



Trainees from the DNGL Program Joined Us



We have accepted trainees from the Disaster Nursing Global Leaders (DNGL) Degree Program. The DNGL program is a degree program offered collaboratively by five private and public universities. Its aim is to educate nurses who can effectively respond to world-wide disasters. We have accepted eight trainees last year, and four trainees this year. In the future, when disasters would occur and mid-term to long-term support would be needed, we look forward to graduates of the program applying what they learned from our activities. (Yonekura)

The 1st Training for Mental Care Volunteers Completed

We launched a training program for volunteers in May, which consisted of six sessions. Twelve participants successfully completed the program in August. The objective of the program was to facilitate social participation of people with mental disabilities who live in the communities. It also aimed at reducing prejudice against people with mental disabilities. The participants were highly motivated and exchanged rigorous discussions at every session. We hope that they will take an active role in the community in the future. (Kijima)



List of Donors (April - August, 2016)

Morioka Heart Net
Igaku-shoin Inc.
The Great East Japan Earthquake Committee, Minuma Fukushi-kai (social welfare corporation)
Individual donors (4 persons)

Total: 358,000 yen

We will utilize it as a part of operational cost of the organization.

Thank you very much for your kind support!

Dear Our Members,

Kindly deposit your annual membership fee.

1. Regular member Annual Membership Fee 10,000 yen
2. Supporting member Annual Membership Fee 3,000 yen

We are recruiting new members
We regularly send a newsletter and local information to our members

【How to apply】

- Write the following information: regular member or supporting member; address; affiliation; occupation; phone number; e-mail address
- 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)

How to Pay Your Fee: Postal Transfer

Account Number : 02260-0-126825

Account Holder: the Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso

※ A deposit slip was enclosed with this newsletter for the members who had not paid their membership fee. Kindly ignore the slip if you had made the payment before you receive the newsletter.

Contact: Nagomi Soma Office

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



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

Soso Cocoro News Nagomi

The 14th Issue, September, 2016
Published by KCN Newsletter Editorial Team
URL: <http://nagomi.soso-cocoro.jp>
Facebook: <https://www.fb.me/cocoro.nagomi>



Fiscal Year 2016 General Assembly

On June 26th, 2016, we held a general assembly at Soma General Welfare Center (Hamanasu-kan). Our first general assembly was held to prepare for the establishment of a non-profit organization (NPO) in June, 2011 right after the disaster. In November of the same year, the NPO was launched. Since then, we have been expanding our activities year by year, and now have reached the phase of reviewing the quality and sustainability of our programs. While memories of the disaster are dwindling, our next challenge is to think on how we communicate with people and tell them about our mental care programs. (Yonekura)



Tea Party was Held

After the general assembly, we threw a tea party where we enjoyed local sweets and coffee. Tomatoes from Shinchi, and pickles from Matsukawa Uranoko Joshi and Ishigami, Hamarachi-ku were also served to represent symbols of reconstruction. Art works by clients of the Nagomi Club and the Visiting Nurse Program were exhibited. The participants exchanged information and ideas about various topics, ranging from daily activities to the progress of reconstruction, and to some challenges that the communities are facing. I feel that this kind of casual interaction would lead to new ideas and activities. We welcome all our members to join our next party. (Fushimi)



Greetings from Board Chair ◆ANBO, Hiroaki◆

Since the fiscal year 2015, I have been serving as Board Chair of the organization. I teach at the Yamagata Prefectural University for Health Sciences. I have visited the Soso district even before the disaster, and have known some of the staff members since then.

Recently, the focus of mental health care and welfare has shifted to incorporate the recovery model, emphasizing patients' positive attitude or energy toward life rather than their symptoms or disabilities. In accordance with this trend, our offices have given support to our clients and their families based on their wishes. In addition to personal support, we also try to connect with local residents through occasions like the tea party.

I hope that we can strengthen our clients' positive attitude through our continuing support. I will also commit myself to improve the organization and give support to the communities in the Soso district.



The Nagomi Visiting Nursing Station



Memorable Moment

I recently had some memorable moments at my work. One of them is when I was able to help our clients express their “wish”. In some cases, I struggle to build trusting relationships with my clients even after many visits, as they say they have no “interest” or “wish”. I feel very much rewarded when I can help them express what they want to do or what they are interested in. (Kojima)

New Staff Member ◆HATTORI, Masato◆

I was assigned to the visiting nursing station in August. I am fifty years old. I love eating saury (popular autumn fish in Japan), swimming, and watching Sumo wrestling. As an occupational therapist (OT), I used to work on various rehabilitation programs with inpatients and daycare clients at a psychiatric hospital in Fukushima City until July. In the visiting nursing station, my main task is to provide personal support to our clients and their families. I would like to work hard and be of help to our clients, utilizing my professional experience.



Local Activity Support Center/Consultation Support

Activity Updates

Starting this July, we have additional activities on Thursdays: “Art Club” for our members to paint pictures and draw letters with brush and paints to bring out their artistic talent. They sometimes work on computers to browse the internet, or make documents and brochures as well. If you are interested in these activities, please feel free to contact us. You are very much welcome even if you have no previous experience or confidence in your skill. (Kudo)



New Staff Member ◆KOGA, Hisae◆

I have moved to Tohoku because my husband, an NGO worker, got transferred there. I lived in Iwate and Miyagi, and came to Fukushima. It was our sixth summer in Tohoku this year. In the Nagomi Club, I oversee the weekly fun activities such as computer, penmanship and drawing to help our clients realize their “dreams”. If they are especially interested in a particular activity, I introduce to them relevant information and skills to encourage them to deepen their interest through fun.



New Staff Member ◆SAKUMA, Katsuhiro◆

I work for the Nagomi Club as a driver. I am from Okuma-machi, Fukushima. Before the disaster, I worked with Terumi Sato and Ikuko Suzuki at Futaba Welfare Hospital in Fukushima, who are now visiting nurses at Nagomi. After my retirement, I moved from Aizuwakamatsu City, where I had evacuated to, to Soma City, Fukushima. I am very happy to work with my old friends again. I enjoy any outdoor activities, especially fishing.



Soma Wide Region Mental Care Center Nagomi

Community Updates

On July 12th, the evacuation designation was lifted in most parts of Odaka-ku. Although decontamination work, construction of new houses, and renovation of old houses had been ongoing even before the lifting, many more construction vehicles are at work and reconstruction seems to be progressing at a faster pace now. Our next task is to expand our service areas. Now is the time to think realistically on how we will introduce visiting programs in Iidate-mura and Namie-cho with our limited human resources. (Nishiuchi)



New Staff Member ◆KIKAWADA, Toru◆

I lived in Tomioka-machi, Futaba-gun at the time of the disaster. I have been working with disaster victims since then. In Fukushima, I especially find reconstruction work challenging due to the effect of the nuclear power plant accident. As a social worker, I will do my best to serve people in the Soso



New Staff Member ◆TANAKA, Kumiko◆

I was born and raised in Katsushika Shibamata, downtown Tokyo. I am a natural-born Tokyoite. I studied at Fukushima Medical University for two years until 2011 and fell in love with Fukushima. Fukushima is like my second hometown. After the disaster, I worked in Kanagawa. I came back to Fukushima after five years and am very happy now. My specialization is cancer nursing, and it is my first time to work for psychiatric nursing. I will commit myself to this work with humble and fresh mind.



Motivational Interviewing Workshop Conducted

On August 20th and 21st, we invited Dr. Shinji Sekiguchi and Dr. Yoshihiro Nakagome from the Alcoholism Medical Center, Komagino Hospital, Tokyo to conduct a workshop on motivational interviewing. Motivational interviewing is a technique to bring out endogenous motivation of consultees, and is based on four principles – namely, “collaboration”, “acceptance”, “evocation”, and “empathy”.

The participants were nervous in the beginning, but they gradually warmed up and enjoyed the workshop as they were physically and intellectually engaged in it. Some of them commented that they wanted to continue practicing it, and that they wanted to utilize it at work. (Kawamura)

