

# Kesennuma Regional Center Community Support Division Activity Report

The activities of the Kesennuma Regional Center (“Division”) in FY 2023 in the area affected by the Great East Japan Earthquake were conducted in Kesennuma City and Minamisanriku Town, under the jurisdiction of the Kesennuma Public Health Center.

## 【Resident support project】

### 1. Individual support

For resident support in FY 2023, we provided consultations on mental health to a wide array of people, ranging from children to seniors, 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 booths 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 Kesennuma City.

Kesennuma City Hospital Nursing School student counseling booth (held 20 times; total number of people served: 12)

Kesennuma City Children’s Center student counseling booth (held 6 times; total number of people served: 0)

### 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 is or may be declining, with the aim of improving and promoting mental health. Events were co-sponsored by the Health Promotion Division of the Health and Welfare Department of Kesennuma City (henceforth, “City Health Promotion Division”). We asked related departments in Kesennuma City (community comprehensive support center, Older Adult Care Division, Social Welfare Division, Karakuwa General Branch, Motoyoshi General Branch), medical institutions in Kesennuma City, and consultation organizations for their cooperation in reaching out to the target population.

(held 5 times, with a total of 14 participants)



Communication Mahjong



Cooking activities

## 【Support for supporters project】

### 1. Professional staff dispatch

We dispatched one staff member two times a week to the City Health Promotion Division and the Minamisanriku Town Health and Welfare Division Health Promotion Section (“Town Health Promotion Section”). Efforts were made to reduce the workload of local government public health nurses by assisting in their work.

### 2. Supporters’ 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 operated 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: 24). In operating 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 operated on the third Wednesday of every month from 14:00 to 18:00 (total number of people who used the service: 9). In operating the booth, we provided support in collaboration with the General Affairs Division of Minamisanriku Town.

### 3. Supporters’ mental health promotion support project

We received requests and 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

Implementation date	Host municipality	Training name/content	Frequency	Number of participants	Requesting entity
April 5, 2023– March 6, 2024	Kesenuma City	Hope Garden staff training Social skills training	12	107 total	Employment Transition Support Office for Persons with Disabilities Co. Ltd., Hope Garden Kesenuma
April 24, 2023– March 22, 2024	Kesenuma City	Train staff and user training Total social skills training	12	153 total	Koeru Employment Transition Support Project Employment Support Center Train
June 13, 2023	Kesenuma City	Kesenuma City Motoyoshi District Care Manager Training	1	11	Kesenuma City Motoyoshi Community Comprehensive Support Center
December 15, 2023	Kesenuma City	“Learning about mental illness” workshop for supporters in health, medical care, and welfare	1	53	Kesenuma Public Health Center
December 20, 2023	Minamisanriku Town	Minamisanriku Town Social Welfare Council staff training	1	30	Minamisanriku Town Social Welfare Council
February 5, 2024	Kesenuma City	Gatekeeper training course for supporters	1	42	Kesenuma City
February 13, 2024	Kesenuma City	Kesenuma City Life Support Assistant training session	1	24	Kesenuma City

## 【Public awareness campaign】

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

#### (1) Various municipal activity support projects

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

We co-sponsored the public awareness initiative for suicide prevention conducted by Kesenuma City during 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. During the period, we cooperated with the Kesenuma City radio station, “Radio Kesenuma,” to relay information on suicide prevention.

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

##### ② Other training projects

We supported lectures given by local governments to community residents, and we aimed to spread the understanding and knowledge about mental health (Table 2).

Table 2. Various municipal support activity projects

Implementation date	Host municipality	Training name/content	Number of participants	Requesting entity
July 11, 2023	Kesennuma City	Lecture for Kesennuma City Shishiori District Health Promotion Officers, “Dealing with stress well”	27	Kesennuma City
July 28, 2023	Minamisanriku City	Lecture at Minamisanriku Town East District Senior Citizens Club, “Dealing with stress well”	23	Minamisanriku town
December 12, 2023	Kesennuma City	Kesennuma City Motoyoshi District Dietary Improvement Health Promotion Officers training session, “Dealing with stress well”	6	Kesennuma City
December 13, 2023	Kesennuma City	FY 2023 Mental health promotion lecture (Motoyoshi district): “Let’s listen better and support people close to us”	54	Kesennuma City
December 21, 2023	Kesennuma City	FY 2023 Mental health promotion lecture (Karakuwa district): “Let’s notice mental fatigue: Sleep and stress care”	21	Kesennuma City
January 17, 2024	Kesennuma City	Kesennuma City Hashikami District Dietary Improvement and Health Promotion Officer training session, “Dealing with stress well”	14	Kesennuma City
January 22, 2024	Kesennuma City	Kesennuma City Matsuiwa District Dietary Improvement and Health Promotion Officer training session, “Dealing with stress well”	16	Kesennuma City
February 2, 2024	Kesennuma City	Kesennuma City Kesennuma District Dietary Improvement and Health Promotion Officer training session, “Dealing with stress well”	18	Kesennuma City
March 6, 2024	Kesennuma City	FY 2023 Mental health promotion lecture (Kesennuma district): “Let’s notice mental fatigue: Sleep and stress care”	17	Kesennuma City
March 13, 2024	Kesennuma City	Kesennuma City Hashikami District: “Gatekeeper training course”	25	Kesennuma City

### (2) Support for health festivals, etc.

At the Health Promotion Festival hosted by Kesennuma City, we set up booths on mental health and drinking-related problems, which were well-received by the residents. This was the first time in five years that such a public event was being held. The Festival welcomed 187 visitors, of whom 122 visited the mental health booth and 109 visited the drinking-related problems booth. We held quizzes and distributed public awareness materials on mental health, and we exhibited panels for promoting the mental and physical health of residents.

We participated in the Minamisanriku Town Welfare and Health Festival as an executive committee member. We set up a booth and exhibited panels on mental health and drinking-related problems. This was the first time in four years that such a public event was being held, and many residents visited. We distributed non-woven bags to the 400 visitors, as well as leaflets and public awareness materials to 274 booth visitors. We conducted public awareness activities on mental health for residents.

### (3) Lectures

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

Table 3. Lectures

Implementation date	Host municipality	Training name/content	Number of participants	Requesting entity
May 12, 2023	Kesennuma City	Drug abuse prevention class lecture	130	Miyagi Prefecture Motoyoshi Hibiki High School
July 25, 2023– January 23, 2024	Kesennuma City	Three health lectures	30	Municipal Makisawa Housing District A
August 1, 2023	Kesennuma City	Motoyoshi Regional Education Research Association Student Guidance Study Group, “Approaches to children and families”	7	Research Association Student Guidance Study Group
September 6, 2023	Kesennuma City	Junior high school health lecture, “My ever-changing personality”	40	Kesennuma City Orose Junior High School
October 23, 2023	Kesennuma City	Kesennuma City Shishiori District Dementia café, “Refresh Your Mind and Body”	26	Kesennuma City Shishiori-Karakuwa Community Comprehensive Support Center
November 20, 2023	Kesennuma City	Kesennuma City Karakuwa District Dementia Café, “Refresh Your Mind and Body”	10	Kesennuma City Shishiori-Karakuwa Community Comprehensive Support Center
February 21, 2024	Kesennuma City	Elementary School PTA lecture,	40	Kesennuma City Matsuiwa

## 2. Public relations project

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

We published the column “Sanriku Mental Health Communication” nine times during the year in collaboration with the Miyagi Prefecture Kesenuma Health and Welfare Office in the local newspaper *Sanriku Shimpō*, which is a monthly subscription mainly in Kesenuma City, with the aim of providing information on mental health to residents. The published contents included those that aligned with the local circumstances and those related to the Great East Japan Earthquake. In line with the end of activities of the Division in FY 2025, the materials were published two times in FY 2023.

### **【Summary/future prospects and challenges】**

Moving toward the conclusion of activities in FY 2025 based on the MDMHCC Second Operation Plan, related institutions (e.g., Kesenuma Public Health Center, Mental Health and Welfare Center, and the Division) held regular meetings in FY2023 to share information on issues in the area and examine the future of mental healthcare in the community. We also participated in mental health and welfare officials’ meetings hosted by the Kesenuma Public Health Center, which served as avenues for the discussion of the prefecture’s initiatives and for opinion exchange. Moving toward the conclusion of activities, 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. Additionally, Division staff members were dispatched to related divisions in target local governments to provide operational support to local governments throughout the year.

In FY 2023, we were able to support the local government together with the Kesenuma Public Health Center and Mental Health and Welfare Center with the aim of improving local mental health and welfare activities.

Furthermore, in FY 2024, we further strengthened collaboration and engaged in the three projects of (1) resident support, (2) support for supporters, and (3) raising public awareness while frequently sharing our schedule for the conclusion of activities and the activity status of the Division with related institutions in the community. We also proceeded with the careful examination of the conclusion of projects and the handing over of projects to related institutions.