



Soso Team for Establishing a New Health and Welfare System for  
Psychiatric Care

# Soso Cocoro News Nagomi

2013

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Health Care  
Website: <http://nagomi.soso-cocoro.jp>  
Facebook: <http://on.fb.me/SQ56Ju>

**Thank You Very Much for the Fiscal Year 2012!**



(Group photo of all the staff at Soma office in December, 2012)

Thanks to you, the fiscal 2012 is coming to a successful end. We had symposiums and medical examinations as well as salon and outreach activities. They were all new experiences for us and we struggled sometimes. But we were able to accomplish them without any big incidents. All the staff believes that it was possible because of your support and guidance, and we are all grateful for that.

One year has passed since our organization was established, and two years has passed since the Great East Japan Earthquake. Reconstruction of Soso district is still on the way, but we will do our best in coordination with related agencies so that our activities will be able to support the communities and the life of the people living there.

We would like to ask you for your kind and continuous support.

All the Staff  
March, 2013



**Thank you for Your Support**



List of Donors (Volunteers are not included)

- Soma City
- Soma Wide Area Municipalities Cooperation
- Doctors of the World
- College Women's Association of Japan (CWAJ)
- Yamato Welfare Foundation
- Japan Foundation
- Rotary International, NJ, Englewood Club
- Rotary International, NJ, District 7490
- Kyoto Northwest Rotary Club
- Koriyama West Rotary Club
- Japan Society
- Japan Medical Society of America
- Shin Nihon Seiyaku
- Japan Society for Day Care Treatment
- Chiba Association of Psychiatric Social Workers
- Japan Association of Social Skills Training
- Japanese Society of Psychiatry and Neurology
- Unokai Arakaki Hospital, Psychiatry Day Care
- NPO Palette Nojigiku Koubou
- Ms. Yasuko Shijiki
- Mr. Kenichi Hosoda
- Mr. Tomoya Tsunoda
- Mr. Maharu Fujii
- Mr. Kazunori Nakanishi



Hi-Ace donated by CWAJ



Noah donated by Doctors of the World



Presentation Ceremony with Rotary



Visit by Chiba Association of PSW

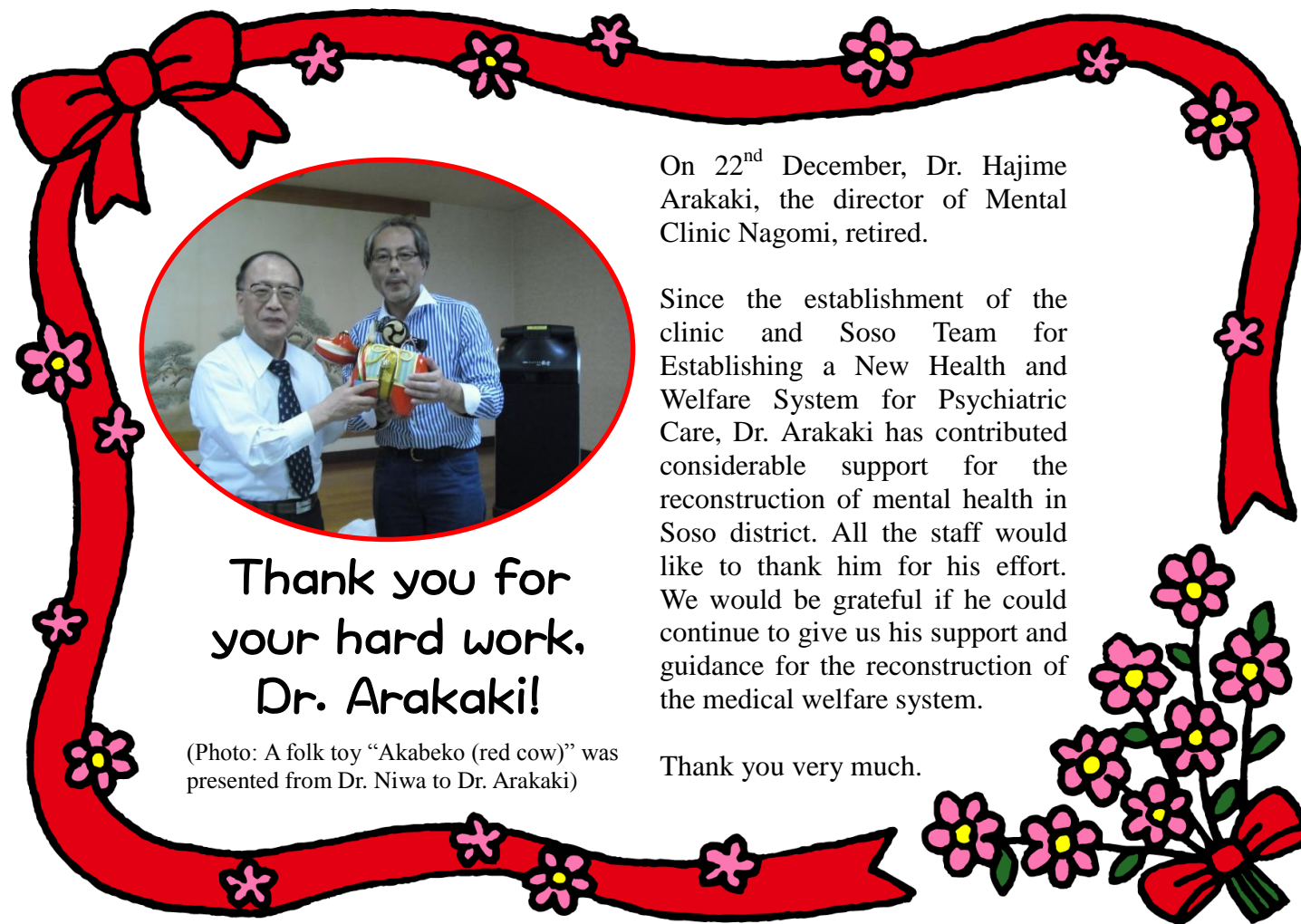


All the donations will be utilized for the reconstruction of Soso district. Thank you very much!



Thank you





On 22<sup>nd</sup> December, Dr. Hajime Arakaki, the director of Mental Clinic Nagomi, retired.

Since the establishment of the clinic and Soso Team for Establishing a New Health and Welfare System for Psychiatric Care, Dr. Arakaki has contributed considerable support for the reconstruction of mental health in Soso district. All the staff would like to thank him for his effort. We would be grateful if he could continue to give us his support and guidance for the reconstruction of the medical welfare system.

Thank you very much.

Thank you for  
your hard work,  
Dr. Arakaki!

(Photo: A folk toy “Akabeko (red cow)” was presented from Dr. Niwa to Dr. Arakaki)

## 2013 Application for Membership of Soso Team for Establishing a New Health and Welfare System for Psychiatric Care!

We are recruiting regular and supporting members who sympathize with our purpose.

1. Regular member Annual membership fee 10,000 yen
2. Supporting member Annual membership fee 3,000 yen

How to apply

- ① Specify the following and apply by mail or fax to the address below:  
Regular member or supporting member; address; affiliation; occupation;  
phone number; e-mail address

Bank Name: Toho Bank, Soma Branc  
Account Number : Savings account no.1044879  
Account Holder : Specified non-profit corporation  
Soso Team for Establishing a New Health and Welfare System for Psychiatric Care  
Chair of the Board Niwa Shinichi  
② Applications are also accepted through our website.  
<http://soso-cocoro.jp> (in Japanese only)

In the case of remittance by mail:  
Account Number : 02260-0-126825  
Account Holder: Specified non-profit corporation  
Soso Team for Establishing a New Health and Welfare System for Psychiatric Care  
Please note that the name of the account holder is different from that of the Toho Bank account)

Contact:  
1-2-8, Okinouchi, Soma City, Fukushima 976-0016  
TEL 0244-26-9753  
FAX 0244-26-9739  
Person in charge: Satomi Sato/ Natsumi Sato  
E-mail Address: nagomi@soso-cocoro.jp

※We will regularly deliver our newsletters and local information to our members. We look forward to your active participation.

## Reflecting the Past One Year since the Establishment of Mental Clinic Nagomi

Dr. Yasuhiro Sudo, Assistant Director, Mental Clinic Nagomi

One year has passed since Soso Team for Establishing a New Health and Welfare System for Psychiatric Care started in full-scale. Throughout the year, our clinic continued to provide outpatient care in coordination with Soma Wide Area Mental Care Center Nagomi. I feel that it is very meaningful to have opened the psychiatry clinic here in Soma, and the demand by the local communities is also very high.

So far, about 650 patients came for check-ups. Many of them have had a chronic mental disorder since before the disaster. However, half of the mood disorder cases emerged due to the disaster. Two years have passed since the disaster, but in Fukushima, where the nuclear power plant accident has not yet come to an end, people have no choice but to accept the reality that their future is yet unclear. It is expected that the demand for psychiatric medicine and health care, which is prepared to accommodate the local residents in need, will be even higher in the future.

What we can do is to closely monitor the victims and support them as they move forward. And we will continue to monitor the needs of individual victims, various groups and communities. I hope that all the other people or agencies will give us continuous support.

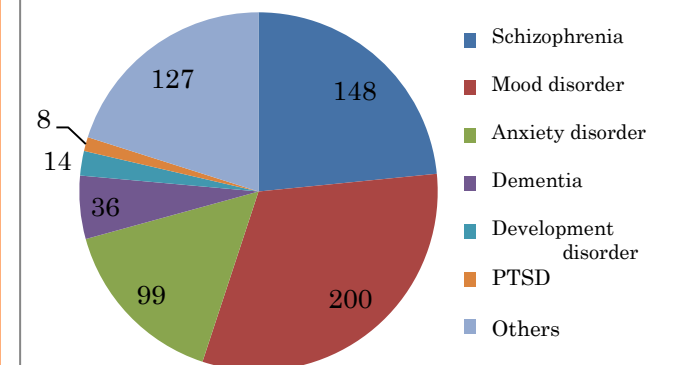


Table: Breakdown of the Number of Medical Examinees (2012)



Exterior of the Clinic and Care Center

### Talk of Newcomer/Natsumi

More than twenty years ago, Izumo City in Shimane Prefecture established a private organization of concerned people called the “Association to Support Psychiatric Health and Mentally Challenged Persons in Izumo”, and has been building up a network of administration, medical care, and welfare.

From 21<sup>st</sup> to 26<sup>th</sup> January, we went to Izumo City for our training. The five-day training was composed of various programs and was fulfilling. We made a field trip to Social Welfare Corporation Fuatto, Izumo City Hall and Kaisei Hospital, accompanied the outreach visit, and attended the regular meeting of the Association. What I felt in Izumo City was that everything was open. People there and the social resources surrounding their lives are very open, nothing was unclear. It might be because of the local color of Izumo or personality of Izumo people. Or maybe the fruit of their twenty-year effort is making it possible.

Two years have passed since the disaster. I hope that Soso Team for Establishing a New Health and Welfare System for Psychiatric Care, Soso Wide Area Mental Care Center Nagomi, and Mental Clinic Nagomi will also grow to be open to the communities just like those in Izumo City.



Editorial  
Note

Time passes very quickly, and it has been one year since the Soso Wide Area Mental Care Center Nagomi opened. I feel that we were able to continue our activities up to now because of your support. Two years have passed since the disaster, and in the disaster area, various problems exist and are becoming more complicated. For example, there is a gap in speed of reconstruction among disaster victims and it is becoming more difficult to understand the demands of the community. Support activities in the disaster area will be full-fledged from now on. We want to move forward by focusing our energies even more. Please kindly give us your support.

Yonekura, Editorial Member