



The 25th Tree-Planting Festival, which was supported by Mori wa Umi no Koibito, was held at Hikobae no Mori (the forest filled with sprouts and tillers) in Ichinoseki city, Iwate prefecture on June 2. This event was started by Shigeatsu Hatakeyama, who lives in Karakuwa, Kesenuma city, Miyagi prefecture, to encourage fishermen who were seriously affected by red tide in the mid 60's and 70's, to plant trees in forests. As many as 1,400 people participated in this year's event, and they were united in the idea that their tireless efforts are needed to preserve the rich natural environment generated by forest, land, and sea.

Mental care and Reconstruction of Devastated Areas

More than two years have passed since the Great East Japan earthquake. In devastated areas such as Miyagi and Iwate prefecture, tangible movements towards reconstruction such as debris removal, restoration of public infrastructure, construction of disaster public housing is underway. On the other hand, the psychological stress of disaster victims who have lost their loved ones or have faced significant changes in living conditions is immeasurable, and the need for psychological care is increasing in number.

In particular, there have been recent cases where people cannot adapt to the new community after moving from temporary housing, and thus, becoming more reclusive from society.

In the case of the Great Hanshin Awaji Earthquake in 1995, the number of victims who needed psychological care is said to have increased three years from the disaster, after physical safety and ordinary life stabilized among the disaster victims.

In the disaster-struck Tohoku region, where similar circumstances are occurring, we came across people who support the lives of the disaster victims. These "mental experts=clinical psychologists" have been helping people solve their psychological needs according to their characteristics and situations.

As of April 2013, the number of clinical psychologists certified by the Foundation of the Japanese Certification Board for Clinical Psychologists was 26,329. According to the Ministry of Health, Labour and Welfare, the ratio of clinical psychologists is one per approximately 7,000 people in Miyagi prefecture and 9,000 in Iwate prefecture, while the ratio in Tokyo is one per approximately 3,000, showing how the number of clinical psychologists in the disaster-struck Tohoku region is far below the national average. In particular, 70% of the clinical psychologists in the entire Iwate prefecture are concentrated in and around Morioka city. Especially for the coastal disaster areas where there were shortages of physicians and hospitals even before the earthquake, there is a greater need for psychological care, and the importance of clinical psychologists in the area is way above other prefectures.

This month, we will introduce the activities of Iwate Society of Certified Clinical Psychologists, one of the efforts of NPO Partner Projects which supports NPOs established in devastated areas to respond to their needs. The Iwate Society of Certified Clinical Psychologists carried out their activities in the coastal disaster areas soon after the earthquake, as "specialists" offering various mental cares in cooperation with Iwate prefecture, municipal administrations and private organizations.

Challenges faced by Clinical Psychologists and the Civic Force NPO Partner Project

Monthly Topic

Civic Force selects hot topics among various projects in this month.

“I cannot sleep because I am anxious about the future.”
“I have flashbacks of the tsunami.”
“I feel depressed.”

These are just some of the comments by the March 11, 2011 earthquake victims living in the disaster areas. With the passing of time from the earthquake, more and more people in the disaster area are suffering psychologically. As a result, cases of people taking to drinking and incidences of violence have increased. Time is required to heal the victim's wounds but obtaining continuous support from mental health specialists remains a challenge.



The Iwate Society of Certified Clinical Psychologists (Iwate SCCP), a partner of Civic Force, is highly commended for its high continuity of service by the community. The group has 135 members of certified clinical psychologists. It provides a diverse range of psychological services such as telephone consultations, stress management for the Iwate prefecture staff members, survivor care seminars among others. The Iwate SCCP also started a stress management program for residents of the temporary housing in Miyako city in cooperation with the Japan Red Cross. After the program ended, the group continues to provide relaxation and psychology consultation on its own initiative. “Mental healthcare should be thought of in spans of five years or ten years,” said Mr. Yoshiaki Nakatani, a member of the group, who is putting in effort to ensure continuity of services in the community.

Clinical psychologists need to have a wide range of knowledge from health care, education, welfare, economy and justice — Without enough knowledge or experience, one cannot offer the proper care. Sometimes a clinical psychologist can also get trauma from listening to the harsh experiences of victims. The Iwate SCCP holds continuous learning workshops for clinical psychologists in Iwate coastal area to impart practical knowledge and skills to enable them to fulfill the victims' needs.

One of the psychologist who took part in a workshop said, “I was overwhelmed by my everyday work. Attending this workshop enabled me to organize my thoughts and feelings for the activities I have done so far, and helped me relook at the meaning of my life.”

It is hard to receive government subsidies for training of the clinical psychologists in the disaster area. Despite that, the Iwate SCCP continues their activities as it recognizes the importance of continuity for mental healthcare. (The) Civic Force NPO Partner Project provides funding to groups like the Iwate SCCP that provide(s) essential services but have difficulties receiving government subsidies. Through such partnerships, Civic Force aims to promote the growth of such groups and boost efforts in the reconstruction of the disaster area.

Give Support by eating Éclairs

Two kinds of bakery products which are produced with ingredients from the earthquake-hit regions went on sale in 3,959 Lawson convenience stores from the end of May. The “blueberry jam and butter bread” (retail price ¥130) is made with jam from the Miyagi prefecture while the “milk éclair” (¥145) is made with milk from Kuzumaki town of Iwate prefecture. These products can be found in the eastern part of Japan including Tokyo and nine other prefectures, and also in six prefectures of northeastern Japan. This is part of the “Eat and Support” movement by Ministry of Agriculture, Forestry and Fishery to help the disaster areas by encouraging the use of the local farm products in the disaster-hit regions. Part of proceeds will be given to the “Dream Support Project”, a Mid- to Long-term Reconstruction Project by Civic Force. This project provides support to high school and college students in the disaster area, including Iwate, Miyagi and Fukushima prefectures, by awarding scholarships and providing education programs.

Students who meet the criteria for scholarships from the “Support Dreams Fund” by Lawson have been receiving 30,000yen per month each from September, 2011.

Civic Force featured in a booklet by the Japan Maritime Self-Defense Forces Staff College

The activities by Civic Force were mentioned in a booklet issued by the Japan Maritime Self-Defense Forces (JMSDF) Staff College, an institution in-charged of training officers for the force.

Civic Force was featured in a paper titled “Self-Defense Forces and NGOs – Humanitarian Aid and Disaster Rescue” by Captain Takuya Shimodaira, Director of Education Management Division JMSDF Staff College (Naval War College). He began by explaining the concept of NGO and NGOs' relationships with the private and military sector. He then analyzed the achievements and problems of NGOs in March 11 Japan Earthquake. He demonstrated how the cooperation between Civic Force and the JMSDF could lead to more effective humanitarian aid and disaster rescue and emphasized on the importance of proper training.

In preparation for future possible large-scale disasters, Civic Force is deepening and building partnerships with the JMSDF, local governments, domestic and foreign companies and NGOs for more effective emergency relief support. Civic Force is also planning a joint training for all parties.

As the Base to Rethink how Human and Nature should

Kesennuma bay of Miyagi prefecture, our base of operation, is located just in the center of the Sanriku ria coast. It is a beautiful bay with gentle waves, but its environmental condition had been aggravated during 1965 to 1975 and caused much negative effects to the fishery industry. This was when my father, who was a fisherman, founded "Mori wa Umi no Koibito". We have been organizing Tree Planting Festival for more than 20 years to retrieve a clean ocean by nurturing rich forests because we consider forest, land and sea as a single unit.

I didn't think I could restart what I had been doing after the Great East Japan Earthquake washed away



Mr. Makoto Hatakeyama, Executive Director of Mori wa Umi no Koibito, non-profit organization

Face to Face

Civic Force is supported by various companies, NPOs and government. This corner features the latest news from our partners.



Educational programs to experience coexistence of human and nature

my house and my workplaces, but with the help of the NPO Partner Project of Civic Force and volunteers from all over the country, I was able to restart tree planting activities and environment education for children as well as the cultivation of oysters and scallops.

To stop serious depopulation that was already evident in the region before the earthquake, we are using every knowledge, technique and culture to build this region as an eco-friendly town where people can rethink how human and nature should coexist.

We also publish results of ocean-related researches conducted with experts in marine organisms and civil engineering, and continue to make suggestions to towns near (which coexists with) the ocean.

Here are some reports on what we are doing in Tohoku region, as of June 11, 2013.

Mid-to Long-Term Reconstruction Projects

Civic Force has been active in providing assistance in the Tohoku region of northeastern Japan for a year and a half ever since the earthquake struck. To better concentrate our efforts to solve the problems and difficulties that the region faces, we began some mid- to long-term projects in the summer of 2012. The progress report of each project is listed below.
<http://www.civic-force.org/emergency/higashinohon/choki/>

• Tourism Revitalization Project

—Enhancing cooperation between the public and private sectors to make Kesennuma City into a "city that tourists want to visit".

"Revitalizing of Tourism" is the most important challenge in Kesennuma city, Miyagi prefecture. Civic Force joins meeting to develop strategy of tourism and search and pick up attractive points in the region. Cooperation with local financial institutions and administrations, we launched the "Platform for Tourism Revitalization in the Ria Coast Area".

• Wings for Life Project

—Support of helicopter services for emergency medical purposes

Even before the disaster, availability of medical services was already a problem in the coastal areas devastated by the earthquake. We are planning to start an emergency helicopter service to provide better access to better medical services. Being in the final stage of launching the service in June, we are now adjusting and checking details with people concerned.

• Green Circle Project

—Developing a sustainable forest industry and effective utilization of woody biomass

Together with local companies, such as Kesennuma Regional Energy Development Co., and other NPOs, Civic Force aims to promote sustainable society by utilizing woody biomass. We are supporting the training of individuals engaged in the forestry, the management of lumber yards, and the pilot trials of community currency.

• Community Revive Project

—Support efforts by the local community to create homes and jobs

Civic Force has continuously supported construction projects and community development of new towns for group relocation of disaster victims, in cooperation with local NPOs and local administration. We assist by sending specialists and providing human resource development programs to these new towns and existing towns which are looking to redevelop their community.

• Dream Support Project

—Support for local youths through scholarships and conducting locally-developed educational programs

Many high school students face financial difficulties as a result of the earthquake. To ensure that they can continue with their education through to university, this project provides JPY 30,000 scholarships per month for such students up to seven years. This project also conducts educational programs in the devastated areas and other prefectures.

Brief Report on Our NPO Partner Projects

We have been supporting the activities of NPOs, which are run by victims, in the reconstruction of the local areas. As of June 2013, we are supporting five projects. For details, please visit our website:

<http://www.civic-force.org/emergency/higashinohon/npo/>

- Iwate Society of Certified Clinical Psychologists × Civic Force
- All Round Helicopter × Civic Force
- Shinrin × Civic Force
- Mori wa Umi no Koibito × Civic Force
- Network Orange × Civic Force

What we are doing
in Tohoku
NOW

Where your money goes

We appreciate you donating to Civic Force. The amount of donation for the earthquake reached 1.74 billion yen as of the end of May 2013. From March 2012, we spend 15% of the total amount of donation on our expenditure. We provide a tentative report on how your donation has been spent as of the end of May. Our financial contributions are screened by the member of the board. You can also view the financial statement for 2012 and the business report on our website:

<http://www.civic-force.org/about/>

Emergency-relief, econstruction support	554,810,000 yen
Procurement and delivery of mergency relief supplies	233,100,000
Installation of handmade baths	18,790,000
Car ferry operation to the outlying island	19,980,000
NPO Partner Project (1st& 2nd phase)	161,579,911
Provision multi-purpose, mobile base	70,430,438
Tents for volunteers	36,883,967
Supporting investigation projects for	14,043,732
Support activities for reconstruction	446,909,118 yen
Supporting funds projects	95,838,160
Dispatching employee volunteers	2,602,096
NPO Partner Project (3rd phase)	142,398,376
Wing for Life Project	74,228,808
Tourism Revitalization Project	22,655,109
Green Circle Project	16,146,956
Community Revive Project	11,012,846
Dream Support Project	82,026,769
Expenditure for supporting local activities*	87,436,551 yen
Total	1,089,163,303 yen

* including promotion and fundraising costs

※This report, which is not the financial statement, is to confirm the flow of money for our activities only.

Participating in the Session on Disaster Prevention

The Global Platform for Disaster Risk Reduction Fourth Session sponsored by the UNISDR* (United Nations International Strategy for Disaster Reduction) was held on May 19–23 in Geneva, Switzerland. The PLANAS (Indonesia National Platform for Disaster Risk Reduction), an Indonesian disaster-management organization and also a member of the Asian Pacific Alliance, participated in the session as the regional representative of Asia. The session was aimed at accelerating and strengthening the international cooperation for disaster reduction and sharing information, technology and know-how on disaster risk reduction as well as to improve driving forces of disaster prevention. At the session, the representative gave a detailed account of how the Asian Pacific Alliance was established by disaster-support parties of five Asian countries and also revealed the successful results of the Asian ministerial conference for disaster risk reduction held in Indonesia in October, 2012.

*UNISDR—UN's Office for Disaster Risk Reduction (UNISDR) and secretariat of the International Strategy for Disaster Reduction



A Message from Disaster Areas

Two years have passed from the disaster. In this section, we deliver the voices of people who live in the affected areas of the Tohoku region. For this volume, we interviewed Mr. and Mrs. Ogata who own and run Ichimaru Ltd., a kamaboko (steamed fish cake) shop in Kesenuma city, Miyagi prefecture.



Mr. and Mrs. Ogata

— The shop we ran for three generations had been engulfed by the tsunami, so we were forced to close it. Machines used to make kamaboko had been destroyed and the shop became a mess, but thanks to the help of many people we were able to resume the shop in August, 2011, five months after the disaster.

One day, a request was made by one of our frequent customers who were also affected by the disaster. We were asked to make a special kamaboko with the Chinese character “Kizuna” (meaning “bond”), which could be used as gifts in return for relief money and goods. We were glad to see many people eating it as popularity grew after it was commercialized.

Unfortunately, we must move the shop again at an early date because the subsidized land needs to be raised up. Although we are still stacked with challenges, we will try to continue running our shop step by step.

The recovery of the town seems to be proceeding with buildings being constructed and roads being repaired, but it's still the beginning. In Kesenuma city, there are many small shops like ours and such shops must find ways to survive—we are certainly approaching an important stage. We will do our best so that many people would say, “We have to visit Ichimaru whenever we go to Kesenuma city” .