

# Report on the 2022 National Model Creation Project for Gatekeeper Training and Support

Specified Nonprofit Corporation Light Ring.



特定非営利活動法人

**Light Ring.**

## 1. Light Ring.'s awareness of the issues it faces

### <Suicide among Young People in Japan>

Japan has one of the highest suicide rates among developed countries (G7)\*1. Suicide is the leading cause of death among 15-34 year olds, and the number of suicides among elementary, junior high and high school students is the worst in the postwar period, with 514 (in 2022), making youth suicide an extremely important social issue to be solved.

\*1 The 2022 National Suicide Prevention Plan

### <The importance of gatekeepers for children and youth (non-professionals) in youth suicide prevention>

In suicide prevention, people in various positions are expected to play the role of gatekeepers. Especially in youth suicide prevention alongside loneliness and isolation prevention, "professionals and other gatekeepers (in official roles such as firefighters and police)" and "gatekeepers within the same generation (children and youth)" **each have a role to play.**

Professionals	Highly skilled, but a hurdle for young people as an initial choice of place to consult.
Same-age peers (children and youth)	While their skills are immature in some respects, they are often a sounding board for problems and can sense the SOS of the parties involved first hand.

From the above, it can be pointed out that in the measures against youth suicide and isolation, **gatekeepers of the same generation (children and youth) with excellent early detection skills can play the role of initial intervention to connect them to specialists**, thereby achieving early detection and support by highly skilled specialists.

### <Challenges faced by child and youth (non-professional) gatekeepers>

While child and youth gatekeepers are important in suicide prevention, child and youth gatekeepers are unique in two ways compared to professional and adult gatekeepers.

- Immature stage of mental development
  - Although gatekeepers can be supportive, it is highly challenging for child and youth gatekeepers to take on the emotional concerns of others because of **their early stage of mental development.**
- Large percentage of involuntary gatekeepers due to environmental factors
  - Many of the child youth gatekeepers did not voluntarily choose to support others because they had the emotional capacity to do so, but **were forced to become gatekeepers due to environmental factors.**

As a result, there are issues unique to gatekeepers for children and youth (non-professionals), such as **"gatekeepers themselves become isolated because they have no place to go for advice"** and **"gatekeepers try so hard to support others that they fail to provide appropriate self-care and end up burning out"**. The following are actual comments from gatekeepers of children and youth.

- "I feel like I should do something about it, but I am worried because I don't know if my way of supporting them is really the right way"
- "I was worried about how to support someone close to me and asked a friend for advice, but was hurt when my friend said, "You should cut ties with someone like that." Since then, I have not been able to talk to anyone about it."
- "I don't know how much I should get involved, and I have been responding to all the requests, but it is becoming physically and mentally demanding. etc."

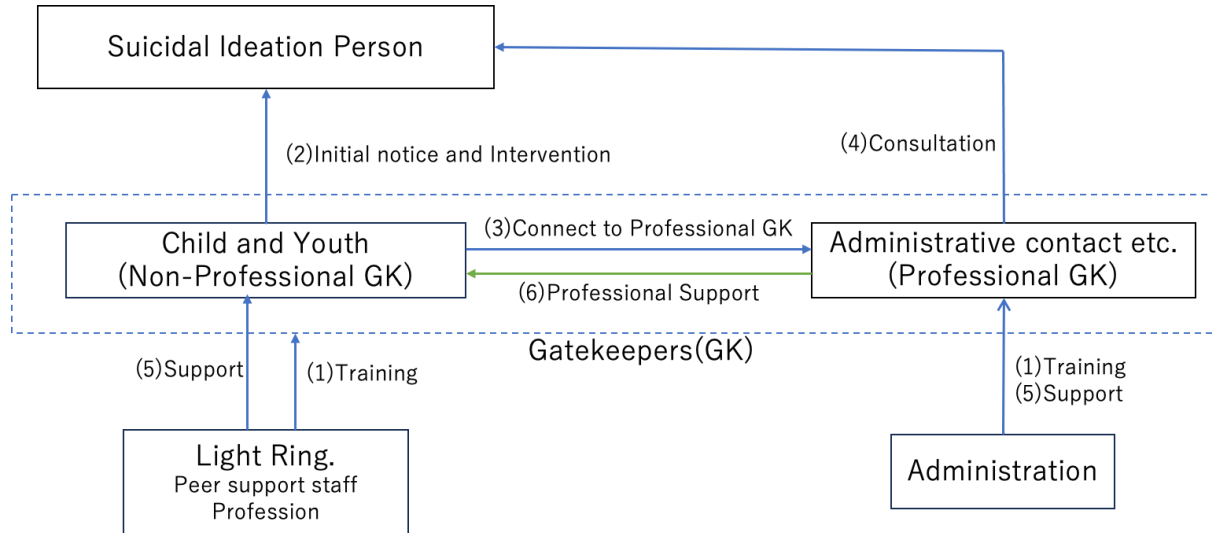
### <Section on the Treatment of "Gatekeepers" in Suicide Prevention in Japan>

In today's society, **there is a lack of follow-up after training and a support system for those who are actually acting as gatekeepers.** The current situation in which gatekeepers are unable to receive sufficient support not only increases the risk of suicide (as it causes those who are psychologically

isolated to lose their emotional support) but also puts gatekeepers own health at risk and, in the worst case, also increases their chance of suicidality, as they may self-harm out of regret for not being able to support their gatekeepers sufficiently.

## 2. Overall picture of Light Ring. business

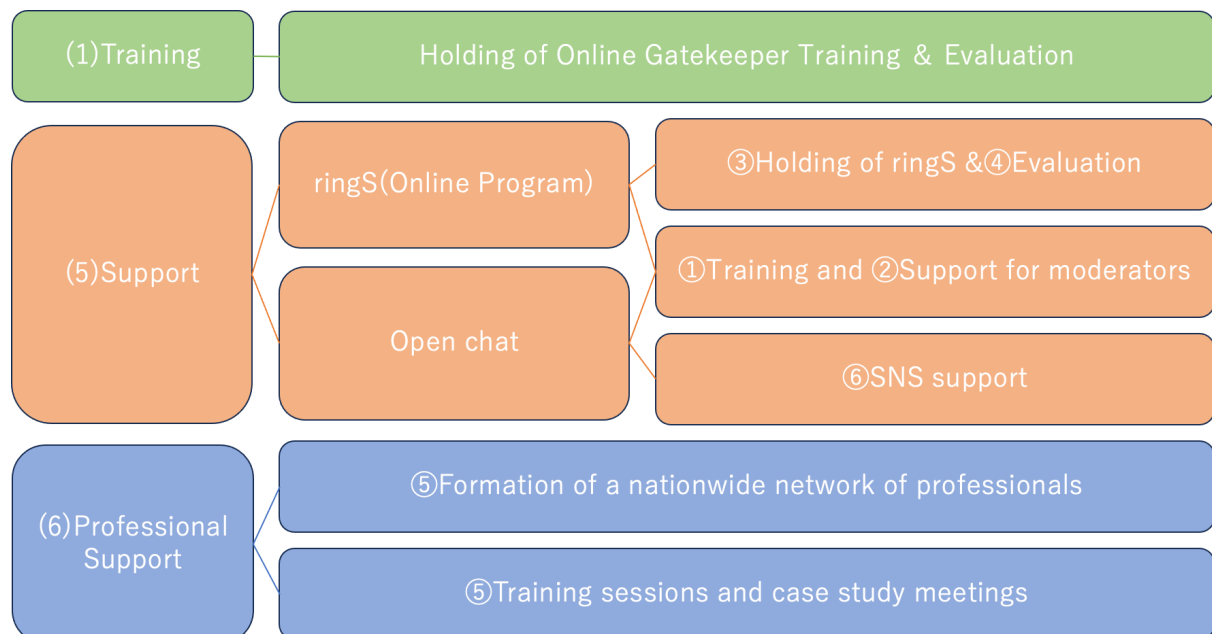
Light Ring. specializes in supporting young people and provides psychological support to "gatekeepers for children and youth (non-professionals)" who support "young people" on the verge of suicide who are psychologically isolated, as well as comprehensive support such as self-care programs to prevent burnout.



↑ Correlations presented by Light Ring.

### <Light Ring. support system>

Light Ring. has presented the following structure to the Ministry of Health, Labor and Welfare (MHLW) this year in support of gatekeepers for children and youth (non-professionals). The circled numbers correspond to the project numbers in the next chapter.



### 3. Project Details and Results (Summary)

Light Ring. implemented the following six projects this year, all of which achieved their targets.

Project name	Description
①Development and implementation of training courses for ringS. moderators.	Conducted twice a year. Consists of training in supervision and self-care necessary to support gatekeepers, role-playing the administration of project ③, and interviews by representative directors.
②ringS. Support for retention of moderators	Targets moderators (peer support staff). <b>Feedback on ③ project activities by supervisors, end-of-year interviews, and support skills exercises.</b>
③Holding of ringsS. as the center of gatekeeper support	(1) Hold round-table discussions and meetings where young people who take on the problems of those close to them as gatekeepers gather to discuss their own difficulties. <b>Provide a place to share concerns specific to supporters and receive supervision from professionals such as mental health workers and licensed psychologists</b> to create a community among gatekeepers while preventing burnout. (2) Provide programs to teach and practice self-care during the above roundtable discussions and party meetings. Through group work, participants will learn <b>practical self-care methods</b> and obtain the means to protect themselves first in order to support those close to them.
④Evaluation of ringS.	Clarify the challenges faced by adolescent/young adult gatekeepers and to measure the effectiveness of ringS <b>with the cooperation of experts</b> in order to contribute to the improvement of ringS. operation.
⑤Formation of a nationwide network of professionals to support gatekeepers	(1) Build cooperative relationships with experts in each region through collaboration with professional associations. (2) <b>Form an online community where experts gather to discuss specific cases involving gatekeepers.</b> (3) <b>Hold training sessions and case study meetings about twice a year to provide experts with knowledge on gatekeeper support.</b>
⑥Support using open chat and cooperation with specialists	Prepare an environment in which <b>similar-age counselors (peer support staff) can respond to requests for support via a chat platform</b> by utilizing LINE, a major communication tool for young people. In addition to the youth counselors, <b>a specialist staff member who is well versed in this field will be stationed at the center to provide care for the counselors (peer support staff) and respond to emergencies.</b>

#### <Project Results>

Project①②	<b>Training and retention of 10 new moderators</b> (Goals: 10 trained, 5 retained)
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Project③④	<p><u>Achievement of initial numerical targets</u>  Hold rings 6 times a year (goal: 6 times)  100% of participants are under 39 years old (goal: 100%)  Function as a safe place to be 100% (goal: 75%)  Total number of gatekeepers: 62 (goal: 60)  One report on the effectiveness of the project</p> <p><u>Project Effectiveness</u>  The possibility of support effects equal to or greater than support for the person himself/herself was supported (17% of applications by gatekeepers supporting the person with suicidal ideation, about 10% of consultations for the person with suicidal ideation at other suicide counseling services).  The scale was partially modified from the Young Carer Scale (Okuyama, 2018) and showed a reduction in the "feelings of escape" and "feelings of guilt" factors and an increase in the "active involvement" factor.</p>
Project⑤	<p>Holding case study review meetings and training sessions twice a year (goal: 2 times)  Number of members of supervisor network: 11 (goal: 5)</p>
Project⑥	<p>Number of open chat subscribers: 87 (goal: 30)  Number of knowledge provided: 40 (goal: 30)</p>

## 4. Results of each project

### 4-1. Light Ring.Training of peer support staff(Project No.①)

In order to train new peer support staff for FY2022, we held two training courses for volunteer supporters in August/September and November/December. The schedule and details of the November-December session are shown below.

Date	Details of implementation
11/23/2022 Part 1, Part2	We introduced <b>our organization's philosophy, the current situation of youth suicide, issues faced by youth gatekeepers, and the activities of our organization</b> to applicants for peer support staff positions via zoom. In the course, we also provided an opportunity to discuss issues together, assuming actual support, such as "What kind of place should be available for receiving support" and "How do you want others to perceive you when you talk about your problems?"
11/26-12/4/2022 Part3	The third part of the event was a "mock ringS" in which <b>participants practiced their roles as moderators and facilitators of "ringS," the online meeting place project</b> that the organization offers to its supporters. On the day of the event, applicants actually experienced both the moderator and facilitator roles, and the organization's staff members acted as ringS participants. After the event, the staff provided feedback to the applicants on how to proceed, how to create an atmosphere for the meeting, and how to consider the participants' opinions.
12/4/2022 面接試験	Prior to the interview, applicants were asked to submit a self-analysis sheet, in which they were asked to describe <b>their reasons for wanting to volunteer with the organization, any past support they had received, and their strengths and weaknesses.</b> Based on this sheet, an interview was conducted for each applicant with Ayaka Ishii, the president of the organization, and the organization's staff. The successful applicants for the peer support staff positions were selected based on a comprehensive evaluation of the interview test and the evaluation sheet from the staff at the mock ringS.
12/18/2022 Part4	An orientation of activities was held with new staff and the organization's staff. The philosophy of the organization, its activities, and staff self-introductions were given, and friendship among the staff was deepened.

#### Structure of the Support and Volunteer Training Course



## 4-2. Light Ring. retention of peer support staff(Project No.②)

Light Ring. actively recruits and trains peer support staff because they are of the same generation, and because **those who have experienced the same situation can verbalize the feelings of the person in need of support, and thus can contribute to the understanding of the subject by the gatekeepers.** In addition, through this experience, peer support staff can learn to believe that they can be present in society, which is often helpful in resolving feelings of anxiousness.

This year, a total of 10 peer support staff under 39 years old were involved in Light Ring. 2022 Light Ring. focused on the following four points to support the retention of peer support staff.

### <Conduct group work at monthly meetings>

Light Ring. holds a meeting once a month for the purpose of reporting on its activities and reviewing each ringS. At this year's monthly meeting, **group work was held on themes such as "How I became a staff member," "What I want to do at ringS," and "How to make ringS better," and each staff member was given time to present his or her thoughts on these themes.** These presentations were saved on Google Jamboard so that anyone could look back on them at any time. This work provided an opportunity for peer supporters to get to know each other, and at the same time, it provided an opportunity for them to express their thoughts and feelings that they normally would not be able to express, thereby increasing retention and engagement.

### <Supervisor feedback on each ringsS>

The peer support staff moderated and supervised the ringS. The participants were asked to fill in their goals before and after each session and to reflect on their goals on a designated form. In response to this, **other peer support staff and supervisors fill in feedback,** which has led to an increase in the motivation of the participants.

#### Example of supervisor feedback

Thank you very much for your hard work in chairing the second part of the meeting. I believe that your calm moderating style is a real skill, and I think you truly made the most of it at this rings event. You were able to engage in a variety of activities, including self-disclosure, listening to others' stories, and building bridges. There were many occasions when participants shared their own experiences, and I think they were able to listen and share their stories well. I like it when you talk about your own experiences because it shows your sincerity. I also learned that I can use my own experiences as a means to connect with others.

### <Conducting end-of-year interviews with supervisors>

Light Ring. **The items that we want peer support staff to master are organized by STEP.** When the peer support staff completed all the rings this year, they were asked to reflect on their own activities and to give a subjective evaluation (on a 5-point scale) of their level of achievement in the STEPs

司会、ファシリテーター					
step1	step2	step3	step4	step5	step6
自己開示	共感、コメント	話を振る	視点の提供	相談先の提案	質問
4	4	3	4	3	3.5
SNS運用			社会課題		
step1	step2	step3	step1	step2	step3
発信(依頼)	発信(自主的)	働きかけ	社会課題関心	社会課題準備	社会課題発信
4	3	3	2	4	3

listed above.

Green: Moderating ringS

Step1:Self-disclosure

Step2: Empathy

Step3: Facilitation



Step4:Reframing  
Step5:Siggesting consulatation  
Step6:Getting further information from participants

Orange:Utilization of SNS  
Step1:Transmission(passive)  
Step2:Transmission(active)  
Step3:Influencing

Yellow:Attitude toward social issues  
Step1:Interest in social issues  
Step2:Gathering Information  
Step3:Opinion Transmission

Based on the results of these entry sheets and self-evaluations, supervisors conducted interviews with individual peer supporters at the end of the fiscal year.

#### <Year-end message exchange among staff>

This year, Light Ring provided an opportunity for all staff members, including the president, to express their gratitude and appreciation for each other's efforts by using an online message writing service at the end of the year. In order to make it easier for staff members to express their feelings, links to the online messages were shared in a format that could only be viewed by the staff members themselves. The messages of gratitude and appreciation were shared among the staff members, building a relationship of trust among them, and at the same time, the staff members' own efforts were pointed out by other staff members, which motivated them to continue working as staff members in the next and subsequent years.

#### 4-3. Online Whereabouts Project - ringS and its effectiveness (Project No. ③, ④)

##### <Outline of the event>

The ringsS will consist of the following two parts, in an online format using Zoom. The duration is approximately 2 hours. This year, ringS was held six times from August to December, with a total of 62 participants.

##### •Part 1 "Mental Health Care Program"

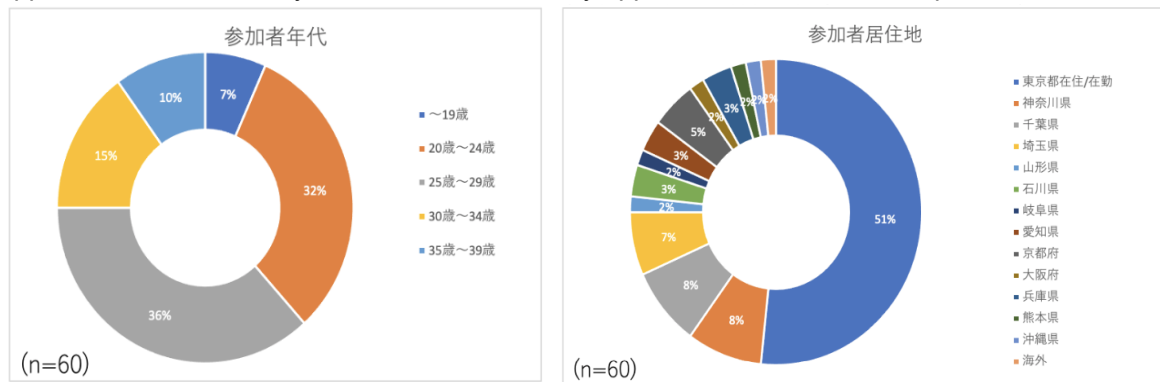
To support others appropriately while taking care of oneself as a supporter and a human being, topics related to mental health are provided, as well as to face one's own "feelings" while supporting others, and learn the key points of self-care for the supporters from a professional perspective.

##### •Part 2 "Supporters' Roundtable"

A roundtable discussion session is held for young people who are consulting with those close to them about their concerns as gatekeepers. In addition to providing a place to share concerns unique to supporters, the program creates a community among gatekeepers by providing supervision from specialists such as mental health workers and licensed psychologists.

##### <The reality of gatekeepers as seen in the application form>

This year ringsS saw applications from 60 participants. All applicants were in their 30s or younger, 7% were 19 years old or younger, and 68% (the largest number) were in their 20s. About 1/2 of the applicants were from Tokyo, but we received many applications from all over Japan.



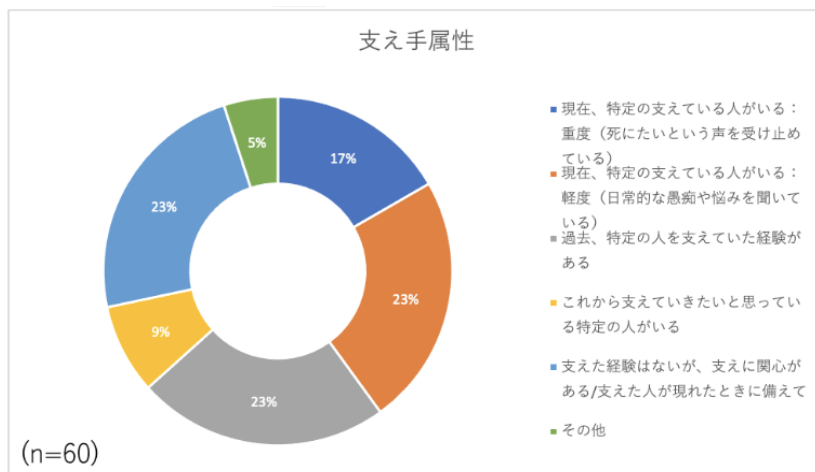
Among the 1st-6th ringS applicants, 63% either have a partner who is currently supporting them or have supported them in the past, and 17% of them are currently supporting a person with suicidal ideation. This figure is the highest compared to other suicide counseling services, and this project has been able to gather a high percentage of people who are close to the person who is experiencing feelings of hopelessness.

##### <For consideration>

•Yoriso Hotline (General Incorporated Association, Social Support Center)

About 9% of all consultations received were limited to the Suicide Prevention Line.(12,413 cases /13,8626 cases)(FY2020)

•Inochi no Denwa ['Lifeline'] (General Incorporated Association, Network of Support Lines in Japan)  
Suicidality rate for telephone counseling 12.5%(16,626 cases)(FY2020)



### Characteristics of supporters

Blue: I am currently receiving contact from someone expressing the wish to die

Orange: I am currently taking on difficulties and problems from someone on a daily basis

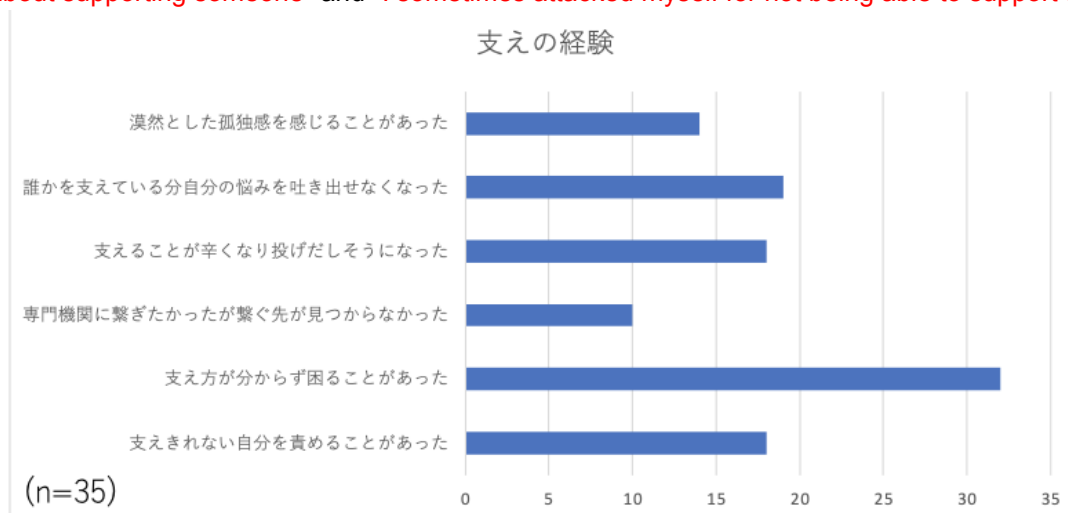
Gray: I have supported a particular person in the past

Yellow: I have a specific person whom I would like to support in the future

Light Blue: I have no experience of supporting someone, but I am interested in supporting/ I want to support someone in case he/she comes to my attention.

Light Green: Others

In the results of the question "Have you ever experienced any of the following problems while supporting someone (multiple responses allowed)," 32 respondents (91%) selected "I sometimes had problems because I did not know how to support them," followed by "I could not express my worries about supporting someone" and "I sometimes attacked myself for not being able to support them."



### Experience of Support

I sometimes felt a little lonely

I couldn't express my own worries because I was supporting someone else

It became hard for me to support that person and I felt like giving up

I wanted to connect with a professional organization, but could not find one

I sometimes had trouble understanding how to support someone

I sometimes blamed myself for not being able to support myself

### <Actual Q&A in ringS (an example, about how to reserve time for yourself)>

Q: Although I have told friends who say they want to die that they can call me anytime, I sometimes cannot listen to them because I do not have enough time to spare, and I am troubled by the feeling that I am not good at supporting that person.

A: There will certainly be times when you can't return the call right away. Do you feel guilty, like you have to do it? It might be a good idea to convey the feeling that you can't return the call, but you will do your best. It is also natural for the person receiving the advice to have this kind of concern.

<Pre-post changes in ringS participants (Young Carer Scale)>

Light Ring uses a partially modified version of the Young-Keller scale (Okuyama, 2018) to measure the support effectiveness of ringS. Of the 16 total questions, questions 1-8 are categorized as "Factor 1: feelings of avoidance," questions 9-13 as "Factor 2: active involvement," and questions 14-16 as "Factor 3: feelings of guilt."

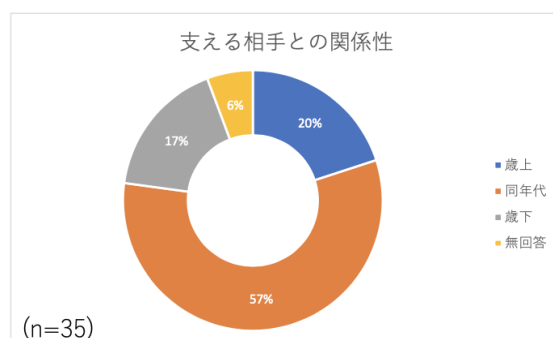
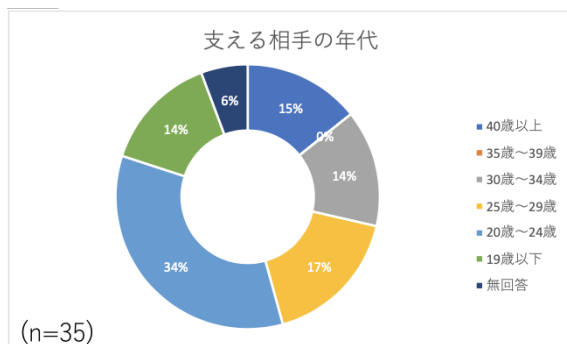
The ringS participants responded to these questions at the beginning and end of the meeting on a 5-point scale from "agree/agree (5 points)" to "disagree/disagree (1 point)" in their self-evaluation of these items.

The following changes in self-evaluations were observed when analyzing the responses at the time of initial participation (32 participants who responded to the pre-survey and 35 participants who responded to the post-survey).

Factor 1: feelings of avoidance (8 items)	Decrease in values was observed for 4 out of 8 items
Factor 2: Active involvement (5 items)	Increased values were observed for 2 out of 5 items
Factor 3: Guilt (3 items)	There was a decrease in numerical values for all question items

<Participants' voices from the post-event survey>

The majority (51% (=34%+17%)) of the participants support a partner between the ages of 20 and 29, and 14% of the participants supported those aged 19 or younger, and 14% supported those aged 30-34 as well. In addition, 57% of them are in the same age group as their partner.



95% of the participants answered "4" or higher for satisfaction with ringS, and all participants answered "agree" or "somewhat agree" for the remaining three questions. Among them, "I would like to come back here again" was selected by 100% of the participants.

会の満足度はいかがでしたか			会に参加した感想について、もっとも近いものを選んでください								
			またこの場に参加したいと思う			今後誰かを支える時に役立つと思う			ここで経験したことを活用していこうと思う		
評価	人数	割合	評価	人数	割合	評価	人数	割合	評価	人数	割合
5	23	66%	5	21	60%	5	28	80%	5	29	83%
4	10	29%	4	14	40%	4	7	20%	4	6	17%
3	2	6%	3	0	0%	3	0	0%	3	0	0%
2	0	0%	2	0	0%	2	0	0%	2	0	0%
1	0	0%	1	0	0%	1	0	0%	1	0	0%
合計	35		合計	35		合計	35		合計	35	

5:思う、4:ややそう思う、3:どちらともいえない、2:あまり思わない、1:そう思わない

Participants made numerous references to the "warm atmosphere, ease of expressing opinions," "self-disclosure on the part of staff," "interaction with other supporters," "self-care," and "learning to support each other." Below are examples of impressions.

•The muscle relaxation techniques really put me at ease. My neck and shoulders were stiff and I felt relieved to be able to be with you in this way. It is not easy to try to do it alone.... I was more than happy to have received a lot of cooperation from the staff and everyone at the second part of the event. Thank you very much. There is hope, not helplessness! I would like to thank you from the bottom of my heart for making me feel that way and for the warmth of your time.

•I was able to discover perspectives that I could not have obtained in my current environment, thanks to the advice and opinions of the people in this meeting. It was good to feel that kind of broadening of perspective. I also enjoyed the overall atmosphere of being able to express my opinions.

### <Effect of ringS>

Although many ringS participants are also supporters of the person with rarer ideation, the items that were observed as concerns were "feeling burdened by the support" and "lack of confidence and know-how regarding support".

Based on the results of the pre- and post-questionnaire, which was partially modified from the Young-Keller scale (Okuyama, 2018), it can be inferred that ringS has the following effects.

#### ①Reduce the burden of support

The results of the pre- and post-questionnaire showed that there was a change in the direction that could be evaluated as a reduction in burden in 5 out of 8 items for the feelings of escape, and in all items for the feelings of guilt. Regarding the feelings of escape, the participants felt less "I want someone else to take care of my partner instead of me," and more "I feel that I can talk to my friends about the problems that arise in my support." Guilt was evaluated as a reduction in the emotional burden of "feeling guilty when I am not supporting and enjoying myself."

#### ②Increased confidence in support

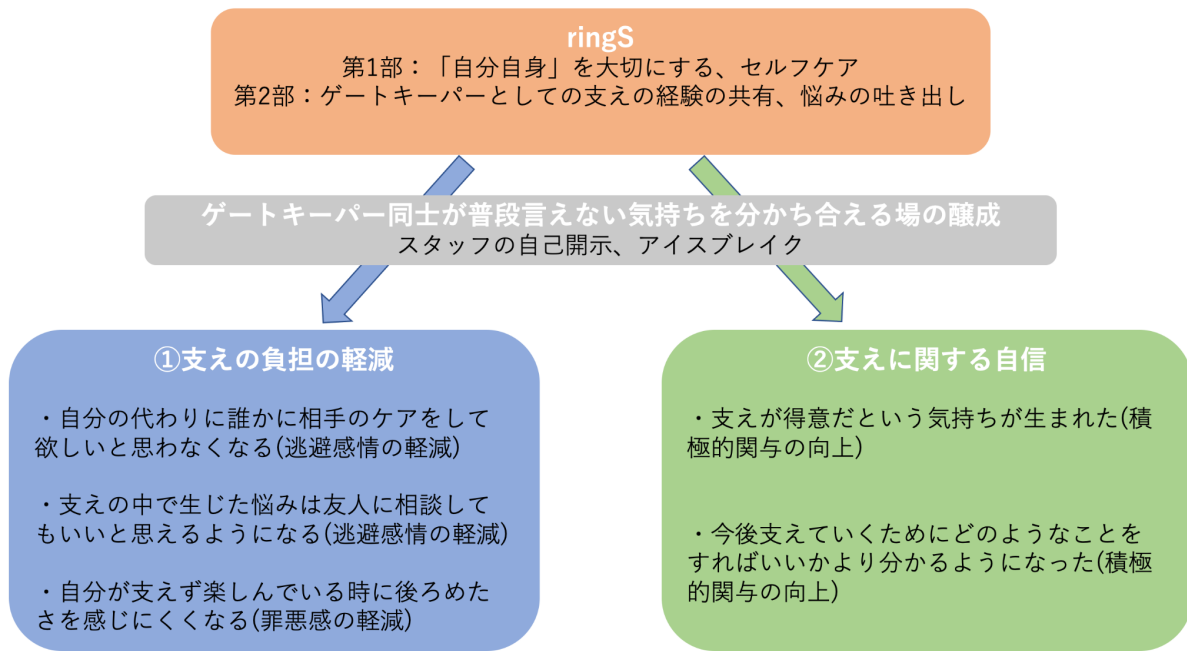
The results of the pre- and post-questionnaire show that 2 out of 5 items regarding active involvement were evaluated as having increased confidence in supporting others. Specifically, the change in the direction of "I now know more about what I should do to support them in the future" was evaluated.

The above two effects are closely related to the ringS program content.

The first part of ringS is a program aimed at "becoming able to recognize at an early stage changes in one's own physical and mental state and the burdens of being a supporter" and "becoming able to cope with support burdens and stresses early, based on one's own sense of value," and it is thought that the program may have conveyed methods to deal with the serious and excessive support burden of supporting a person with suicidal ideation in close proximity.

In the second part of ringS, each participant shared his or her support experience, and staff, participants, and professionals provided interactive support by offering their own gatekeeper experiences, showing their labor or providing information on how to support their own specific concerns. The presence of "a place to vent one's own support concerns and to be accepted by others in the same situation" is thought to have contributed to this.

For both of these effects, it is essential to foster an atmosphere in which gatekeepers are comfortable with each other, and self-disclosure by peer support staff plays a major role in this.



Orange: ringS

Part 1: Treating yourself as important; self-care

Part 2: Sharing experiences of support as a gatekeeper, expressing worries

Gray:

Fostering a place where gatekeepers can share their feelings with each other that they would not normally be able to express

Staff self-disclosure and ice-breaking

Blue: Reducing the burden of being a supporter

Reducing the feeling of wanting someone else to take care of the other person instead of you

Become able to talk to a friend about problems that arise in the course of support

Feeling less guilty when enjoying yourself (when not offering support)

Green: Confidence about supporting

Feeling that you are good at supporting others

Better understanding of what to do to support others in the future

### <School ringsS as a Population Approach>

This year ringS was held at the request of J University and K Junior High School, in addition to the originally planned six events during the year.

The combined results of the questionnaires from both schools showed that **2.5% (4 out of 157 valid responses) were gatekeepers who receive rare deaths, clearly indicating the existence of teenagers who are definitely trying to prevent suicide.** Since the total population of 15-24 year olds in Japan is 12 million according to the Statistics Bureau of the Ministry of Internal Affairs and Communications, it is assumed that **there are an estimated 300,000 gatekeepers for children and youth (non-professionals) in their late teens to early 20s who are capable of outreach.**

4-4. Report on training for professionals to support children and youth (non-professional) gatekeepers(Project No.⑤)

This year, Light Ring. conducted two support workshops (case studies) for professionals interested in supporting gatekeepers for children and youth (non-professionals).

Conference No.	Training Objectives	Training Overview	Number of participants
1st	<ul style="list-style-type: none"> <li>Gather information on the thinking of experts in various fields and staff engaged in professional organizations and the places to connect them through work to provide knowledge to gatekeepers who have a sense of the challenges in connecting people who are concerned about dying of suicide to professional organizations.</li> </ul>	<ul style="list-style-type: none"> <li>Case study session based on two cases that are involved within ringsS</li> <li>Group presentation of ideas from the case study meeting to share knowledge that will be useful in supporting gatekeepers</li> </ul>	<p>A total of 62 professionals and staff in charge participating in the Advanced Training Program for Youth Consultation Services, Cabinet Office, Government of Japan</p>
2nd	<ul style="list-style-type: none"> <li>For gatekeepers for whom "connecting" is a barrier, this workshop will provide an opportunity to exchange ideas on how professionals would intervene to address gatekeepers' concerns, to learn about professionals' support skills, to learn about the effectiveness and meaning of connecting, and to reduce barriers to connecting.</li> <li>Experts will watch videos of gatekeeper support to understand the concerns of gatekeepers and learn knowledge that can be applied to support them.</li> </ul>	<ul style="list-style-type: none"> <li>Watch the Gatekeeper Assistance video</li> <li>Exchange ideas on what interventions you would make if you were an expert.</li> <li>Exchange views on the strengths of peer support staff from the perspective of suicide prevention</li> </ul>	<ul style="list-style-type: none"> <li>3 professionals interested in supporting gatekeepers</li> <li>Light Ring. 4 staff members</li> </ul>

<Details of each session>

	1st	2nd
Case	<p><u>Case 1: Mr.A</u>            Family members: Grandfather (unemployed, 75 years old), Father (company employee, 55 years old), Mother (mentally ill, unemployed, 53 years old), Mr. A (college student, 21 years old).</p> <ul style="list-style-type: none"> <li>Grandfather often laments that he wants to die, and although she understands that he wants her to care for him, she is having trouble coping with this.</li> <li>Mr. A has tried to introduce a support worker, relying on government support, but Grandfather refuses, saying that he does not need them.</li> </ul>	<p><u>Case 1: Ms.C</u>            Current Situation: Regarding care for grandfather, the response is that there is no point in connecting with a care manager, and in the end she is carrying the entire burden.            Need: The person has reached the limit of support by carrying the burden alone.            Current support: Peer support staff only concentrates on helping the person to express their worries and difficulties.</p> <p><u>Case 2: Mr.D</u>            Current situation: Caregiving is a theme; father is a hard-headed person who cannot communicate (details unknown),</p>

	<p><u>Case 2: Ms.B</u></p> <ul style="list-style-type: none"> <li>•She was deeply hurt by the slander of her friend who was using social media, and decided to see a psychiatrist. They continued to have insomnia and often talked to Ms. B about wanting to die.</li> <li>•She was contacted by videophone every day, but her voice sometimes sounded dark depending on the day.</li> </ul>	<p>grandfather tends to have dementia, and sister has a mental illness. Mr. D can only listen to his mother's stories of hardship under the burden of caregiving.</p> <p>Difficulties: Difficulty balancing family caregiving time and his own time.</p> <p>Current support: The piano seems to be functioning as a place to express concerns.</p>
<p>Agenda</p>	<p><u>Common agenda</u></p> <ul style="list-style-type: none"> <li>•What kind of information should we ask for?</li> <li>•What kind of consultation organization should I contact?</li> </ul>	<p><u>Case 1</u></p> <ul style="list-style-type: none"> <li>•How would an expert intervene to ease Ms. C's burden and what kind of involvement would be best?</li> </ul> <p><u>Case 2</u></p> <ul style="list-style-type: none"> <li>•His mother is in a difficult state of listening to me. Is this a situation that can function as a place to open up? How would a professional intervene to ease Mr. D's burden? What kind of involvement would be best?</li> </ul> <p><u>Common agenda</u></p> <p>What are the strengths of peer support staff in terms of suicide prevention?</p>
<p>Discussion Results</p>	<p><u>Case 1</u></p> <ul style="list-style-type: none"> <li>•We were able to receive ideas that were not presented among the peer support staff, such as using day care services instead of home or home nursing care.</li> <li>•It was difficult for the peer support staff to get detailed information, so we felt the need to ask for at least the minimum information that should be confirmed and to think of a system that makes it easier for the staff to ask for information.</li> </ul> <p><u>Case 2</u></p> <ul style="list-style-type: none"> <li>•While collaboration among many professionals is important, we felt that we were able to share an important perspective in supporting gatekeepers, as it suggests a viewpoint that focuses on the care of Ms. B herself.</li> <li>•The importance of not listening to friends too much was discussed, and I felt that it is important to communicate to peer support staff "how to divide time and frame" in supporting the person with rarefied thoughts in their daily life situations.</li> </ul>	<p><u>Case 1</u></p> <ul style="list-style-type: none"> <li>•Visualization and structuring of problems by means of eco-maps, etc. were mentioned.</li> <li>•Specific methods of introducing social resources were discussed.</li> <li>•Long-term support was also mentioned, including respite coping and self-care.</li> </ul> <p><u>Case 2</u></p> <ul style="list-style-type: none"> <li>•The need to collect information on the mother's outlet was mentioned. Specific ways to support self-care were discussed (e.g., WRAP, Open Dialogue, NVC, PICAGIP, etc.).</li> </ul> <p><u>Common</u></p> <ul style="list-style-type: none"> <li>•A general consensus was reached on the strength of being able to verbalize "party experience" and apply it to empathy.</li> <li>•The peer support staff is expected to be effective in providing support in a different way from professional knowledge and systems.</li> </ul>



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<Discussion>

Through the workshop, we were able to achieve our goal of disseminating new knowledge about the actual situation of gatekeeper support. In order to further increase the interest of professionals in supporting gatekeepers, it will be necessary to present the necessity of support for gatekeepers in a more understandable manner, such as by verbalizing the need for such support and providing specific examples.

On the other hand, the challenges will be to gather specialists who are interested in supporting gatekeepers and to create a mechanism for specialists to engage in gatekeeper support. There are two main measures that can be taken to address this issue.

The first is [clarification of requests for experts]. Most of the people that specialists are involved with are basically people suffering from mental illness or social maladjustment who come to a specific contact point. However, it is anticipated that problems that need to be supported exist around those who are suffering from gatekeeper support problems, that potential problems are not clarified, and that each gatekeeper's problems are suppressed before they are connected to a specialist. Therefore, it will continue to be important to extract information on the potential problems of gatekeepers and disseminate it to specialists. It will also be necessary to clarify specific requests to specialists and to present the approach to support gatekeepers.

The second is to [build a program in which experts can participate]. Since gatekeeper support is still in its infancy, one way to do this would be to provide an opportunity for specialists to become familiar with the support methods used by Light Ring, and to actually participate in the activities and experience the support through their own hands-on experience. It is believed that experts hold individual expertise, but do not understand how to apply those skills to support. Government support is needed for the activities of private organizations in order to gather specialists interested in gatekeeper activities and publicize them.

There is a need for gatekeeper support, but awareness of the need among specialists and government agencies is still lagging behind, and the support system is not yet in place. Therefore, it will continue to be important to clarify specific cases and support methods, and to deliver to society the need to care for those in need.

The experts also commented that "the staff members are able to empathize and support each other because they have experience supporting similar people" and "the strength of the peer staff is the mutual relationship that is created by relying on and being depended on based on their experience. We will continue to share these strengths with the staff and utilize them as strengths of the support that ringS provides. We will continue to share these strengths with our staff and utilize them as strengths of the support that ringS provides. We also believe that regular feedback from experts is important, as these evaluations will give staff confidence in supporting gatekeepers.

In this case study meeting, various experts presented their intervention methods. In particular, we will make use of this information in our future support. We would like to share the results of the case review meeting with our peer staff and consider how to respond to each case. It is sometimes difficult to obtain detailed information through online consultation, so it may be necessary to consider emergency measures, such as individual support by Light Ring specialists in case of serious cases.

<Participating organizations in the National Network of Experts on Suicide Prevention Gatekeepers for Children and Youth>

All 11 organizations

- Nara City Council of Social Welfare
- Kyoto Prefecture Young Carer Comprehensive Support Center
- Suita City Hall
- Tochigi Prefectural Child Guidance Center

- Support Center for Senior Independence
- NPO Youth Employment Support Network Shizuoka/Fuji City Youth Counseling Desk Cocokara
- Fukuoka City Youth General Counseling Center
- Kanagawa Prefectural Education Center
- Saitama Gender Equality Promotion Center
- NPO corporation SFD21 JAPAN
- Yokohama Youth Foundation

4-5. Consultation support through open chat and other information dissemination in combination with SNS(Project No.⑥)

<Consultation via open chat>

Light Ring. provides support through an online community using LINE's open chat. light ring. operates an open chat "Gathering of teens to 30s who are seeking advice on their problems [ringS]," and anyone who is permitted by the corporation (conditions for permission are listed below) can join the chat room. As of March 2023, 87 non-professional gatekeepers from all over Japan have joined this platform.

<p>Questions to be asked at the time of participation</p>	<p>①Age ②Residence ③Supporting Partner ④Troubled in support</p>
<p>Guide for Participates</p>	<p>* Open Chat is not run by psychologists, counselors, or other professionals. It is operated by staff with experience in supporting and being supported. Therefore, it is difficult for us to answer professional consultation questions. We would like to operate by setting rules when using the service. Please check in advance if you would like to consult with us.</p> <p>Consultaion</p> <ul style="list-style-type: none"> <li>• Be specific about what you want to discuss.</li> <li>• Specify what you want to ask, such as "I would like to know more about ~."</li> </ul> <p>Example: I have a friend from school that I have been involved with for a long time. Recently, she has been saying that she doesn't want to go to school, and I would like to support her. I would like to know how to support him.</p> <p>Points to keep in mind when consulting with us</p> <ul style="list-style-type: none"> <li>• We are unable to respond to urgent requests for assistance.</li> <li>• Please refrain from writing anything that could lead to the identification of personal information.</li> <li>• We are not able to provide consultation in serious cases involving some physical symptoms. We recommend that you visit your local medical institution first.</li> <li>• The number of consultations we can accept is currently limited to two per week due to our management system.</li> <li>• The respondent of the consultation will be randomly selected. We do not provide answers to your nominations.</li> <li>• We ask you to be honest about your feelings when you post your questions. If you are upset by other people's postings, we recommend that you take appropriate measures such as unread the postings. • You do not have to read all of them.</li> <li>• If you are unable to follow the rules, or if you are not considerate of other users, we may ask you to leave. We would like to make this a space where everyone can consult with each other in peace, so we ask for your cooperation.</li> </ul> <ul style="list-style-type: none"> <li>• We will not be able to answer any questions or comments about your problems or concerns. Your experience of supporting your friends and loved ones can be helpful to others.</li> </ul>

You are not alone in your support, let's connect with everyone!👍

The concerns received on a chat basis are responded to by peer counselors (peer support staff and specialists). **In case of emergency, specialists are the main responders.** In addition, peer staff and specialists regularly provide information on gatekeeper knowledge and assistance techniques to appropriately support close friends and others suffering from suicidal ideation and isolation.

Examples of actual consultations



-Content of discussion

I have a friend who is no longer coming to school following the shock and bereavement of losing a friend.

I want to know a way I can support them, even though I can't meet them in person or send them anything.

<Information transmission>

This community of knowledge has been in place since this year. The peer supporter staff member in charge drafts a text once a week and posts it once a week based on feedback from other staff members and licensed psychologists. This year, more than 30 contributions of findings were made per year.

Dissemination theme: Empathy fatigue, externalization, ambivalence, etc.

<Results of this support>

As of March 2022, **there are 87 open chat subscribers (goal: 30), and gatekeepers from all over Japan gather in this community, where they can post freely 24 hours a day, 365 days a year.**

Since the start of the provision of knowledge, consultations on problems that were not seen in the previous fiscal year have started to appear, starting with one consultation in November, and many consultations have been received as of 2022/3.



## 5. Future Outlook

Based on the results of this fiscal year, it can be argued that Light Ring provides sufficient support to meet the support needs of gatekeepers for children and youth (non-professionals) by identifying their support needs, training and retaining peer support staff (Project No. ①②), collaborating with professionals (Project No. ⑤), providing support through online programs such as ringS (Project No. ③), and providing support through social networking services (Project No. ⑥). It is claimed that the support provided by the gatekeepers is sufficient to meet the needs of the gatekeepers. It is hoped that the support for gatekeepers will be further strengthened in cooperation with the government.

There are two main points that we would like to point out as future perspectives from this report.

The first is the development of "an index or scale to clarify the actual state of worries and burdens of gatekeepers" and "a scale to measure the effectiveness of gatekeeper support". In FY2022, we used a partially modified version of the Young Carer Scale (Okuyama, 2018) to measure the effectiveness of gatekeeper support by ringS. The results of the questionnaire showed that the gatekeeper's support needs were not met. Although the questionnaire results extracted "a sense of burden for support" and "lack of support know-how" as support needs of gatekeepers, this scale was only intended for Young Carers and cannot be said to be perfectly usable as a scale targeting gatekeepers.

The second is the establishment of a new system to strengthen support for children and youth on the supportive side of gatekeepers, based on an understanding of gatekeeper support needs. In particular, it is essential to include a system in which the national government, local governments, and related support organizations teach "supportive assistance techniques" as well as support for the individual.

In any of these systems, it is essential to reflect the voices of gatekeepers and those who have knowledge and information in the field of support. In addition, it will be a challenge to gather experts who are interested in gatekeeper support and to create a mechanism for experts to engage in gatekeeper support.

In order to promote the support of gatekeepers, it is essential for the national and local governments to cooperate and cooperate in public relations activities, such as distributing flyers and providing information through various social networking services. This is a necessary step to strengthen suicide prevention measures by providing information to gatekeepers throughout Japan so that they can provide support to those who support friends, relatives and loved ones who are suicidal.