

## Glossary

AUDIT	AUDIT (the Alcohol Use Disorders Identification Test) is a screening test for discovering and correcting alcohol drinking patterns to prevent damage to health, developed by the WHO
DPATs	Disaster Psychiatric Assistance Teams, set up because of the need to provide highly specialized psychiatric care and support mental health activities in cases of natural disasters or mass casualties due to incidents or accidents. N.B. Summarized in the Ministry of Health, Labour and Welfare's HP <i>Saigaihan Seishin Iryou Chiimu (DPAT) Katsudou Youryou Ni Tsuite (Summary of the Activities of Disaster Psychiatric Assistance Teams (DPAT))</i>
DMIHSS	The Disaster Mental Health Information Support System is an information sharing tool that uses the Internet to carry out activities efficiently during a disaster; it is a system with functions for callouts and allocation of deployment, recording activities, and tallying. During a disaster, using DMHSS, all kinds of information can be reported concerning adjustments to DPAT deployment and activities.
HAPPY program	The HAPPY Program (Hizen Alcohol Problems Early Intervention Program) is a program developed by National Hospital Organization Hizen Psychiatric Center for intervention with high-volume drinkers. It comprises three short-term programs tackling this through means such as video lessons and health diaries. HAPPY stands for: H - Hizen, A - Alcohol, P - Problems, P - Program, and Y - Dr. Yuzuriha Takefumi.
PFA (children's and adults') (Psychological First Aid)	Psychosocial methods linked to support needs to prevent mental anguish from worsening among victims during emergencies such as disasters and terrorist attacks. Children's PFA refers to age-appropriate psychosocial methods for children's developmental stages.
BI	Brief Intervention refers to individual, short-term counselling (5–30 minutes) carried out as a method of preventive intervention for alcohol use disorders. The goal is to bring about changes in the target person's drinking behavior using interview (intervention) methods such as motivation interviews and coaching. The target people are heavy drinkers, and the goal is often not to abstain from alcohol but to reduce intake. Outward refusal and resistance are relatively rare.

LSA (Life Support Adviser)	LSAs do things for elderly people who live in public housing such as silver housing (assisted living facilities for elderly people) such as minding services (checking on their wellbeing), civic guidance or consultation, responding in times of emergency, communicating with relevant organizations, and support with community-building. The standard is to have one LSA for every 30 households. They belong to organizations such as social welfare service corporations, and in many cases they are qualified for roles such as care work.
Resilience	Resilience can mean flexibility, stability, or the ability to recover. In the terminology of psychiatry and psychology, it is described as “the ability to endure, flexibly respond to, or overcome external shocks such as adversity, hardship, or strong stress,” and it is often envisioned as “bouncing back like a bamboo plant, which does not snap even when strong winds blow.”
World Cafe	A method for shared discussions about each person’s experience and ideas, with an atmosphere just like being in a café; participants engage in free dialogue in small groups at tables, and everyone other than the café master changes seats.