

# **FY 2023 Activity Report**

- **FY 2023 Activity Report by project item**

- **Activity Report of each Division**

  - Stem Center Community Support Division**

  - Ishinomaki Regional Center Community Support Division**

  - Kesenuma Regional Center Community Support Division**

  - Efforts toward “handing down”**

- **Papers published in journals**



# FY 2023 Activity Report by project item

We report on the performance of the resident support, support for supporters, public awareness campaign, etc., projects that were implemented in FY 2023 by the MDMHCC.

## 1. FY 2023 results/total numbers (Table 1)

Table 1. Number of activities by affiliation

	Community Support Division of each Regional Center			Stem C managers	Supporters, etc.	Total
	Kesennuma	Ishinomaki	Stem			
Resident support	1,647	182	123	0	0	1,952
Support for supporters	91	159	28	0	0	278
Raising public awareness	115	18	24	16	0	173
Support for various activities	0	0	0	0	0	0
Meeting contact coordination	185	295	159	26	0	665

## 2 · By project item

### (1) Resident support (Tables 2 and 3)

Table 2. Total number of people supported, by support method (excluding letters; N = 1,940)

Support method	Number of people
Home visit	343
Walk-in visitors (including at counseling service booths)	871
Telephone counseling	698
Counseling in group activities	0
Case conference (when subject is attending)	7
Accompanying consultation	15
Other	6
Total	1,940

Table 3. Routes to initial support by this center (multiple selections; N = 91)

Consultation route	Number of people
Health survey/all-household visits	0
Administrative agency	3
Individuals themselves	43
Family/relatives	9
Support center/temporary housing supporters	0
Medical/welfare institutions	3
Other (neighbors, workplace, unknown, other)	39

① Support recipients  
a. Sex, age, and employment status (Fig. 1)

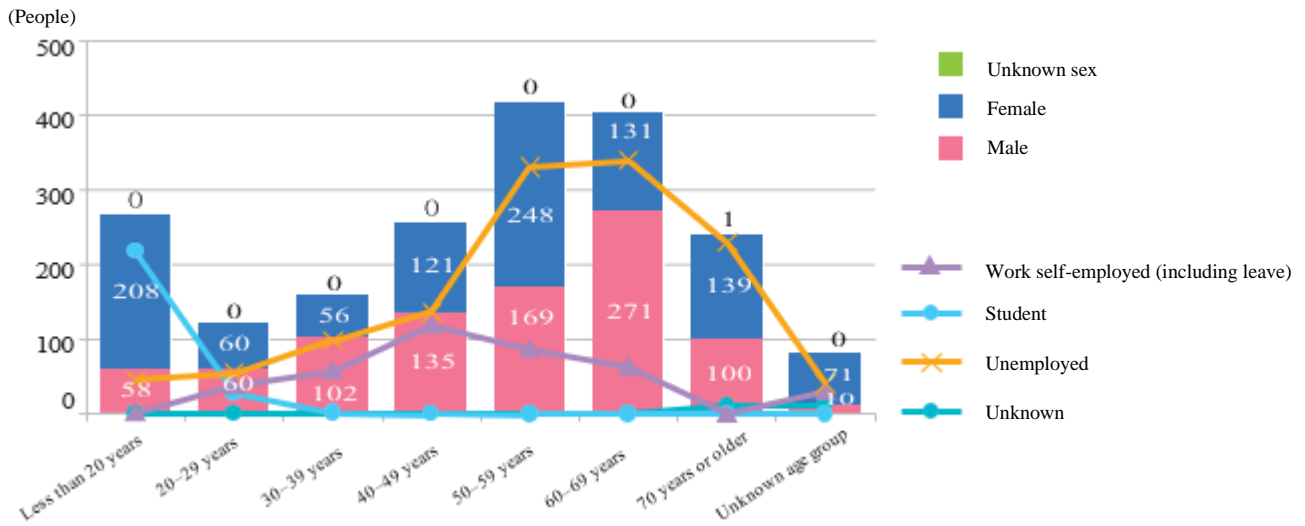


Fig. 1 Support recipients by sex and age group (total number of people, N = 1,940)

b. Damage status

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

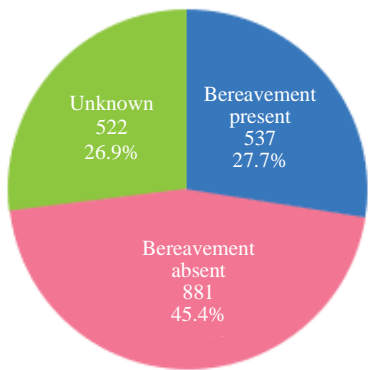


Fig. 2 Bereavement status (total number of people, N = 1,940)

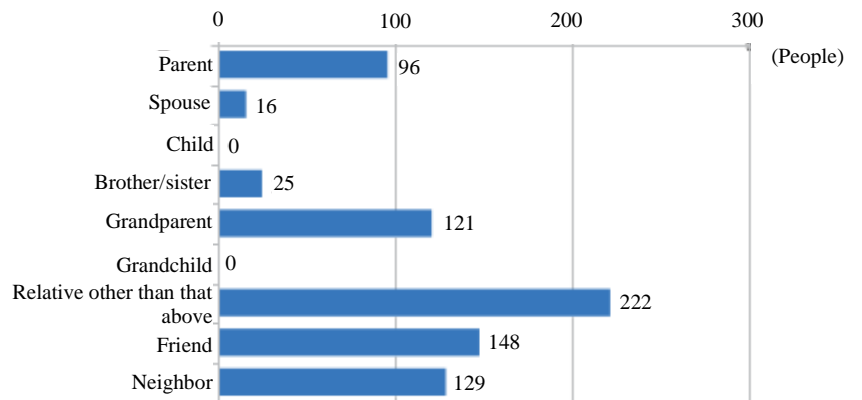


Fig. 3 Details of bereavement (total number of people, multiple selection, N = 537)

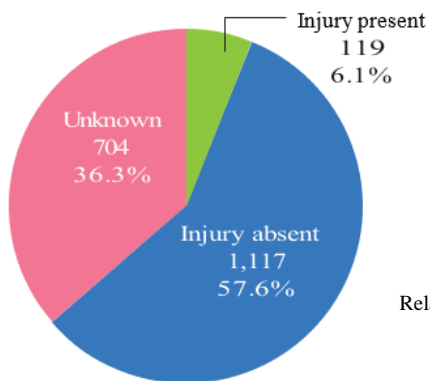


Fig. 4 Injury in individual or close relative (total number of people, N = 1,940)

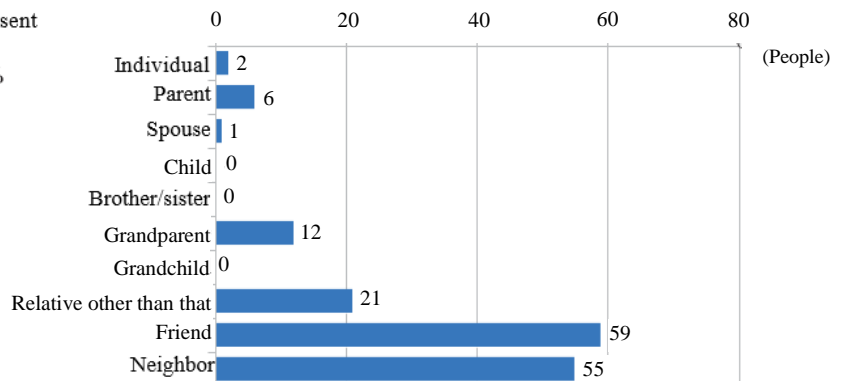


Fig. 5 Details of injuries (total number of people, multiple selection, N = 119)

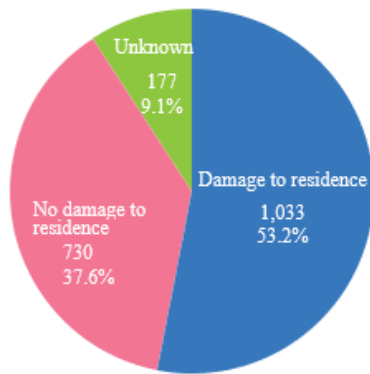


Fig. 6 Residential damage (total number of people, N = 1,940)

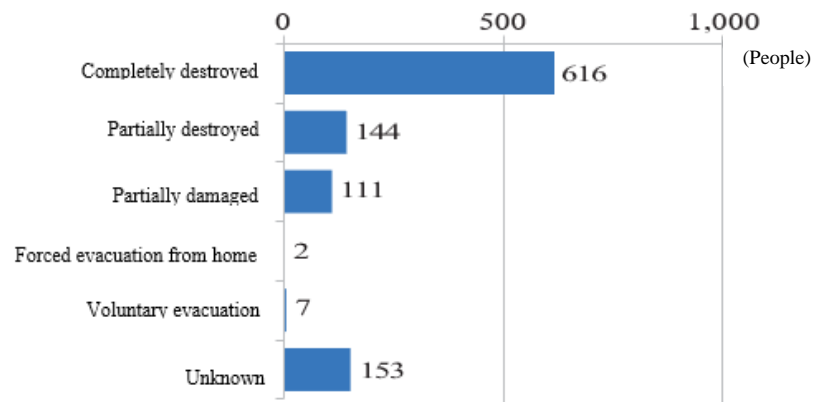


Fig. 7 Details of residential damage (total number of people, N = 1,033)

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

Table 4. Current living environment (total number of people, N = 1,940)

Living environment	Number of people
Home	1,366
Container-type temporary housing	0
Apartment-type rental housing	0
Public housing	525
Other/unknown	49

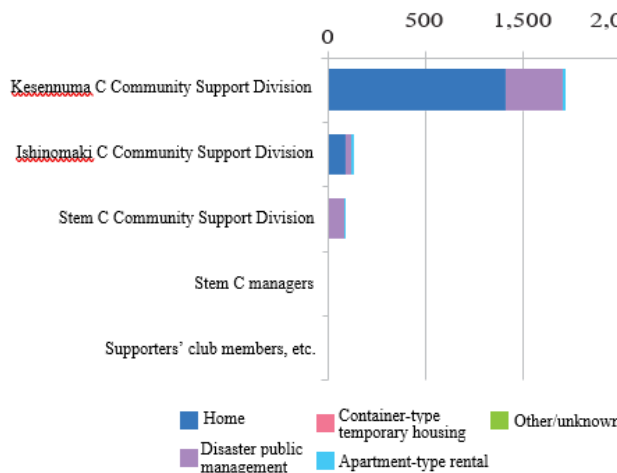


Fig. 8 Current living conditions in each overseeing division (total number of people, N = 1,940)

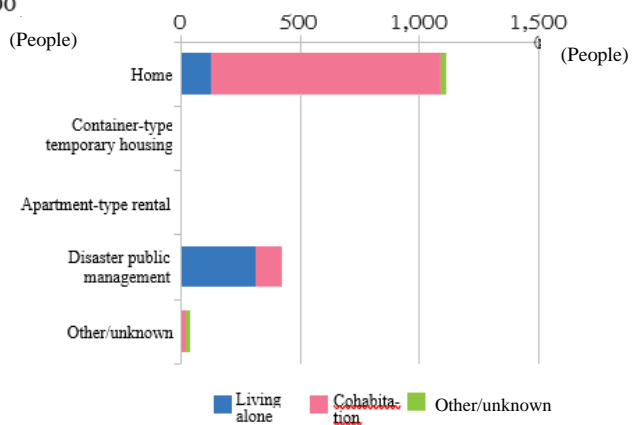


Fig. 9 Living environment and household situation (total number of people, N = 1,940)

**d. Consultation background (Fig. 10)**

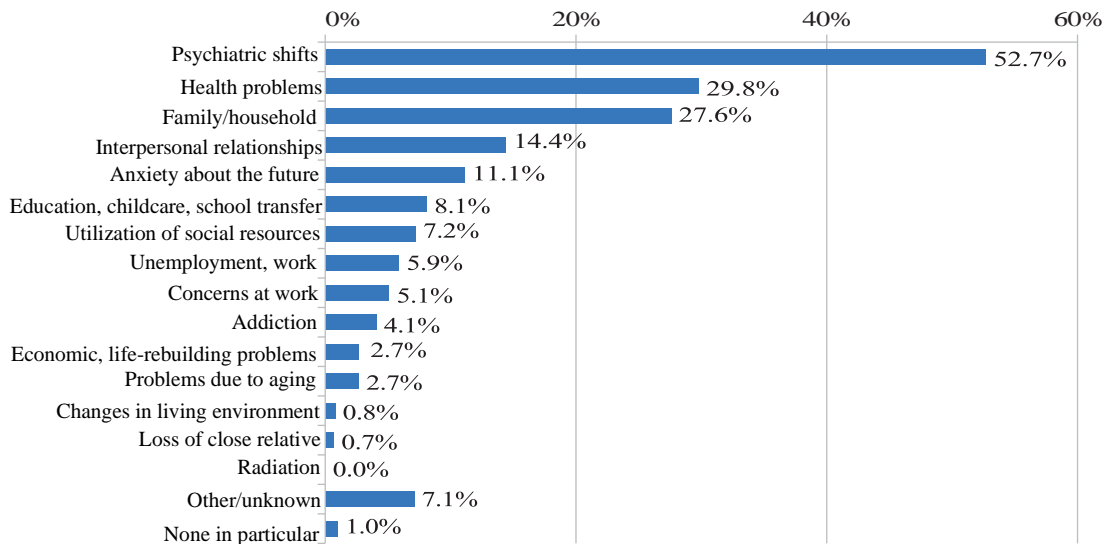


Fig. 10 Percentages relative to the number of valid responses in consultation background (total number of people, multiple responses, N = 1,940)

**e. Psychiatric shifts (Fig. 11)**

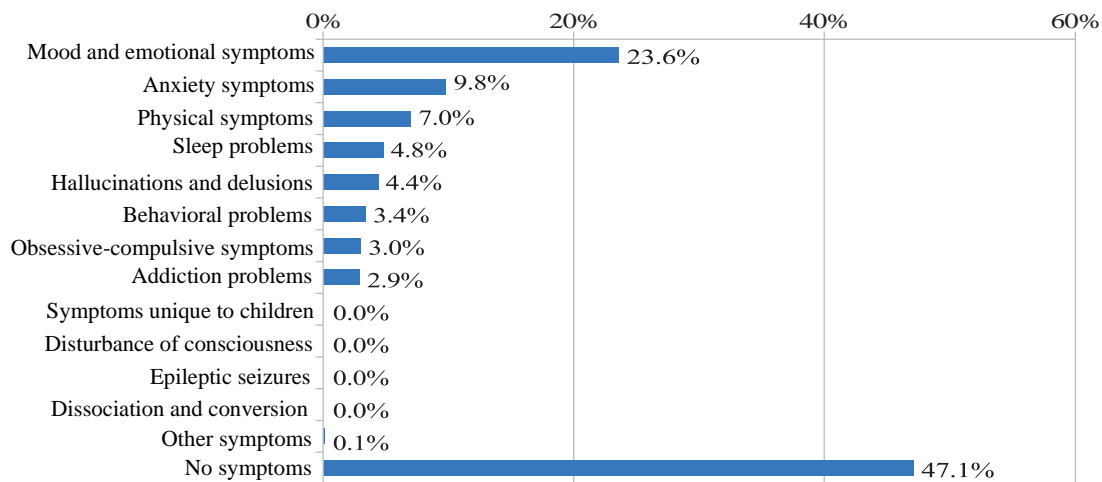


Fig. 11 Percentages relative to the number of valid responses according to psychiatric shifts (total number of people, multiple responses, N = 1,940)

**f. Psychiatric counseling, disease name, onset time, current treatment history (Table 5, Fig. 12)**

Table 5. Medical history and current treatment status (total number of people, N = 1,940)

History of psychiatric counseling		Number of people
	Ongoing treatment	1,029
	Treatment concluded	24
History of medical examination	Treatment interrupted	146
	No treatment	0
	Unknown treatment status	9
No history of medical examination		507
Unknown history of medical examination		225

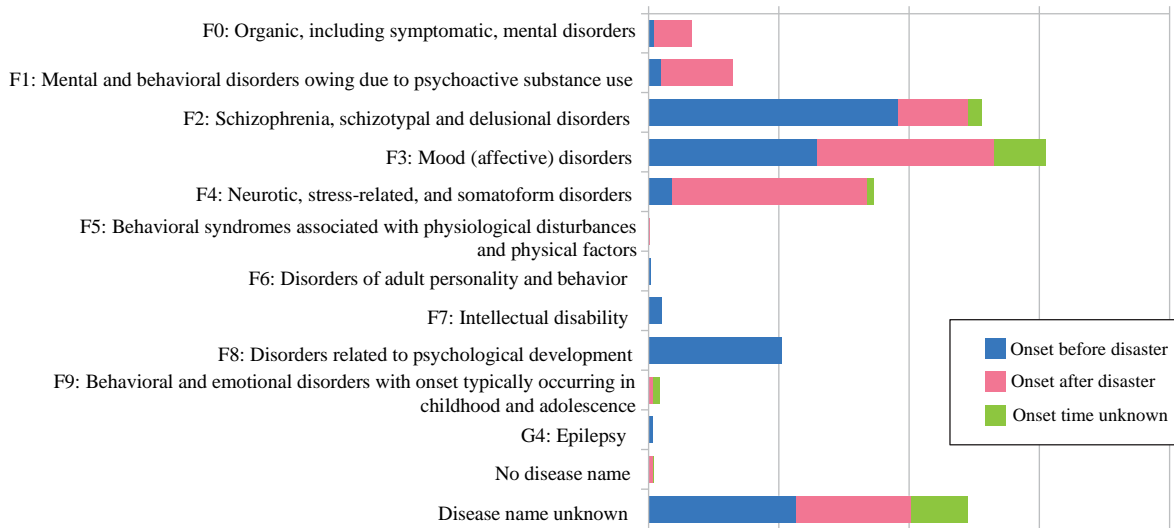


Fig. 12 Number of cases by disease classification for those with a history of medical examination or a named disease (total number of people, multiple responses, N = 1,208)

② Support content

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

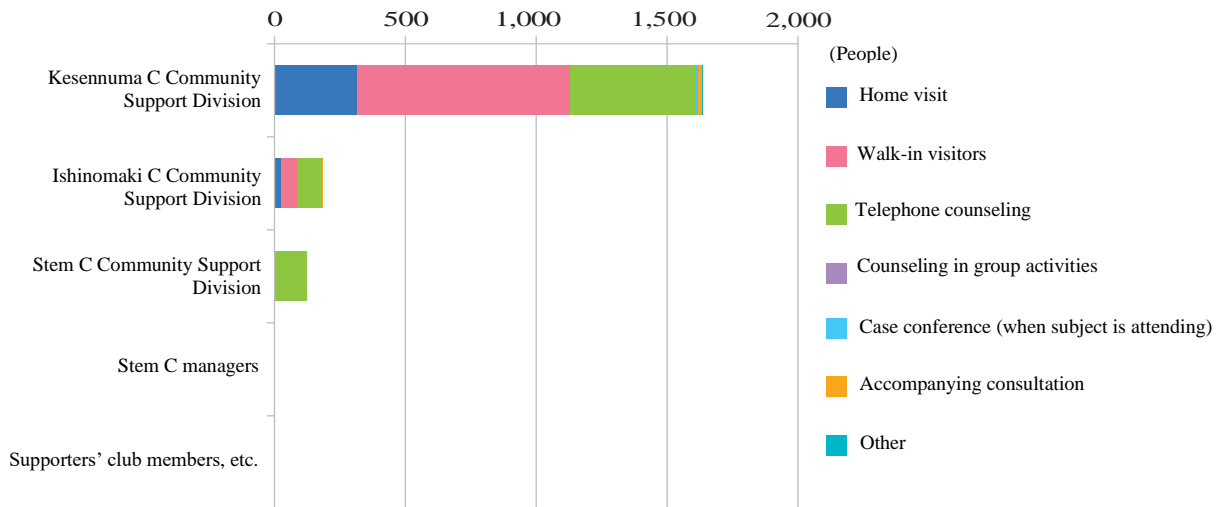


Fig. 13 Number of cases by support method for each overseeing division (total number of people, N = 1,940)

**b. Breakdown of counseling recipients (Fig. 14)**

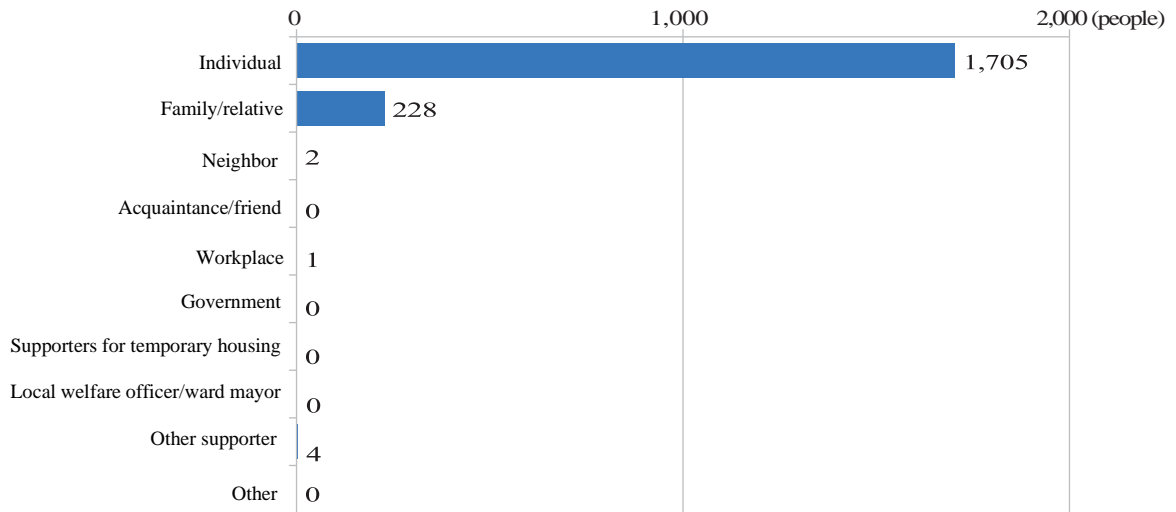


Fig. 14 Number of cases by counseling recipient (N = 1,940)

**c. Attendance by other institutions (Fig. 15)**

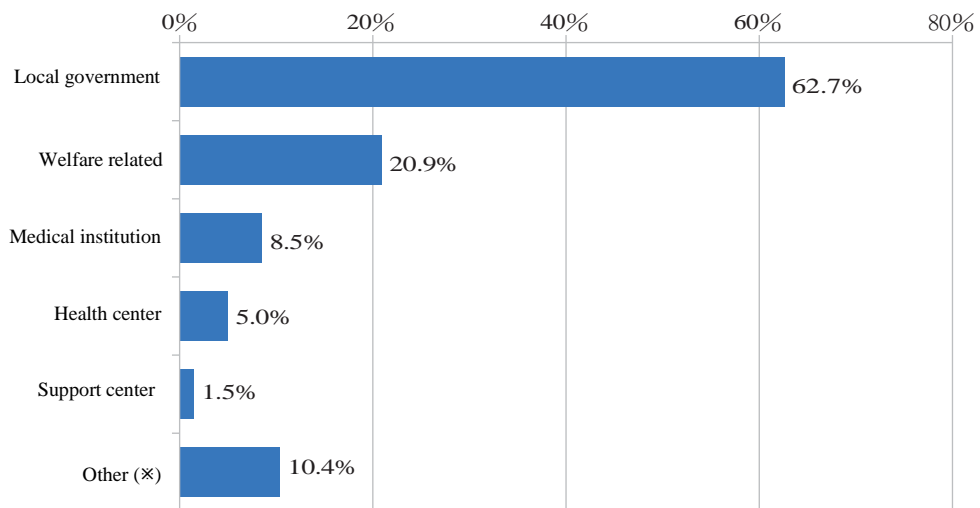


Fig. 15 Percentages relative to the number of valid responses of other attending institutions (total number of people, multiple selection, N = 201)

※ “Other” includes educational institutions, police, and local welfare officers.



**d. Characteristics of each overseeing division (Fig. 16)**

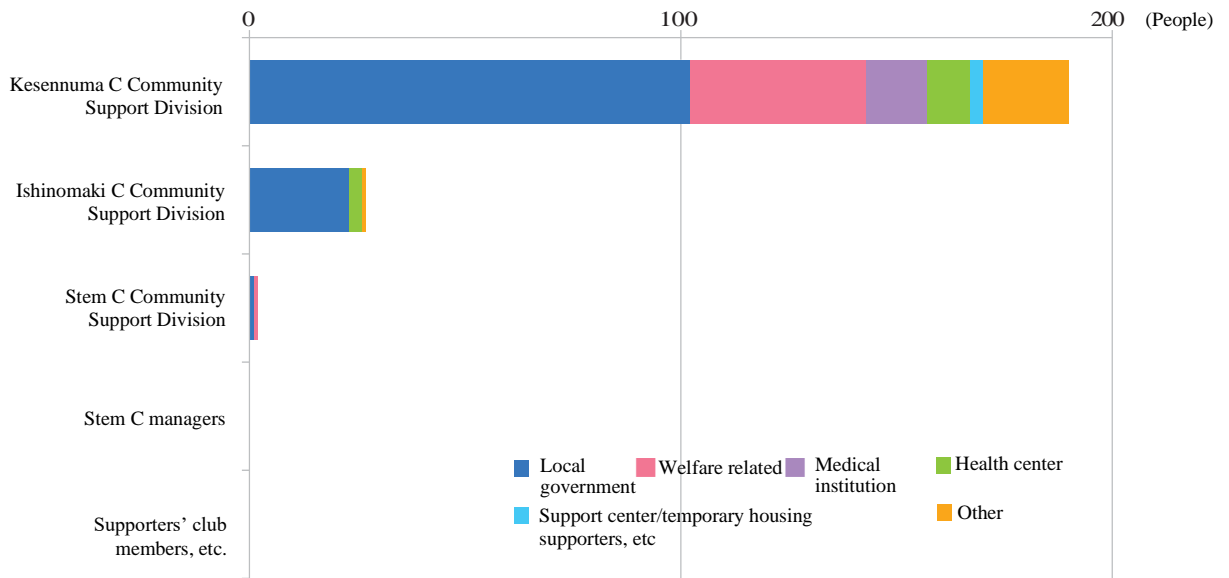


Fig. 16 Breakdown of other attending institutions according to overseeing division (total number of people, multiple selection, N = 201)

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

Table 6. Outcomes (N = 1,940)

Response status		Number of people
Ongoing (total)	Regular interview	1,192
	Interview when needed	486
	Other	0
Conclusion (actual number)	Status improvement	221
	Referral to other institutions	37
	Refusal of support	2
Other		2

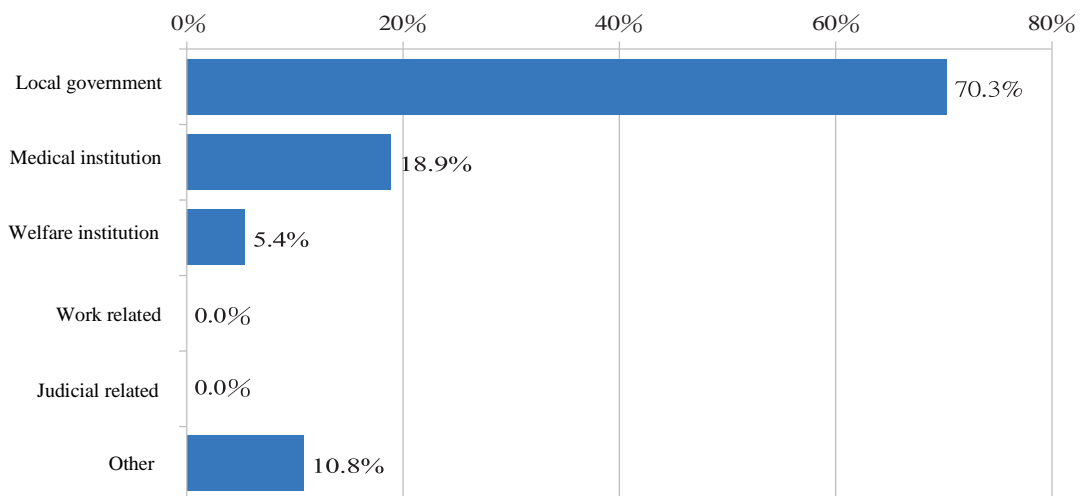


Fig. 17 Percentages relative to the number of valid responses in referrals to other institutions (total number of people, multiple selection, N = 37)

**(2) Support for supporters**

**① Support implementation status**

**a. Number of support cases (Table 7)**

Table 7. Implementation status of support for supporters (total number of cases, N = 278)

Support content	Number of cases	Number of subjects
Report after visit/interview	9	9
Guidance/advice from a professional standpoint	100	168
Community issues	0	0
Workplace mental healthcare	0	0
Case conference (when the subject is not attending)	27	294
Opening of mental health counseling service booth	24	24
Medical examination support	43	304
Office work support	19	25
Other (PFA training*1, support skills training*2, business management cooperation, etc.)	56	563
<b>Total</b>	<b>278</b>	<b>1,387</b>

\*1 \*2 Recorded as a human resource development project until FY 2020.

**b. Content for guidance/advice from a professional standpoint (Table 8)**

Table 8. Details of guidance/advice from a professional standpoint (N = 100) (total number of cases, multiple selection)

Details of guidance/advice from a professional standpoint	Number of cases
Alcohol problems	8
Gambling problems	0
Drug problems	0
Depression	6
Complicated grief	1
PTSD	3
Abuse	5
Other	88
<b>Total</b>	<b>111</b>

Figure 18 shows the breakdown and percentages of the 88 cases under the “Other” item in Table 8.

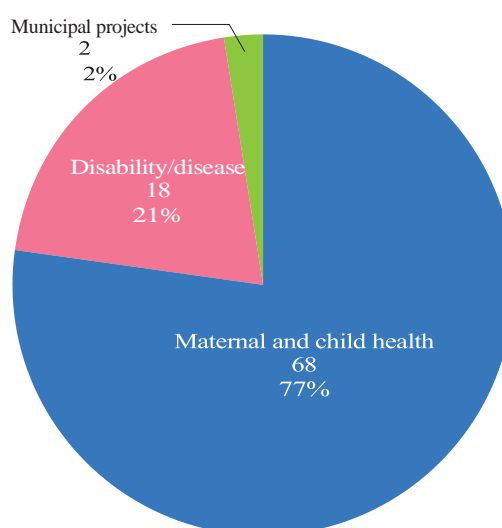


Fig. 18 Details of “Other” support recipients (N = 88)

**c. Support recipients (Fig. 19)**

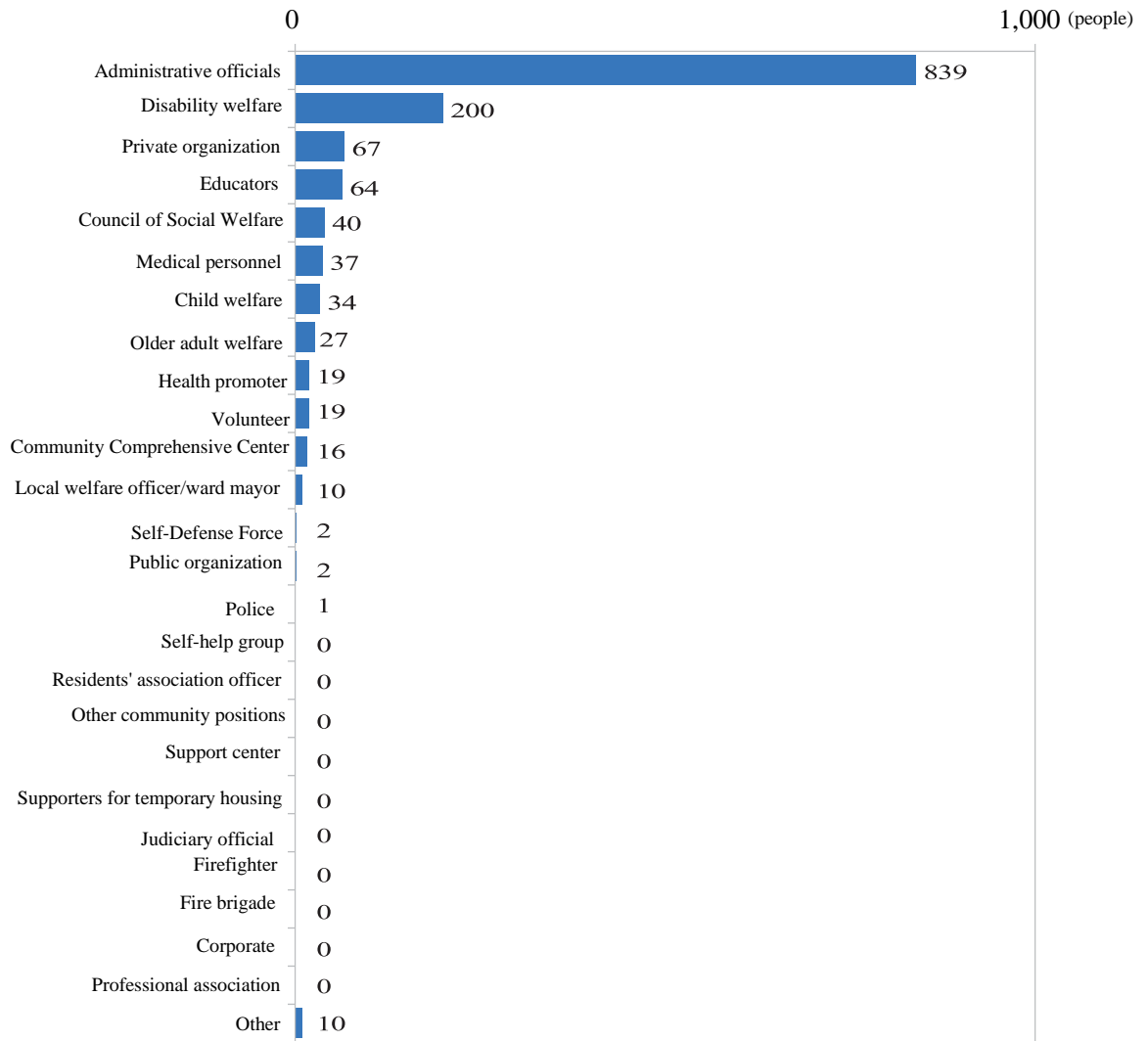


Fig. 19 Details of support recipients (total number of people, N = 1,387)

**② Breakdown of implementation of support for supporters according to overseeing division (Fig. 20)**

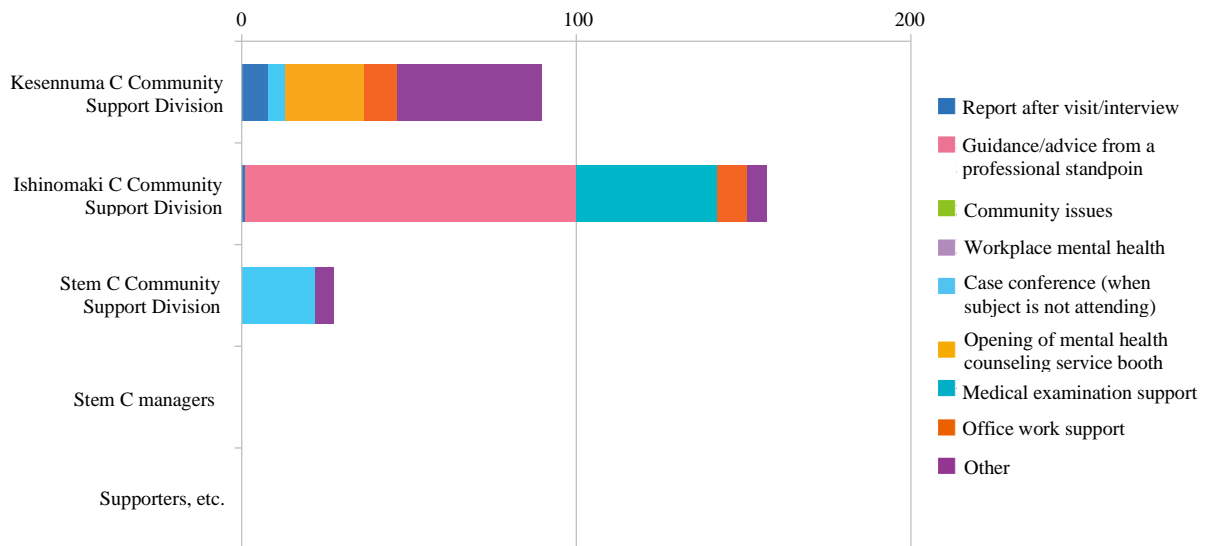


Fig. 20 Status of implementation of support for supporters according to overseeing division (total number of cases, multiple selection, N = 278)

③ Breakdown of advice and guidance from a professional standpoint according to overseeing division (Fig. 21)

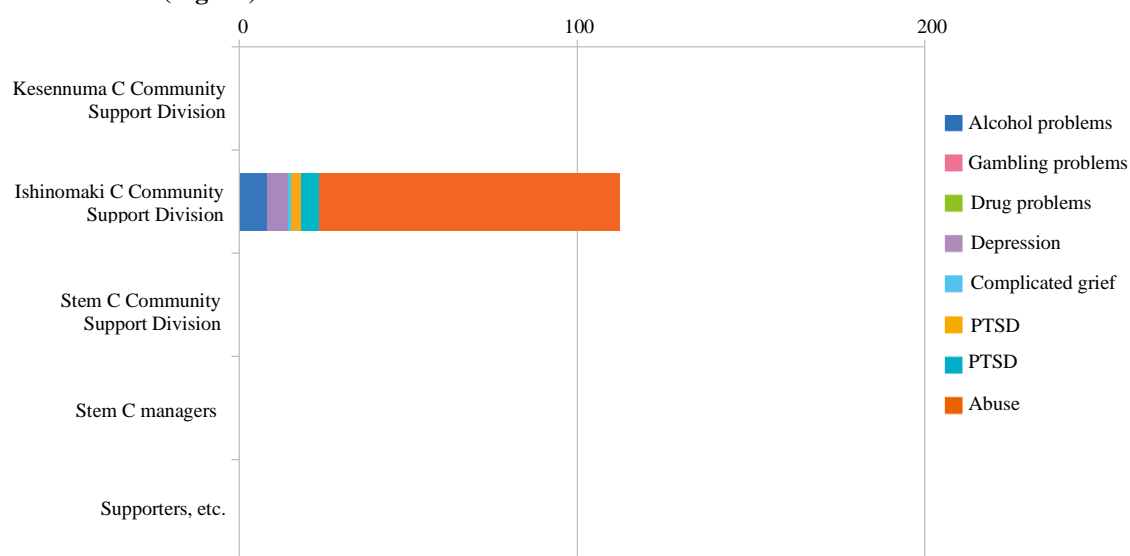


Fig. 21 Details of guidance and advice from a professional standpoint according to overseeing division (total number of cases, multiple selection, N = 100)

\*See Fig. 18 for details on “Other”

(3) Raising public awareness

① Training for raising public awareness (Table 9)

Table 9. Training for raising public awareness (N = 18)

	Frequency	Number of participants
Mental reaction after an earthquake	0	0
Mental illness	1	31
Basic techniques for listening (attentive listening, dealing with bereaved families, etc.)	2	81
Addiction problems (alcohol problems, etc.)	1	130
Impact of the earthquake on children	1	7
Stress and mental healthcare/self-care	12	260
Physical health	0	0
Workplace mental health	1	23
Disaster area status and activities of the center	0	0

② Research/conference presentations, etc. (Table 10)

Table 10. Research

Implementation date	Activity month	Principal researcher	Research title	Details
2023	May	Naru Fukuchi	Impact of the Great East Japan Earthquake and tsunami on children's development and mental health: Results of the Michinoku Children's Cohort Study	May 25–28, 2023: Presentation at the 11 <sup>th</sup> Congress of the Asian Society for Child and Adolescent Psychiatry, Kyoto International Conference Center
2023	June	Naru Fukuchi	What kind of support is effective in the community?	June 22–24, 2023: 119 <sup>th</sup> Annual Meeting of the Japanese Society of Psychiatry and Neurology (Pacifico Yokohama North)  Presentation in Symposium 96 “Growing up in a disaster: Looking at the Great East Japan Earthquake and the COVID-19 pandemic from the perspective of the Michinoku Children's Cohort”
2023	July	Naru Fukuchi	Poster, “Results of a longitudinal study on the mental health of mothers who gave birth after the Great East Japan Earthquake and their children's emotional and behavioral problems”	July 21–22, 2023: Poster presentation at the 20 <sup>th</sup> Annual Meeting of the Japanese Society of Mood Disorders, Sendai International Center
2023	November	Naru Fukuchi	Initial responses to children affected by disaster: Spread and challenges of PFA	November 14–16, 2023: 64 <sup>th</sup> Annual Meeting for the Japanese Society for Child and Adolescent Psychiatry, Hirosaki Civic Cultural Exchange Center Hall, ART HOTEL Hirosaki City  Presentation in Symposium 1 “What the Great East Japan Earthquake brought about: What did we learn, and what did we try to leave behind”
2024	February	Naru Fukuchi	Article title: “Psychological first aid for children”	Published a paper in the <i>Journal of Japanese Society of Psychosomatic Pediatrics</i> , Vol. 32, No. 4.
2024	March	Naru Fukuchi	Poster, “Analysis of the characteristics of those in need of resident support after the Great East Japan Earthquake: Findings from an analysis of activities of the Miyagi Disaster Mental Health Care Center	March 14–15, 2024: Presentation at poster session in the 42 <sup>nd</sup> Meeting of the Japanese Society of Social Psychiatry, Tohoku Medical & Pharmaceutical University Komatsushima Campus
2024	March	Mitsuaki Katayanagi	Symposium, “Disasters and succession”	March 16–17, 2024: Speaker at the Symposium “Disasters and succession” during the 41 <sup>st</sup> Annual Meeting of the Japanese Association for Group Psychotherapy, College of Nursing Art and Science, University of Hyogo

③ Salon activities (Table 11)

Table 11. Salon activities (N = 20)

	Community Support Division of each center			Other	Total
	Kesennuma	Ishinomaki	Stem		
Sponsored/co-sponsored salons	5	0	11	0	16
Cooperation with salons of other institutions	4	0	0	0	4