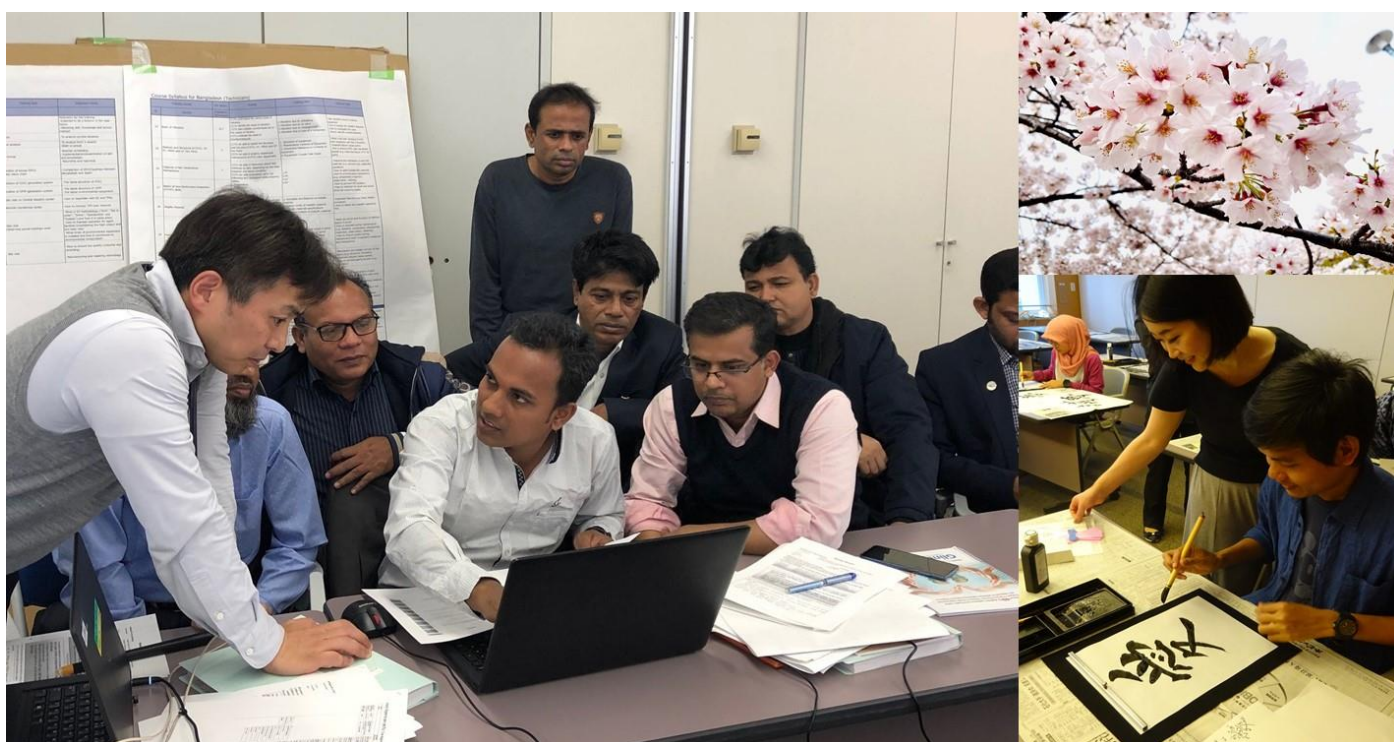




Online

Knowledge Co-Creation Program (Group and Region Focus)

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



Course Number: 202107775J001

Course Period: September 8- September 22, 2022




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.

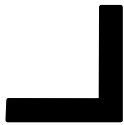
NOTE: Depending on the circumstances, some or all of the program periods may be changed or cancelled after the application has been accepted.

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 September 8th to 22nd, 2022.

Course Capacity: 9 participants



JICA Knowledge Co-Creation Program (KCCP)

The Japanese Cabinet released the Development Cooperation Charter in February 2015, stated that “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.” We believe 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

Ecuador, Grenada, Kenya, Malaysia, Mexico, Nepal, Peru, Saint Lucia, Yemen

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

When?

Online Program Period



From September 8th
to September 22nd, 2022

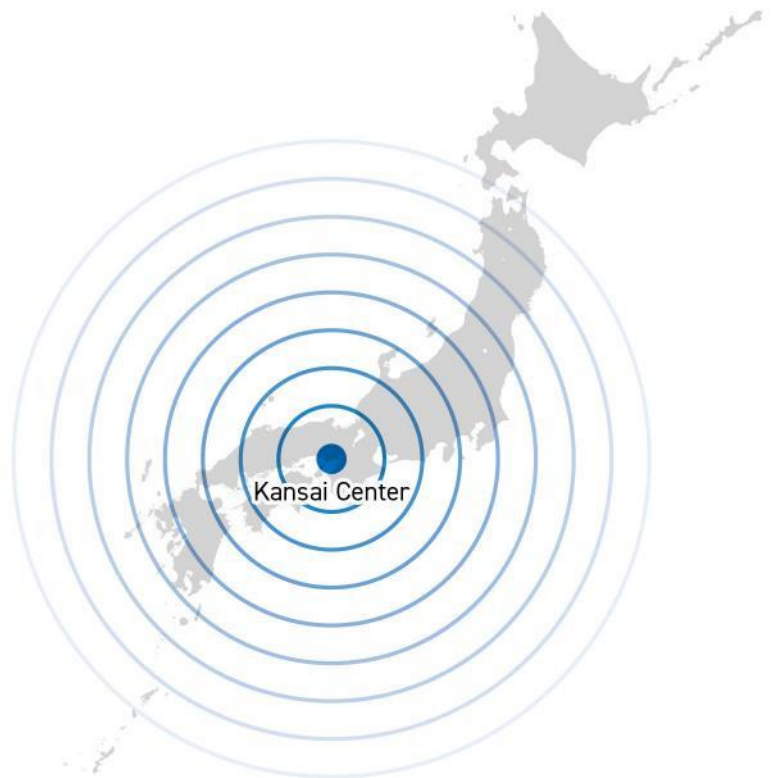
Where?

This course is carried out totally online, organized by JICA Kansai Center. You will receive essential reading materials for your self-study at your office or home. As the online homeroom and Q&A sessions are held to assist your learning process, you are required to have a certain IT environment. For detail, see page 11.

Online Q&A Session

All participants will be connected via Zoom in following time zones.

- Japan: 10AM to 00PM
- Ecuador : 8PM to 10PM (-1day)
- Grenada : 9PM to 11PM(-1day)
- Kenya : 4AM to 6AM
- Malaysia: 9AM to 11AM
- Mexico : 8PM to 10PM (-1day)
- Nepal : 7AM to 9AM
- Peru : 8PM to 10PM (-1day)
- Saint Lucia :9PM to 11PM (-1day)
- Yemen : 4AM to 6AM



How?

How to Learn

- Online Self-Study
- Online Interactive Q&A Session
- Lectures
- Field Visits
- Workshops
- Discussions
- Presentations



Language

English

Commitment to the SDGs



Program Structure[Online and On-demand]

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 including consideration to socially vulnerable population in each phase of disaster management cycle.	Lecture
(3)	To understand roles and linkage among stakeholders on disaster mental health.	Lecture
(4)	To review the concept of disaster mental health policy 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

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 makes a commitment to promote gender equality and women's empowerment, providing equal opportunity for all applicants regardless of sexual orientation and 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 application form.
 - (2) **Photocopy of passport or ID**
 - Photocopy should include the followings:
Name, Date of birth, Nationality, Sex, Passport / ID 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 5 th August , 2022)

(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 19 th August 2022.**

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

Country Report -- to be submitted by 1st September, 2022

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 1 st September, 2022, preferably by e-mail to

Tachibana.Shizuka@jica.go.jp

6. Conditions for Participation

The participants of KCCP are required

- (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



Administrative Arrangements

1. Organizer (JICA Center in Japan)

- (1) Center: JICA Kansai Center (JICA Kansai)
 - (2) Program Officer: Ms. TACHIBANA Shizuka (Tachibana.Shizuka@jica.go.jp)
-

2. Implementing Partner

- (1) Name: Hyogo Institute for Traumatic Stress
 - (2) URL: https://www.j--hits-org.translate.goog/?_x_tr_sl=ja&_x_tr_tl=en&_x_tr_hl=ja
-

3. Reference

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

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 2022)

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 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

2. Online Self-Study Program until program starts

All accepted participants, who received an acceptance notice from JICA office, shall be required to prepare for this program. Details will be notified at the time of notice of acceptance.

(1) Country report presentation material mainly based on ANNEX.

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. The deadline for submitting country report material is 1 st September.

(2) To read and understand the following documents in advance.

- 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

[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

- [WHO: Japan Health System Review](#)

[9789290226260-eng.pdf \(who.int\)](#)

- 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>

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 code)