

Advocating for the Rights of Persons with Mental Disabilities

Osaka Mental Health Human Rights Center

The Osaka Center for Mental Health and Human Rights was founded in 1985 by a group of citizens, including people with mental disabilities and their families, medical and welfare professionals and lawyers, with the aim of achieving safer psychiatric care.

The idea of establishing the Center came about following the death of two patients in 1983 at the Houtokukai Utsunomiya Hospital, a psychiatric hospital in Tochigi prefecture, due to assaults by members of the nursing staff.

The Center is a non-profit, non-governmental civil society organization supporting people in psychiatric wards in Osaka through advocacy.

Its goal is to engage in activities to protect the human rights of people with mental disabilities in psychiatric care and in their social life, promote social understanding of people with mental disabilities, and contribute to having a society where people live in peace, regardless of having disability or not.

Hospitals and Mental Health

The number of admissions to psychiatric hospitals in Japan is very high, even by world standards.

The 2024 White Paper on Persons with Disabilities reports the following information:¹

- a. Physically disabled: 4.36 million people with visual, hearing, speech, limb, and internal disabilities; among them, 70,000 people are institutionalized;
- b. People with intellectual disabilities: 1.09 million, of which 130,000 are institutionalized;
- c. People with mental disabilities: 6.15 million, of which 290,000 are hospitalized. These figures include people with Alzheimer's disease and epilepsy, but not those with sleep disorder;

- d. A monthly average of 1.98 million people in FY2023 use outpatient psychiatric care (independent living support medical care).

Together with in-patient care, 2.27 million people will continue to use psychiatric care.

Moreover, nearly half of these admissions are due to involuntary hospitalization. Under the Mental Health and Welfare Act, there are two types of involuntary hospitalization: for medical care and protection with consent of family member and by order of the prefectural governor.

Moreover, the number of cases where in-patients have been physically secluded has increased significantly in recent years, while the number of cases where in-patients have been physically restrained has nearly doubled over the past ten years.

In general, many psychiatric patients, even those who are admitted voluntarily, are placed in closed wards, and their hospitalization is prolonged.

Issues

Psychiatric care in Japan is affected by several issues:²

1. Too many beds and inpatients;
2. Too many involuntary hospitalization;
3. Too many physical restraints, isolation, and restrictions on freedom;
4. Constant stream of abuse and misconduct by staff;
5. Too long hospital stay;
6. Too many medications;
7. Ward staffing standards lower than those of general hospitals; and
8. Lack of community welfare program.

Psychiatric care has been getting worse over the past twenty years especially due to compulsory psychiatric hospitalization. While voluntary hospitalization is the general rule (hospitalization requires patient's consent though not necessarily at the patient's request). However, at the discretion of the designated physician, a 72-hour discharge restriction may be imposed. During this time, the patient may be forced to remain in the hospital for medical protection purposes.

Compulsory hospitalization can be required upon the order of an administrative authority when there is a risk of harm to self or others, which must be based on diagnosis of two designated physicians. There can also be

compulsory hospitalization under the authority of the hospital director, also known as Protective Medical Hospitalization.

When hospitalization is necessary, a diagnosis by one designated physician plus consent from family members, etc. would be needed.

Compulsory hospitalization also occurs under the Medical Observation Act. Under this law, those not found guilty, or with suspended sentence, or whose charges were dismissed may be ordered by the District Court to be compulsorily hospitalized due to mental disorder.

Mission

The Center has adopted the following mission:

1. To listen to the voices of service users: we are committed to advocating for the rights of people in psychiatric wards from their points of view;
2. To open the hospital door: we are transforming psychiatric hospitals to be open to the community; and
3. To change society: we are seeking to promote psychiatry where everyone feels safe.

The Center has the view that even though the Convention on the Rights of Persons with Disabilities was ratified and the Act on the Elimination of Discrimination against Persons with Disabilities was enacted, the current situation in which the rights of people hospitalized in psychiatric hospitals are greatly restricted has not changed. In order to change the current situation, the Center needs the support, participation, and cooperation of many people.

To become a member of the Osaka Center for Mental Health and Human Rights one must satisfy the following: agreement with the purpose of the Center and the will to change the current state of mental health care in Japan.

The activities of the Center continue due to the support of many people and becoming a “psychiatric patient’s advocate” constitutes an important form of support.

Activities

The mission of the Center is translated into the several activities:

1. Listening to the voices of service users: Towards better advocacy.

- Individual consultations

Consultations for people who have been hospitalized in a psychiatric unit or their families are available by phone call or letter.

- Hospital visits

Patients may have had to suppress or give up their wishes during their long hospital stays. Through on-site visits to hospitalized patients, the Center member-volunteers try to help them realize their wishes, including getting a hospital discharge.

Examples of voices of people in psychiatric hospitals:

“I want to leave the hospital.”

“I’m afraid to talk to the hospital staff because they might give me more medication or apply physical restraints.”

Two trained volunteers visit hospitals on request and listen to the in-patients. Our volunteers come from a variety of backgrounds, including people affected by mental health issues, their family members, nurses, psychiatric social workers, lawyers, and other citizens.

2. Opening the door: Transforming psychiatric hospitals to become more open to the community.

- Hospital observations

The hospital observations program, which is currently only available in Osaka, started in 2003 and has resulted in one hundred seventy-eight observations at fifty-eight hospitals.

In this program, trained volunteers visit psychiatric hospitals to listen to patients and inspect wards. From 2003, the visits were partially funded under the “Psychiatric Ombudsman” program of the Osaka Prefectural Government. The program was terminated due to austerity measures in 2008. Since 2009, the volunteers have been appointed as “Treatment Environment Supporters” by the Osaka Prefectural Council for the Study of the Treatment Environment of Psychiatric Institutions, which was jointly established by Osaka Prefecture, Osaka City and Sakai City.

The Center plays an important role in the Supporters Scheme, deciding which psychiatric hospitals to visit, arranging visits by trained volunteers

and issuing reports after the observation visits. Two members of the Center are also appointed as members of the Council and attend the bi-monthly council meetings to participate in discussions for achieving a better treatment environment based on the visit reports.

The hospital observation visits led to some of the results such as the following:

- “Beds on the wards can now be fitted with curtains”
- “Public telephones were changed so that they could not be heard by other people, and efforts have been made to protect privacy.”
- “A box has been set up for people to submit their ideas for improving the hospital environment.”
- “Information on social resources and an advice room is now displayed on the wards.”

The Center issues the “Open the door: report of hospital observations” every few years.

3. Changing society: Realizing psychiatric care where everyone feels safe

- System change advocacy

The Center has been calling for a fundamental review of compulsory hospitalization and has been making policy recommendations to create a system that protects the rights of people in psychiatric hospitals.

Based on the Center’s policy proposals, the Osaka Prefectural government decided to establish a psychiatric ombudsman system and subsidized activities during the 2003-2008 period. The Center also proposed the creation of a new system to “support patients’ transition to the community” and this was partially made possible by the 2006 Law for the Independence of Persons with Disabilities.

The Center implements advocacy activities from the perspective of those hospitalized in psychiatric hospitals. The advocacy work is done through meetings, with the help of its volunteers who have taken volunteer training course.

People from various backgrounds, including the clients themselves, their family members, nurses, mental health social workers (MHSWs), and lawyers participate in the meetings.

Furthermore, the Center disseminates information about the consultation service as “voices of in-patients” in psychiatric hospitals in formats that do not reveal the names of individuals or hospitals involved.

Information is disseminated as news in the Center website and social media, content of training materials, etc.

Letting as many people as possible know each of the “voices of in-patients” in psychiatric hospitals will definitely lead to an understanding of the current situation of those staying in those hospitals.

Study Group

The Center established the Rights Advocacy System Study Group as a forum for collective thinking and discussion of issues on mental health care policies, with topics provided by experts with deep knowledge of each issue.

In 2023, the theme of the study was the family system. In 2024, the theme was “Considering reducing hospital beds.” Statistically, Japan has the most psychiatric beds in the world, and unless hospital beds are reduced, no matter how much rights protection is improved, hospitalization will be unavoidable.

On 16 March 2025, the Study Group held its 4th session with the continuation of the theme in 2024. The 4th session featured the presentation by Shoji Sakuragi, President of Tokushima Prefecture Sakuragi Hospital, and Executive Director of the Japanese Association of Psychiatric Hospitals.

Advocates

Shohei Hara, one of the Directors of the Center, wrote in 2023 of the need for “psychiatric patient’s advocates” who can visit hospitals to protect the rights of patients. He saw the need to trigger various reforms in psychiatric medicine by introducing the patients’ advocacy system.³

He defined what “psychiatric patient’s advocates” should do:⁴

The purpose of an advocate is to protect the rights of patients. Then, why is it necessary to protect rights in the context of psychiatric care? First and foremost, it is crucial to clearly recognize the current situation.

In psychiatric hospitals, various human rights restrictions are routinely imposed. Involuntary hospitalization, seclusion, physical restraint, and restrictions on telephone use, visitation,

or going out all constitute limitations of patient rights, even if the requirements and procedures are legally appropriate. Are these truly unavoidable measures, or are they being implemented too readily? In such situations, if there is no supporter on the side of the person subjected to rights restrictions, it is difficult to place limits on these actions.

The importance of the “psychiatric patient’s advocates” can be seen in the following ways:⁵

1. An ally of the patient

On psychiatric wards, staffs have considerable authority. This is because they are in a position to determine matters such as discharge eligibility and behavioral restrictions. Nursing staff on psychiatric wards, unlike those on general wards, tend to place greater emphasis on group-based management. As a result, hospitalized patients are often compelled to follow ward instructions. To correct this imbalance of power, it is necessary for the patient to have “someone on their side.”

2. Empowerment

A vital role of the advocate is to engage with patients as fellow human beings. This is different from legal or regulatory forms of dispute. Simply meeting hospitalized patients and listening to their stories carries significant meaning.

Some hospitalized patients become apathetic or resigned due to prolonged institutionalized living, thinking “there’s nothing I can do,” or they have lost confidence, resulting in diminished awareness of their rights or motivation for discharge. It is an important role of the advocate to encourage such individuals, provide them with knowledge and information, and support them in expressing their own feelings so that they can regain and utilize their inherent strengths.

3. Monitoring of the ward from the outside

An important fact is that the advocate is an outsider to the hospital and physically enters the ward. To accurately understand the ward environment, including therapeutic setting and staff attitudes, it is preferable to go into the ward rather than only meeting in a visiting room. Doing so also allows the presence of the advocate to become visible to other patients. They become familiar to the staff as well, and may even hear about the concerns of the personnel. When an external set of eyes and ears enters a closed facility, it improves transparency within the organization, enables early responses to

minor human rights violations, and helps prevent small issues from escalating into serious ones.

4. Building trust without antagonizing the hospital

It is necessary to hold discussions with the hospital side as needed. While listening to the hospital's perspective, calm and composed exchanges of opinions should be conducted. A certain degree of tension is necessary, but the hospital should not be viewed as an adversary, nor should one adopt an aggressive or confrontational attitude. Doing so makes it more difficult for the hospital to accept the advocate. Except for a minority of difficult administrators, there is likely a shared desire to provide safe medical care and improve the quality of treatment. Improving the human rights situation and therapeutic environment also benefits the hospital.

The Center adopted this idea and started to recruit people who can be "psychiatric patient's advocates."

Due to the COVID-19 pandemic, the Center scaled back its activities and temporarily suspended volunteer recruitment. But in May 2024 volunteer recruitment resumed.

Seminars

The Center started to hold seminars in 1998 as part of its advocacy activities. The seminars/forums are held as part of the Center's General Meeting and Commemorative Lecture.

In 1998, a seminar/forum entitled "Human Rights of the Mentally Ill" Lecture Series: 'Who is an Advocate?'" was held on 30 May 1998. Seminars continued to be held in the subsequent years.

On 10 May 2008, the Center held the 9th General Meeting and Commemorative Lecture: "Learning from Chiba Prefecture's Ordinance to eliminate discrimination against people with disabilities." The main speaker was Kazuhiro Nozawa, head of the Mainichi Newspaper Evening Edition Editorial Department and Chairperson of the National Hand-in-Hand Inclusion Association Rights Protection Committee.

In the following year, on 16 May 2009, the Center held the 10th General Assembly and Commemorative Lecture: "In Response to the Convention on the Rights of Persons with Disabilities." Toshio Kusunoki, Chairperson of the Osaka Liaison Conference for the Independence and Full Participation of People with Disabilities, gave a lecture.

On 14 November 2009, Seiichi Kitano (Kansai Regional Support Research Organization) gave a lecture in the 24th Anniversary Lecture: “How to Protect the Rights of People with Mental Disabilities.”

The anniversary lectures were supported by the Welfare and Medical Services Corporation. They were held almost every other year as shown in the Annex.

On 25 November 2023, the Center held a seminar on this topic: “To eliminate abuse in psychiatric hospitals - How to make changes based on the Convention on the Rights of Persons with Disabilities and the Concluding Observations.”

During the 39th Anniversary Symposium held on 9 November 2024, the keynote speech was on the theme “Psychiatric Ombudsman Activities.” Kuroda Kenji, Psychiatrist and Professor in the Faculty of Health and Welfare, Nishikyushu University, gave the keynote speech.

An online seminar series (five sessions in total) was held on 18-23 March 2025 with the theme “Create a Mental Health Human Rights Center in your area!”

On 31 May 2025, the Center held the 2025 Annual General Meeting and Commemorative Lecture with the theme “Considering long-term hospitalization from the stories of those involved.” Tokio Ito, a plaintiff in the psychiatric medical care national compensation lawsuit, and two people with experience of long-term hospitalization were the main speakers.

Content of Seminars/Forums and Other Activities

The seminars/forums held by the Center are aimed at making the medical profession and the public understand that persons with mental disabilities have rights that should be recognized and protected.

The seminars/forums are focused on specific issues including the following:

- rights of persons with mental disabilities
- rights in medical care and procedures
- discrimination against persons with mental disabilities
- voices of in-patients
- rights protection system, and
- rights advocacy.

In order to make people understand the human rights of persons with mental disabilities, the seminars/forums explain the Act for Eliminating Discrimination against Persons with Disabilities (Act No. 65 of June 26, 2013),⁶ and the Convention on the Rights of Persons with Disabilities (2006).⁷ The bill on eliminating discrimination against persons with disabilities was explained in the seminar/forum on 12 November 2011, before its formal enactment in 2013. Takekazu Ikehara, a lawyer and member of the Discrimination Prevention Subcommittee of the Council for the Promotion of Reform of the Disability System gave the presentation of the provisions of the then to-be-enacted law.

In relation to the need to eliminate abuse in psychiatric hospitals, a seminar/forum was held to discuss how the system in the hospitals could be changed based on the Convention on the Rights of Persons with Disabilities. The seminar/forum held on 25 November 2023 featured the discussion of concrete measures needed to prevent the occurrence of incident similar to the Takiyama Hospital Incident. The seminar/forum was moderated by Shohei Hara, a Director of the Center, with presentations by the following:

- “What is the Takiyama Hospital Incident? And its Background” by Keisuke Aihara (Lawyer)
- Panel discussion: “What we can do to eliminate abuse in psychiatric hospitals”
 - Keisuke Aihara (Lawyer involved in the Takiyama Hospital incident)
 - Aiko Hayashi (Lawyer, former member of Third Party Committee on Abuse at Kamide Hospital)
 - Koji Onoue (Vice-chair of the Japan Conference of Disabled Peoples’ International)
 - Jokei Ariga (long-time psychiatric hospital nurse).

Another major issue is on the appropriate mechanism for protecting the human rights of patients with mental disorder while in the hospital. Several seminars/forums were held over the years on this issue.

Seminars/forums held from 2011 till 2020 discussed the “rights protection system” that should be in place. The questions responded to included: What mechanism is appropriate for this purpose? How can the rights protection system be expanded?

In the 2011 seminar/forum, the mechanism for protecting rights in San Francisco city in California, U.S.A. was presented by Reiko Homma (for-

mer Deputy Commissioner of Health, San Francisco). In the seminar/forum (14th General Meeting and Commemorative Lecture) in 2013, a lecture on “Review of medical protective hospitalization: what rights protection should be” was given. In the 15th General Meeting and Symposium in 2014, several speakers discussed

- The necessity of a “rights protection system” by Seiichi Kitano (Chairman of the Board of Directors of the NPO Osaka Community Life Support Network)
- The abolition of the guardianship system by Hiroshi Iida (Lawyer and Representative Director of the Osaka Mental Health Human Rights Center)
- The issue of “hospital bed conversion type residential facilities” by Toshio Hasegawa (Kyorin University).

In 2018, Yutaka Mori, a lawyer, first chairperson of the Kyushu Bar Association Federation Mental Health Liaison Council and Executive Director of the Japan Federation of Bar Associations Elderly and Disabled Rights Support Center (Mental Health Welfare PT), gave a lecture in the seminar/forum.

In 2020, the Center co-organized the seminar/forum with the Saitama Prefectural Mental Health Human Rights Center to discuss the expansion of the rights protection activities for those staying in psychiatric hospitals.

The third most discussed topic is advocacy for the human rights of persons with mental disability. The series of discussions on advocacy for the human rights of persons with mental disability started in 2013, during the 28th Anniversary Lecture: “Advocacy for the Rights of People with Mental Disabilities - Considering the Concept of the ‘Advocate System.’” Shunsuke Takagi (former member of the study team of the Center for establishing a new community mental health care system) gave a talk. This was followed by a 2016 lecture forum that included “rights advocacy systems” by several speakers (Hiroshi Takebata, Professor at Yamanashi Gakuin University; Kenichi Nishikawa, Mental Health and Welfare Worker; Satoshi Kaneya, Disability Equivalency Program, Mental Health and Welfare Worker; and Nao Azuma, a lawyer).

During the COVID-19 pandemic, in 2020, an online lecture was held on the theme: “Human rights advocacy systems in Western psychiatric care: Towards building the human rights advocacy system that should be in place.” Naoko Satake, a Psychiatrist in the National Center of Neurology and

Psychiatry Hospital, gave the talk. The concept of “Psychiatric Advocate” was explained in several presentations in the 2021 seminar/forum.

On 10 – 31 October 2021, an online workshop entitled “Towards expanding advocacy activities for psychiatric in-patients: was held. The workshop had several parts:

- 1st session (October 10th) Theme: “Practices of the Osaka Mental Health Human Rights Center - Aiming for mental health care that people can feel safe with”
Coordinator: Daisuke Hosoi
- 2nd session (October 17th) Theme: “Considering whose reason it is that people cannot be discharged”
Coordinator: Taichi Kadono
- 3rd session (October 31st) Theme: “Listening to the stories of hospitalized people”
Coordinator: Satoshi Kaneya.

In the 2022 meeting of the Advocacy System Study Group, the discussion focused on the perspective of the family of the child with disabilities and also the Convention on the Rights of Persons with Disabilities. Also in 2022, the Center held the Psychiatric Advocate Training Course with topics consisting of the following:

- Human Rights
- The life and environment of hospitalized people
- Mental Health and Human Rights
- Mental health system and current situation
- Who is a psychiatric advocate?

This training course was part of the Ministry of Health, Labor and Welfare Science and Research Cooperation Project.

The 37th Anniversary Lecture held in 2022 had the theme: “Reconsidering the Mental Health Review Board and the Act on Prevention of Abuse of Persons with Disabilities.” The 39th Anniversary Lecture held in 2024 focused on “Psychiatric Ombudsman Activities.” In 2025 the 40th Anniversary Lecture featured a plaintiff in the psychiatric medical care national compensation lawsuit, and two people who experienced long-term hospitalization

A forum in 2023 discussed how “To eliminate abuse in psychiatric hospitals” and how to make changes based on the Convention on the Rights of

Persons with Disabilities and Concluding Observations of its treaty monitoring body.

In March 2025, the Center organized a series of five webinars on establishing a mental health human rights center in the local areas.

See Annex for more information on the activities of the Center through the years.

Concluding Statement

The Center essentially aims to provide a safe and secure treatment environment for persons with mental disabilities. To be able to achieve this, their human rights must be protected and they as patients must be respected as individuals.

The advocacy work of the Center is directed at shifting the treatment of persons with mental disabilities to medical and welfare services that support community life. There should be more outpatient care, day care, psychological support, home visits, nursing visits, welfare system for persons with disabilities, and collaboration with nursing care institutions instead of confinement to the hospital.

The Center continues to make the public become aware of the issues confronting persons with mental disabilities and the measures needed to ensure the respect, protection and realization of their human rights.

Annex

Date & Year	Event	Speaker
12 November 2011	26th Anniversary Lecture: What is the Act on Prohibition of Discrimination against People with Disabilities?	Takekazu Ikehara (Lawyer, Member of the Discrimination Prevention Subcommittee of the Council for the Promotion of Reform of the Disability System)
3 September 2011	Lecture: The mechanism for protecting rights required in the Comprehensive Welfare Law for People with Disabilities - Learning from San Francisco city's efforts.	Reiko Homma (former Deputy Commissioner of Health, San Francisco city).

11 May 2013	Osaka Prefecture Welfare Fund - 14th General Meeting and Commemorative Lecture: "Review of medical protective hospitalization: what rights protection should be."	Hiroshi Iida, Miyuki Yamamoto, Coordinator: Takeshi Yoshiike (Mental Health and Welfare Worker)
9 November 2013	Osaka Prefecture Welfare Fund - 28th Anniversary Lecture: "Advocacy for the Rights of People with Mental Disabilities - Considering the Concept of the 'Advocate System'."	Shunsuke Takagi (former member of the study team for establishing a new community mental health care system)
10 May 2014	Nippon Foundation Grant Program - 15th General Meeting and Symposium: "What 'rights protection system' is needed now?"	<ul style="list-style-type: none"> - The necessity of a "rights protection system" - Seichi Kitano (Chairman of the Board of Directors of the NPO Osaka Community Life Support Network) - On the abolition of the guardianship system - Hiroshi Iida (Lawyer and Representative Director of the Osaka Mental Health Human Rights Center) - On the issue of "hospital bed conversion type residential facilities" - Toshio Hasegawa (Kyorin University)
28 May 2016	Nippon Foundation Grant Program - 17th General Meeting and Commemorative Lecture: Considering the future of "decision support" and "rights advocacy systems" - Towards the realization of the 'rights advocates' we need"	Hiroshi Takebata (Professor at Yamanashi Gakuin University), Kenichi Nishikawa (Mental Health and Welfare Worker), Satoshi Kaneya (Person in the Disability Equivalency Program, Mental Health and Welfare Worker), Nao Azuma (Lawyer)
24 September 2016	Nippon Foundation Grant Program - Change the law, change society: learning from 55 years of experience in mental health in Italy Organized by 180 Matto's Association for Independent Screenings of Basaglia Films and the Osaka Bar Association.	Chair: Kazuo Okuma and Hiroshi Takebata Lecturer: Maria Grazia Giannichetta (Sociologist)

<p>17 November 2018</p>	<p>Nippon Foundation Grant Program – 33rd Anniversary Lecture: Towards expanding protection of rights for those hospitalized in psychiatric hospitals - What we can do now."</p>	<p>Coordinator: Shohei Hara (member of the Osaka Mental Health Human Rights Center Human Rights Protection System Research Group, journalist), Daisuke Hosoi (Director of the Osaka Mental Health Human Rights Center, lawyer), Lecturer: Yutaka Mori (lawyer, first Chairman of the Kyushu Bar Association Federation Mental Health Liaison Council, Executive Director of the Japan Federation of Bar Associations Elderly and Disabled Rights Support Center (Mental Health Welfare).</p>
<p>16 November 2019</p>	<p>Nippon Foundation Grant Program - 34th Anniversary Symposium: Thinking about Japanese psychiatric care from the perspective of foreign systems - Toward building the rights protection system that should be in place."</p>	<p>Coordinators: Takebata Hiroshi and Hosoi Daisuke (Directors of the Center and lawyers) - The efforts of the Osaka Mental Health Human Rights Center and "Draft activity guidelines and business model for psychiatric advocates" - Hara Shohei (Mental Health and Welfare Worker/ Visiting Researcher at Osaka Prefecture University and Ritsumeikan University) —The system of advocates and rights advocacy in the United Kingdom - Hamajima Kyoko (Secretary-General of DPI Japan/Part-time lecturer at Meiji Gakuin University) —The compulsory hospitalization system in France - Comparing it with Japan's compulsory hospitalization system - Ishizaki Manabu (Professor, Faculty of Law, Ryukoku University) —The system of advocates and rights advocacy in California - Takebata Hiroshi (Associate Professor, Faculty of Environmental and Human Studies, University of Hyogo/ Coordinator of the Rights Advocacy System Research Group).</p>
<p>23 February 2020</p>	<p>Nippon Foundation Grant Program - Public lecture: From the activities of the Osaka Mental Health Human Rights Center - Towards expanding rights protection activities for those hospitalized in psychiatric hospitals Co-organized by Saitama Prefectural Mental Health Human Rights Center.</p>	

28 March 2020	Nippon Foundation Grant Program - Online Lecture: Human rights advocacy systems in Western psychiatric care: Towards building the human rights advocacy system that should be in place.	Naoko Satake (Psychiatrist, National Center of Neurology and Psychiatry Hospital)
31 July 2021	Nippon Foundation Grant Program - The Practice and Potential of Psychiatric Advocates: Preventing Abuse and Improving the Quality of Medical Care.	Coordinator: Hiroshi Takebata (Rights Protection System Research Group, University of Hyogo) Towards Institutionalization: Shohei Hara (Journalist and Director of the Center) - From a former hospitalized patient: Using a psychiatric advocate - Participating in visiting activities: Kiyoshi Nakakita (Psychiatric advocate) - From the hospital's perspective: Kiichiro Nagao (Neyakawa Sanatorium) - What is important to us: Miyuki Yamamoto (Vice Director of the Center)
10 – 31 October 2021	Nippon Foundation - Online Workshop: Towards expanding advocacy activities for psychiatric in-patients	- 1st session (October 10th) Theme: "Practices of the Osaka Mental Health Human Rights Center - Aiming for mental health care that people can feel safe with" Coordinator: Daisuke Hosoi - 2nd session (October 17th) Theme: "Considering whose reason it is that people cannot be discharged" Coordinator: Taichi Kadono - 3rd session (October 31st) Theme: "Listening to the stories of hospitalized people" Coordinator: Satoshi Kaneya
4 March - 30 October 2022	Advocacy System Study Group 2022	Coordinator: Hiroshi Takebata (Staff Member, University of Hyogo) Part 1: From the family's perspective (perspective of child, parent, and sibling) Part 2: Taku Shiomitsu (Bukkyo University, former Public Health Center Social Worker) Part 3: Kumiko Okada (Chairperson of Minna Net) Special Edition: About the Convention on the Rights of Persons with Disabilities Guest Speakers: Toshihiro Azuma and Naoyuki Kirihara

<p>27 March 2022</p>	<p>Ministry of Health, Labor and Welfare Science and Research Cooperation Project - Psychiatric Advocate Training Course</p>	<p>Topics - Human Rights - The life and environment of hospitalized people - Mental Health and Human Rights - Mental health system and current situation - Who is a psychiatric advocate?</p>
<p>12 November 2022</p>	<p>37th Anniversary Lecture: Reconsidering the Mental Health Review Board and the Act on Prevention of Abuse of Persons with Disabilities</p>	<p>Coordinator: Hiroshi Takebata (Rights Protection System Research Group, University of Hyogo) - Mitsuhide Yahiro (Attorney at Law/Nishishin Joint Law Office) - Summary of the Advocacy System Study Group</p>
<p>25 November 2023</p>	<p>"To eliminate abuse in psychiatric hospitals" - How to make changes based on the Convention on the Rights of Persons with Disabilities and the Concluding Observations</p>	<p>Coordinator: Shohei Hara (Director) - "What is the Takiyama Hospital Incident? And the Background" by Keisuke Aihara (Lawyer) Panel discussion: "What we can do to eliminate abuse in psychiatric hospitals" - Keisuke Aihara (Lawyer involved in the Takiyama Hospital incident allegations) - Aiko Hayashi (Lawyer, Former member, Third Party Committee on Abuse at Kamide Hospital) - Koji Onoue (Vice-chair of the Japan Conference of Disabled Peoples' International) - Jokei Ariga (long-time psychiatric hospital nurse)</p>
<p>9 November 2024</p>	<p>39th Anniversary Symposium</p>	<p>Keynote Speech: "Psychiatric Ombudsman Activities" Speaker: Kuroda Kenji (Psychiatrist, Professor, Faculty of Health and Welfare, Nishikyushu University) Panel Discussion: Kuroda Kenji - Yamamoto Miyuki (Vice Representative of the Center, Representative of Bochibochi Club) - Inoue Takayuki (Japan Psychiatric Nurses Association Osaka Branch, Head Nurse of the Psychiatric Emergency Ward at Osaka Mental Health Center) Coordinator: Takebata Hiroshi (Professor, Faculty of Environmental and Human Studies, University of Hyogo)</p>
<p>18-23 March 2025</p>	<p>Web seminar series (5 sessions in total)</p>	<p>- Create a Mental Health Human Rights Center in your area!</p>
<p>31 May 2025</p>	<p>Annual General Meeting and Commemorative Lecture 2025</p>	<p>Tokio Ito (plaintiff in the psychiatric medical care national compensation lawsuit), and two people with experience of long-term hospitalization</p>

Endnotes

1 Data taken from the powerpoint presentation of Shohei Hara in the Kagoshima Prefecture Mental Health and Social Worker Association General Meeting Training, 7 June 2025, entitled “Psychiatric Rights Protection and Hospital Visit Support Project.”

2 From the powerpoint presentation of Shohei Hara, *ibid.*

3 原昌平[Shohei Hara], 精神科アドボケイトの制度化と全国展開の道すじ [Roadmap to the Establishment of Psychiatric Patient’s Advocacy System and Nationwide Expansion], 精神神経学雑誌オンラインジャーナル [Psychiatry and Neurology Online Journal], 2023, page 295, <https://journal.jspn.or.jp/jspn/open-pdf/1250040291.pdf>.

4 原昌平[Shohei Hara], *ibid.*

5 原昌平[Shohei Hara], *ibid.*

6 The English translation of the texts of this law is available at Japanese Law Translation, Act for Eliminating Discrimination against Persons with Disabilities, www.japaneselawtranslation.go.jp/en/laws/view/3052/en.

7 “On January 20, 2014, *Japan* deposited the instrument of ratification of the Convention on the Rights of Persons with Disabilities,” page 4, “*Initial report submitted by Japan under article 35 of the Convention, due in 2016*,” *Committee on the Rights of Persons with Disabilities, 4 October 2017*, www.mofa.go.jp/files/000449713.pdf. The full text of the Convention on the Rights of Persons with Disabilities is available in this link: www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities.