

# Chapter 1

## Miyagi Disaster Mental Health Care Center Activity Status

1. Initiatives of Each Department
  - • • Kesenuma Regional Center: Community Support Division
  - • • Ishinomaki Regional Center: Community Support Division
  - • • Stem Center: Community Support Division
  - • • Stem Center: Planning and Coordination Department
2. Initiatives of Cooperating Organizations
  - • • Medical Corporation Tohokukai: Tohokukai Hospital
  - • • Tohoku University Graduate School of Medicine Department of Preventive Psychiatry
  - • • Nonprofit Organization Miyagi Prefecture Danshukai
  - • • Japan Social Worker Association for Alcohol Related Problems
  - • • Supporters Club Members
3. Activity Status by Project Criterion for FY2014

## Glossary

\* Interpretation within the bulletin

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| Outreach                    | Outreach activities in which professionals go to the community and provide information on available services to those who need them. This includes going to one-on-one visits and gatherings to discover potential needs.   |
| Assertion                   | A technique that is a type of communication skill that enables you to express yourself properly.  |
| Endpoint                    | Evaluation item to show the effectiveness of treatment.   |
| Primary Endpoint            | Primary endpoint. This is the targeted evaluation item in clinical trials. The items that are pharmacologically and clinically meaningful are used.   |
| Secondary Endpoint          | Secondary endpoint. This item is used to evaluate effects other than the primary evaluation items of the clinical trial. It is not necessarily related to the primary endpoint.   |
| Empowerment                 | Enhancing the ability of individuals and groups to improve problems and regain or bring out problem-solving skills.   |
| Emergency Temporary Housing | As specified in the Disaster Relief Act, there is the so-called “container type temporary housing” as well as “apartment type housing (post-disaster public-funded rental accommodation)” that provides private rental housing as temporary housing to compensate for the shortage.   |
| Odds Ratio                  | A statistical measure of the likelihood of an event comparing two groups. An odds ratio of 1 indicates that the likelihood of an event is the same in both groups, and greater than 1 indicates the likelihood of the event is higher in one of the groups. Conversely, a small value indicates that the event is unlikely to occur in one of the groups. |
| KJ-Method                   | It is one of the methods for organizing and analyzing data and information. Converting the collected data records into cards and organizing information by grouping fundamentally similar items.  |
| Case Conference             | Case conference. A meeting in which professionals understand each other’s basic perspectives, share issues regarding aid, and aim at effectively handling their respective cases.   |

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| Health Survey                                  | Given that there are concerns regarding various health issues after the earthquake, the purpose of these surveys is to understand the health status of residents in temporary housing, connect individuals who are especially in need of help with health support projects, and serve as basic data for policy development. Some of the surveys were conducted jointly by municipalities managing Miyagi Prefecture and prefabricated temporary housing and private rental housing, while others were conducted by municipalities themselves. |
| Consultation                                   | Discussions and consultations between different professionals based on equal and unstructured relationships. This is performed when professionals are seeking advice from other specialized fields to provide social welfare services and to target individuals, they are in charge of.   |
| PFA<br>(Psychological First Aid)               | This is a method of psychosocial support that provides the necessary needs to help prevent the disaster victims' mental distress during an emergency such as a disaster or terrorist attack.  |
| Support Center                                 | The municipal support center provides general advising and livelihood support so that the elderly and the households raising children living in prefabricated temporary housing or private rental housing, can live peacefully. The Miyagi Prefectural Support Center Support Office is an organization that provides know-how on the operation and supports staff training when the municipalities of affected areas set up and operate a support center.  |
| Self-Efficacy                                  | When facing a challenge, an individual with self-efficacy has confidence in oneself to be able to face it.  |
| Longitudinal Study                             | A method of continuously tracking and collecting data for the same individual or group overtime on their developments and changes. Done individually, while this method can show the progress of development over time, it takes time and effort. Therefore, making it difficult to collect large amounts of data.  |
| Screening                                      | A medical technique that selects individuals who have the disease of interest or those who are expected to develop the disease from a group that includes healthy individuals. This provides the means to find out who requires help through health surveys after the earthquake.   |
| Stigma   | A person who has been looked down upon and been stripped of the right to be accepted in society, resulting in prejudice and discrimination.   |
| Supervision / Supervisee<br>(Abbreviation: SV) | Experienced professionals providing inexperienced professionals with professional advice and guidance on cases from an objective perspective to improve practices.  |

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| Self Help Group                               | A group in which individuals and their families who struggle with illnesses and disabilities connect with people who have similar problems and mutually support each other. There are two self-help groups regarding alcohol-related issues in Japan: Alcoholics Anonymous and Abstinence-from-Drinking Meetings. |
| High Risk Approach<br>Cf. Population Approach | This is a method for people who are at high risk of developing a certain disease to make efforts to reduce this risk.   |
| Facilitator                                   | An individual who provides support and assistance to facilitate discussions and learning of participants in conferences and groupwork held in various fields such as educational institutions, businesses, administrations, and medical welfare.  |
| Postvention                                   | When a suicide occurs within a group, these measures are taken to minimize the psychological impact on the remaining individuals.   |
| Population Approach<br>Cf. High Risk Approach | A method of reducing the risk of an entire group and shifting it in a positive direction by targeting the entire group and getting as many people.  |
| Resilience                                    | A psychological term translated as “mental resilience,” “restoration,” “endurance,” etc., meaning the power to recover and grow even after a failure or setback.  |

The Miyagi Disaster Mental Health Care Center operates with the following six businesses as pillars. In this bulletin, reports were made mainly on the following business items.



**Local Residents Support**

**Consultations and Support for Victims to Prevent Mental Illnesses and Improve Mental Health**  
 Consultation support activities for disaster victims (interview consultations, telephone consultations, etc.)  
 Planning and operating events for residents of disaster-stricken areas

**Support for Supporters**

**Support for Mental Health Activities and Maintenance of Mental and Physical Health for Municipal Staff and Temporary Housing Support Staff**  
 Dispatching professional staff to municipalities  
 Consultations, supervision, and attending case conferences  
 Establishing mental health consultation desks for individuals in need of support    Clerical work support

**Raising Awareness**

**Raising Awareness and Sharing Information on Mental Health**  
 Training sessions and lectures for residents  
 Café activities for residents of disaster-stricken areas  
 Creating pamphlets and distributing them for awareness, sharing information on PR magazines and our website

**HR Development**

**Training and Spreading Knowledge for Supporters and Professionals Related to Mental Health**  
 Post-disaster mental health training sessions    Training for support-related skills    Case study sessions  
 Post-disaster mental health gatherings, holding media conferences

**Various Support Activities**

**Co-sponsoring Events and Cooperating with Various Support Organizations for the Purpose of Supporting Activities**

**Research**

**Research to Understand the Situation of Disaster-Stricken Areas and Disaster Victims**