

Creating happiness among volunteers for good mental health in Hua Sai
Nakhon Si Thammarat

Project Member

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Background

An analysis of the Hua Sai community reveals issues related to mental health, including risk factors and stress, which impact individuals, families, and society. These problems have led to decreased family and community relationships and have exacerbated issues such as violence, drug abuse, crime, and unemployment. Therefore, the "Volunteer Mental Health Promotion Project" has been developed to focus on participatory approaches and fostering positive relationships. The project aims to screen for mental health risks, increase awareness about mental health, and improve attitudes towards individuals with mental health issues, thereby enhancing the community's capacity to address these challenges and reduce recurring problems. **The project has the following objectives:**

1. Create Mental Health Volunteer Leaders: Develop leaders who can organize activities to promote mental health.
2. Promote Knowledge and Skills: Enhance knowledge and skills for organizing mental health promotion activities.
3. Encourage Participation: Increase involvement in mental health promotion activities.
4. Reduce Risk Factors: Decrease stress and anxiety among at-risk groups.
5. Foster Collaboration: Integrate and create partnerships between various departments and organizations within the university.

Target Group: Residents aged 35 and over in the community at risk of mental health issues, including caregivers of individuals with mental health problems.

Strategies and Activities:

1. **Develop Workforce Capacity:** Train the project team to lead mental health promotion activities for the target group. Collaborate to assess community conditions and establish group guidelines. Conduct monthly mental health evaluations of both the team and project participants.

2. **Empower Leaders:** Create mental health leaders who can provide knowledge and skills to individuals at risk, including those experiencing stress and anxiety. Organize activities where at-risk groups can engage with the general population. Establish small businesses with minimal investment, such as dried pork or sweet pork production, exercise groups, and recreational groups. Include local experts as instructors and develop programs to improve family relationships, such as "Love Language" workshops with Walailak University.

3. **Establish Continuous Monitoring Mechanisms:** Implement home visits and monthly check-ins via the Line application for individuals at risk. Set policies and guidelines for operations, and award certificates of recognition to exemplary individuals in mental health volunteering and promotion. Engage various stakeholders, including village committees, community fund committees, health volunteers, women's groups, Hua Sai Hospital staff, and partners such as Hua Sai Hospital, Hua Sai Sub-district Administration Organization, Hua Sai District Educational Promotion Center (Non-formal Education), Hua Sai Municipality, Walailak University, P2H Foundation, and Chevron.

Project Outcomes:

1. **Strengthened Workforce:** 15 strong team members, including 3 foreign leaders and leaders from the northeastern region.

2. **Operational Guidelines:** Established rules and agreements for project implementation.

3. **Active Participation:** 80 participants consistently engage in activities, gaining knowledge and skills to manage their mental health and that of their families, leading to improved mental health.

4. **Prevention of New Mental Health Issues:** No new cases of mental health problems, stress, or anxiety within the participating at-risk families.

5. **Continuous Monitoring Mechanisms:** Effective ongoing monitoring of mental health promotion groups.

6. **Knowledge Management and Transfer:** Creation of knowledge management systems and intergenerational knowledge transfer, with educational institutions able to use project data for research.