

Currently, Thailand is experiencing an increase in mental health disorders due to societal, economic, and technological changes. These changes impact individuals, families, and communities, leading to a shift in lifestyles and a decline in family and community relationships. Issues such as video game addiction, decreased cognitive and emotional intelligence among Thai children, teenage pregnancies, violence, substance abuse, crime, and unemployment are on the rise. These problems affect individuals' mental states, leading to stress and anxiety, which can develop into mental health disorders.

The government has recognized the importance of mental health issues and has set a vision to ensure that “citizens have good mental health and can live together in society happily.” Strategies focus on proactive measures for prevention, promotion, and rehabilitation of mental health with the collaboration of network partners.

In Nakhon Si Thammarat Province, mental health problems affect all age groups, primarily due to living conditions similar to national-level issues. In Thung Song District, Ban Sai Khaw, Moo 1, in Khao Khaw Subdistrict, the community is overwhelmed by drug problems. In this community, 82 youth are addicted to substances, with 10 of them exhibiting mental health issues. Of the 80 households in Moo 1, Ban Sai Khaw, 122 family members are affected. This situation leads to negative impacts on mental health, including family intimidation, theft within the family and community, aggression, and violence. These issues contribute to stress, anxiety, and insomnia among family members, affecting other households in the community due to theft of agricultural produce and other property.

Therefore, strengthening households to manage living with individuals addicted to substances, under close supervision by community leaders, is crucial for sustainably addressing mental health issues in the Ban Sai Khaw community.

Community problem analysis using community analysis processes revealed three main problems:

1. **Behavioral Issues:** Youth engage in gatherings, truancy, and substance abuse.
2. **Environmental Issues:** The area is a rubber plantation, making it easy for gatherings and substance abuse to occur. There are 82 youths addicted to substances, 10 with mental health issues, 26 broken families, and a lack of continuous management by agencies.
3. **Mechanism Issues:** The community lacks skills in building a strong community and resilient families. There is no ongoing management of substance abuse issues, a lack of leadership support, and insufficient team members to assist in management. Additionally, there are no established community rules.

These problems impact social and economic aspects, causing insecurity in the community, theft, property damage, broken families, divorce, and weakened family institutions. Youth lack social and emotional support, turning to substance abuse, creating a cycle of negative consequences.

Prioritizing these issues to address the community's needs involves community participation. Participants in the process have chosen mental health as the primary issue to be developed.