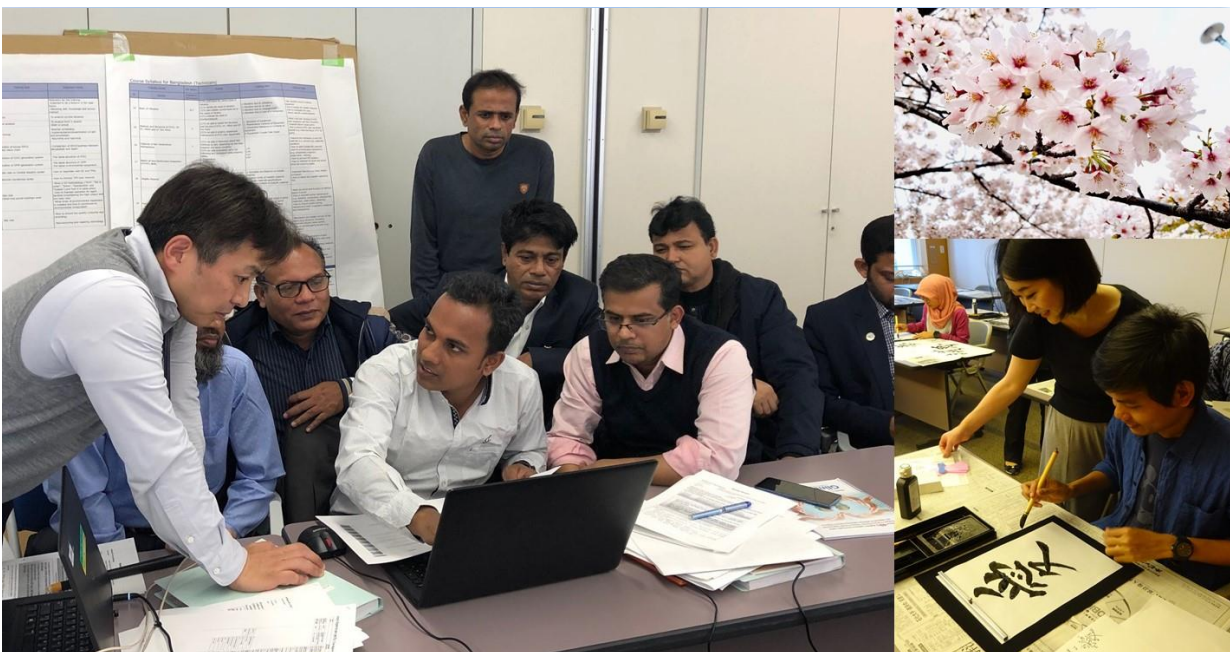


 Face-to-Face (in Japan)

Knowledge Co-Creation Program (Group and Region Focus)

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



Course Number: 202208264J001


Course Period: August 23rd to September 10th, 2023 (in home country)

September 11th to September 28th, 2023 (in Japan)



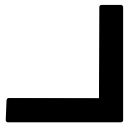
NOTE: Adobe Acrobat Reader DC and Google Chrome are recommended as PDF viewer. JAWS and NVDA are recommended as screen reader.
NOTE: If there are any difficulties in reading this document, please contact JICA Office in your country or JICA Center in Japan.
NOTE: Depending on the circumstances, some or all of the program periods may be changed or cancelled after the application has been accepted.

課題別研修「災害におけるこころのケア」研修



How do we
improve mental
health and
psychosocial
support system?

Gain insight into an essence of improve
psychosocial support system for the people,
more practical, more interactive,
more inspirational
from the experiences of Japan.



Outline

This program targets to establish a mental health and psychosocial support system (MHPSS, or kokoro-no-care system in Japan), which is suitable for each country, by learning psychosocial support approaches for people with psychosocial stress and trauma by disasters.

All sessions are carried out in English.

The period of the program is from August 23rd to September 28th, 2023.

Course Capacity:
10 participants



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.

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For What?

Background

Disaster risk and vulnerability seem to be increasing due to population expansion, urbanization and global climate change, global turmoil and the spread of the COVID-19 etc.

Developing countries suffer severe damage from various types of disaster, affecting the 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.

Objectives

Participants 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.

To Whom?

Job Areas and Organizations

This program is designed for the practitioner level personnel (e.g. department head of each section) who has over 3 year's experience in central/local government and/or medical institutions in charge of implementation/operation for mental health and psychosocial care service.

The applying organization with the best intention to utilize the opportunity of this program will be highly valued in the selection.

Targeted Countries

Bangladesh, Belize, Bhutan, Fiji, Iran, Jordan, Malaysia, Mexico, Nicaragua and Timor-Leste

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



When?

Online Program



Program Orientation by online
before Depature

Program in Japan



From September 11
to September 28 , 2023

Key dates

Application deadline

July 20, 2023

Country Report deadline

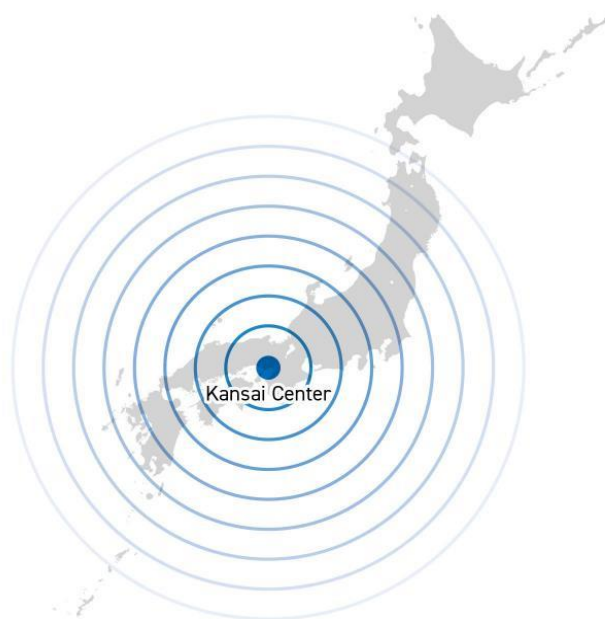
Auguts 16, 2023

Program Orientation (Online)

August 23, 2023

Where?

This course is carried out at Hyogo
Institute for Traumatic Stress
organized by JICA Kansai Center.
You will visit institutions, Japanese
governmental organizations and
more in Kansai and other regions.



JICA Knowledge Co-Creation Program (Group and Region Focus)

Imprvment Mental Health and Psychosocial System [kokorono-no-care] in Disaser Situation

Course No. 202208264J001

How?



How to Learn

- Online Self-Study
- Lectures
- Field Visits
- Workshops
- Discussions
- Presentations

Language

English

Commitment to the SDGs

JICA is committed to achieving the SDGs. This program is organized to contribute to the achievement of following goals.



Program Structure

(1) Preliminary phase in a participant's home country (August 23 rd to September 10 th , 2023)	
Modules	Activities
Preparation for the core phase in Japan	(1) Preparation for <u>Country Report Presentation</u>
	<p>(2) Self-Study prior to departure; To read the following documents in advance and <u>submit Question Sheets by September 6th, 2023.</u></p> <ul style="list-style-type: none"> ● Sendai Framework for Disaster Risk Reduction http://www.unisdr.org/files/44983_sendaiframeworkchart.pdf ● WHO: Japan Health System Review 9789290226260-eng.pdf (who.int) ● IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings, 2007 IASC (interagencystandingcommittee.org) ● 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 ● 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 in Japan (September 11 th to 28 th 2023)		
Modules	Subjects/Agendas	Methodology
(1)	To understand the concept and background of “MHPSS (kokoro-no-care)” in Japan, through the cases of past natural disasters in Japan (Great Hanshin-Awaji Earthquake, Great East Japan Earthquake in 2011, etc.)	Lecture Observation



(2)	To understand Japanese system of medical care and mental health in each phase of disaster management cycle.	Lecture Observation
(3)	To understand importance of mental health for socially vulnerable people, such as children and elderly people.	Lecture Observation Exercise
(4)	To understand roles and linkage among stakeholders on disaster mental health.	Lecture
(6)	To review the concept of disaster mental health and formulate an action plan for own country.	Exercise

<Topic outline >※Tentative

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

Lec: lecture, Exe: exercise, Pre: Presentation, Obs: Observation

Eligibility and Procedures

1. Expectations to the Applying Organizations

- (1) This course is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Applying organizations are expected to use the program for those specific purposes.
- (2) This course is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the course to meet specific requirements of applying organizations and effectively facilitate them toward solutions for the issues and problems.

2. Nominee Qualifications

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

(1) Essential Qualifications

- 1) Officials in central/local government or medical institution in charge of implementation/operation for mental health and psychosocial care service.
- 2) Experience in the Relevant Field: have at least 3 year's of experience in the field.
- 3) Educational Background: be a graduate of university equivalent
- 4) Language Proficiency: have a competent command of spoken and written English proficiency equivalent to TOEFL iBT 100 or above (This workshop includes active participation in discussions, which requires high competence in English. Please attach an official certificate for English ability such as TOEFL, TOEIC etc, if possible)



5) Technical Requirements :

a Technology Proficiency

- Basic computer skills such as, sending/receiving email with attachments, and using a web browser.
- Online course is delivered using the following services, Web Conferences (Zoom), Cloud Storage (JICA-VAN), and YouTube. Online tutorial and support by JICA will be limited. The ability to be self-directed in learning new technology skills are required.

b Internet Connection

- High Speed Broadband Connection (at least 2Mbps).
*Internet access charge incurred for this course shall be borne by your organization.

c 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: Webcam Microphone, and Audio output Device (Speaker or Headset)

d 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) Recommended Qualifications

- 1) Age: between the ages of twenty-five (25) and fifty (50) years
 - 2) Gender Equality and Women's Empowerment: Women are encouraged to apply for the program. JICA is committed to promoting gender equality and women's empowerment, and provides equal opportunities for all applicants regardless of their sexual orientation or gender identity.
-

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 in the QUESTIONNAIRE ON MEDICAL STATUS RESTRICTION (1-(c)) of the application form. Information will be reviewed and used for reasonable accommodation.
- (2) **Photocopy of Passport:** You should submit it with the application form if you possess your passport which you will carry when entering Japan for this program. If not, you are requested to submit its photocopy as soon as you obtain it.
 - *The following information should be included in the photocopy:
Name, Date of Birth, Nationality, Sex, Passport Number and Expiry Date
- (3) **English Score Sheet(Photocopy):** to be submitted with the application form, if the nominees have any official English examination scores. (e.g., TOEFL, TOEIC, IELTS)
- (4) **JOB REPORT: to be submitted with the application form.** Fill in Annex Job report of this General Information. Job Report will be used for screening of applicants, and applications without completed Job Report will not be considered as duly qualified.

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 20, 2023

(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 3, 2023

5. Additional Document(s) to Be Submitted by Accepted Participants

Country Report -- to be submitted **by August 16, 2023**

Accepted participants are required to prepare a Country Report (Please read Annex " Job Report" for detailed information.)

The Country Report should be sent to JICA by August 16, 2023, by e-mail to Arie.Yuki2@jica.go.jp

-Participants will give a country report presentation on September 13,2023.



- The presentation material mainly should be based on ANNEX (Page.19).
 - The time allocation for each presentation is **maximum 10 minutes (plus 3 minutes Q&A)** , and it is recommended to prepare it by using Microsoft Power Point with 10 slides maximum.
-

6. Conditions for Participation

The participants of KCCP are required

- (1) to strictly observe the course schedule,
- (2) not to change the air ticket (and flight class and flight schedule arranged by JICA) and lodging by the participants themselves,
- (3) to understand that leaving Japan during the course period (to return to home country, etc.) is not allowed (except for programs longer than one year),
- (4) not to bring or invite any family members (except for programs longer than one year),
- (5) to carry out such instructions and abide by such conditions as may be stipulated by both the nominating Government and the Japanese Government in respect of the course,
- (6) to observe the rules and regulations of the program implementing partners to provide the program or establishments,
- (7) not to engage in political activities, or any form of employment for profit,
- (8) to discontinue the program, should the participants violate the Japanese laws or JICA's regulations, or the participants commit illegal or immoral conduct, or get critical illness or serious injury and be considered unable to continue the course. The participants shall be responsible for paying any cost for treatment of the said health conditions except for the medical care stipulated in (3) of "3.Expenses", "Administrative Arrangements",
- (9) to return the total amount or a part of the expenditure for the KCCP depending on the severity of such violation, should the participants violate the laws and ordinances,
- (10) not to drive a car or motorbike, regardless of an international driving license possessed,
- (11) to observe the rules and regulations at the place of the participants' accommodation, and
- (12) to refund allowances or other benefits paid by JICA in the case of a change in schedule.



Administrative Arrangements

1. Organizer (JICA Center in Japan)

- (1) **Center:** JICA Kansai Center (JICA Kansai)
 - (2) **Program Officer:** Ms. ARIE Yuki (Arie.Yuki2@jica.go.jp)
-

2. Implementing Partner

- (1) **Name:** Hyogo Institute for Traumatic Stress
 - (2) **URL:** <https://www.j--hits-org.translate.google/? x tr sl=ja& x tr tl=en& x tr hl=ja>
-

3. Travel to Japan

- (1) **Air Ticket:** In principle, JICA will arrange an economy-class round-trip ticket between an international airport designated by JICA and Japan.
 - (2) **Travel Insurance:** Coverage is from time of arrival up to departure in Japan. Thus traveling time outside Japan (include damaged baggage during the arrival flight to Japan) will not be covered.
 - (3) JICA will arrange accommodation(s) for the participants in Japan.
-

4. Expenses

The following expenses in Japan will be provided by JICA

- (1) Allowances for meals, living expenses, outfits, and shipping and stopover.
- (2) Expenses for study tours (basically in the form of train tickets).
- (3) Medical care for participants who become ill after arriving in Japan (the costs related to pre-existing illness, pregnancy, or dental treatment are not included).
- (4) Expenses for program implementation, including materials.
- (5) For more details, please see “III. ALLOWANCES” of the brochure for participants titled “KENSU-IN GUIDE BOOK,” which will be given



before departure for Japan.

*Link to JICA HP (English/French/Spanish/Russian):

https://www.jica.go.jp/english/our_work/types_of_assistance/tech/accept

5. Other Information

- (1) Participants who have successfully completed the course will be awarded a certificate by JICA.
- (2) For the promotion of mutual friendship, JICA Kansai encourages international exchange between JICA participants and local communities, including school and university students as a part of development education course. JICA participants are expected to contribute by attending such activities and will possibly be asked to make presentations on the society, economy and culture of their home country.
- (3) Participants are required to bring laptop computers for your convenience. During the course, participants are required to work on the computers, including preparation of Action Plan, etc. Most of the accommodations have internet access.
- (4) Allowances, such as for living, outfit, and shipping, will be deposited to your temporary bank account (opened by JICA) 2 days after your arrival in Japan. It is highly advised to bring some cash in order to cover necessary expense for this period.
- (5) It is very important that some of your currency must be exchanged to Japanese Yen at any transit airport or Kansai International Airport (KIX) in Osaka, Japan soon after your arrival. It is quite difficult to exchange money after that, due to limited availability of facility or time during the program.

6. Pre-departure Orientation

A pre-departure orientation will be held at respective country's JICA office (or the Japanese Embassy), to provide Participants with details on travel to Japan, conditions of the course, and other matters.

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

If the link of these URLs has expired, please access the URL below and search the necessary information from the key word.

<https://www.youtube.com/user/JICAChannel02>



7. Reference

PDF: KENSHU-IN GUIDE BOOK

For more detailed terms and conditions

https://www.jica.go.jp/english/our_work/types_of_assistance/tech/acceptance/training/c8h0vm0000011i07-att/guide_en.pdf



Video: JICA Predeparture Briefing

For more information on life in Japan and KCCP

<https://www.youtube.com/watch?v=SLurfKugrEw>



Website: JICA

English/French/Spanish/Russian

https://www.jica.go.jp/english/our_work/types_of_assistance/tech/acceptance/training/index.htm



JICA Knowledge Co-Creation Program (Group and Region Focus)

Improvement Mental Health and Psychosocial System [kokorono-no-care] in Disaster Situation

Course No. 202208264J001

Annex

Job Report

FORMAT OF “BASIC INFORMATION” (for screening)

Improvement of Mental Health and Psychosocial Support System (kokoro-no-care) in Disaster Situation(JFY 2023)

BASIC INFORMATION

*** Please use attached form [ANNEX] 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 2021)
(4)	Your experiences related to DRR/mental health in your current and previous positions (if any)



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

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 from a process of adoption and adaptation, 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.



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.



Correspondence

For enquiries and further information, please contact the JICA office or 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: +81-78-261-0383/0341 FAX: +81-78-261-0465

("81" is the country code for Japan, and "78" is the local area cod