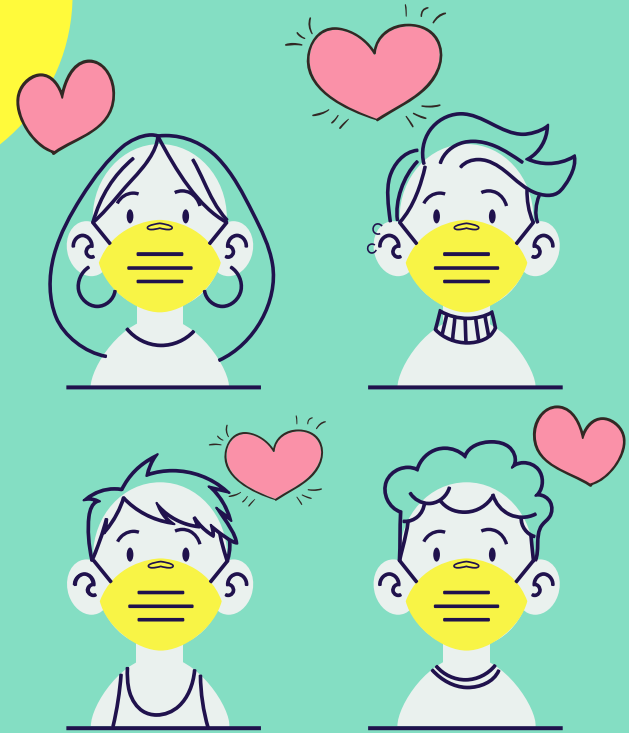# Mental Health during the COVID-19 pandemic

Mental Health landscape and
What Thailand has done. Ű

Samai Sirithongthaworn, M.D.

Deputy Director General,

Department of Mental Health, Ministry of Public Health, Thailand

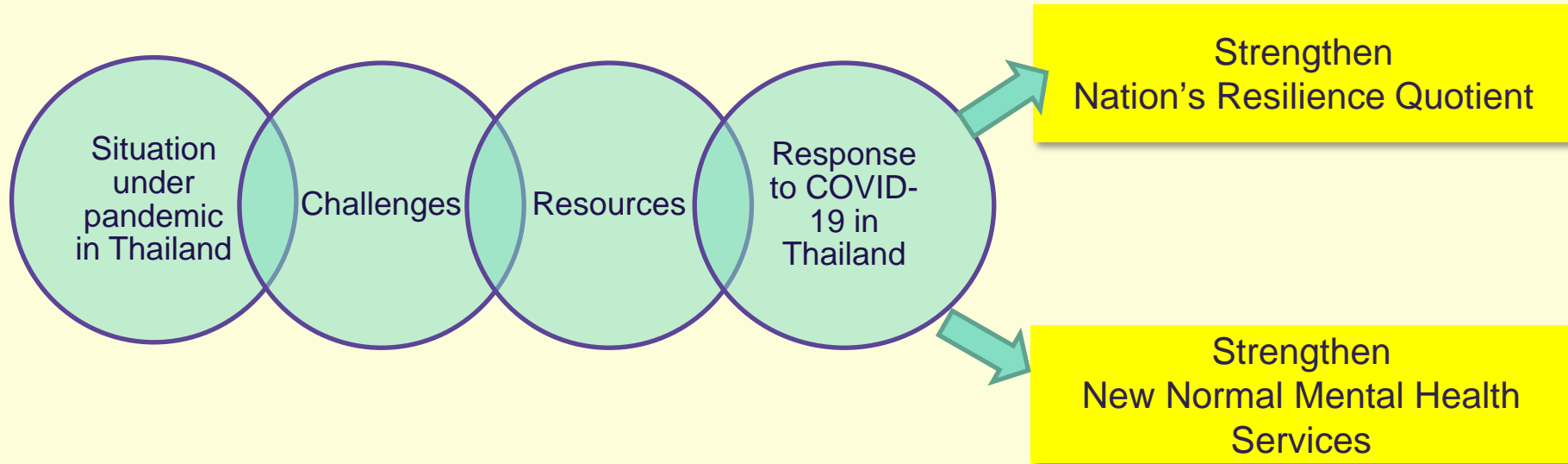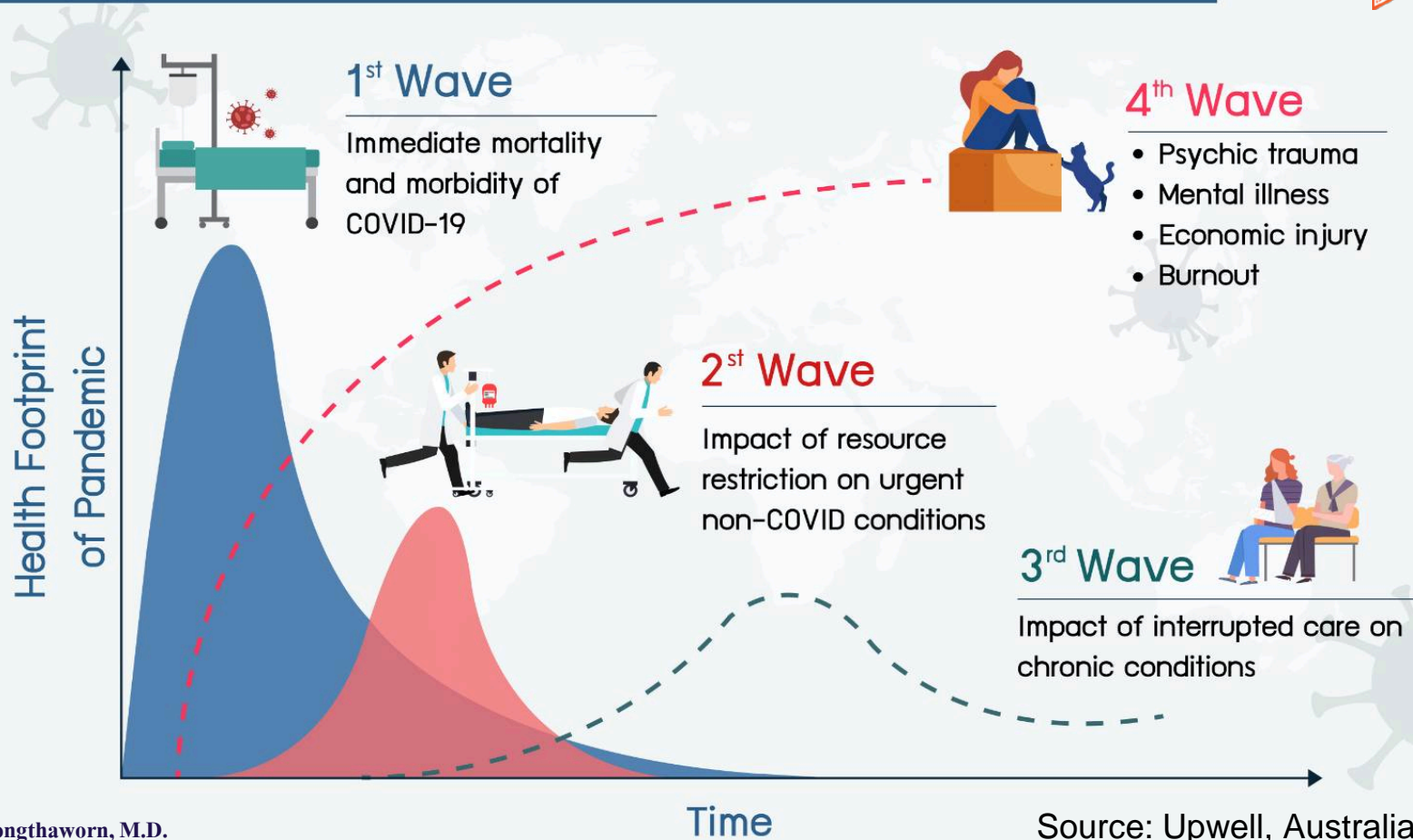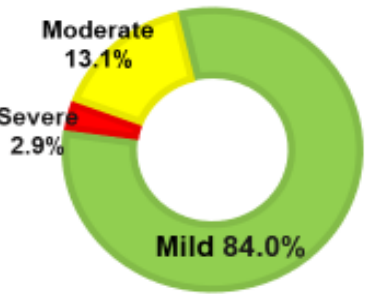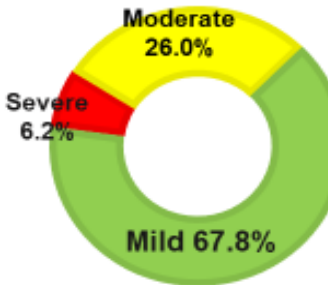# Outline of Mental Health during the COVID-19 pandemic in Thailand

Situation under pandemic in Thailand

Challenges

Resources

Response to COVID-19 in Thailand

Strengthen Nation's Resilience Quotient

Strengthen New Normal Mental Health Services

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The long-term impact of the COVID-19 pandemic

1st Wave

Immediate mortality and morbidity of COVID-19

4th Wave

- Psychic trauma
- Mental illness
- Economic injury
- Burnout

2st Wave

Impact of resource restriction on urgent non-COVID conditions

3rd Wave

Impact of interrupted care on chronic conditions

Health Footprint of Pandemic

Time

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Source: Upwell, Australia

Situation

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Stress Assessment from mental health surveys
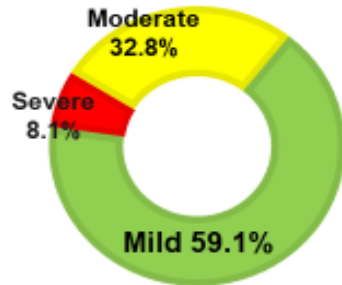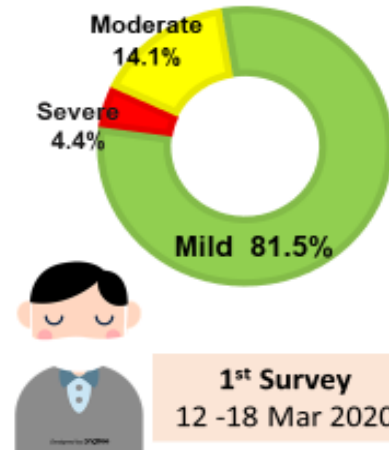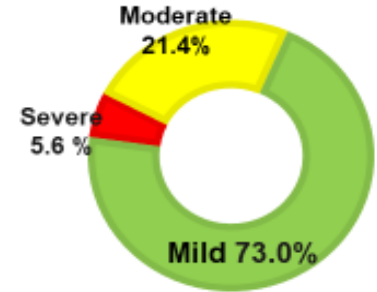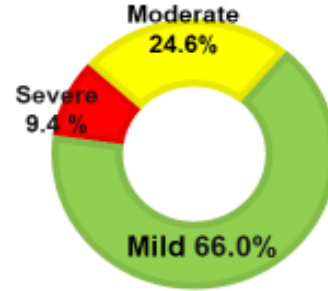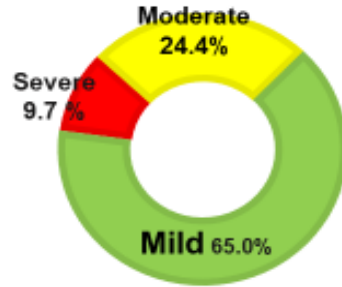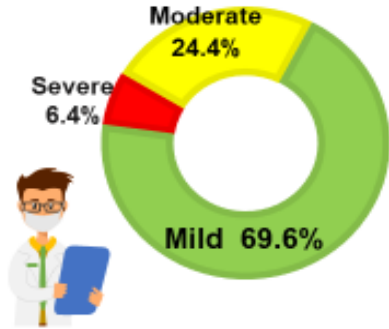
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Suicide rate per hundred thousand population per year between 1997 - 2018

Values shown on the line graph (by year):
- 1997: 6.92
- 1998: 8.12
- 1999: 8.59
- 2000: 8.4
- 2001: 7.74
- 2002: 7.84
- 2003: 7.13
- 2004: 6.87
- 2005: 6.34
- 2006: 5.77
- 2007: 5.97
- 2008: 5.98
- 2009: 5.97
- 2010: 5.9
- 2011: 6.03
- 2012: 6.2
- 2013: 6.08
- 2014: 6.08
- 2015: 6.47
- 2016: 6.35
- 2017: 6.03
- 2018: 6.32
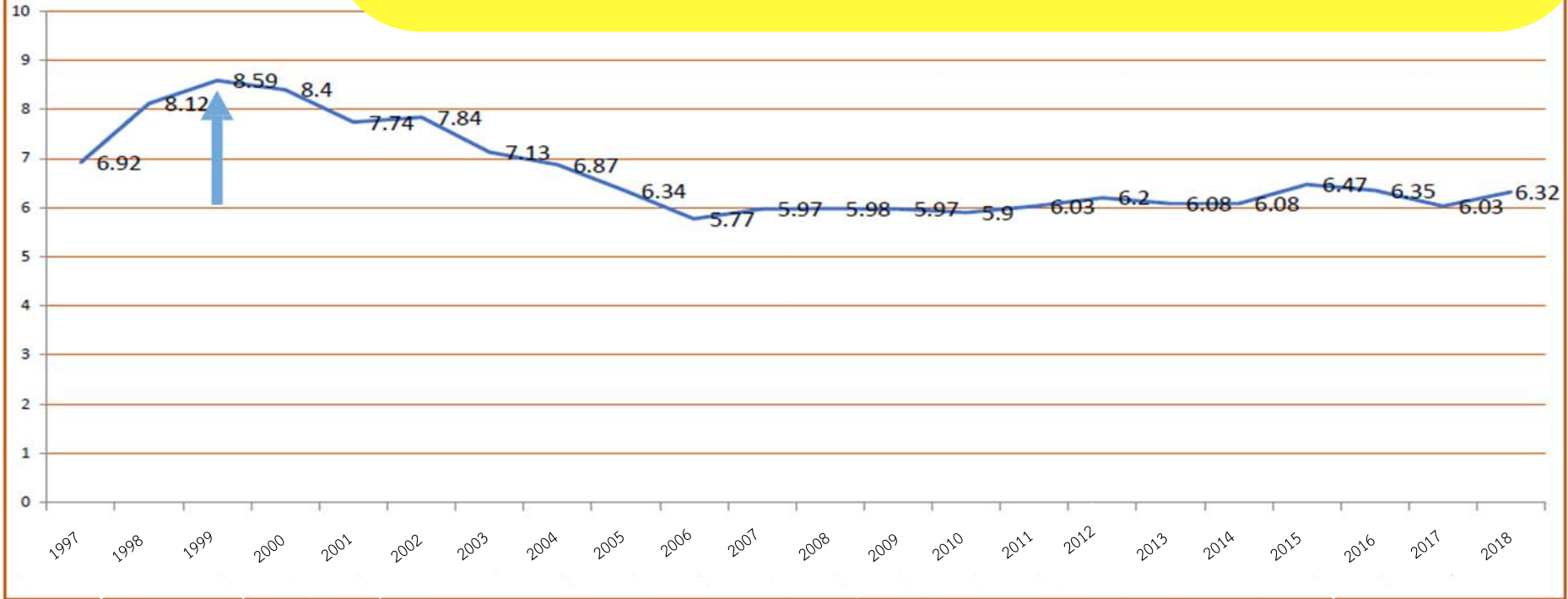
In year 2020 , The estimate of Suicide rate is 8.4-9.0 per hundred thousand of Thai population.

Scenarios: Trends in suicide mortality rates in 2020

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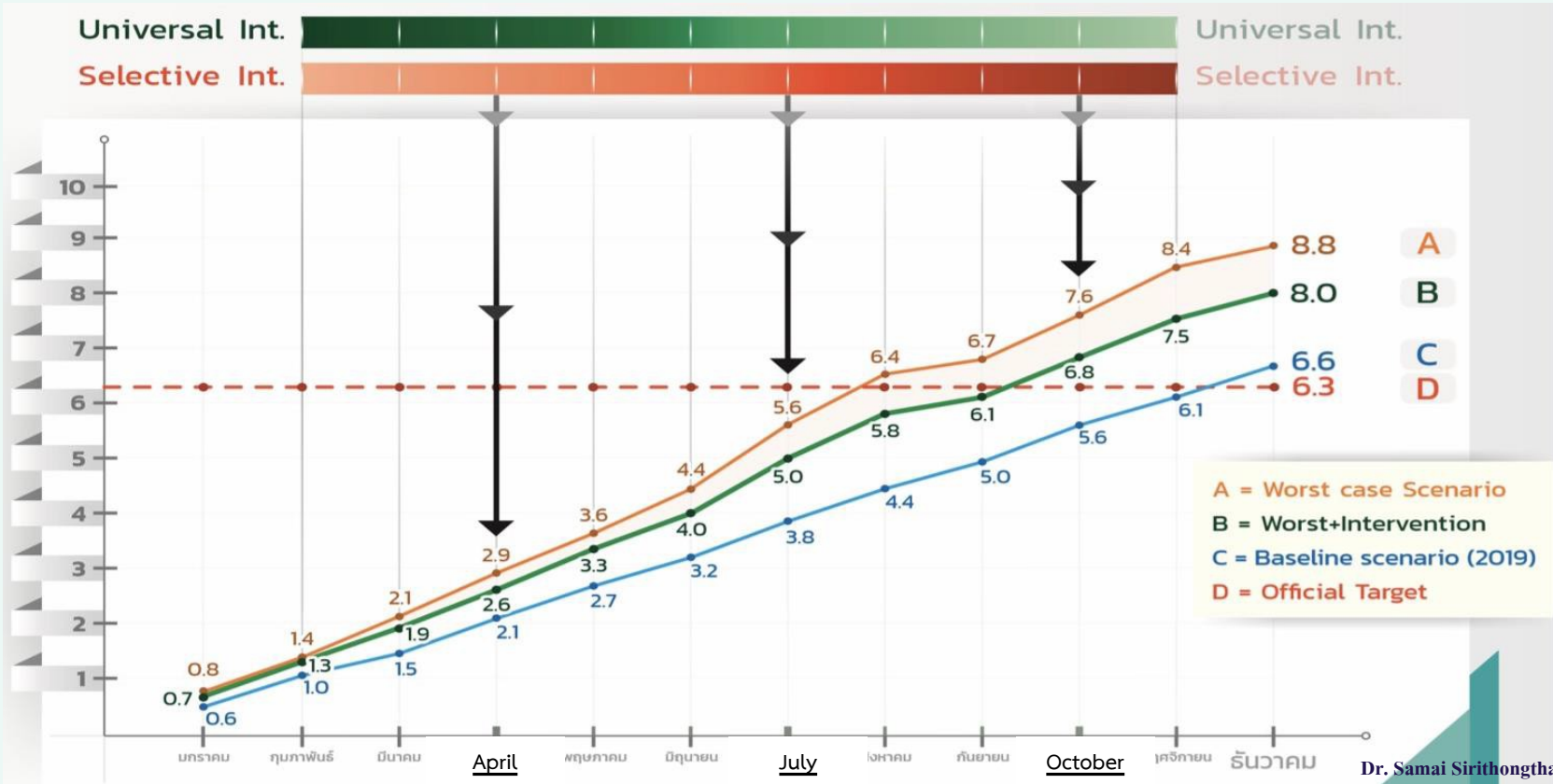
Mental health effects From the Corona Virus Crisis 2019 (COVID-19)

Quarantine/ Infected person COViD-19

Stigma

Vulnerable groups to mental health problems

Stress Drug & Alcohol Problem
Depression Suicide
— — — — — — —
Social disorgananization
Crime/Divorce

Medical personnel working on COVID-19

Burnout

Economic injury

People General / Community

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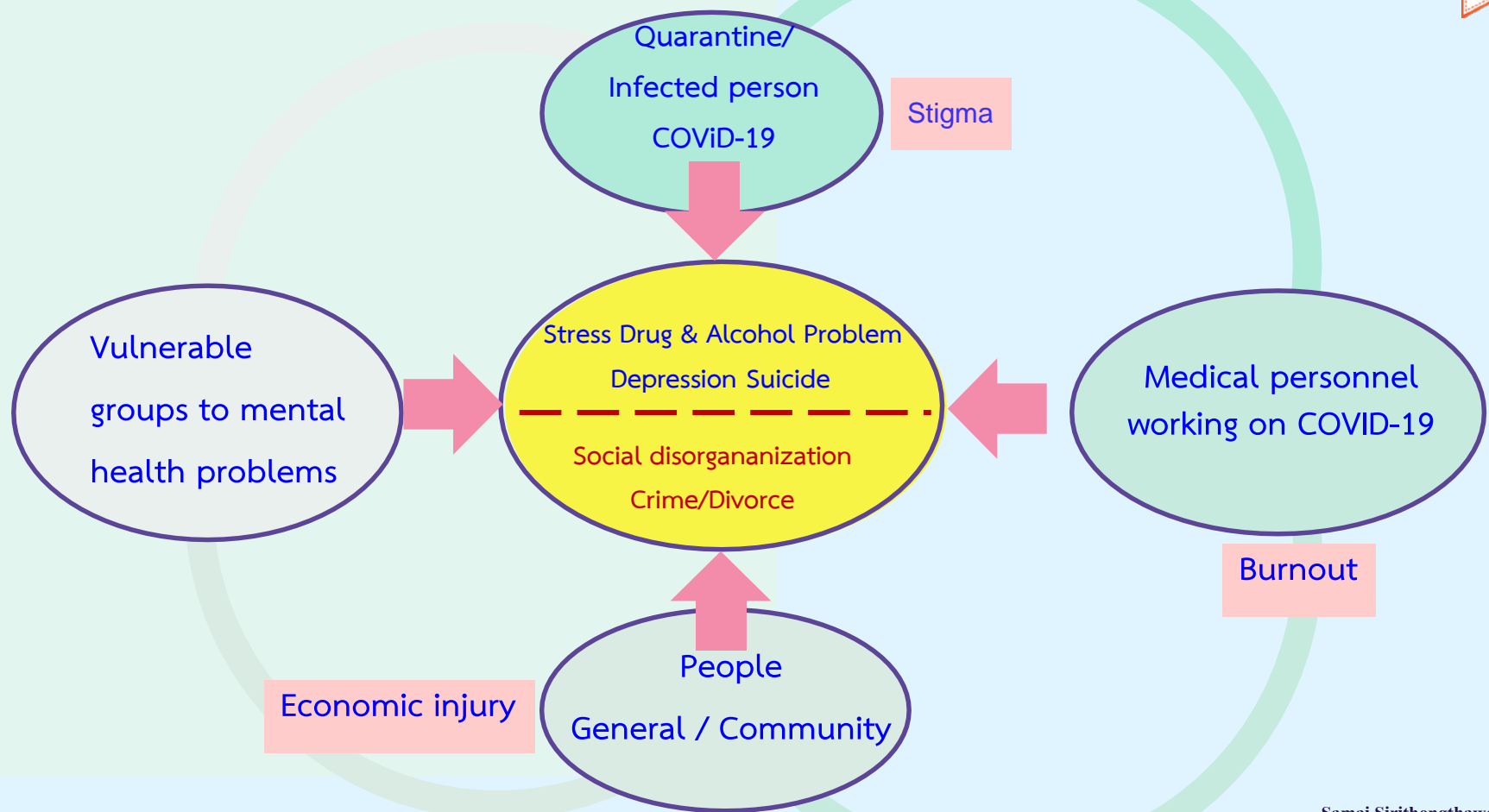
Response

Mental Health Recovery Framework in an Outbreak Situation of COVID-19 (Combat 4th Wave of COVID-19 : C4)

COVID-19 Pandemic

Promotion
- MH Literacy
- Social Distancing

Prevention
- S_tB S_uD Survey
- Active Screening
- Active Surveillance
- Active Counselling

Personal RQ

Rehabilitation
- Resilience
- Re-integration to New Normal

Treatment
- Intervention for S_tB
- Clinical Guidelines for S_uD

Reduce negative mental health effects

Increase mental health capacity

Mental Health

S_t : Stress B : Burnout
S_u : Suicide D : Depression

Family RQ

Community RQ

New Normal

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Primary objectives

1st

To reduce consequences on mental health from

Stress   Burn out   Suicide   Depression

2nd

To strengthen resilience in individuals,

families, communities and organizations

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Personal Resilience Quotient

Promotion

Promote mental health literacy according to age group and behavioral adaptation in coherent with new normal life style

Prevention

1. Survey mental health problems focusing on stress, burn out, suicide and depression

2. Active Screening by village health volunteer and screening mental health problems via telephone and online by health personnel

3. Active Surveillance

4. Active and In-house counselling, De-stigmatization in the society

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Personal Resilience Quotient

Treatment

Treating COVID-19 pandemic affected people by psycho-social intervention and clinical guideline

Rehabilitation

Empowerment of public mental capacity, Building up resilience and de-stigmatization

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Family Resilience Quotient

Family Vaccine is a symbolic mental coping mechanism for the head of family so that they can **share or transfer mental integrity to other family members** to manage and work through mental crisis

Positive power

Family have positive attitude and perspective to solve any problem in crisis

Resilience power

To adapt and share their role and responsibility

Collaborative power

Family have unity to overcome obstacles

Thai society can move on. If Thai Family have Resilience

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Community Resilience Quotient

Safety

Hope

Four community building up styles

Calm

De-stigmatization

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Community Resilience Quotient

4 community building up styles

1. Safety

▶ Building up safety community

▶ communicate and provide knowledge how to take care oneself, family and community

▶ Set safety protocols such as social distancing, washing hands, wearing a face mask.

▶ Monitor/ search risk groups by screening and quarantine for 14 days.

▶ Keep environment clean and safety

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Community Resilience Quotient

4 community building up styles

2. Calm

▶ Building up a calm community

▶ Consistently communicate clear and correct health information

▶ Provide knowledge for caring mental health to decrease stress and anxiety

Community Resilience Quotient

4 community building up styles

3. Hope

▶ Building up hopeful community

▶ Rehabilitate social basic structure back to normal service

▶ Provide welfare benefits/income for affected people

▶ Provide opportunities for people who recovered from Covid-19 infection to share their experience and share their hope to the community

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Community Resilience Quotient

4 community building up styles

4. De-stigmatization

▶ Building up sympathy and opportunity providing community

▶ Provide opportunities for the patients who recovered from Covid-19
to spend their normal life and participate in society

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Community Resilience Quotient

2 community capacity applications

1. Apply Community Efficacy

▶ Apply existing social support community

▶ Apply strong leaderships, communication and encouragement community

▶ Apply community concern and sharing

▶ Apply common problem solving plan

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Community Resilience Quotient

2 community capacity applications

2. Apply Community connectedness

▶ Apply common goal setting

▶ Apply common trust

▶ Apply social support

▶ Apply information sharing

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Media

3 Don't   3 Do

Don't allow germ to yourself
everyone should be scrupulous about your health quarantine such as eat cooked, use serving spoon, wash your hand often, and exercise use serving spoon, wash your hand often, and exercise

Scrupulous cooperation and following
the safety protocols of Thai government is necessary to prevent the virus from spreading.

Don't allow germ to your house
your house should be sterile. When you go out should wear mask and get coat, when you come back home should take off your belonging and wash your hand before you get in to the house

Pay attention
to the latest news with awareness from trustworthy source of information such as government.

Keep in communicate and have mindful sharing
Give a little warm and help to each other.

Don't spread germ to others
In case you are suspect to have disease, you must use private stuff and separate to others, stay home and don't go to public area

Stay strong
then we will get through COVID19 war together!

mental health hotline 1323 Online Coseling

"Concern but not be frighten"

Department of Mental Health

Take care mind to fight with Covid-19

Know and understand your emotion.
Do activities that relieve stress such as watching movie, listing song, make meditation. Avoid smoking cigarette, drinking alcohol, illegal drugs.

Receive media carefully
Read media or news only 1-2 times per day and follow ministry of health officer instruction.

Keep healthy
Keep healthy by rest and sleep well, exercise and protect yourself.

Get consultant.
If you feel anxious, get consulting with express mental health hotline 1323 24 hours

Careful
Do not disgust and bully people who risk with covid-19 or patient.

mental health hotline 1323 Online Coseling

"Concern but not be frighten"

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Mental Health Check Up
6 Packages

ความเครียด

ภาวะสมองเสื่อม

ภาวะซึมเศร้า

ดัชนีวัดความสุข

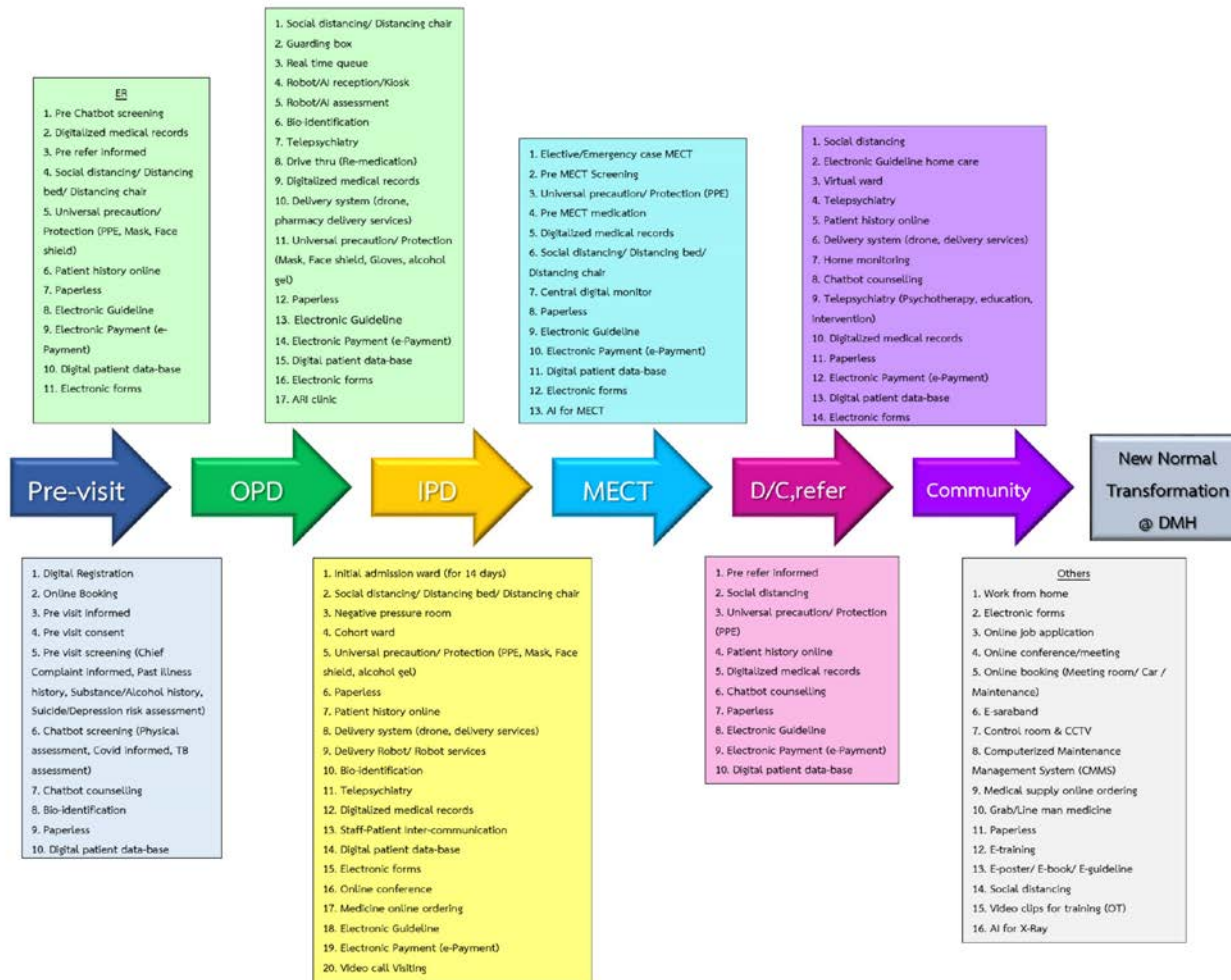พลังสุขภาพจิต RQ

ความฉลาดทางอารมณ์ EQ

ข้อมูลแอพพลิเคชั่น

Individuals can self-evaluate mental health by using "Mental Health Check Up" Application

- Stress check up

- Anxiety check up

- Depression check up

Download

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For more information at www.dmh.go.th www.dmh.go.th

New Normal Psychiatric Service System

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Summary of Interventions

Strengthen Nation's Resilience Quotient
1. Personal RQ
2. Family RQ
3. Community RQ

Strengthen New Normal Mental Health Services
1. Mental Health during and post COVID -19;Focus at C – 4 [fourth wave]
2. Strategies to manage Mental Health problems , focus at target groups and main problems
3. New Normal Psychiatric Services, focus at evidence bases intervention , Health care system & Mental Health Networking , Community involvement
4. System of evaluation (targets , indicators and Improvement processes)

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Result of Mental Health Rehabilitation Under COVID-19 pandemic

กระทรวงสาธารณสุข

กรมสุขภาพจิต
กองยุทธศาสตร์และแผนงาน

1

Active Screening for risk group 4 issues (S_t B S_u D); Stress, Burnout, Suicide, Depression)
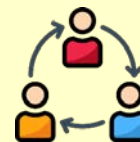
2

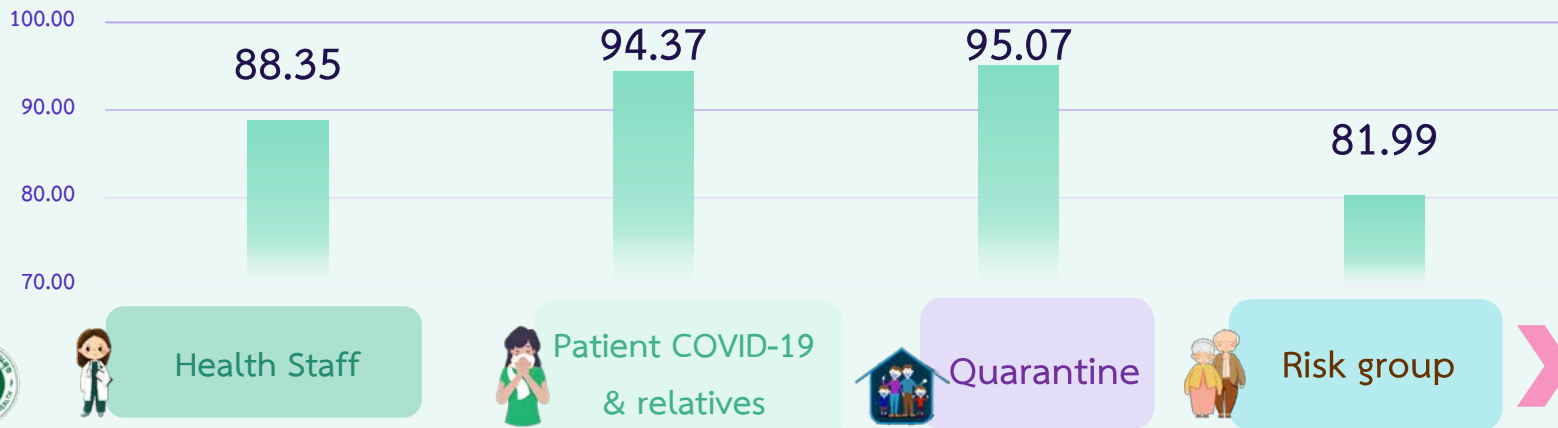Resilience of Thai during COVID-19 pandemic

3

New Normal Health Behavior (COVID-19)

4

Community Resilience

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1   Active Screening 4 issues (Stress, Burnout, Suicide, Depression)

population	N	Screening	target	%
1.Health Staff	835,777	738,436	80	88.35
2.Patients and relatives	50,283	47,451	80	94.37
3.Quarantine	802,957	763,393	60	95.07
4.Risk group	2,538,040	2,080,881	70	81.99

Health Staff 88.35
Patient COVID-19 & relatives 94.37
Quarantine 95.07
Risk group 81.99

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Resilience of Thai during COVID-19

RQ

Higher than normal, 1,567

Lower than normal , 546
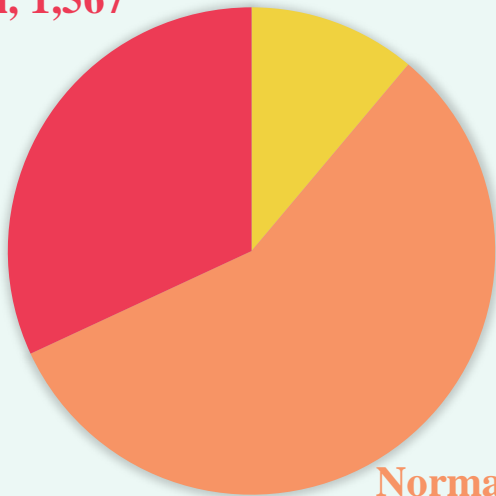
Normal, 2,796

Target 80%

Result ✓ 88.88%

4,909 people were tested by RQ assessment

The scores of 4,363 people were normal

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4 **Community Resilience**

Target

Target

Number of community resilience

Result → 77

community

Number of organization

Result → 82

organization

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Key Community Mental Health Actions During COVID-19 Outbreak

Health Village Volunteers

- Mental Health Care Training

- Strategies for Mental HealthCare Delivery: Integrating with HVVs Knock Doors workflow

- E-mental Health

Community mental health vaccines

- Supporting Physical and Psychological needs

- Using Community Efficacy and Community Network and Relationship

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Key Community Mental Health Actions During COVID-19

Health Village Volunteers
Mental Health Care Training
Strategies for Mental Health
Care Delivery: E-mental Health

Community mental health vaccines
Psychosocial supports
Community Efficacy
Community Network and Relationship

Health Village Volunteers

➤ HVVs have played a major role of **Primary Health Care** in Thailand during the past four decades

➤ They have many **responsibilities to promote health and well-being in the community,** and do disease prevention campaigns to support the public health authorities.

➤ They also have played a major role of **Community Mental Health Care,** especially in the time of COVID-19 outbreak.

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A health volunteer helps care for a patient at the Koo Bang Luang health promotion hospital
© WHO/Ploy Phutpheng - 2020

Health Village Volunteers

Mental Health Care Training
Strategies for Mental Health
Care Delivery: E-mental Health

Community mental health vaccines

Psychosocial supports
Community Efficacy
Community Network and Relationship

Mental Health Care Training

Few years ago, the Department of Mental Health, Ministry of Public Health, Thailand, established the mental health care in the community course for HVVs. 13 Mental Health Centers scaled up this course and reach more than 40,000 HVVs across the country.

In this crisis time, HVVs who were trained, are the important frontline persons who take care physical and mental health of Thai people.

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Two day-training was designed to enhance HVVs abilities. All HVVs who achieved this course received a certificate to qualify their abilities of screening for mental problems and providing PFA when necessary.

Mr. Samai Sirithongthaworn, M.D.

Strategy for Mental Health Care Delivery:
HEALTH VILLAGE VOLUNTEERS KNOCK DOOR

➤ "Health Village Volunteers Knock Door" is a strategy that the Department of Health Service Support, Ministry of Public Health, created to response to COVID-19 outbreak.

➤ The Department of Mental Health cooperated with the Department of Health Service Support to integrate mental health care into the workflow of HVVs responding to COVID-19 outbreak.

➤ The volunteers are knocking on doors of all households to give advice on COVID-19 prevention, symptoms, self-observation, mental health care, while handing out cloth masks that they have hand-sewn as well as alcohol-based gel and health flyers.

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Mental Health Care Providing by Health Village Volunteers in The Community During COVID-19 Outbreak

WORKFLOW

3. MENTAL HEALTH SCREENING

Screen for stress, depression, and suicide

5. REFERING CASES WHO NEED HELP

To primary health care centers

1. Enhancing Potentials

2. HOME VISITTING

And also using telephones in some cases

4. PROVIDING PFA

Look – Listen – Link

Providing Psychological First Aid Online Orientation

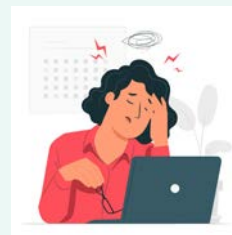**Training of Mental Health Screening**

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Transformation of Care in the COVID-19 Era: SMART HEALTH VILLAGE VOLUNTEERS

Application

Provide health information

Communicate and inform health emergency

Screen mental health problems

STRESS

DEPRESSION

SUICIDE

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Key Community Mental Health Actions During COVID-19

Health Village Volunteers
Training of HVVs
Strategies for Mental Health
Care Delivery: E-mental Health

Community mental health vaccines
Psychosocial supports
Community Efficacy
Community Network and Relationship
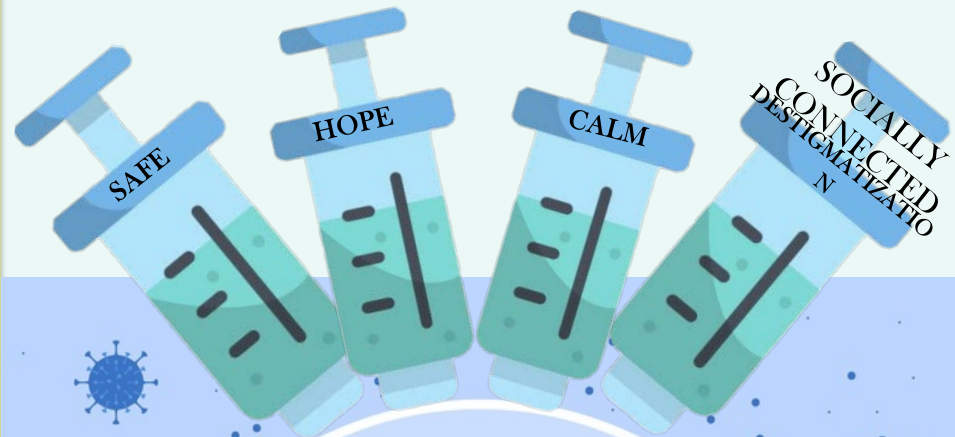
Community
Mental Health Vaccines

SOCIALLY CONNECTED

CALM

SAFE

HOPEFUL

The core activities to support people's mental and psychosocial needs at the community level regard to key human basic needs in crisis – safe, calm, hopeful, and socially connected. Low cost recommend activities with based-on community network and relationship and community efficacy were guided to leaders and primary health care staffs in the community.

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SAFE

HOPE

CALM

SOCIALLY CONNECTED DESTIGMATIZATION

Community Immunity

Using Community Efficacy
And Community Network and Relationship to support Physical and Psychological needs

Health Village Volunteers
Training of HVVs
Strategies for Mental Health
Care Delivery: E-mental Health

Community mental health vaccines
Psychosocial supports
Community Efficacy
Community Network and Relationship

Example activities
Promoting the sense of safety

• Create community measures such as closing villages, setting fever screening checkpoints to all people who enter and leave the village, wearing a mask.

• Communicate knowledge about COVID-19 and how to prevent.

• Clean public areas and houses.

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Health Village Volunteers	Community mental health vaccines
Training of HVVs Strategies for Mental Health Care Delivery: E-mental Health	Psychosocial supports Community Efficacy Community Network and Relationship

Example activities
Promoting the sense of calm

• Community leaders, primary health care staffs, and HVVs visit home and give advice on COVID-19 prevention, symptoms, self-observation, mental health care.

• Publicize mental health care via community broadcast tower.

• Reduce anxiety and panic of people about COVID-19 by communicating fact against rumors.

• Promote the creditable recourses to people for being informed about COVID-19 situation.

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Health Village Volunteers
Training of HVVs
Strategies for Mental Health
Care Delivery: E-mental Health

Community mental health vaccines
Psychosocial supports
Community Efficacy
Community Network and Relationship

Example activities
Promoting the sense of hopeful

• Family care team visits people who needs special helps or venerable people.

• Create areas for peer support in the community.

• Promote Sufficiency Economy which is a philosophy based on the fundamental principle of Thai culture. It is a method of development based on moderation, prudence, and social immunity, one that uses knowledge and virtue as guidelines in living.

• Create a system to help people who are suffer from economic impact.

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Key Community Mental Health Actions During COVID-19

Health Village Volunteers
Training of HVVs
Strategies for Mental Health
Care Delivery: E-mental Health

Community mental health vaccines
Psychosocial supports
Community Efficacy
Community Network and Relationship

Example activities
Rising compassion and understanding to COVID-19 cases and their families

• Communicate the facts about COVID-19 cases and people who recovered from COVID-19.

• Set a small celebration for people who recovered from COVID-19 and going back to their communities.

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No strong society without strong mental health

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