



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

# Soso Cocoro News Nagomi

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**We are Moving toward the Next Step!**



Time passes very quickly. The fiscal year 2013 is nearly at an end.

We are preparing for the opening of Home Nursing Station Nagomi (tentative name) next year and registration of our organization as a specified nonprofit organization (NPO).

Starting next fiscal year, we plan to provide a wider range of support to people in the Soso area under two banners; Soso Team for Establishing a New Health and Welfare System for Psychiatric Care (Soma Wide Area Mental Care Nagomi) and Home Nursing Station Nagomi.

Additionally, by obtaining a corporate status as a specified NPO, we expect to gain more social credibility and also have more supporters as they will be able to qualify for tax exemption.

Nearly three years have passed since the earthquake disaster. After these three years, we are now moving toward the next step. We, the staff, will work hand in hand with all of you and continue to do our best for the reconstruction of mental health and welfare system for psychiatric care in the Soso area. Please give us your continuous support and guidance.

The Staff

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

Soma Wide Area Mental Care Nagomi



## We received a certificate of appreciation from the Soma Police Station !

At the end of last year, one of our clients for visitation service was nearly tricked by a bank remittance scam. But thanks to good judgment on the part of our staff member who was visiting the client, the crime was prevented.

The Soma Police Station awarded us a certificate of appreciation. As the incidents of scams are increasing in Soma City, we are happy that we were able to contribute to crime prevention in such a way.

We would like to continue to work hard and be of some help for local residents.



(Photo: Award Ceremony at the Soma Police Station)



The enclosed toothpick case is a product of Nagomi Club members.

We came up with an idea to give a small gift to our supporters. The members of the club and the Nagomi staff decided to make shirt-shaped toothpick cases after many thoughts and trial pieces. We were worried whether we would be able to finish making them all by the end of January. But we labored hard and made five hundred pieces! Finally, we packed them one by one in a bag, and they were delivered to you.

The club members also put address stickers on envelopes. We will continue the activities of Nagomi Club with expectation that having the members with disabilities connect to society in this way will help their recovery. (Kawamura)

Gift from  
Nagomi Club



Thank you for Great Events,  
The Japanese Society for Transcultural Psychiatry!



On January 12<sup>th</sup>, 2014, the Japanese Society for Transcultural Psychiatry held a New Year's party at Onodai No.1 Temporary Housing, and we enjoyed pounding mochi (Japanese sticky rice cake) and playing Karuta (card games) together. More than fifty residents joined the event. We enjoyed even while preparing the venue and the food, and it was a very warming event. We were happy to see each participant's happy face. I believe that this kind of event is important because we can meet many people whom we would not meet otherwise in Nagomi's activities.

Unfortunately, this was the last support activity of the Japanese Society for Transcultural Psychiatry. Through their past events, we were able to strengthen ties with temporary housing residents.



### The past events of the Japanese Society for Transcultural Psychiatry

- Aug. 2011: Soma City Onodai No.1 Temporary Housing "Bon Dance Festival" (for the repose of the dead)"
- Nov. 2011: Soma City Onodai No.1 Temporary Housing "Imonikai (Taro Cookout Party)"
- Aug. 2012: Soma City Onodai Temporary Housing "Soma Bon Dance Festival"
- Nov. 2012: Soma City Onodai No.1 Temporary Housing "Imonikai"
- Aug. 2013: Soma City Onodai No.1 Temporary Housing "Summer Festival"
- Jan. 2014: Soma City Onodai No.1 Temporary Housing "New Year's Party"

In addition, the society came to the Soso area and held events while there were still evacuation centers after the earthquake. By working with them, we learned the importance of cultural events. Thank you very much. (Suda)



## Lecture "Learning from the Kumamoto Model: Outreach Support for People with Dementia"

Jan.29. 2014 At Minamisoma Civic Center

On January 29<sup>th</sup>, Wednesday, We held a lecture titled "Learning from the Kumamoto Model: Outreach Support for People with Dementia," inviting two lecturers, Dr. Mikio Kobayashi (Kumamoto Prefecture Sakuragaoka Hospital) and Mr. Takaaki Otori (Psychiatric Social Worker). Twenty-six people participated in the lecture, including health workers from the Soso area, and staff members from a comprehensive support center and several hospitals.

In the first half of the program, Dr. Kobayashi talked about Kumamoto Prefecture's measure to counter dementia, which is called the "Kumamoto Model." Then, Mr. Otori, who has been involved in Sakuragaoka Hospital Mental Health Council since its establishment, introduced a study session organized by a local mental health league.

In the latter half of the program, the participants were divided into groups and had group work under the theme "Cases which you cannot determine whether it is dementia or not" "Cases which are not cared for by consultation" and "Challenges in this community." The participants brought out their daily problems and worries, and based on the discussions they summarized the challenges they are facing in the Soso area and gave a presentation on them at the end. Each participant actively shared his/her opinions. Some of their common views included "There are too few hospitals/clinics," "Many patients are reluctant to see a psychiatrist" and "It is necessary to give psychology education to families."



(Photo: Group Work)

Dr. Kobayashi will continue to work in the Soso area and give guidance on support for dementia patients through case studies and study sessions.

We would like to actively organize case studies and study sessions to have an opportunity where we can work together to solve local problems. (Natsumi)



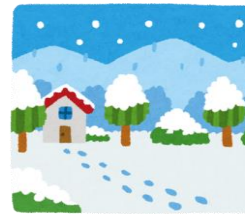
## Application for Membership of Soso Team for Establishing a New Health and Welfare System for Psychiatric Care!

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



For Current  
Supporters: Please  
renew your  
membership for the  
fiscal year 2014.

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.

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](mailto:nagomi@soso-cocoro.jp)



## International Distant Cooperation Symposium for Long-term Support for the Great East Japan Earthquake "Union is Power"

### The Role of Mental Health Professionals in Total Life Support and Interdisciplinary Cooperation without National and Prefectural Boundaries



On December 15<sup>th</sup>, Sunday 2013, the NPO Kokoro no Kakehashi Iwate (Kokorogake) held a symposium and the staff of Soso Team for Establishing a New Health and Welfare System for Psychiatric Care (Tsukuru Kai) participated in it.

The symposium spontaneously took place at eight locations: a main venue in Sendai and seven satellite venues in Kamaishi, Morioka, Yamagata, Tokyo, New York, Ottawa and Bangkok.



In the morning, five symposium speakers made presentations. One of them was our chair of the board, Ms. Takako Okawa, who presented the situation of the Soso area. From their presentations, we were able to learn about various support activities in the disaster areas such as support for children and university students' volunteer activities.

In the afternoon, we had a fellowship meeting for the staff of Kokorogake and Tsukuru Kai. It was a good opportunity for us to share about our activities and ideas as well as to introduce each other since the two organizations have not had much fellowship before.

As we both are engaged in support activities in the same three disaster-stricken prefectures, we would like to work together in cooperation in the future.

(Natsumi)



(Photo: Symposium and Fellowship)

## Editorial Note



We have only one month left before the fiscal 2013 ends. Thanks to many supporters, we were able to conduct various activities including lectures and events as well as visitation activities and small group gatherings. We would like to take this opportunity to give our gratitude to them.

As mentioned in this newsletter, we will start the Home Nursing Project in the next fiscal year, which is a beginning of a new stage for us.

We would like to work hard in cooperation with local residents. Please give us your kind support and guidance. (Editorial Member: Satomi)