



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

Soso Cocoro News Nagomi

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Facebook: <http://on.fb.me/SQ56Ju>

Construction of the New Office is Complete!



In August 2013, the construction of our new office building was completed. The new office, located next to the Mental Clinic Nagomi, was funded by the Yamato Welfare Foundation!

We welcome our bright and spacious new office, as our old office was inconveniently designed and did not provide enough desk space for the staff. We now have a drawing room and areas for consultations and conferences.

Two years and a half have passed since the earthquake disaster. Various issues, including radiation contamination, are still surrounding Fukushima. We want to continue to do our best and stand more closely by local people. Please visit us if you are in the area!

Fellowship Program with September 11th Families' Association at Shinchimachi Gangoya Emergency

On August 2, the September 11th Families' Association, a group of bereaved families of those killed in the terrorist attack on September 11, visited Shinchimachi Gangoya temporary housing. We were able to hold a dialogue meeting with them.

As part of our Fellowship Program, we held a summer Santa Claus event with a gift distribution. Members of the association had time for fellowship with children who are living in the temporary houses with their families.

During the latter half of the program, we divided the participants into four groups, and they shared their stories of loss while eating together. The participants warmed up to one another quickly and were actively participating. We held our first Fellowship Program last October. Since this was the second occasion, the residents of the temporary housing seemed more relaxed at this year's event.

Many of the residents of Gangoya temporary housing were forced to evacuate from their original residences because of radiation contamination caused by the nuclear power plant accident. They are anxious about returning to their homes and about what their lives will be like in the future.

The members of the families' association lost their family members during 9.11 and suffered enormously. Some of those who were near ground zero at the time of the explosion were exposed to harmful dust and are still suffering from health complications.

These are two different types of disasters. However, by sharing their experiences, long-term anxieties, stresses, and health problems, the participants realized that there are many other people in the world with whom they can share their feelings. Because of this sense of assurance, I feel that this kind of program is a very important opportunity.

After the meeting, I have often heard from the residents that the program was fun and enjoyable. We, the staff of Nagomi, also learned many things by supporting and participating in such a meeting. (Suda)



Change of Registered Contact Information !

If you have changed your address, phone number, and/or email address for any reason, please let us know!

Case Study Meeting with the Staff of Welfare Offices



(Photo: Case Study Meeting in August)

Once a month, we hold a case study meeting with the staff of welfare offices and hospitals in the Soso Area. It began last summer, and with the help of Dr. Masao Nakazawa of Yoyogi Hospital, who comes to help us every month, it is gradually getting on the right track.

“Then, let’s find something positive about this person.” This is the phrase we always use when we run out of ideas. When we are studying a case, we sometimes focus on problems or issues that are troubling us as staff. In such a situation, this phrase shifts our thinking like magic. By focusing not only on the problems, but also on what the client is hoping for, and what s/he is good at, we can think of many new approaches, and this enhances our discussion. We have observed that many ideas are born out of these meetings. The day after a meeting, there are real changes in the way each office gives support to the clients whose cases were discussed.

Starting this fiscal year, the offices take turns providing a venue and the cases to be studied for our monthly meetings. Without this level of inter-office/agency cooperation, we would not be able to hold these monthly meetings.

In order to create a community in which local agencies working for mentally handicapped persons can cooperate with each other, we intend to continue holding these monthly meetings. (Kawamura)

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 Branch
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 Okawa Takako

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)

- ② Applications are accepted through our website and also by Paypal. <http://soso-cocoro.jp/> (Japanese Only)

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



Fiscal Year 2013 the 1st Evaluation Committee of the Outreach Promotion Project for Mentally Handicapped Persons/ Fukushima Mental Care Center Soma Area Liaison Coordination Conference

Our organization has two contact projects. One is the Outreach Promotion Project for Mentally Handicapped Persons (in response to earthquake disaster), assigned by the prefectural government. The other is the project of Fukushima Mental Care Center Soma Area, reassigned by Fukushima Prefectural Mental Health Welfare Association. These two projects are funded by a national reconstruction revenue source. An evaluation committee and a liaison coordination conference for these projects were held.

Many supporters who are involved in mental care participated in the conference. After we reported our activities to the evaluation committee of the Outreach Promotion Project for Mentally Disabled Persons (in response to earthquake disaster), we discussed some of our more challenging cases.

It is difficult when the client’s family members who are living with him/her do not want our support, or when s/he has a physical condition that needs urgent intervention. We discussed the intervention processes in such cases. We also shared thoughts on how to intervene if the client is hospitalized. Various ideas were exchanged by participants from different professions and organizations, and the meeting was very meaningful.

In the liaison coordination conference, we shared our ideas on countermeasures for suicide. People suggested looking beyond organizational boundaries to address this issue. One effective countermeasure could be increasing the number of residents who serve as gatekeepers. Another suggestion was to organize cultural events and invite the residents who have less access to our support to attend.

In the disaster area, we face problems such as alcohol abuse, inequality in reconstruction, aging of the population because the younger generation stays at evacuation sites, and changes in the family. I hope that supporters will pull together and share their ideas so that a better support system will be created. (Yonekura)



(Left: Outreach Evaluation Committee)
(Right: Group Work)



As mentioned in the article, the construction of Nagomi’s new office was completed in August. Now we have a bright spacious office, and I feel that it is motivating the staff to work even harder. This issue reported various fellowship and cooperation activities such as the fellowship program with the September 11th Families’ Association from the U.S., the case study meeting with local welfare offices, and the evaluation committee of the Outreach Promotion Project/Mental Care Center Soma Area Liaison Coordination Conference. While I was making this newsletter, I was once again reminded that we are working together with so many people. I would like to take this opportunity to thank all of you. (Editorial member, Natsumi)