

Updates from our Teams

The Nagomi Visiting Nursing Station

In April, 2014, the Nagomi Visiting Nursing Station was launched. Thanks to everyone concerned, we have successfully reached our second anniversary. In the past two years, we encountered many challenges and shared precious moments of "joy", "suffering", "grief" and "love" with our clients and their families.

The next fiscal year will be a transitional period for Nagomi. We plan to continue to work with commitment and passion while still working closely with our clients. (Terumi Sato)

The Nagomi CLUB

In cooperation with the community transition project of Fukushima Prefectural Yabuki Hospital, The Nagomi CLUB (Consultation Support Division) assists those who are in psychiatric facilities in their return to the Soso District. We work with people who have transferred from the psychiatric hospitals within 30 km radius from the nuclear power plant to other areas, are in a stable condition, and are willing to return to the Soso District. We conduct interviews to ascertain their interest in returning to their community and provide support if that is their wish. We continue to face a lack of housing in the district. Despite such a challenge, we would like to work hard to assist their return in cooperation with other local offices such as group homes. We thank you for your continuing support. (Otani)



Be a member of the Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso!

We are recruiting regular and supporting members who would like to support our efforts.

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

We regularly send a newsletter and local information to our members.

【How to apply】

1. Write the following information: regular member or supporting member; address; affiliation; occupation; phone number; e-mail address
2. Send it to us by postal mail or fax. See the contact information below. You can also apply on our website. <http://soso-cocoro.jp/> (in Japanese only)

Bank Name: Toho Bank, Soma Branch
Account Number : Savings account no.1044879
Account Holder : Specified non-profit corporation the Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso Board Chair Okawa Takako

For postal transfer:
Account Number : 02260-0-126825
Account Holder: the Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso
(Note that the name of the account holder is different from that of the Toho Bank account)

※For new members, we would ask you to kindly **submit a membership application** as well as your membership fee. Kindly contact us if you do not receive a receipt and/or newsletter despite that you have paid your membership fee.

Contact:
1-2-8, Okinouchi, Soma City, Fukushima Prefecture 976-0016
TEL: 0244-26-9753 FAX: 0244-26-9739
E-mail: nagomi@soso-cocoro.jp

Recruitment !

Would you like to work with us?
We are currently recruiting a new staff member. See our website for more information.

<How to apply>

Inquire by phone or email.
Office hours: weekdays 9:00-17:00
Tel: 0244-26-9753
(the staff in charge, Yonekura)
Email: nagomi@soso-cocoro.jp
Feel free to contact us if you have any questions.



The Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso

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Facebook: <https://www.fb.me/cocoro.nagomi>



Voices from Communities Introduced in the Symposium!



I hope that the children would grow naturally.

I am tired.

Sharing by Community Members (extracts)

I will slowly move forward together with Nagomi.

We have lost connections which formed us into who we were, and familiar places.

While cherishing interactions with others, I want to contribute to build our dear old community.

Symposium/Seminar

February 14th "The Restoration from a Psychological Perspective"

We invited Dr. Shigeo Tatsuki from Doshisha University and Dr. Hiroshi Kato from the Hyogo Institute for Traumatic Care as our speakers. After their lectures, representatives from Minamisoma City and Naraha-machi shared the voices from the disaster areas. From Nagomi, board chair, Okawa, and board member, Dr. Niwa each presented some topics, followed by exchanges of opinions.

February 28th "Koko Kara Nagomi – Mental Health Care in Disaster Areas"

Dr. Nobuya Naruse, the Saitama Psychiatric Medical Center, lectured on alcohol-related problems seen in disaster areas. Then, the organizations which operate in the disaster areas, namely Kokoro no Kakehashi (Otsuchi, Iwate), Karakoro Station (Ishinomaki, Miyagi) and Nagomi (Soma, Fukushima), each presented on the issue of aging in the symposium.

Reflection on the Symposium and Seminar

Five years have passed since the disaster. As time passes, the gaps among different communities become wider in the speed of reconstruction as well as the degree of interest in reconstruction. The alcohol-related problems as well as the emotional and health concerns within an aging population will impact the communities more and more in the future. Because we are facing an unprecedented situation, we want to work in cooperation with the communities and take on the challenge to build a new mental health care. (Kawamura/Adachi)



"Sharing Spaces" launched for returning communities!

There was an interest expressed by the returning people to create a sharing space. In response to them, we launched a sharing space, where people can just come and talk with others, in a community center of reconstruction housing in Soma City. Such sharing helps to relieve worries and reduce the sense of isolation that members may feel. The sharing space has grown mainly through word-of-mouth. (Nishiuchi)



Exercise: It's hard to keep a half-sitting posture!

Enjoy eating Ehomaki (sushi roles) ♪



In the Omachi reconstruction housing, Haramachi Ward, Minamisoma City, the residents' association have been organizing the Omachi Kirakira Sharing Space in the Higashi Danchi Community Center four days a week since January. The Senior Welfare Section of Manamisoma City, the non-profit organization Haramachi Club, and the Nagomi Mental Care Center also assist in this activity. (Tachiya)



A "Sharing Space" opened in Odaka Ward!

Using a free space near Odaka station, we started weekly "sharing space" activity. In this activity, people who had evacuated outside the prefecture temporarily came back and joined us. People who came back for trial or readjustment stay also dropped in the space. I would like to become familiar with people in Odaka Ward. (Fushimi)



Daily scene in Odaka



We have a yoga class, too!

Odaka Ward Now...

I attended an orientation for ex-residents on the possibility of returning to the evacuation zone. As of now, there is no schedule decided yet. In the town, decontamination, demolition of houses, and construction of reconstruction housing are rapidly proceeding. One local supporter spoke from his heart "When there are people, other people are attracted to come. So at first, I want to create a scene where you can see people in our town." I hope that Nagomi will stay on to work in the community to support those who consider it still as their home. (Fushimi)

New Group Activities of Nagomi



Coping Activities Established

Many of the men whom we visited have turned to alcohol due to stress and a sense of hopelessness. To address this issue, we held a meeting with them in November. Since then, we have been organizing enjoyable activities for the men every month, as shown in the picture on the right. (Kijima)



Coping activity for men

The Millenniums Meet Up

Young people are also longing for a place where they feel a sense of belonging! This prompted us to initiate group activities once a month. Our members are in their 20s and 30s. We cook, play sports, and sometimes listen to each other's stories. We are extending a circle of our members to take on new challenges together. (Adachi)

The Millenniums Meet Up



Cooking Yakisoba Noodle

Reports on New York Visits:

We reported the activities of Nagomi and conveyed our appreciation for the support!

In April, last year, we presented certificates of appreciation and tokens "Okiagari Koboushi (self-righting dharma doll)" to the Japan Society and the Japanese Medical Society of America from Fukushima Governor Uchibori. In the Japan Society and the Icahn School of Medicine at Mount Sinai and Columbia University, we reported the situation of Fukushima after the earthquake disaster and the issues of mental health of the disaster victims. During this trip, we presented the achievements of our outreach activities for mental health support, which we have been receiving support for, and was able to have our supporters understand the situation of reconstruction in Fukushima. Our sincere thanks go to the Japan Society and the Japanese Medical Society of America, which have been supporting us for the last three years. We will continue working hard to expand a new psychiatric care, health and welfare system, keeping in our mind that we are supported by such kindness. (Niwa)



Certificate of appreciation for the Japanese Medical Society of America

Fellowship with the Japanese Medical Society of America



In September, last year, we went to New York. Dr. Robert Takahiro Yanagisawa of the Japanese Medical Society of America coordinated this trip. Dr. Yanagisawa has been our supporter since the time that Fukushima Medical University created the Disaster mental Health Care Team, a predecessor of our organization after the disaster. Thanks to him, we were able to have fellowship with the staff of Mount Sinai Hospital and the teaching staff of Pace University, which is located near the World Trade Center. We were also given a chance to have dinner with members of the Japanese Medical Society of America, and presented a certificate of appreciation to President Dr. Anzai from our organization. We also had a meeting with president of the Japan Society, Sakurai, and learned from him how they had decided to support our organization. We presented him with a certificate of appreciation and thanked him for their continuing support to our activities. (Okawa)

Update from Alcohol Rehab Group



The Soma Uguisu Support Group

We have started having regular meetings since April, 2015.

Every second and fourth Saturdays, from 1pm, we have a meeting at the Nagomi Mental Care Center, Soma Office. Our meeting opens with "a vow of abstinence", followed by sharing of each participant's experience. The support group is a self-help group to support people with alcohol issues to continuously abstain from drinking. Families who have members struggling with alcohol issues are welcome as well. No advance registration is required. Feel free to join us. Contact: Soma Office 0244-26-9753

The Soma Uguisu Support Group has reached its second year. As I look back, last year was the real challenge for me. On February 14th, due to an illness, I became partially paralyzed. While everybody else was busy with preparations, I was bedridden in the hospital and working hard on my rehabilitation.

It has been proven that support groups such as the Soma Uguisu Support Group are of great benefit to those facing alcohol issues. The sense of not being alone with your problem is very important to modify behavior. You can visit us and decide if you want to join us or not. When you have friends who have the same goal, you will be determined to stop drinking. We want to thank the Nagomi Mental Care Center for the follow-up support.

The representative, Masatsugu Iwasaki

