from 2021

We consider all residents of Miyagi Prefecture who were psychologically affected by the Great East Japan Earthquake as targets of mental healthcare, and we are engaged in support projects that reflect the actual conditions of the community to ensure that citizens of the prefecture can live with peace of mind as soon as possible.



■ Characteristics of initiatives

- We conduct activities that meet the needs of the community, with a focus on support provided by the health and welfare departments of local governments as well as disaster victim support staff.
- Multiple professionals go beyond the boundaries of their professions and work as a team.

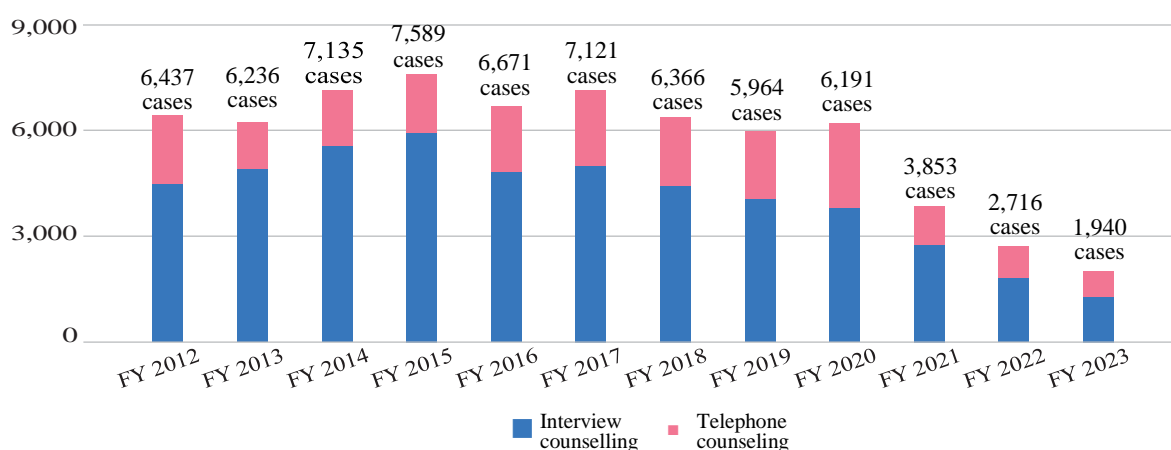
Activity results

We have responded to the needs of the community, including the following: health surveys of tenants in emergency (container-type) temporary housing/apartment-type rental housing and public housing installed in Miyagi Prefecture; support for individuals who required follow-up on the basis of the results of various health surveys conducted in municipalities; professional advice regarding support for difficult resident cases; mental health support for exhausted administrative staff and supporters, such as supporters for temporary housing; and support to supplement the shortage of professional human resources in municipalities.

*Emergency (container-type) temporary housing is referred to as “emergency,” and apartment-type rental housing is referred to as “private rental” below.

*Tabulation work is conducted using our own business statistics system. Even in cases where a response was provided by multiple staff members, the same activity is tabulated as a single case.

【Resident support】

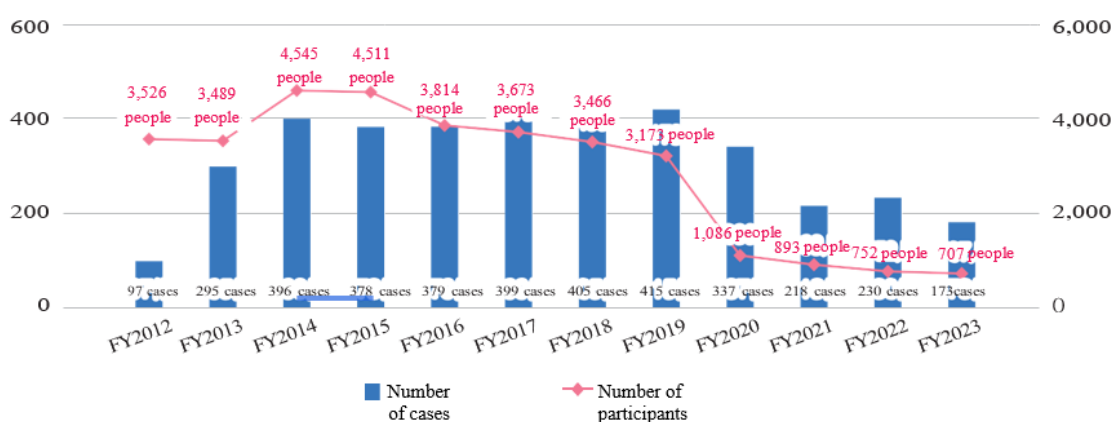


Resident support (total number of cases)

Fiscal year	2012 (H24)	2013 (H25)	2014 (H26)	2015 (H27)	2016 (H28)	2017 (H29)	2018 (H30)	2019 (R1)	2020 (R2)	2021 (R3)	2022 (R4)	2023 (R5)
Interview counselling (cases)	4,492	4,926	5,569	5,921	4,828	4,990	4,419	4,047	3,793	2,752	1,812	1,242
Telephone counselling (cases)	1,945	1,310	1,566	1,668	1,843	2,131	1,947	1,917	2,398	1,101	904	698

Health surveys of tenants in emergency/private rental and public housing installed in Miyagi Prefecture, support for individuals who required follow-up on the basis of the results of various health surveys conducted in municipalities, and other initiatives.

【Raising public awareness】

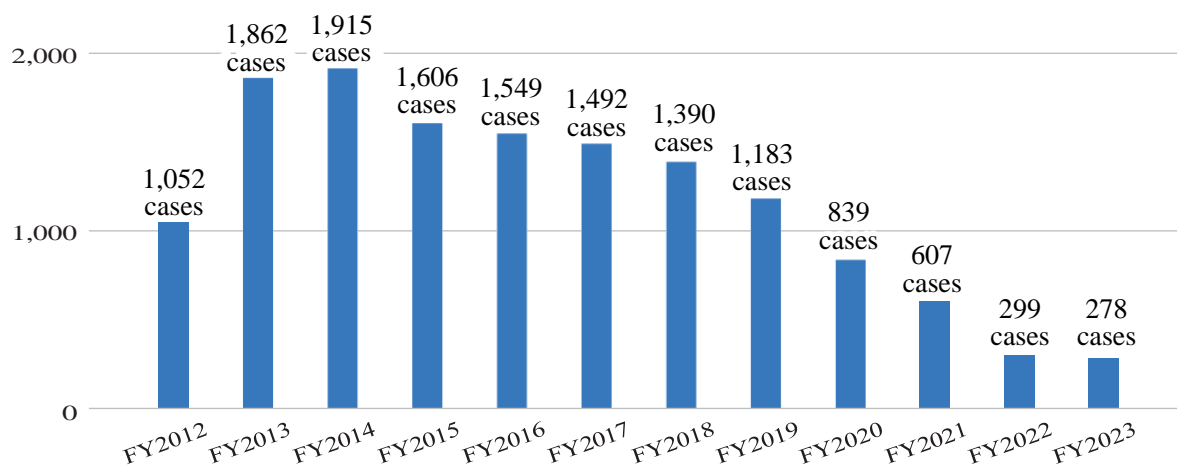


Fiscal year	2012 (H24)	2013 (H25)	2014 (H26)	2015 (H27)	2016 (H28)	2017 (H29)	2018 (H30)	2019 (R1)	2020 (R2)	2021 (R3)	2022 (R4)	2023 (R5)
Number of cases	97	295	396	378	379	399	405	415	337	218	230	173
Number of participants (people)	3,526	3,489	4,545	4,511	3,814	3,673	3,466	3,173	1,086	893	752	707

Dissemination of information and public awareness of mental health

◇ Salon activities, training for raising public awareness, mental health counseling service booths, and other initiatives

【for supporters】

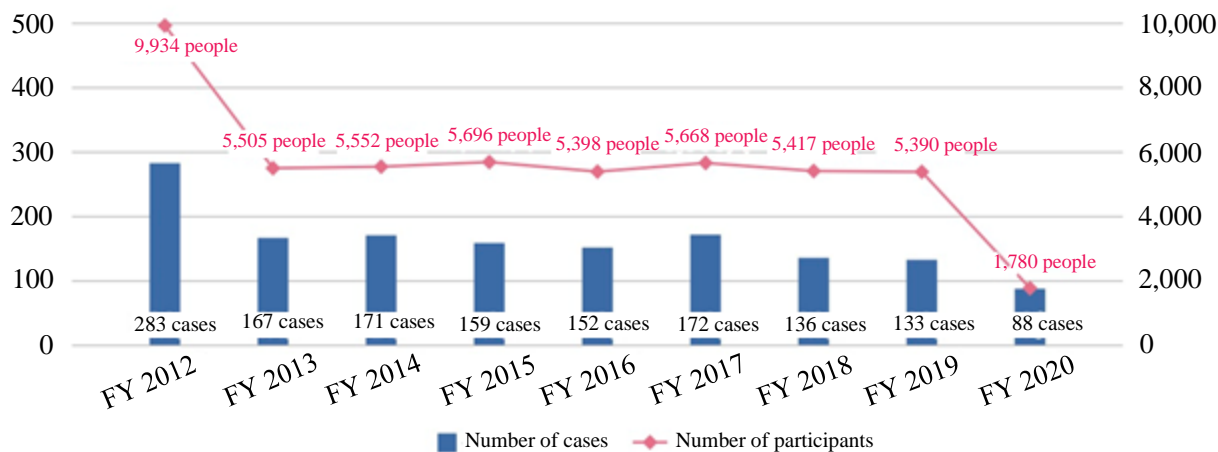


Support for supporters

Fiscal year	2012 (H24)	2013 (H25)	2014 (H26)	2015 (H27)	2016 (H28)	2017 (H29)	2018 (H30)	2019 (R1)	2020 (R2)	2021 (R3)	2022 (R4)	2023 (R5)
Number of cases	1,052	1,862	1,915	1,606	1,549	1,492	1,390	1,183	839	607	299	278

Support for supporters such as municipal staff as well as supporters for temporary housing with the aim of maintaining mental health activities as well as physical and mental health

【Human resource development】 until FY 2020



Human resource development

Fiscal year	2012 (H24)	2013 (H25)	2014 (H26)	2015 (H27)	2016 (H28)	2017 (H29)	2018 (H30)	2019 (R1)	2020 (R2)
Number of cases	283	167	171	159	152	172	136	133	88
Number of participants (people)	9,934	5,505	5,552	5,696	5,398	5,668	5,417	5,390	1,780

Dissemination of knowledge and training for professionals and supporters involved in mental health

◇ Support skills training for administrative officials, supporters for temporary housing, educators, etc.; training for addiction-related problems, etc.

Characteristics of each center

Stem Center

Oversees municipalities in the Shiogama Health Center and Iwanuma Branch areas; responds to issues according to individual reconstruction situations and needs while sharing issues with municipalities and health centers

- We are conducting the “Utsukushima Salon” once a month for people who relocated from Fukushima Prefecture to the surrounding areas of Iwanuma City following the earthquake.
- We are conducting “Children’s psychological first-aid training” (PFA training) and disseminating basic methods for psychological support in the event of a disaster or emergency.

Ishinomaki Regional Center

The areas overseen by the Ishinomaki Public Health Center are Ishinomaki City, Higashimatsushima City, and Onagawa Town. The entire area was affected by the disaster.

We have noted an increasing need to share issues with related institutions and provide support while collaborating.

- Support for supporters includes active participation in difficult case study meetings and supporter meetings.
- We strive to respond to requests from public health centers, local governments, and other institutions to the extent possible, and we are conducting health surveys, counseling for parents raising children, support for child supporters, and accompanied visits.
- We are providing support for Danshukai activities.

Kesennuma Regional Center

The areas overseen are Kesennuma City and Minamisanriku Town in the Kesennuma Health Center region. The entire area was affected by the disaster. There had been a shortage of professionals in mental healthcare since prior to the earthquake, and this has become an even more serious issue after the earthquake. This Center is recognized as an institution that can handle individual counseling for residents, and the number of consultations remains high.

- Individual consultations are conducted for a wide range of ages, from children to older adults, and the percentage of consultations for those aged under 20 years is increasing.
- Consultation contents are often multifaceted and complicated, and continuous support is required.



Children's mental care regional base project 2016 (H28) to 2020 (R2)

(cases)

	Fiscal year	2016	2017	2018	2019	2020	
① Consultation project	Consultations	230	281	330	373	431	Visits, walk-in, telephone counseling for children, family, supporters
② Professional dispatch	Number of times	234	266	309	229	262	Child psychiatrists, clinical psychologists, etc., dispatched to municipalities, schools, nursery centers, etc.; consultations for staff
③ Training project	Number of times	43	51	40	47	31	Holding workshops; dispatching instructors to training conducted by municipalities, nursery centers, etc.
④ Dissemination /public awareness project	Number of times	4	2	3	20	4	Cooperating with the dissemination of information through pamphlets and public relations magazines on children’s mental health, salons, etc.
⑤ Research project	Studies	2	2	11	9	4	Longitudinal support study for children born after the Great East Japan Earthquake and their families (Michinoku Children’s Cohort Study)