



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



Soso Cocoro News Nagomi

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(Photo: Launching of the center by the traditional Japanese method of opening a ball called "kusudama" at which time a scroll drops down with a congratulatory message accompanied by confetti)

On April 1st, 2014, our new office Nagomi Visiting Nurse Station was launched to provide home services to the people in the Shinchu, Soma and Minamisoma communities needing mental health care services.

The motto of this new office is "Just as you are." Visiting nurses will support those in need of assistance to live actively within their communities. We need your kind support and guidance for this initiative.

On June 15th, an opening ceremony was held. The staff of the Nagomi Visiting Nurse Station were very happy and grateful that some seventy guests joined the event to celebrate it together with us.

During the ceremony, Dr. Yoko Nakagawa from the Graduate School of Nursing, University of Kochi, gave a lecture entitled "Outreach Caregiving-Visiting Nurse Service Required." Her lecture was very meaningful as she shared about her experiences, the kind of care that is needed and how it is best delivered in a community home-based setting.



more projects and activities covering wider areas now.



(Photo: Lecture by Dr. Yoko Nakagawa)

~ Greetings from the Director of Nagomi Visiting Nurse Station ~

As a representative of the visiting nurse station, I would like to greet all of you today.

We are delighted to take a first step and launch a visiting nurse station that specializes in psychiatric care in the community, which has suffered due to the disaster. Thanks to your support, we were able to open such an office in the Soso Area and we are very happy. Taking this opportunity, we also would like to express our gratitude to the people in related agencies who gave us support and guidance for our new initiative. Thank you very much.

Mental illness is included in the top five major illnesses and has become as common as cancer, stroke, diabetes and heart disease these days.

In the Soso Area, through our home visit activities, we have been responding to various needs such as mental illnesses, *hikikomori* (homebound), and complications of various medical diseases. In our visiting nurse service, just like we had been doing at the initial stage of the home visit, we are trying to observe the condition of our clients and provide support which matches their real needs.

As of June, twenty-one clients have been registered in the visiting nurse service. Of those, seven people have been transferred from other home visit services, another seven came from the Mental Care Center, and the remaining seven were referrals. They are suffering from schizophrenia, alcoholism, dementia, depression, or bipolar disorder.

Dr. Masao Nakazawa, who has been helping us ever since the earthquake, writes in his book, "when giving livelihood support, understanding the clients means understanding where their real needs lie. It also means standing close to them and sympathizing with them."

We also believe that we should promote visiting nurse services that fit the cultural climate of Soma, and should be extended to the clients' families. While upholding our motto, we would like to support those facing mental health challenges so that they can stay just the way they are and participate actively in the community.

Through the visiting nurse station, we will do our best to provide services which are rooted in the community, and we need your support to achieve it.

Terumi Sato
Director, Nagomi Visiting Nurse Station



(Photo: The staff of the new center)



Nagomi from Now On

Kazuma Yonekura
Director, Nagomi Mental Care Center in Soma

Time flies very quickly, and more than two years have passed since I became the director of the center. During that time, as an inexperienced administrator, I kept on pondering how to operate the organization in the face of unprecedented disaster. What is extraordinary about Nagomi is that it is a team of multi-professionals that were organized very quickly to meet the need created by the earthquake and subsequent events. Moreover, our supporters are mainly disaster victims themselves which makes their efforts even more extraordinary.

As I look back, in the very beginning, we did not have definite rules or direction, and we were trying to find our way based upon our past experiences which fell far short of the current situation. As a result, at times our meetings were ineffective and our teamwork was not smooth. After a while, we started receiving outside help which equipped us with better skills in working with the victims. In our desire to exhibit our technical skills, we sometimes ran into conflict and frustration amongst ourselves. Now, we have overcome such issues and we are more coordinated in working for the victims as fellow residents of the community while they reclaim their normal lives.

As we continue to work in the disaster areas, of course, we will always have worries or doubts, yet we hope to create an organization where all the staff members can live and work to their fullest potential.



(Photo: A friendly reminder meaning "let's all focus." It was displayed on the table at staff meetings in the early days)



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.

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 have a new logo!



Nagomi Mental Care Center in Soma
&
Nagomi Visiting Nurse Station

The new logo has the names of the two offices!

Events

Lecture on PTSD
By Dr. Ryoji Arizuka
(Director, Nagomi Mental Clinic)
Saturday, Nov. 22nd
(Admissions Free)
Details will be announced later!



Activities of Minamisoma Office Started!

In April, 2014, we began our activities at the Nagomi Mental Care Center in Soma, Minamisoma Office. The office was transferred from Kashima-ku to Haramachi-ku to carry out our activities mainly for Minamisoma City.

Minamisoma City consists of Kodaka-ku, Haramachi-ku and Kashima-ku, which experienced various degrees of damage from the Fukushima nuclear power plant accident, depending on how far it is from the power plant. Some residents were directly affected by the tsunami while others were evacuated from Futaba-gun. Construction of restoration housing has begun, but there is still no timeline on completion which means many still live in temporary housing. Also, some of the people who left Fukushima for their safety have now returned. They are experiencing different levels of issues regarding reconstruction of their homes. An additional issue is most of the residents are elderly, and working population is decreasing, leading to the issues of depression and anxiety.

In summary, it is clear that our mission is a necessary one that needs to be ongoing for many years and one that we are proud to strive to serve.



(Photo: Members of Nagomi Club presented a hand-made sign board to Minamisoma Office)



Editorial



Since the last fiscal year, we have been preparing for the establishment of the Nagomi Visiting Nurse Station and finally, in April we were able to achieve it. As our director mentioned in her speech, we would like to do our best to provide services that fit the cultural climate of Soma. Now with the summer season upon us, we work daily to maintain our own energy and health while continuing the vital work needed.

---Editorial member, Natsumi