

## NPO Miyagi Prefecture Danshukai Business Initiatives

Stem Center Planning Division  
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### 1. Introduction

The Miyagi Disaster Mental Health Care Center (hereinafter referred to as our center) outsources work to the NPO Miyagi Prefecture Danshukai (hereinafter referred to as Danshukai) to address alcohol-related problems. This project aims to address the alcohol-related issues that have become a concern in each region due to the Great East Japan Earthquake. Our purpose is to secure a support system for individuals in need and to transfer knowledge and skills to residents and supporters working in the stricken areas. Here, we report on the FY2014 initiatives that we cooperated with the Danshukai.

### 2. Overview of Activities

#### ( 1 ) Kesenuma City Motoyoshi District Regular Danshukai Meetings

A monthly meeting is held as a place to discuss recent updates and negative drinking experiences. In cooperation with participating supporters (municipalities, hospitals, Councils of Social Welfare, Area Comprehensive Support Centers, Danshukai, our center), supervising activities such as confirming the safety of individuals who are of concern and those who are absent from the regular Danshukai meetings have become more natural. There are currently more supporters than parties involved and it seems difficult for attendees to manage the meetings by themselves, but we hope to gradually shift this so that the meetings are held by the attendees.

#### ( 2 ) Higashi Matsushima City Alcohol Open Seminar

As an alcohol-related problem prevention project in Higashi Matsushima City, an open seminar was held in cooperation with Danshukai for support center staff and counselors at consultation support facilities for persons with disabilities, in which the parties and their families participated. Intending to gain knowledge regarding alcohol use disorders and what recovery is like, Danshukai introduced itself and participants shared their experiences. The staff commented saying that the participants' experiences were unforgettable, suggesting that this helped them understand alcohol use disorders.

#### ( 3 ) Ishinomaki City Kahoku District Alcohol-Related Problems Workshop

One-on-one support meetings with container type temporary housing residents with alcohol-related problems in FY2014 revealed the necessity of more support activities. There was also a request to hold a workshop for both affected individuals and supporters with the cooperation of the organizations concerned and municipalities. To hold the workshop, several meetings were held at the Medical Corporation Tohokukai Tohokukai Hospital (hereinafter referred to as Tohokukai Hospital), Danshukai, the Kahoku

General Branch, the Area Comprehensive Support Center, and our center. The first training sessions were primarily group work sessions and sessions to share experiences. Through the workshop, the more people began to recognize the importance of these activities, the need to cooperate to address alcohol-related issues were reaffirmed among the supporters.

#### ( 4 ) Alcohol-Related Problems Workshop for Supporters in the Sendai Health and Welfare Office

In response to the increasing number of occasions to deal with alcohol-related issues, a training session was held in cooperation with the Danshukai for supporters working in disaster relief. The contents included a lecture by a doctor at Tohokukai Hospital and a presentation on his experiences at a Danshukai meeting. Hearing the experience directly from a participant helped others to better understand alcohol use disorders.

#### ( 5 ) Towards the Launch of the Natori City Danshukai

The absence of a Danshukai in the Sennan region and an increase in occasions to deal with alcohol-related issues led to the launch of a Danshukai in Natori City. In 2014, we had a meeting regarding the launch with Danshukai, Natori City, the Tohokukai Hospital, and our center. The targets of this program were individuals with alcohol problems in Natori City and the municipalities in the vicinity. From the early stages, we made sure that a key person participated, and we would continue to cooperate so that operations could be carried out mainly by residents and the Danshukai.

### 3. Conclusion

The above projects were mainly conducted in FY2014. There are also increasing movements to launch new Danshukais, such as activities in the Kahoku District of Ishinomaki City and Natori City. It is thought that alcohol issues will continuously be an issue in stricken areas and will require attention and handling. Therefore, we want to continue these activities in FY2015 while cooperating with the Danshukai.

Finally, I would like to express my sincere appreciation to the people who assisted in writing.