

# Promoting mental health at Ban Sai Khao, Khao Khao Subdistrict, Thung Song District, Nakhon Si Thammarat

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## Situation

Due to the spread of drug addiction, some people in the community are becoming addicted to drugs. They have the behavior of stealing and destroying property. Some have paranoia, auditory hallucinations, causing family members and people in the community to be stressed, causing insomnia and an inability to work continuously, leading to a reduction in income. In the past, the community did not have continuous manage the problem, resulting in the community's stress for a long time.



## Target Population

10 leaders and 80 individuals at risk or with mental health problems. These individuals were selected from families of drug addicts, with depression scores below 7 based on the 9Q depression assessment tool.



## Procedure

- 01 Train leaders to provide basic counseling and establish individual counseling guidelines and emergency communication procedures.
- 02 Conduct activities "Love Language" to promote personal and family happiness
- 03 Organize a "Happy Long Drum Group" activity
- 04 Organize group craft activities to increase income
- 05 Leaders visit the target group's homes and provide counseling every two weeks
- 06 Monitor and evaluate the results to support learning and development.



## Outcome

More than 50% of the target group and leaders will develop self-management skills to build mental strength and use "Love Language" to create happiness. The target group increased happiness and increased income. The community can create a happy community with warm families.



### More information

<https://www.facebook.com/Taibon40/>;

<https://cas.wu.ac.th/>

