

Part I

Activity status of Miyagi Disaster Mental Health Care Center (MDMHCC)

1. Department Initiatives

- • • Community Support Division, Kesenuma Regional Center
- • • Community Support Division, Ishinomaki Regional Center
- • • Community Support Division, Stem Center
- • • Planning and Coordination Department, Stem Center

2. Projects of Cooperating Agencies and Organizations

- • • Medical corporation Tohokukai Hospital
- • • Department of Preventive Psychiatry, Tohoku University Graduate School of Medicine
- • • NPO Corporation Miyagi Danshukai
- • • Japan Social Worker Association for Alcohol-Related Problems
- • • Supporters Club Members

3. The 2015 Programming Review

Glossary

*Interpretation by the bulletin

*Order of the Japanese syllabary

Addiction	Addiction refers to a compulsive need. It is characterized by a particular preference for certain substances, behaviors, and interpersonal relationship issues. It is defined as a tendency to indulge in a bad habit although you want to break it.
Gatekeeper	<p>These are persons who notice the signs of an increased risk of suicide and who can provide the appropriate support (identify troubled persons, talk to them, listen to them, help them to connect with the necessary support, and watch over them).</p> <p>“Gatekeeper workshops” are run in local communities. The social support circle is expanding through many of these workshops for volunteers involved in the prevention of suicide, for healthcare and welfare workers (e.g., family physicians), for the representatives of neighborhood associations, for welfare and child welfare commissioners, for beauticians, etc.</p>
Health Survey	We have seen various health problems occur since the earthquake. Research is underway to evaluate the health status of the residents of temporary housing, to help connect those who require a follow-up after receiving health support services and to collect basic data for policy-making. This research consists of (i) research co-sponsored by Miyagi Prefecture and the local government who manage container type temporary housing and privately-rented temporary housing; and (ii) research solely sponsored by the local government.
Consultation	Consultation refers to a multidisciplinary discussion based on equal relationships. Consultation is intended to seek advice from other experts before providing social services to patients.
Public housing (disaster recovery public housing)	<p>This refers to government-funded housing provided by local governments to disaster survivors who lost their houses in the disaster and do not have accommodation. Many local governments call it "disaster recovery public housing."</p> <p>By the end of June 2016, the construction of 14,883 housing units (19 more housing units than the end of the previous month) out of 15,919 planned housing units had been started in 279 districts in 21 municipalities in Miyagi Prefecture. (From the Website on the Recovery Housing Maintenance Office of the Miyagi Prefectural Government, “About the Maintenance of Public Housing for Disaster Victims” http://www.pref.miyagi.jp/soshiki/fukujuu/)</p>
Screening	Screening refers to medical methods for distinguishing patients with specific diseases or those at high risk of a given disease from healthy individuals. It also refers to screening tests used to identify individuals who require support using post-disaster health surveys.

Stress check system	The stress check system, which was introduced in December 2015, requires regular stress tests among workers and is intended to provide feedback to them and raise awareness of their stress symptoms to reduce the risk of poor mental health. It is an initiative that aims to improve the workplace environment by collectively analyzing test results.
Supervision (SV)	Supervision refers to professional guidance and advice on cases provided by experienced specialists from an objective point of view to inexperienced specialists to improve the quality of their practice.
Precision medicine	Precision medicine refers to healthcare intended to identify an appropriate treatment strategy for each patient by findings from various fields of research and clinical practice.
Mutual support groups	The term “Mutual support groups” refers to self-help groups (SHG).
Social capital	It does not mean “social capital ”as a synonym for social infrastructure. It is rather to be understood as a concept referring to trusting relationships and connections between people in society and the community. It is an abstract concept with various definitions. In a society where social capital is accumulated, mutual trust exists and collaboration is common. Therefore, people seldom suspect others, which has a positive impact on public safety, economic status, education, health, and happiness, resulting in increased social efficiency.
Comprehensive community care	Comprehensive community care refers to a comprehensive care system of housing, health care, nursing care, prevention, life support, etc. that is expected to be provided to the baby boomers by 2025 when they reach 75 years or older so that they can maintain their lifestyle in their familiar environment even after being diagnosed with diseases requiring severe-level care certification for long-term care insurance. As the number of elderly people with dementia is expected to increase in the future, the development of a comprehensive community care system is important in supporting the community life of elderly people with dementia.
Triage	“Triage” refers to the prioritization of a large number of injured persons after a disaster or accident based on the severity of their symptoms. Triage is also routinely used in clinical practice such as emergency care. In some cases, in mid- and long-term mental health care, triage refers to helping patients to connect with support or a specialized institution based on the priority and necessity of treatment.
Dementia Disease Medical Center	Prefectures and ordinance-designated cities appoint medical institutions that meet the requirements of the Japanese Ministry of Health, Labour, and Welfare as “dementia disease medical centers. ”These centers contribute to community health care by providing a differential diagnosis of dementia, acute care for patients with peripheral symptoms, dementia consultation, local healthcare networks for the treatment of physical complications, and by promoting human resource development for dementia care. As part of its dementia prevention efforts, Miyagi Prefecture has designated six medical institutions as "Miyagi Prefecture dementia disease medical centers."

Rating scale	<p>“Rating scale” refers to criteria and a measure. Many psychiatric and psychological scales are questionnaires. Questionnaire scores are calculated by adding or subtracting points. Those with a score exceeding the criteria (cut-off) value are classified as high-risk patients. The questionnaires consist of self-administered questionnaires and questionnaires completed by a family member or a caregiver.</p>
Facilitators	<p>“Facilitators” are those who support and assist conference and group work in various fields, such as educational institutions, corporations, government, and medical welfare, to promote discussion and learning by participants.</p>
Postvention	<p>Postvention refers to post-intervention. The prevention of suicide is classified into three stages: prevention (pre-intervention), intervention (crisis intervention), and postvention (post-intervention). Postvention refers to measures to minimize the psychological effects on bereaved individuals in the case of an unfortunate suicide.</p>

The Miyagi Disaster Mental Health Care Center (MDMHCC) operates with the following six main components. This report also concerns itself with primarily these areas.

