



【Online】 Knowledge Co-Creation Program (Group & Region Focus)

GENERAL INFORMATION ON

**Improvement of Mental Health and Psychosocial Support
System (kokoro-no-care) in Disaster Situation
課題別研修「災害におけるこころのケア」**

JFY 2021

NO. 202003003J001

Online Course Period: From September 6th to 22nd, 2021

This information pertains to one of the JICA Knowledge Co-Creation Programs (Group & Region Focus) of the Japan International Cooperation Agency (JICA) implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.

JICA Knowledge Co-Creation Program (KCCP)

The Japanese Cabinet released the Development Cooperation Charter in February 2015, which stated, *“In its development cooperation, Japan has maintained the spirit of jointly creating things that suit partner countries while respecting ownership, intentions and intrinsic characteristics of the country concerned based on a field-oriented approach through dialogue and collaboration. It has also maintained the approach of building reciprocal relationships with developing countries in which both sides learn from each other and grow and develop together.”* JICA believes that this ‘Knowledge Co-Creation Program’ will serve as a foundation of mutual learning process.

I. Concept

Background

Disaster risk and vulnerability seem to be increasing due to population expansion, urbanization and global climate change, global turmoil due to the spread of the COVID-19 etc. Developing countries suffer severe damage from various types of disaster, affecting poor population in particular. In recent years, mental health services following natural and man-made disasters around the world have emerged as an important issue.

The 3rd UN World Conference on Disaster Risk Reduction (DRR) was held in Sendai, Japan in March 2015, which concluded with "Sendai Framework for Disaster Risk Reduction 2015-2030" replacing Hyogo Framework for Action. According to the Sendai Framework, there are four Priorities for Action:

1. Understanding disaster risks;
2. Strengthening disaster risk governance to manage disaster risks;
3. Investing in disaster risk reduction for resilience;
4. Enhancing disaster preparedness for effective response and to “Build Back Better” in recovery, rehabilitation and reconstruction.

Mental health is specified in this Priority Action 4, 33-(o) ;

- (o) To enhance recovery schemes to provide psychosocial support and mental health services for all people in need;

At the same moment, the mental health is also defined in the Sustainable Development Goals (SDGs) ;

- Goal 3. Ensure healthy lives and promote well-being for all at all ages
- 3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

This program targets to improve a mental health and psychosocial support system (MHPSS, or kokoro-no-care system in Japan) for people with psychological stress and trauma by natural disasters in participating countries, in a suitable manner.

For what?

This program is designed to learn about mental health and psychosocial support system (MHPSS, or kokoro-no-care system in Japan) and to develop capacities of key officials for dissemination in respective countries. Furthermore, as COVID-19 has been putting tremendous impact on every aspect of daily live across the world, it is crucial to learn the impact of COVID-19 from psychological perspective. The program also offers an

opportunity to understand the ways in which how the pandemic affecting our every aspect of mental health and share experiences related with COVID-19 among lecturers and participants.

For whom?

This program is offered to officials in central/local government or medical institution in charge of implementation/operation for mental health and psychosocial care service.

How?

This program offers participants on-demand and on-line lectures for understanding importance of mental health and psychosocial support system. At the end of the program, each participant is expected to develop Action plan or an improvement of mental health and psychosocial support in its own country.

II. Description

1. Title (Course No.): Improvement of Mental Health and Psychosocial Support System (kokoro-no-care) in Disaster Situation (202003003J001)

2. Course Period: September 6th, September 22nd, 2021

In order to have interactive communication between lecturers and participants, some online sessions are planned during the course period.

Participants will be connected at the same time in following time zones.
※Subject to change
Japan: 10am-0pm [JST]

Fixed schedule will be shared to the accepted participants with the Notice of Acceptance.

3. Target Regions or Countries:

Belize, Brazil, Fiji, Mexico, Philippines, Sudan, Thailand, Viet Nam

4. Eligible / Target Organization:

Central/local government and/or medical institution in charge of implementation/operation for mental health and psychosocial care service

5. Capacity (Upper limit of Participants): 12 participants

6. Language: English

7. Objective(s):

To develop capacity of implementation/operation for disaster mental health, through understanding the role of medical care and mental health in each phase of disaster management cycle in light of Japanese experiences and knowledge.

8. Overall Goal:

To improve the system of mental health and psychosocial support in respective countries.

9. Expected Module Output and Contents:

This program consists of the following components. Details on each component are given below.

(1) Preliminary phase until Online Self-Study Program starts

(August 16th to 5th September, 2021)

Participants are required to prepare for this program.

Modules	Activities
Preparation for the core phase	<p>Preparation for <u>Job Report Presentation</u> during the core phase of Self-Study Program</p> <p>To read and understand the following documents in advance.</p> <ul style="list-style-type: none"> ● Sendai Framework for Disaster Risk Reduction http://www.unisdr.org/files/44983_sendaiframeworkchart.pdf ● IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings https://interagencystandingcommittee.org/system/files/guidelines_iasc_mental_health_psychosocial_with_index.pdf ● IASC Guidelines on Mental Health and Psychosocial Support with Covid-19 https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/interim-briefing-note-addressing-mental-health-and-psychosocial-aspects-covid-19-outbreak ● UNISDR: The Human Cost of Weather Related Disasters 1995-2015 https://www.unisdr.org/2015/docs/climatechange/COP21_WeatherDisastersReport_2015_FINAL.pdf ● Psychological First Aid (National Center for PTSD ver.) https://www.ptsd.va.gov/professional/treat/type/PFA/PFA_2ndEditionwithappendices.pdf ● WHO: Japan Health System Review https://jpn01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.who.int%2Firis%2Fbitstream%2Fhandle%2F10665%2F259941%2F9789290226260-eng.pdf%3Fsequence%3D1%26isAllowed%3Dy&data=04%7C01%7CTachibana.Shizuka%40jica.go.jp%7Cc618ae2ce8d341edc4cf08d916903cb8%7Ceba9fc4255884d318a4e6e1bf79d31c0%7C0%7C0%7C637565631470862055%7CUnknown%7CTWFPbGZsb3d8eyJWljoimC4wLjAwMDAiLCJQljoiv2luMzliLCJBtIl6lk1haWwiLCJXVCi6Mn0%3D%7C1000&sdata=v9qBXtPA15MWZfZiBXy9yrHjGnv0DeVUKchLF53WaAw%3D&reserved=0 ● Hyogo Institute for Traumatic Stress https://translate.google.com/translate?hl=&sl=ja&tl=en&u=http%3A%2F%2Fwww.j-hits.org%2F&sandbox=1

(2) Core phase of the course [Online and On-demand]

(September 6 th to 22 nd)

Modules	Subjects/Agendas	Methodology
(1)	To understand the concept and background of "MHPSS (kokoro-no-care)" in Japan, through the cases of past disasters in Japan (The Great Hanshin-Awaji Earthquake in 1995, The Great East Japan Earthquake in 2011, etc.)	Lecture
(2)	To understand Japanese system of medical care and mental health in each phase of disaster management cycle.	Lecture
(3)	To understand importance of mental health for socially vulnerable people, such as children and elderly people.	Lecture
(4)	To understand roles and linkage among stakeholders on disaster mental health.	Lecture
(5)	To assemble concept of disaster mental health and formulate Action Plan for own country.	Exercise

<Topic outline >※Tentative

Modules	Contents(Lectures and Workshop)
(1)	Mental health in Disaster situation and Japanese culture
	Introduction on Hyogo Institute for Traumatic Stress
(2)	Disaster Psychiatric Assistance Team in Japan
(3)	Disaster education at school
	Disaster and research: what do research tell us
(4)	Stress First Aid for Service Providers (disaster responders)
	How to make a resilient community: learning from Malaysia
(5)	Country Report presentation
	Workshop and Q&A session
	Action plan presentation
Others	General orientation

- During this Online Program and On-demand self-study program, you are supposed to:
 - take approximately 10 lectures
 - have two presentation [Job Report, Action Plan]

During the program, you are responsible for time management. Please make sure that you discuss this with your supervisor in your organization, so that you have enough time to focus on your program work.

III. Eligibility and Procedures

1. Expectations for the Applying Organizations:

(1) This program is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Participating organizations are expected to utilize the program for those specific purposes.

(2) This program is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the program to meet specific requirements of applying organizations and effectively facilitate them toward solutions for the issues and problems.

(3) Applying organizations are expected to nominate the most qualified candidates to address the said issues or problems, carefully referring to the qualifications described in section III-2 below.

2. Nominee Qualifications:

Applying Organizations are expected to select nominees who meet the following qualifications.

(1) Essential Qualifications

1) Current Duties:

- Officials in central/local government or medical institution in charge of implementation/operation for mental health and psychosocial care service.

2) Working Experience:

- More than 3 years practical working experience in this field

3) Educational Background: be a graduate of university or equivalent

- ###### **4) Language:** have a competent command of English. This program requires active participation in discussion.

5) Technical Requirements for the Online Program (Computer)

Technology Proficiency:

-Basic computer skills such as, sending/receiving email with attachments, and using a web browser.

-Online course may be delivered using the following services, Google Workspace, Web Conferences

(Zoom, Google), Cloud Storage (Google Drive, Gigapod), and YouTube.

(Online tutorial and support by JICA will be limited. The ability to be self-directed in learning new technology skills are required.)

Internet Connection:

- High Speed Broadband Connection (at least 2Mbps) from your home or your office.

*In principle, internet access charge incurred for this course shall be borne by

you/your organization.

Hardware (Minimum Requirement):

- Regular access to a computer, either from your home or from your office.
- Operating System: Windows or Mac OS (Updated version is preferred).
- Processor: Intel Core 2 Duo or higher; 2GHz or higher
- Memory: 4GB of RAM or higher
- Hard Drive Space: 5GB free disk space
- Browser: Google Chrome is preferred browser. (Edge, Firefox, Safari can be used)
- Others(which may be required): Webcam Microphone, and Audio output Device (Speaker or Headset)

*In some cases, Smartphone (Android OS or Apple iOS) can be used as substitute of PC.

Software (which may be required):

- Zoom Client for Meeting (<https://zoom.us/download>)

*In case you are using your office computer and use of Zoom is not authorized by your IT administrator, please notify JICA at the time of application.

(2) Recommendable Qualifications

- 1) **Age:** under fifty five (55) years old
- 2) **Gender Consideration:** JICA promotes gender equality. Women are encouraged to apply for the program.

3. Required Documents for Application:

(1) Application Form

The Application Form is available at **the JICA overseas office (or the Embassy of Japan).**

* If you have any difficulties/disabilities which require assistance, please specify necessary assistances to JICA office. It may allow us (people concerned in this course) to prepare better logistics or alternatives.

(2) Job report

See “1. Job Report in VI. ANNEX”.

Please submit it together with the application form.

Each participant is required to submit a Job Report together with Application Form.

Job Report will be used for screening of applicants, and applications without completed Job Report will not be considered as duly qualified.

* Applicants who received an acceptance notification letter from JICA office shall be required to prepare a Job Report presentation material and submit it by 1 st September.

See “2. Presentation Material in VI. ANNEX”.

(3) Photocopy of passport or ID

Photocopy should include the followings:

Name, Date of birth, Nationality, Sex, Passport / ID number and Expiry date.

(4) Nominee’s English Score Sheet (photocopy): to be submitted with the Application Form, if you have any official documentation of English ability (e.g., TOEFL, TOEIC, IELTS).

4.Procedures for Application and Selection :

(1) Submission of the Application Documents:

Closing date for applications: **Please confirm the local deadline with the JICA overseas office (or the Embassy of Japan).**

(All required material must arrive at **JICA Center in Japan by July 26 , 2021**)

(2) Selection:

Primary screening is conducted at the JICA overseas office (or the embassy of Japan) after receiving official documents from your government. JICA Center will consult with concerned organizations in Japan in the process of final selection. Applying organizations with the best intentions to utilize the opportunity will be highly valued.

The Government of Japan will examine applicants who belong to the military or other military-related organizations and/or who are enlisted in the military, taking into consideration of their duties, positions in the organization and other relevant information in a comprehensive manner to be consistent with the Development Cooperation Charter of Japan.

(3) Notice of Acceptance

The JICA overseas office (or the Embassy of Japan) will notify the results **not later than August 13 th, 2021.**

5.Conditions for Participation

- (1)** to strictly adhere to the program schedule,
- (2)** not to change the program topics,
- (3)** not to record or share the online contents without JICA’s permission

IV. Administrative Arrangements

1. Organizer:(JICA Center in Japan)

(1)Center: JICA Kansai Center (JICA Kansai)

Program Division 1/Disaster Reduction Learning Center (DRLC),

(2)Program Officer:

Ms. Shizuka TACHIBANA (Tachibana.Shizuka@jica.go.jp)

Ms. Junko MATSUNO (Matsuno.Junko@jica.go.jp)

and jicaksic-unit@jica.go.jp

2. Implementing Partner:

(1)Name: Hyogo Institute for Traumatic Stress

(2)URL:

<https://translate.google.com/translate?hl=&sl=ja&tl=en&u=http%3A%2F%2Fwww.j-hits.org%2F&sandbox=1>

3. Reference

*YouTube of “Knowledge Co-Creation Program and Life in Japan” and “Introduction of JICA Center” are viewable from the link below.

Image videos of 'Introduction of JICA Center (YouTube)' show information of JICA Centers.

Part I: Knowledge Co-Creation Program and Life in Japan	
English ver.	https://www.youtube.com/watch?v=SLurfKugrEw
Part II: Introduction of JICA Center in Japan	
JICA Kansai	https://www.jica.go.jp/kansai/english/office/index.html

V. Other Information

1. Participants who have successfully completed the program will be awarded a certificate by JICA.

VI. ANNEX:

1. Job Report

ANNEX-1 Job Report

FORMAT OF “BASIC INFORMATION” (for screening)

**Improvement of Mental Health and Psychosocial Support System
(kokoro-no-care) in Disaster Situation(JFY 2021)**

BASIC INFORMATION

*** Please use attached form[ANNEX-1] and submit 3-4 pages in A4.**

*** Hand writing reports are not acceptable.**

Preparation of Job Report	
The Job report provides basic and essential information for the Japanese lecturers as well as the other participants in the program. Each applicant is required to submit this Basic Information together with the Application Form. This will be used for screening of applicants, and applications without completed Job Report will not be considered as duly qualified.	

(1)	Your name (Country)
(2)	Your Organization, Department, division, section and/or unit.
(3)	Your current functional title and duties (Please describe your occupation and professional responsibilities in 2020)
	Your experiences related to DRR/mental health in your current and previous positions (if any)

(4)	Please attach/show an organogram of your organization and whole disaster management system that shows roles of respective departments/organizations in your country
Information regarding DRR situation in your country / organization	
(5)	Kind of disaster in descending order of "Frequency"
(6)	Kind of disaster in descending order of "Damage"
(7)	The worst-affected disaster in history and brief summary (in view of mental health and psychosocial support)
(9)	Brief summary of mental health activities in recent disaster cases(one or two)
(10)	Challenges of mental health under disaster contexts in your country

2. Presentation Material

All accepted participants, who received an acceptance notice from JICA office, shall be required to prepare a presentation material mainly based on **Item (1) to (4) of the job report** (see '1. Job report' above).

The time allocation for each presentation is **maximum 10 minutes (plus 5 minutes Q&A)**, and it is recommended to prepare it by using Microsoft Power Point with 10 slides maximum.

3. Information Reference

- Hyogo Institute of Traumatic Stress
<https://translate.google.com/translate?hl=&sl=ja&tl=en&u=http%3A%2F%2Fwww.j-hits.org%2F&sandbox=1>
- JICA Disaster Reduction Learning Center
https://www.jica.go.jp/english/our_work/thematic_issues/disaster/disaster.html
- JICA DRLC: Lessons from the Great Hanshin-Awaji Earthquake
http://www.jica.go.jp/kansai/drlc/ku57pq000005kh18-att/04-02_jica_en.pdf
- WHO: Mental Health Considering during COVID-19 outbreak
[Mental Health Considerations 0.pdf \(uct.ac.za\)](#)

For Your Reference

JICA and Capacity Development

Technical cooperation is people-to-people cooperation that supports partner countries in enhancing their comprehensive capacities to address development challenges by their own efforts. Instead of applying Japanese technology per se to partner countries, JICA's technical cooperation provides solutions that best fit their needs by working with people living there. In the process, consideration is given to factors such as their regional characteristics, historical background, and languages. JICA does not limit its technical cooperation to human resources development; it offers multi-tiered assistance that also involves organizational strengthening, policy formulation, and institution building.

Implementation methods of JICA's technical cooperation can be divided into two approaches. One is overseas cooperation by dispatching experts and volunteers in various development sectors to partner countries; the other is domestic cooperation by inviting participants from developing countries to Japan. The latter method is the Knowledge Co-Creation Program, formerly called Training Program, and it is one of the core programs carried out in Japan. By inviting officials from partner countries and with cooperation from domestic partners, the Knowledge Co-Creation Program provides technical knowledge and practical solutions for development issues in participating countries.

The Knowledge Co-Creation Program (Group & Region Focus) has long occupied an important place in JICA operations. About 400 pre-organized courses cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs is being customized by the different target organizations to address the specific needs, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

Japanese Development Experience

Japan, as the first non-Western nation to become a developed country, built itself into a country that is free, peaceful, prosperous and democratic while preserving its tradition. Japan will serve as one of the best examples for our partner countries to follow in their own development.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated, of course, has been accompanied by countless failures and errors behind the success stories.

Through Japan's progressive adaptation and application of systems, methods and technologies from the West in a way that is suited to its own circumstances, Japan has

developed a storehouse of knowledge not found elsewhere from unique systems of organization, administration and personnel management to such social systems as the livelihood improvement approach and governmental organization. It is not easy to apply such experiences to other countries where the circumstances differ, but the experiences can provide ideas and clues useful when devising measures to solve problems.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.



Contact Information for Inquiries

For inquiries and further information, please contact the JICA overseas office or the Embassy of Japan. Further, address correspondence to:

JICA Kansai Center (JICA Kansai)

Address: 1-5-2, Wakinohama-kaigandori, Chuo-ku, Kobe, Hyogo 651-0073, Japan

TEL: 81-78-261-0386/0341 FAX: 81-78-261-0465