

# Report of the Planning and Research Division, Stem Center

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## Introduction

In FY 2017, in an effort to consolidate the internal structure of our research operations, the Planning Division became the “Research and Planning Division.” The assigning of responsibilities was carried out thus: Public relations duties related to human resource development, training, and public awareness campaigns, etc., fell under the purview of the “Projects Planning Group,” while duties related to organizational statistical systems and research fell to the “Statistics & Research Group.” This year is the first in which the “Miyagi Disaster Mental Health Care Center Management Plan,” drafted in March 2017, will be implemented, and we have embarked on several new projects that are cornerstones of this management plan, including the “Miyagi Disaster Mental Health Care Forum” and the “Official Activity Record Formulation Project.”

We of the Research and Planning Division will herein look back on our ideal of “Continuous Support for All: From Children to Adults,” as well as consider the things we have left to do in 2018 and the three years’ time beyond.

## 1. Report on the activity FY 2017

### (1) Local Resident Support

#### ① Day Camp for Parents and Children in Disaster-Affected Areas (hereafter, Day Camp)

Last year, in light of changing circumstances, including reconstruction of homes farther inland and movement of families to rebuilt homes, we provided this program to parents and children in two cities and one town. We implemented this program with the aim of heightening awareness of mental health and improving self-care ability by giving children a chance to experience nature and parents the opportunity to spend some free time away from the hustle and bustle of their daily lives.

Seventeen children applied to participate in the children’s program. Several siblings of children who had already participated applied to participate as they entered elementary school, and we therefore saw children participate who were not alive at the time of the disaster itself. We had prepared lecture sessions on parenting and relaxation retreats, etc., for parents, but we did not receive any applications. We also held training sessions ahead of time for middle- and high-school students who had participated multiple times in the program before so that they could get involved as sub-leaders this time around.

On the day of the program itself, we incorporated experiences including making dried rice (alpha rice) and fire-starting into lunch preparations as part of disaster preparedness education. As for recreation, we had children partake in activities that required them to thoroughly move their bodies, both in smaller groups and with all participants at once. In the “Studying the Mind” activity, implemented as preliminary psychological education, children performed basic yoga focusing mostly on breathing techniques. We had them learn these techniques in an effort to provide them with tools to use to calm themselves down when unpleasant experiences anger them or when they are flustered. Older children who had previously participated took the initiative in communicating with their younger peers, and we saw many instances where an older child spontaneously helped a younger one. The middle school students who participated as sub-leaders were able to heighten their own self-efficacy by helping with camp management.

We received support in planning and management from the Miyagi Prefecture Boy Scouts Association, Sendai Area.



**Picture 1: "Studying the Mind: Yoga"**



**Picture 2: "Outdoor Recreation"**

## ②Other Local Resident Support Activities

We cooperated with the Community Support Division of the Stem Center as they held the "Utsukushima Salon" (a salon for individuals evacuated from Fukushima to Miyagi Prefecture). Additionally, we participated in private sessions via phone counseling and visitations/walk-ins, etc., as needed.

## (2) Support for Supporters

### ①Disaster Area Support Activities by an Alcohol-Specific Organization

By enlisting the help of the Medical Corporation Tohokukai, Tohokukai Hospital (hereafter, "Tohokukai Hospital") and the nonprofit organization Miyagi Prefecture Danshukai (hereafter, "Miyagi Prefecture Danshukai"), we provided support to supporters to better enable them to handle issues related to alcohol use appropriately. With regard to the support situation for alcohol-related problems, we exchanged information regularly with the Tohokukai Hospital. Furthermore, we introduce the specific undertakings in which we took part elsewhere in this volume. See "3. Projects with Cooperating Agencies, Organizations, Etc."

### ②Supporters Club

In FY 2017, we had individuals registered as supporters assist us in conducting our day camp and our research. Looking onward to FY 2018, two new individuals have registered as supporters, and we plan to have them work with us on local resident support projects.

## (3) Raising Public Awareness

### ①Creating a Pamphlet

Since FY 2012, we have created and distributed a pamphlet covering issues of concern following the disaster, including PTSD, alcohol use, depression, and insomnia. In FY 2017, we made use of the pamphlets we had already made, and distributed them at training, health counseling, and home visitation sessions.

As we have had to deal increasingly often with alcohol-related problems, we reprinted 4,000 copies of our pamphlet on alcohol, "Let's Drink Alcohol Safely." Additionally, we revised our "Miyagi Disaster Mental Health Care Center, Center Pamphlet" for the Ishinomaki Community Center, and ordered 3,500 copies to be printed.

### ②Creating a PR Brochure

With the aim of publicizing the functions and activities of this Center, we print the "Miyagi Disaster Mental Health Care Center Newsletter" twice yearly. We printed 2,000 in September 2017 and 2000 more in March 2018, and distributed them to related organizations, etc., within the prefecture—approximately 600 locations in all. By meeting several times with the individuals overseeing the PR brochure for each community center, and by considering the projects each region has planned, we have been able to communicate the information we want to tell our supporters via this brochure.

In the future, we plan to continue to use our presentations of the status of the activities of the community centers and related organizations to deepen the mutual understanding we share with our supports of mental health care during the recovery period.

### ③Webpage Management

We posted information publicizing the various trainings and sponsored/co-sponsored projects implemented by this Center, published the PR brochure created in FY 2017, and introduced the undertakings of each community center, among other things. In addition to this sort of information, we updated the blog, published the mail magazine, and participated in other activities related to information transmission.

We plan to continue devoting ourselves to transmitting information that allows our supporters and other prefectural citizens to deepen their understanding of mental health.

[Reference] Miyagi Disaster Mental Health Care Center <http://miyagi-kokoro.org/>

④ Correspondence with Various Reporters, Etc.

In FY 2017, we were covered by the mass media 7 times. Five of these occurred between Oct. 2017 and Jan. 2018 and related to our efforts in child mental health care.

We had eight observation meetings, approximately half that of FY 2016. As they did last year, staff from the Kumamoto Disaster Mental Health Care Center came to visit, and we exchanged opinions regarding support and care. Additionally, a group of college students from Kumamoto came to visit, and we had a Q&A session on the activities of the Mental Health Care Center. We would love to offer whatever information we can on Miyagi's current situation so that those in Kumamoto—now 2 years removed from its disaster—may make use of it in their own support efforts.

As part of his prefectural observation tour, Reconstruction Minister Yoshino visited this Center on July 13, 2017. After he thanked and encouraged the staff, the community support divisions of the Kesennuma, Ishinomaki, and Stem Centers gave status reports and we later engaged in an exchange of opinions.

⑤ Dispatching Lecturers to the Nationwide Health Insurance Association Miyagi Branch Consignment Project, "Health Promotion Delivery Lecture" (Mental Health)

This project was implemented with the goal of widely promoting public awareness of workplace mental health measures and mental health promotion. Regular and non-regular staff from this Center served as lecturers and presented on workplace mental health and self-care. We targeted workplaces with more than 50 employees, and a total of 392 people attended across the eight locations where we held sessions.

In addition to these lectures, we incorporated information on practical skills for self-check and self-care into a pamphlet with a clear, at-a-glance listing of counseling agencies inside Miyagi Prefecture and distributed it alongside our lectures. Four medical corporations, one office affected by the disaster, and three other offices implemented this pamphlet.

This project ended in FY 2017. In the future, if we receive requests from companies, etc., to hold trainings on workplace mental health measures, etc., we plan to respond to them individually.

(4) Human Resource Development

① Implementation of On-the-Job Training on Alcohol-Related Problems for Municipal Officials

As the relocation and reconstruction of homes from coastal to inland areas proceeds, the need for adequate response to alcohol-related problems—which grow ever more prominent—continues to increase. Consequently, in FY 2017, we did not limit our target municipalities to only coastal areas, but instead included all areas inside the prefecture. We carried out our three-day on-the-job training session at our contracted site, the Tohokukai hospital, six separate times. Compared to FY 2016, applications from inland regions increased. People who became unable to attend or were unable to participate due to space filling up requested to participate in FY 2018. Thus, it is clear that needs remain high.

Additionally, we provided a survey to 57 individuals who took our training from FY 2012 to 2016. We endeavored to find out their current status following the training, including how they use the skills they obtained in their community activities.

② Implementation of Themed Supporter Training

We organized the "Exercise Training for the Mind and Heart" workshop for community supporters twice: on June 20, 2017, and February 6, 2018. Lectures were overseen by the Tohoku University Graduate School of Medicine, Department of Preventive Psychiatry (hereafter, "Tohoku University Department of Preventive Psychiatry"). Lectures focused on self-care knowledge for supporters and

the basics of cognitive behavior therapy. This training was highly requested by municipal officials and visiting support staff and was well-received. In order to develop human resources capable of providing appropriate support regarding mental health, we plan to continue this and other related projects.

③Implementation of Training for Disaster Survivor Support Specialists

We carried out a training program aimed at providing specialists who work in disaster survivor support with psychological support methods to help them participate in survivor support during the reconstruction period.

In collaboration with the Tohoku University Department of Preventive Psychiatry, we put on a “Mental Health for Recovery During Disaster Reconstruction: Skills for Psychological Recovery (SPR) Training” workshop (hereafter, SPR training) on December 13–14, 2017, and invited Tomoko Ohsawa (Hyogo Prefecture Mental Health Care Center) to serve as seminar. With similar support from the Tohoku University Department of Preventative Psychiatry, we held a “Psychological Support Skill-Up Training” that included case studies and specialized training for beginning students on July 5 and December 6, 2017.

Additionally, we held a “WHO Psychological First-Aid (PFA) Training” workshop (hereafter, PFA training) from July 24–27, 2017, which included mentor development training and one-day training. Thanks to our mentor development training, we were able to train up seven individuals inside the prefecture and three individuals outside the prefecture capable of serving as mentors in the future. During the one-day training on July 26, 2017, we had 10 students of the mentor development training program serve as lecturers. Demand for the one-day training was quite high, so we plan to hold it in 2018 as well.

(5) Research

①Organizing the Research Supervisor Conference and the Ethics Committee

We planned to promote new research and structural maintenance to allow us to proactively push our research efforts forward. With the cooperation of the Tohoku University Department of Preventive Psychiatry and other outside part-time employees, we organized conferences to deepen research and a “Research Supervisor Conference” for supervisors at this Center. At the conference, we confirmed and evaluated the status of ongoing research. We also held ethics committee meetings three times and judged ongoing research at one of those meetings.

As part of our initiatives to promote research projects, we publicized information on how to advance a research project, fundamentals of research ethics, and an overview of research practices at an all-staff training session. We helped researchers draft research proposals, etc., to better help them apply for ethics board reviews.

In order to further promote research projects in FY 2018, we had research supervising staff undergo training on research and statistical methods.

②Publishing Bulletin #5

We published 1,200 copies of the #5 issue of the bulletin, which details the activities and research results of this Center over FY 2016. We distributed these to 890 locations inside and outside the prefecture.

③The Miyagi Disaster Mental Health Care Forum

We reported on our mental health care practices and projects in disaster regions and organized for the first time the “Miyagi Disaster Mental Health Care Forum” (hereafter, “Forum”) as a space to discuss the future reconstruction of mental health welfare across all prefectures.

In Part 1, practice reports were given by disaster-affected municipalities, Miyagi Prefecture, the Tohoku University Department of Preventive Psychiatry, and this Center. In Part 2, Mr. Hiroshi Kato (President, Hyogo Mental Health Care Center) presented a keynote lecture, and a symposium was held. In Part 3, a space for participants and presenters to speak casually and freely was set up as a sort of conversation exchange party. In places like the exhibition corner, people were introduced to this Center, and employees of this Center and forum participants could mingle with each other. Details can be found in “Report on the 2017 Miyagi Disaster Mental Health Care Forum Report” in this issue.

In this year's forum, we had people present practice reports on the theme of "health investigation," which has become the foundation of support itself. Elements like a panel introducing the activities of this Center, etc., were created and presented in collaboration with the Community Support Divisions of each center. In FY 2018, the Kesennuma and Ishinomaki regions will present their own practice reports, and while aiming to expand to all prefectures, we will consider joint organization with Miyagi Prefecture.

④Official Activity Record Formulation Project

We have the opportunity to publish a booklet describing the activities and research of the Miyagi Disaster Mental Health Care Center over the last 10 years, as well as the roles fulfilled by this Center, etc. We aim to publish in FY 2020; discussions between the Research and Planning Division and the head of each Community Support Division are already underway.

In FY 2018, we aim to hold director meetings once per month, and thereby tighten up the framework of this project.

⑤Cooperation with Employee Health Surveys for Social Welfare Councils (hereafter, Social Councils)

In collaboration with the Tohoku University Department of Preventive Psychiatry, we targeted municipal social councils to perform health surveys we were requested to conduct. In FY 2017, we received requests from the social councils of three municipalities (Shichigahama Town, Kesennuma City, and Yamamoto Town), and we implemented a health survey, followed by individual sessions and workplace mental health training. In Onagawa Town, which had requested surveys until FY 2016, we performed a three-part series of employee training sessions.

The Tohoku University Department of Preventive Psychiatry's research on employees of municipal social councils ended in FY 2015. Since then, they have held training workshops and individual sessions as part of their support activities. Post-survey sessions were handled in FY 2017 by the Tohoku University Department of Preventive Psychiatry and Community Support Divisions.

From FY 2018 onward, we plan for each Community Support Division and the Support for Supporters Project to provide their own reports.

(6) Community Child Mental Health Care Center Project

The "Community Child Mental Health Care Center Project" we received in 2016 consists of the "Counseling Project," the "Specialist Dispatch Project," the "Training Project," the "Raising Public Awareness Project," and the "Research Project."

The Planning and Research Division primarily handled the regulation of lecturers in the "Specialist Dispatch Project" and the "Training Project," as well as general affairs issues in the "Research Project."

①Specialist Dispatch Project

In addition to periodically dispatching specialists to Watari Town, Iwanuma City, and Natori City nursery schools, we sent dispatches as needed in response to requests from Ishinomaki City and Kurihara City. More requests were received this year than in FY 2016, and our dispatch area grew larger.

②Training Project

We organized "Psychological First Aid (PFA) for Children" (hereafter, "Child PFA") three times. We received a total of 60 applications for the three sessions held (in Kesennuma, Ishinomaki, and Sendai). Participants included educators, medical agencies, and other persons who interact with children. We received the feedback that the training was "quite fulfilling, and we [participants] would like you publicize it widely."

We organized the "Child Mental Health Symposium – Supporting the Raising of Children in Damaged Areas" on December 19, 2017, in the city of Sendai. The lecturers were Melbourne University Senior Fellow (Australia) Eugen Koh, Daegu University School of Social Welfare Professor Jinhee Hyun, and Iwate Children's Care Center Vice President Junko Yagi. We had 68 participants.

③Research

By longitudinally tracking children born immediately after the earthquake disaster, we evaluated changes in the children themselves and their households and aimed to clarify methods for effective support. We also summarized the results of the survey administered to day camp participants.

④Raising Public Awareness

- a. Distributing pamphlets, including “Child Mental Health Care”
- b. Publishing information on child mental health care to PR brochures and the website
- c. Creation of pencils with messages for children and distribution to the nursery schools, etc., that cooperated in the cohort survey

(7) Statistical Data Management

The accumulation of resident support data begun in FY 2015 and accomplished through the provision of individual ID specifiers is proceeding smoothly. Accumulated resident support data has enabled us to sequentially report on the results of our activities and the patterns of support recipients. In terms of the operational aspects of the project, the “ID ledger/activity record system” and the “resident support statistical system” have been integrated into the “individual support system,” which is running smoothly. By collecting the registration sites of the data of the statistical system in one place, it is possible for business reports registered by non-entrants to be viewable. This lessens the burden of business related to the operational management of business statistics carried out by the Planning and Research Division.

We will continue to accumulate business report data and will strive to perform regular and longitudinal analyses of the status of individual support and various projects, as well as to understand the needs of each community.

(8) Training for workers of MDMHCC

①All-Hands Training (All-Hands Meeting, Regular Employee Training)

All-hands training has since its beginning been an opportunity for employees of this Center who are active across our three communities to gather together in one place, share their current status, and acquire new, necessary knowledge from each other.

In FY 2017, all-hands training was carried out with a double program of an all-hands meeting and regular employee training three times (twice in Sendai and once in Kesennuma). The all-hands meeting consisted primarily of reports on the progress of the projects of each department and training itself. Regular employee training sessions were as follows: “About Social Withdrawal,” a lecture by an outside lecturer (Sendai, May 2017), a practice report on “Our Future Undertakings, and What We Should Do” and group work (Kesennuma, September 2017), and lectures on “Advancing Research” and “The Future State of the Mental Health Care Center” (Sendai, February 2018).

All-hands meetings for sharing reports and information with everyone were held separately three times as well. Using a Web conferencing platform, we created an environment that allowed employees from each community center to participate from their own areas.

② Recommended Training, etc.

In order to improve employee qualifications, we publicized where appropriate information regarding external training sessions, which we actively promoted. Additionally, in April, we held a first-job training session for new hires where we helped promote a global understanding of the projects and businesses of this Center.

## 2. Policies and Plans for FY 2018

FY 2018 will be the eighth year that has passed since the earthquake. This marks the start of the “development phase” of our prefecture’s reconstruction plan. It is also the second year of this Center’s management plan. As we continue to proceed with the projects in our plan, we plan to keep in sight the coming three years, at whose end our activities will also cease, and to look over once again the projects of the Planning and Research Division.

As we approach the endpoint of the projects of this Center, we aim to further vitalize the research initiatives that analyze the impact of our activities. Also, as support projects for disaster victims scale down

and external supporter presence declines, support for supporters and enrichment of human resource development remain important themes for us, and we plan to strengthen our initiatives on these fronts.

Alongside our efforts to provide support for both victims and supporters, we continue to discuss the current and future state of regional psychiatric social work with related agencies and to advance our projects towards their conclusions.

### (1) Resident Support

As the Research and Planning Division, we plan to continue implementing the following activities for local residents experiencing a variety of problems, including those still bearing the psychological burden of the disaster itself, as well as those whose social isolation has deepened as a result of communal changes.

#### ① Day Camp Project Targeting Parents and Children from Disaster-Affected Regions

We plan to continue this project at the same scale in FY 2018. We have carried out sub-leader training for middle- and high-school students who previously participated in our day camp, and we hope that they will be able to participate during the camp itself as staff members. The program for parents and guardians will be implemented after we have considered the level of demand that exists for it.

#### ② Counseling Support Activities for Residents (Visits, Walk-Ins, Telephone Counseling, etc.)

We will collaborate with the Community Support Division to assist in the holding of salon activities, including the “Utsukushima Salon” (aimed at people evacuated due to tsunami or earthquake damage).

### (2) Support for Supporters

We plan to reduce the burden on supporters' bodies and minds by holding training on topics including specialized advice and self-care practices for municipal workers and supporters.

#### ① Project for Dealing with Alcohol-Related Problems

We have entrusted a portion of this project to organizations that specialize in alcohol-related problems (Tohokukai Hospital, Miyagi Danshukai), and we will continue to assist them in case reviews, the holding of training sessions, and self-help group support.

#### ② Supporters' Club Management Project

We will continue to configure our systems such that registered members can assist by contributing their knowledge in specialized fields or experiences to contracted jobs (day camps, training sessions, etc.).

### (3) Raising Public Awareness

We believe that all residents of this prefecture should be eligible for disaster victim support. Thus, we will continue to advance our public awareness projects, such as those that deepen residents' and supporters' understanding of mental health and those that aim to improve mental health. We will continue to carry out our duty to broadcast issues—such as differences in reconstruction in disaster areas and communal changes—that are important from the perspective of mental health inside and outside the prefecture. We will also promote our message through the mass media by accepting media coverage and observational tours.

#### ① Regarding Our Pamphlets, Etc.

We will print extra copies as needed of the pamphlets we distribute during training sessions, health counseling sessions, and visitations. Further, we will consider the creation and purchase of new pamphlets or PR products.

#### ② Regarding Our PR Brochure

We print the “Miyagi Disaster Mental Health Care Center Newsletter” twice yearly. Aimed at supporters, it contains seasonal information, such as introductions to the activities of this Center.

We distribute it primarily to affiliated organizations within the prefecture and post it on our website.

#### ③ Regarding Management of the Website

We will use the website to post announcements for various training sessions and cases as well as the various projects of each community center. We will also transmit information via our blog or mail magazine as necessary.

(4) Human Resources Development and Training

In addition to implementing high-demand training sessions for community supporters, we will further our plans for PFA training by aligning our schedules with the Miyagi Mental Health and Welfare Center

①Alcohol-Related Problems Training

Our “Alcohol-Related Problems On-Site Training” (hereafter, “on-site training”), a consignment project from the Tohokukai Hospital, remains in high demand from prefectural municipalities, etc., so we will continue to offer it. We will also offer follow-up training for individuals who have taken this on-site training before.

Because demand for training on dealing with alcohol-related problems remains high, we will implement training that incorporates primary to tertiary prevention methods. In particular, because many municipalities have expressed high interest in “alcohol moderation guidance,” we will consult with each community support division to better enable us to continue to develop human resources that can address these issues.

②Psychological First Aid (PFA) Training

PFA is a support technique that one should make use of in the early stages of future disasters, and we believe that widely promoting it is one of the roles of this Center. In FY 2018, we will add new training session locations and increase the number of times the training is held. Additionally, we will hold skill-up training for people who took our mentor development course in FY 2017.

③Other Training

In collaboration with the Tohoku University Department of Preventive Psychiatry, we will implement “Exercise Training for the Mind and Heart,” “SPR Training,” and “Psychological Support Skill-Up Training.” We will also add the new “Clinical Trauma Awareness Training.”

We will hold the “Tri-Prefectural Mental Health Care Center Joint Meeting,” which was effectively put on hiatus in FY 2015, and by engaging in ground-zero exchange with the Iwate and Fukushima care centers—founded at nearly the same time—we hope that opportunities for review of past activities and hints for new projects arise.

1. Research

We have designated FY 2018 as a year in which we will begin comprehensive, collective research projects so that we are better able to provide mental health care policies during future disaster crises. We plan to commence the following projects.

①Research Project

While maintaining a system that enables us to stabilize and run the business statistical system, we will clean up the data that we can collect as a center and develop a system that enables us to make use of it.

②Publishing the Miyagi Disaster Mental Health Care Center Bulletin

We will publish Issue #6 of the “Miyagi Disaster Mental Health Care Center Bulletin” as a project report for FY 2017.

③Holding the Miyagi Disaster Mental Health Care Forum

With “Care Practices Seven Years After the Great East Japan Earthquake: Looking to the Future” (tentative) as our theme, we will collaborate with community support divisions to hold the forum, with symposiums and practice reports as its primary focuses.

④Official Activity Record Formulation Project

We will continue to discuss and advance our work in aimed at preserving the summaries of the activities and research of this Center that ought to be preserved.

2. Various Activity Support

In FY 2018, we will continue to assist in the functions of the various organizations that are active inside the prefecture.

While keeping activity support open as an entryway, we will keep appropriate response to the requests we receive—such as mental health information provision to organizations or the holding of training sessions—at the forefront of our minds.

Finally, with regard to our actual acceptance of health and social welfare students, we will consider requests as we receive them and respond to the extent we can.

### 3. Community Child Mental Health Care

With regard to the specialist dispatch project, we will seek the assistance of external supporters as we respond to dispatch requests from organizations that work with children throughout the prefecture.

With regard to the training project, we will hold “Child PFA Training” not just in Sendai, but in various places around the prefecture four times. We will ensure that we are able to separately respond to requests from project sites such as nurseries and kindergartens. We will also implement follow-up training for individuals who have attended our mentor development training classes. In addition to these efforts, we will collaborate with the community support divisions to plan lecture meetings for prefectural residents and supporters.

We will also continue to work on our research and public awareness projects.

### 4. Statistical Business Data Management

As we do every year, we will check the input items, activity descriptions, project classifications, etc., of the business reports and individual support records created by each employee for consistency and create our monthly, DMHISS, and yearly reports. We will provide data that may be of use in the support activities of each division as necessary.

Additionally, if we receive data sharing requests when working on creating policies and plans for the prefecture or other municipalities, we will respond to them as necessary.

### 5. Other

In FY 2018, we will hold an “all-hands meeting”—wherein viewpoint exchange between employees will be emphasized—twice in Sendai. Using lectures from management staff, we will share global activity guidelines and activity status reports from each division with everyone in the hope that they may use them in their own activities.

With regard to external training, we will continue to publicize opportunities, begin to strategically work towards increasing attendance, and aim for employee skill-upping.

## 3. Discussion

The undertakings of the Research and Planning Division in 2017, despite placing relatively more importance on research in accordance with our “Management Plan,” yielded few concrete results. We believe it was a year of building foundations—for example, creating a framework for strengthening research efforts or beginning discussions on the creation of official activity records—that will come to be significant in FY 2018 and beyond.

Despite this, the fact that we were able to hold the “Miyagi Disaster Mental Health Care Forum” and provide the entire prefecture with the opportunity to discuss the reconstruction of community mental health was a very important achievement. With the participants, we were able to look back, asking “What have we achieved?” as well as ask “What should we leave unto the prefecture?” Similarly, our WHO-modeled PFA Mentor Development Training enabled us to secure human resources we could leave unto the community.

In FY 2018, while carrying on our activities till this point, we will keep in mind the “resources we can leave unto the community of the future.” Because we do not yet have enough evidence to conclude what effect the undertakings of this Center will have or what we should leave behind, we must push our research efforts ever forward.

## 4. Conclusion

This Center plans to operate in accordance with Miyagi Prefecture’s 10-year reconstruction plan. At the end of FY 2020, our activities will cease; we therefore wish to develop our projects with our three remaining years in mind. In order to accomplish our mission, “To contribute to the mental health of a community affected by disaster,” we will keep our ideal of “Continuous Support for All: From Children to Adults,” at the front of our mind as we collaborate with municipalities and affiliated organizations to advance our projects.

In addition, we would like to share our activities with the Iwate and Fukushima Mental Health Care Centers—arguably our “classmates,” as it were—and create more opportunities for us to together answer a particular question: “What exactly is a Mental Health Care Center?” We also must not forget to share our support situation with the Kumamoto Disaster Mental Health Care Center. Finally, we must look to our elders—the Hyogo and Niigata centers—for advice as we examine the nature of mid- to long-term support and carefully consider what it is we wish to leave to future generations.