

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

Core SDG: SDG 3: “Good Health and Well-being”

SDG Indicator: 3.3.2 Health outreach programmes

Related SDG: 17.2.1 Relationships with regional NGOs and government for SDG

SDGs (Agenda) Outreach & Engagement

Project operators:

Assist. Prof. Kumlai Somrak 10%

Assist. Prof. Dr. Chidchanog Mayurapak 90%

School of Nursing Waliak University

Number: SE2024033

Content story

Problem:

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, and 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.

According to this situation, faculty members from the School of Nursing at Walailak University collaborated with the community and various partners to implement the "Mental Health Promotion in Ban Sai Khao Community" project, Khao Khao Subdistrict, Thung Song District, Nakhon Si Thammarat Province. The objectives of the project are as follows:

1. Establish a working team and leaders to manage mental health issues in the community.
2. Provide knowledge and skills in stress management and mental strength building for those at risk or with mental health problems, resulting in improved mental health.
3. Create system to support the community in addressing mental health issues sustainably.

Time frame: May 1, 2024 – February 28, 2025

Target population: The target group includes 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: (1) Form a group of leaders and a working team for mental health management in the community. (2) select the target group, focusing on those at risk or with mental health problems. (3) Develop an activity plan with the target group, with one leader overseeing 8 households (4) Train leaders to provide initial counseling to individuals with mental health problems and establish individual counseling guidelines and emergency communication procedures. (5) Conduct "Love Language" activities to promote personal and family happiness (6) Organize a "Happy Long Drum Group" activity (7) Organize group craft activities, including making artificial flowers, folded money tokens, and weaving crafts to increase income. (8) Leaders manage home visit and provide counseling for target group every two weeks. (9) Hold knowledge-sharing forums and reward outstanding individuals who promote happiness in their families. (10) Monitor and evaluate the results to support learning and development. (11) Hold learning forums to evaluate and document lessons learned for future expansion.

Outcomes:

1. 80% of leaders have the knowledge and skills to provide counseling, home visits, and assistance to those at risk or with mental health problems.

2. 80% of the target group and leaders have self-management skills to build mental strength and use "Love Language" to create happiness.

3. 80% of the target group have increased happiness after participating in the "Happy Long Drum Group" activity every evening and have increased income from making artificial flowers, folded money tokens, and woven crafts.

4. The community establish management system to create a happy community with warm families.

Impacts: Increasing quality of life.

Partnerships: local organization (Ban Sahakorn Sub-District Health Promoting Hospital, Khao Khao Subdistrict Administrative Organization, Thung Song District Community Development Office, Thung Song District Public Health Office, Thung Song Hospital) and School of Nursing, Walailak University.

Supporting fund: Thai Health Promotion Foundation (80,000)