



The promotion and prevention model for mental health problems in community

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Abstract

The objectives of this research were to evaluate a model to prevent mental health problems and promote better health in the community and to study the results of the implementation, promotion and prevention of mental health problems in the given communities. The subjects were people who had mental health problems in selected subdistricts. Health network personnel were informed by meeting at the district and subdistrict levels about the operational plans. The pattern of learning was then co-operatively established using “Focus group” in the community to question, assess the community needs and issue the operational plans. A model to promote mental health and prevent mental health problem in the community was developed by producing the manual training and operational strategies. Training sessions for the community leaders and family leaders were conducted. The statistical technique was descriptive statistics and t-test analysis. The process led to strategies to promote better mental health and prevent mental health problems in the community by community leaders. Most trainees were community health volunteers. 89.1% most of them had provided supportive management for the people under the stress. They could identified 81 subjects, 84 of whom were females. All were invited to join the therapeutic treatment. After 3 month period, the level of their stress and tension decreased significantly.

Key words : promotion of mental health, prevention of mental health problems, community mental health

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