



The challenge of mental health policy and service during COVID-19

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OUTLINE

Mental health status in Thailand before COVID-19

Affected Mental health status in Thailand during and after COVID-19 pandemic, what parameter are affected during and post-covid

the specific strategic plan

The result of the mental health care

Lesson learnt



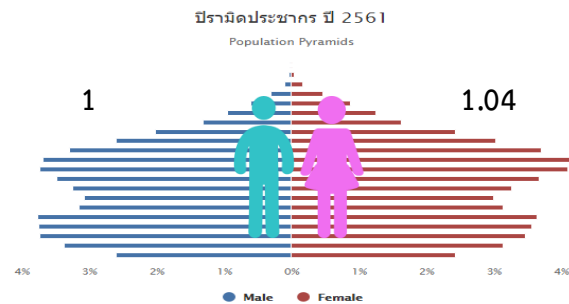
Thailand Demographics 2020

Area 513,120 km²

Provinces
 77

Health Regions
 13

Total population 66.8 Millions



34,455,225

35,520,850

503

Ethnic groups: Thai 75%, Chinese 14%, other 11%(Malay, Khmer, Mon)

Religions : Buddhism 95%, Muslim 3.8%, Christianity 0.5%, Hinduism 0.1%, other 0.6% (1991)

Languages: Thai, English (secondary language of the elite), ethnic and regional dialects

Literacy: 93.8%
Internet Penetration : 78%

NMHS : Lifetime prevalence 2013

Any mental disorders (26.4%; 13.6 M)

Anxiety Disorders (3.1%; 1.6 M)

Panic Disorder (0.8%; 0.4 M)
Agoraphobia (1.5%; 0.8 M)
PTSD (0.9%; 0.5 M)
GAD (0.3%; 0.15 M)

Affective disorders (1.9%; 1 M)

MDD (1.8%; 0.9 M)
Dysthymia (0.1%; 0.07 M)
Hypomanic Episode (0.1%; 0.1 M)
Manic Episode (0.06%; 0.04 M)

Any SUD including AUD (19.6%, 10.1M)

AUD (18.0%; 9.3 M)

Alcohol Abuse (13.9%; 7.2 M)
Alcohol Dependence (4.1%; 2.1 M)

SUD (19.6%; 10.1M)

Substance abuse (2.8%; 1.4M)
Substance dependence (1.3%; 0.66M)

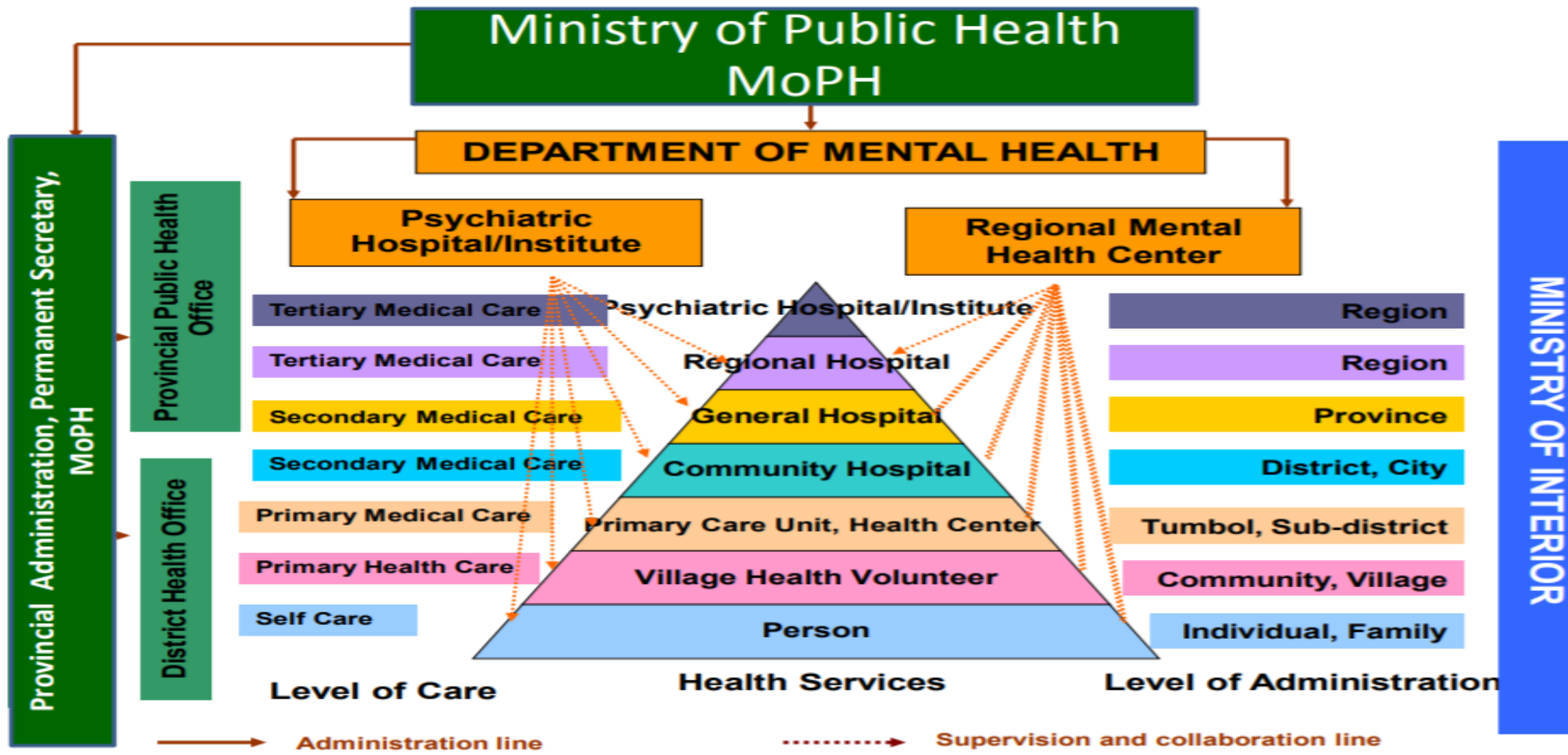
Psychosis 0.8% (previous NMHS 2009)

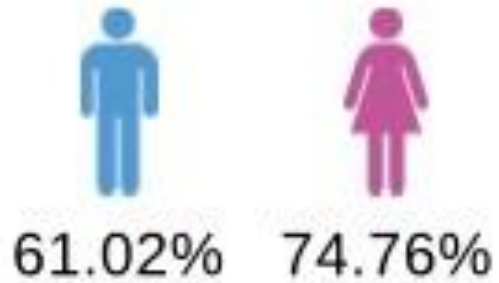
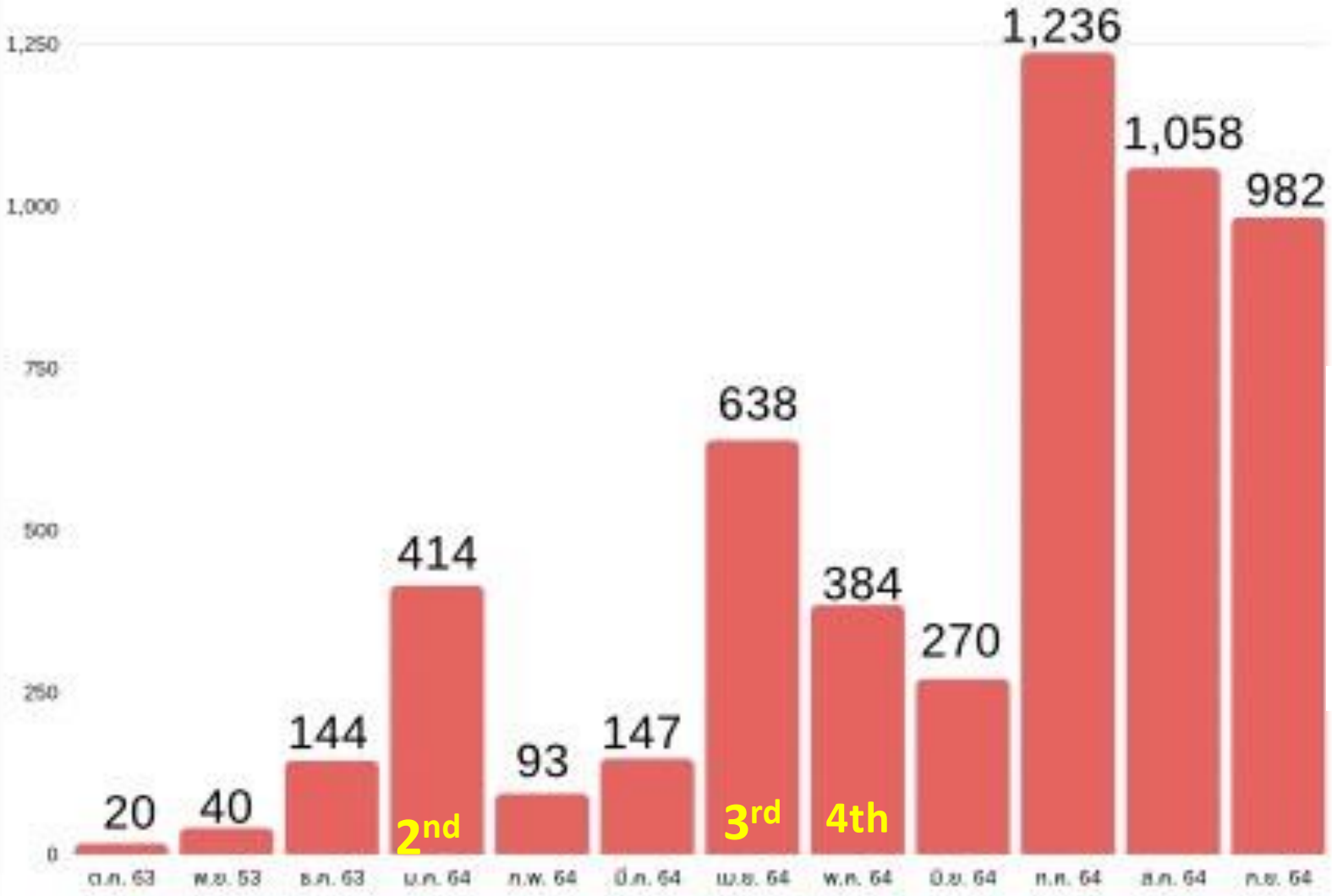
Any Psychotic Experiences (5.9%; 3 M)

Any Hallucination (5.5%; 2.8M)
Any Delusion (0.9%; 0.5M)



Mental Health Service System in Thailand





3rd RANK

- PREVIOUS PSYCHIATRIC ILLNESSES 49.77%
- WORRIED ABOUT COVID-19 26.37%
- FAMILY PROBLEMS 5.10%

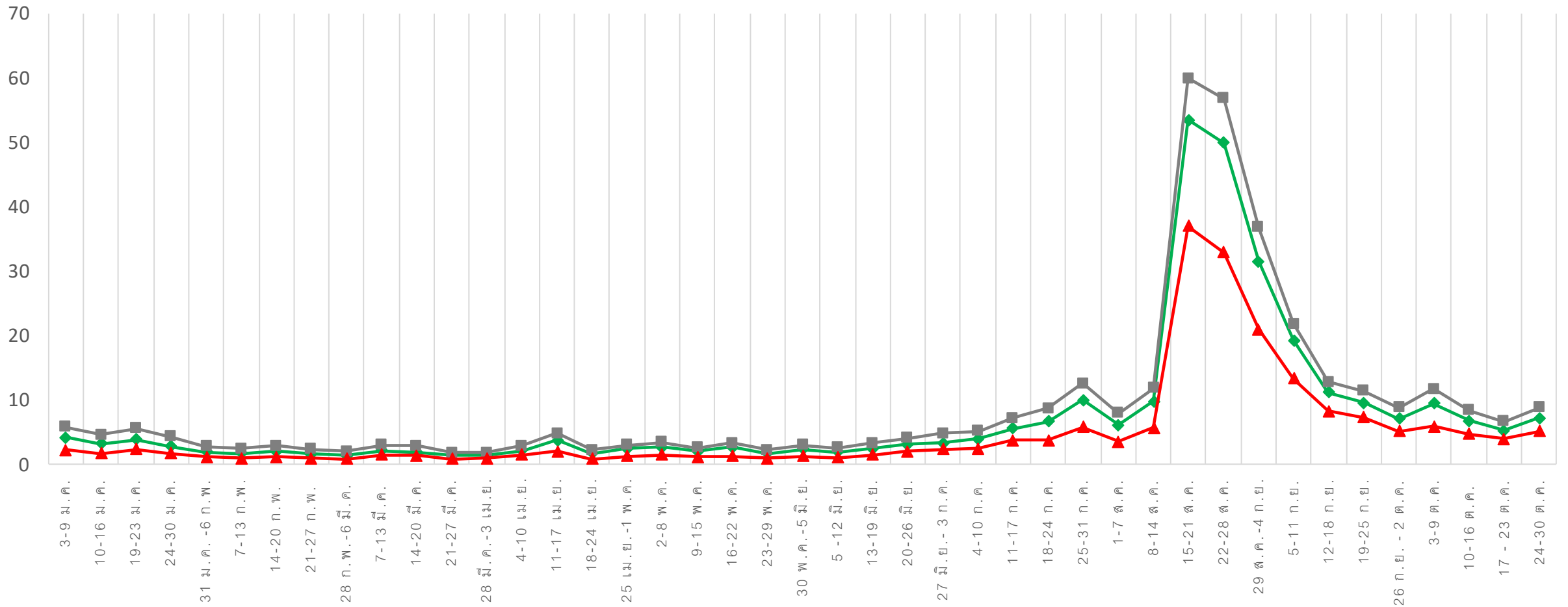
ข้อมูลจากสายด่วนสุขภาพจิต กันยายน 2564

Distribution

Mental health status

Surveillance Jan – Oct.,2021

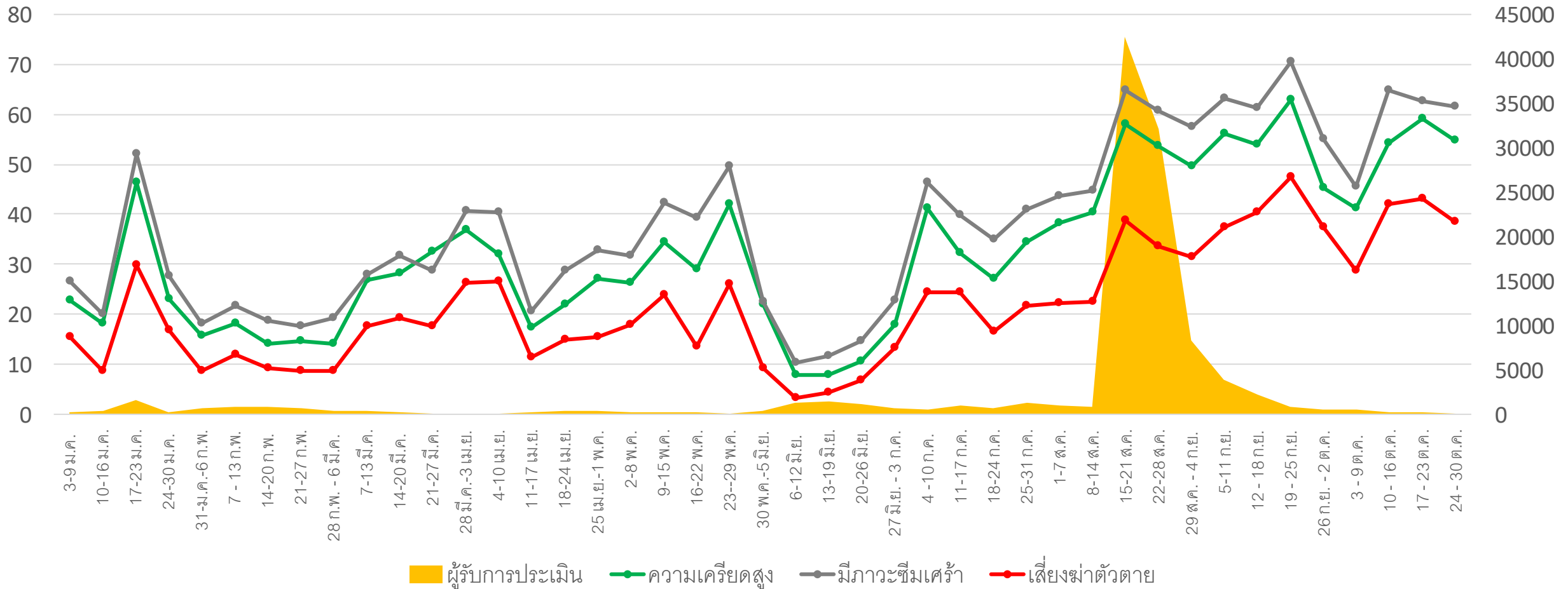
◆ ความเครียด ■ มีภาวะซึมเศร้า ▲ เสียงฆ่าตัวตาย



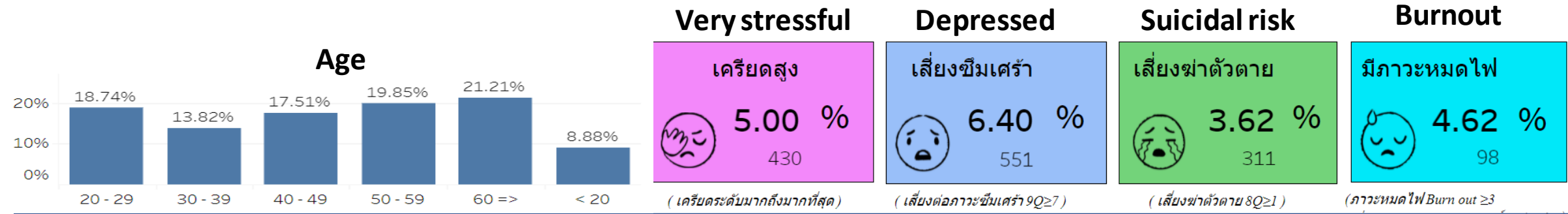
Prevalence

Bangkok prevalence

Surveillance Jan – Oct., 2021



SUMMARY



- The mental health problems tended to increase during and after the pandemic outbreak.
- The status of mental health problems tended to correlated with some age group, high pandemic situation, the urban/economic areas, health professional occupation.
- The vulnerable group (unemployment, increasing dept from business, psychiatric patients) has high prevalence of mental health problems during and after the pandemic outbreak.
- The longer the pandemic situation is, the more anxious and furious exist in normal population resulting in fatigue and resiliency.

Challenging Focus of Mental Health Care

Increase self, community and social mental literacy and resilience.

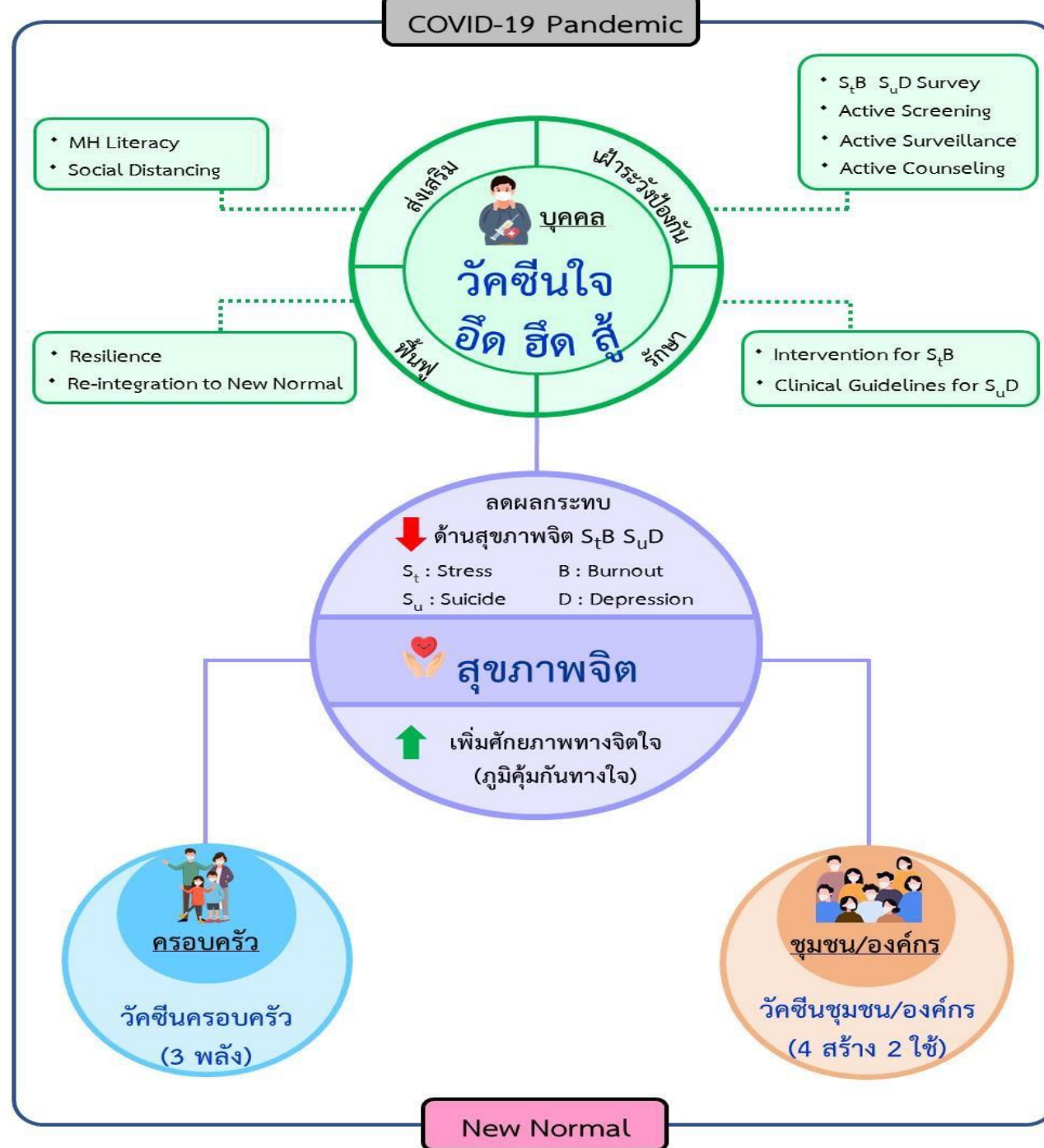
Collaborate with multi-sectoral collaboration approaches to mental health service.

Increase access to online and onsite mental health support.

Provide comprehensive care approaches to the vulnerable group.

New normal mental health services

Conceptual Framework of The Strategic Plan of Combat 4th Wave of Coronavirus 2020 Pandemic (COVID-19) : The C4 Plan





The Strategic Plan of Combat 4th Wave of Coronavirus 2019 Pandemic (COVID-19) : The C4 Plan



Vision

Person, family, and social have resilience and be safe from mental health consequences in Coronavirus 2019 Pandemic (COVID-19)



Objective

- To reduce mental health consequences
- To emphasize personal, family and community resilience (mental immunity by using mental vaccines : person, family, and social level)

Integrated SBSD online survey, active screening, surveillance and counseling via Mental Health Check In application



Economic burden
Previous psychiatric and addiction disorders

Vulnerable groups to mental health problems

Economic injury

Quarantined/
Infected person
COVID-19

Stigma

30.8% of people with COVID-19 has high level of stress
Due to fear of illnesses, worry for social discrimination
3.5% has ongoing depression after recovery*

Stress , Depression, Suicide,
Drug & Alcohol Problem

Social Disorganization
Crime/Divorce

Medical personnel working on COVID-19

3.43% has been found Burnout during the lockdown.
41.1% has been found severe stressed.

Burnout

People
General / Community

11% traumatic stress
Anxiety, depression, anger, somatization**

MHPSS STRATEGIES IN COVID-19

Facilitating team

Administration, facilitation

Mental care team

Mental care provision

MCATT team in health facilities and community

Mental online support

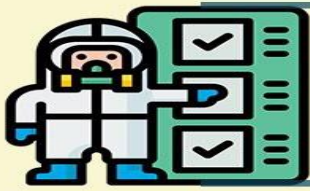
Online service

Integrating hotline team
chatbot, helper line

Self literacy

Social online resources

mental health guideline
Application / website
Online-training
Community program



STEP OF COVID-19 MENTAL HEALTH CARE



STEP 1
online self care

โปรแกรมออนไลน์ การดูแลจิตใจในวิกฤต โควิด-19 กรมสุขภาพจิต สำหรับกลุ่มเสี่ยง, ักตัวเอง หรือผู้ติดเชื้อ

STEP 2
Tele counseling

ให้บริการปรึกษา ผ่านทางโทรศัพท์ เฉพาะผู้ติดเชื้อ COVID-19

STEP 3
MCATT

ลงเยี่ยมผู้ติดเชื้อ ผ่านช่องทางต่าง ๆ และให้ คำปรึกษาผ่านทางโทรศัพท์

- ให้คำปรึกษาครอบครัว • community resilience

ในกรณีที่การให้การปรึกษาผ่าน โทรศัพท์มีเคสจำนวนมาก จะส่งต่อ MCATT เพื่อช่วยโทร

Community mental vaccine

Mental health Literacy App.

Online platform Self-application

telecounseling

Early Psychosocial Intervention

Specialist service

General population

Vulnerable group: elderly, ill, econpmic crisis
people at risk for infection, quarantine

People with mental health crisis

People with mental illnesses

COMMUNITY MENTAL VACCINE

ใช้

**ศักยภาพ
ชุมชน**
Community
Efficacy



ใช้

**สายสัมพันธ์
ในชุมชน**
Community
Networks
And
Relationships



สื่อสาร "รวดเร็วทันเหตุการณ์ ถูกต้อง ชัดเจน สม่่าเสมอ"





เช็คสุขภาพใจ



MENTAL HEALTH CHECK-IN

MENTAL HEALTH CHECK-IN

วัดชัย ใจ

๑) เสริมความรู้เกี่ยวกับโรคซึมเศร้า (Solve)



วัดชัย ใจ

๒) เสริมความตระหนักรู้เกี่ยวกับโรคซึมเศร้า (Care)



เป็นกำลังใจให้กัน



มาร่วมแรงกัน

วัดชัย ใจ

๓) เสริมความหวัง (Hope)



วัดชัย ใจ

๔) เสริมความเข้าใจเกี่ยวกับโรคซึมเศร้า (Core)



เป็นกำลังใจให้กัน



เช็คสุขภาพใจ



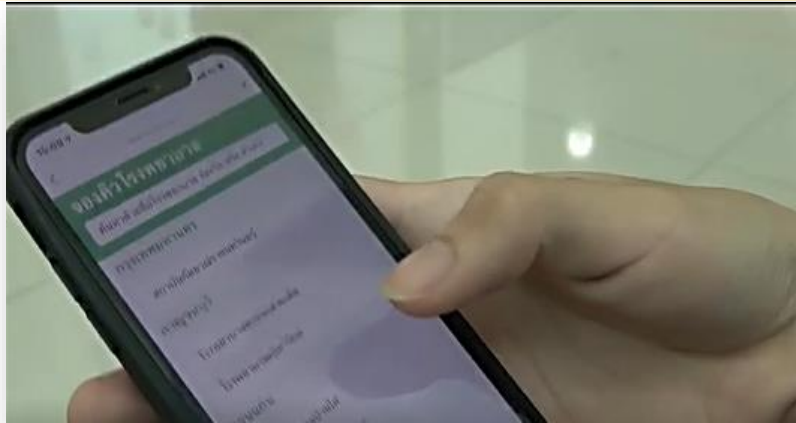
MENTAL HEALTH CHECK-IN



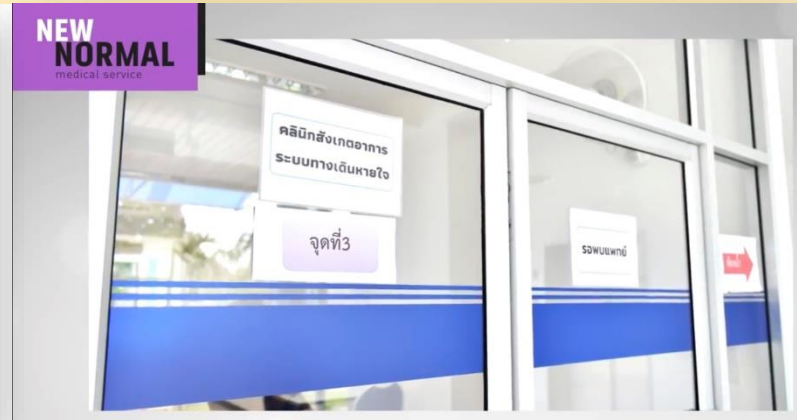
MCATT/Mental Health Mobile Unit

New Normal Psychiatric Service

Online appointment



ARI clinic



Cross/distancing queue



post-drug delivery



Drive thru delivery



Drive-in service



**The
challenging
issues in
post-COVID
outbreak era**

Monitor suicide and violence rate countrywide

Deal with post-COVID consequences : pandemic fatigue, pandemic grief, long COVID-19 issues

Integrate the mental health into new areas : online study, online work, vaccine hesitancy, re-open country plan

New normal to next normal services : telepsychiatry, long term care



กรมสุขภาพจิต
DEPARTMENT OF MENTAL HEALTH

Thank you

