

New Staff ◆TADANO, Yudai◆

Hello, I am Yudai. I started working at Nagomi as an administrative staff in December. As I have previously worked as an accountant for a factory, I thought I won't have any trouble handling accounting here. However, accounting for non-profit organizations is quite different, so I am learning it as I go. I love watching movies and Rakugo (traditional Japanese comic storytelling), making plastic models, and playing basketball in my free time...but now I actually have no "free time" at home as I am busy caring for my three kids. Sometimes, I feel more relaxed at work than at home! I want to get used to this job soon and become an effective administrative officer.



Nagomi's Activities were featured on NHK Special!

On January 9th, 2017, our activities were broadcasted on "NHK Special", a well-known documentary program by NHK (Japan's public broadcasting corporation). Many viewers who watched it sent us warm messages of support and encouragement. Thank you very much. (SUZUKI, Kei)

List of Our Donors
(Sep. 2016 - Jan. 2017)

Individual donors: 8 persons
Total 287,000 yen



We have utilized all membership fees and donation as part of the NPO's operational cost. Thank you very much for your generous support!

Corporate Supporters (grant)

- Red Feather Campaign
- Yomiuri Light and Humanity Association
- Japan Philanthropic Association (JCB)
- Yahoo! Foundation

**Dear Our Members,
Kindly deposit your membership fee for this year**

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 out newsletters 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 by fax. See the contact information below.
- You can also apply through 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 has been enclosed with this newsletter for members who have not paid their membership fees. Kindly ignore the slip if you have already made the payment before receiving this newsletter.

Contact: Nagomi Soma Office
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The Association for Establishing a New Psychiatric Care,
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**Nagomi Festival was
a Big Success!**



Seminar on Reducing Alcohol Consumption



Hand Massage



Food booths



Nagomi Café ☆



Making tree crafts at Nagomi-Koubou



Class on "Sera-band"



Namie Fried Noodle: Asahiya and Coffee Time members helped us, too!

In October, the Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso has reached its 5th anniversary, and we held a festival, joined by our friends and supporters in the community. Despite the rainy weather forecast, we were blessed with beautiful weather. Over 100 guests joined us, and the festival was a great success. We deeply appreciate the organizations and individuals who supported the event.

(Kimura)

Dear Members:

The schedule for the fiscal year 2017 General Assembly has been finalized!

Date: June 4th (Sun), 2017, Morning

★In the afternoon, we will organize the Nagomi Festival (tentative name).★

We will inform you of the details later.





Introducing Nagomi's activities across Japan!

Fukushima Mental Care Center

Area Liaison Conference

The conference is held annually and is a valuable opportunity during which we report our activities in the Soma Area, and directly receive feedback from prefectural and municipal officers in charge of supporting disaster victims. This time, 21 participants attended the conference. We value all the feedback and will do our best to apply them in our future activities. (Kijima)



Fukushima Mental Care Center: Reporting Session

In December, a reporting session of the entire Fukushima Mental Care Center was held. The projects on alcohol-related issues, which the entire center is intensively working on, were reported. Each regional center from Aizu, Northern Fukushima, Central/Southern Fukushima to Iwaki also presented prominent topics of the year. Nagomi is in charge of the Soma Area. We reported our main activities of this year, focusing on support for the youth and men, the Millenniums Meet Up and Men's Gathering, respectively. (Kawamura)

Reflecting on the Lecture on Disaster Nursing

In July, I gave a lecture on disaster nursing at Mie Prefectural College of Nursing. I discussed the theme "survivors' guilt" from the viewpoint of a supporter who has survived the disaster. At the time of the disaster, some people evacuated from the affected area, fearing radioactive contamination while others decided to stay on. Nobody knew what the right choice was, but we all had to make a decision. It was an intense situation. However, as time has passed, less and less people talk about that period. I put aside my memories of the incident as well, thinking that it was useless to talk about the past, and I did not want to be thought of as a victim. After the lecture, I received feedback from the students. Five years have passed since the disaster. The feedback reassured me that now is the time to talk about my own experience as a survivor. (Yonekura)



Support Activities for Preventing Isolation

In November, at a meeting of the Japan Health and Welfare Policy Society, we presented Nagomi's initiatives for mid-to-long-term support after the disaster, supporting the youth and preventing isolation of middle-aged and elderly men. We also discussed important issues concerning regeneration of communities. One participant gave an encouraging remark that Nagomi was a cutting edge example, especially regarding support activities for the youth in Japan. (Fushimi)



Reporting Our Activities on Alcohol-Related Issues

A meeting of the Japanese Society of Alcohol-Related Problems was held in Akita in September. I participated in one of the sectional meetings on "Suicide and Alcohol", and talked about "Dealing with Alcohol-related Health Issues in Disaster Areas". I discussed our activities during the time of the Fukushima Medical University Mental Care Team, subsequent visiting programs, and current alcohol-related projects. The participants listened to my presentation attentively and showed interest in our initiatives. (Okawa)



Learning together with the community!



Seminar on Case Studies

We held a seminar entitled "Tips for Effective Case Study/Conferences", inviting Dr. Hiroaki Abo, Yamagata Prefectural University for Health Sciences, as a lecturer. Dr. Abo gave a concrete and comprehensive lecture on how to set objectives, prepare ground work, as well as effectively facilitate case study/conferences. We hope our future case studies and conferences will improve our care activities for our clients. (Hattori)



Training on Mental Health for the Elderly

On 23rd January, we conducted the 3rd Training on Mental Health for the Elderly at Hamanasu-kan. We exchanged information on four Dementia Centers (space for patients with dementia, two in Soma, one in Minamisoma and another in Kumamoto). We discussed their activities, characteristics, and the challenges they face. Many of the participants commented that the training was very useful, and that they would utilize the teachings for their future activities. (Ishii)



Workshop with the Hello Work Staff

We organized a workshop on the basics of psychiatric disorders and how to work with people with the disorders for the staff of Hello Work (public job placement office). Although they were busy with their daily duties, many staff members joined us and actively participated in the seminar. As many residents have evacuated from the affected areas after the disaster, they have a shortage of applicants, and the local employment situation has been unstable. Despite such situation, the staff members have been doing their best. We hope that this seminar was useful for them. (Adachi)

The 10th Anniversary Party of the Coffee Time!!

On December 3rd, we went to help the 10th Anniversary Party of the Coffee Time. The Coffee Time is a social welfare office, which evacuated from Namie-machi after the disaster, and reopened in Nihonmatsu, Fukushima. The board chair, Hashimoto has supporting us ever since the launching of our organization despite herself being displaced by the disaster. During the ceremony, we had a memorial lecture, and the members of the Coffee Time performed on stage. Eleven graduates of our Volunteers' Training Course came to help, and enjoyed our time together. As we celebrated their 10th anniversary with them, this opportunity also helped us renew our motivation and vision toward the future. (Otani)

