

# Midterm report of mental health and psychosocial support project for the Sichuan earthquake



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## Introduction

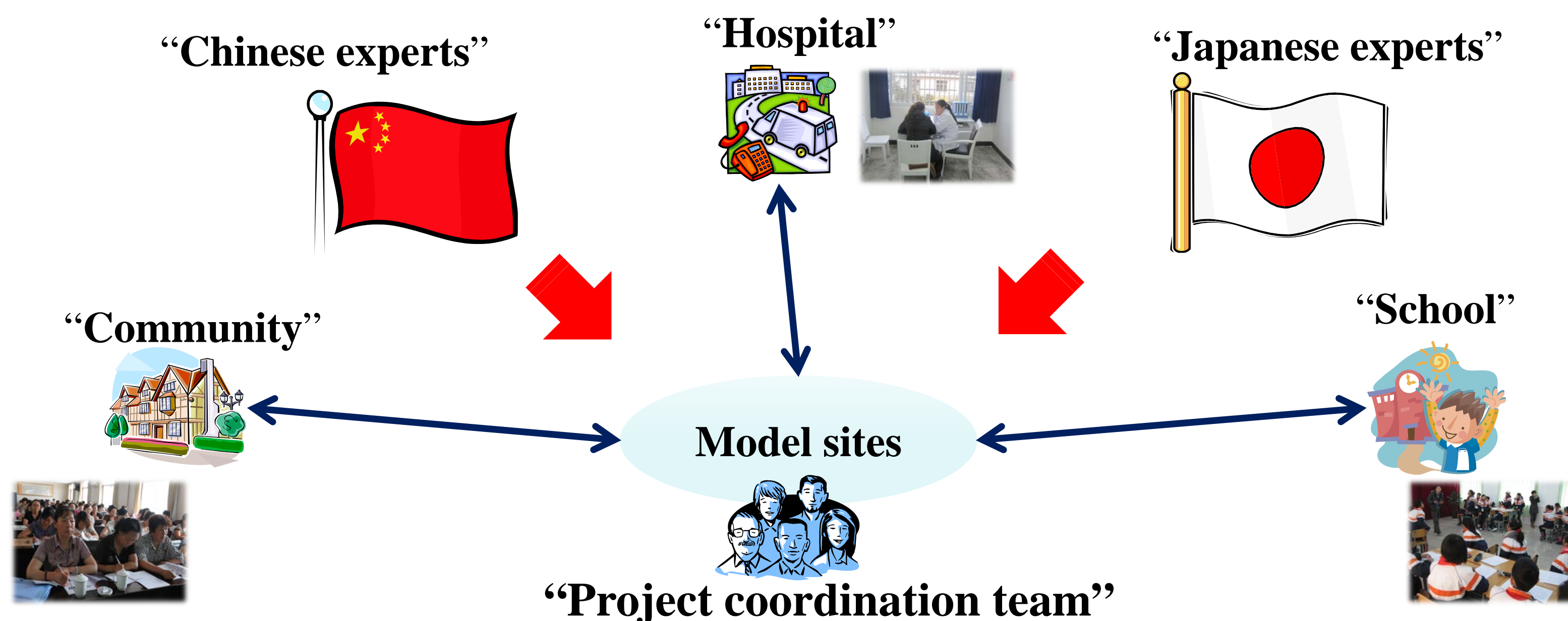
In 2009, Japan International Cooperation Agency (JICA) and All-China Women's Federation (ACWF) launched a five-year project on Mental Health and Psychosocial Support (MHPSS) responding to the Sichuan earthquake since mental health problems often arise after natural disasters<sup>1)</sup> and high prevalence of PTSD reported after the quake<sup>2)</sup>.

The goal of this project is to establish a sustainable MHPSS system in the earthquake-affected areas. This report aims to describe an outline of the project and to reveal outputs of the first half and agendas for the latter half of the project.

## Methods

Midterm review was conducted in November, 2011. It consisted of visiting project sites, interviewing with local professions, and group discussion between JICA and ACWF. All data were collected qualitatively.

## Project Outline



consisting of health and educational personnel as well as social workers/officers at model site, who are assigned as main actors for the project.

- According to the severity of damage by the quake and to the acceptance ability of the project, five model sites were chosen at county level.
- A project coordination team organizes mental health activities such as advocacy campaign, counseling service, health/disaster education, in each model site, in cooperation with local hospitals and schools.
- Both Japanese and Chinese experts give training and technical advice to the project coordination team.

## Results (Outputs)

### 1. Human resource development

- Training in China (held six times, with over 600 participants)  
Courses for health and educational personnel as well as social workers/officers were organized respectively by means of lecture, workshop, and discussion.



- Training in Japan (held five times, with over 100 participants)  
Small group intensive courses including lecture, workshop, discussion, and visiting school and other institute in disaster-affected areas (Hyogo and Tohoku).



### 2. MHPSS system in a community

A project coordination team developed an annual plan of MHPSS activities in integration with daily community events as follows;

- Counseling with traditional massage services at a community center.
- Stress management lectures at a job-training center.



### 3. Advocacy and public relation campaigns for the project

## Agendas & Conclusions

This is the unique project in terms of mental health and psychosocial support via development assistance, long-term aid, community-oriented MHPSS, and collaboration among different fields (health and educational personnel as well as social workers/officers)

For the latter half of the project, an effective monitoring and feedback system is needed to establish so as to improve the quality of MHPSS activities at each site. It is also crucial for preparation for a future disaster to put together management methods and good practices of the project into one package.

## References & Conflict Of Interest

- 1) Carol SN. In: Robert JU, Carol SF, Lars W, Beverley R(eds). Textbook of Disaster Psychiatry. New York: Cambridge university press, 2007: 29-47.
- 2) Jiuping X, Xiaocui S. General Hospital Psychiatry, 2011; 33: 386-392.

None of the authors have any conflicts of interest associated with this report.