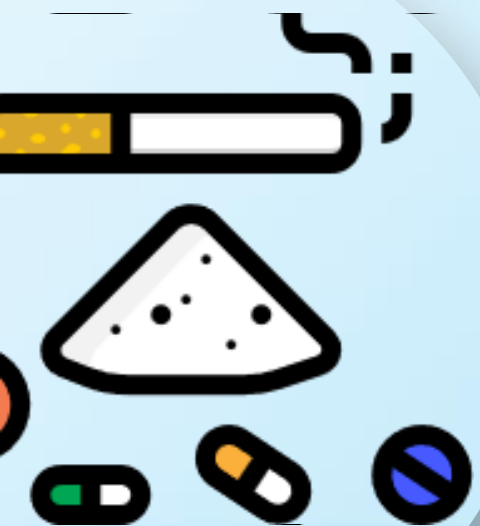


THAILAND : Community-Based Recovery in Asia:



OSNARC

Integrating Mental Health and Addiction Services at the Grassroots Level



Asst.Prof. Dr.Chalawat Inpa MD., FRCP. Addict Psy& Med.

Deputy Director of office of secretary of
National Addiction treatment & rehabilitation committee





OSNARC

Title of the Presentation

1

2

3

4

5

The Next Step

The Current Drug Situation in Thailand

- Methamphetamine tablets (Yaba)
- Crystal methamphetamine (Ice)
- Cannabis
- for recreational use
- Medical cannabis
- Kratom leaves (chewed fresh)
- Kratom cocktail (Kratom mixed with cough syrup or soft drinks)
- Heroin

Outcomes among methamphetamine users

- psychiatric
- amphetamine induces mood
- amphetamine induces disorder
- Amphetamine-induced anxiety disorder
- Substance-induced psychotic disorder
- Cognitive impairment
- Aggressive / violent behavior

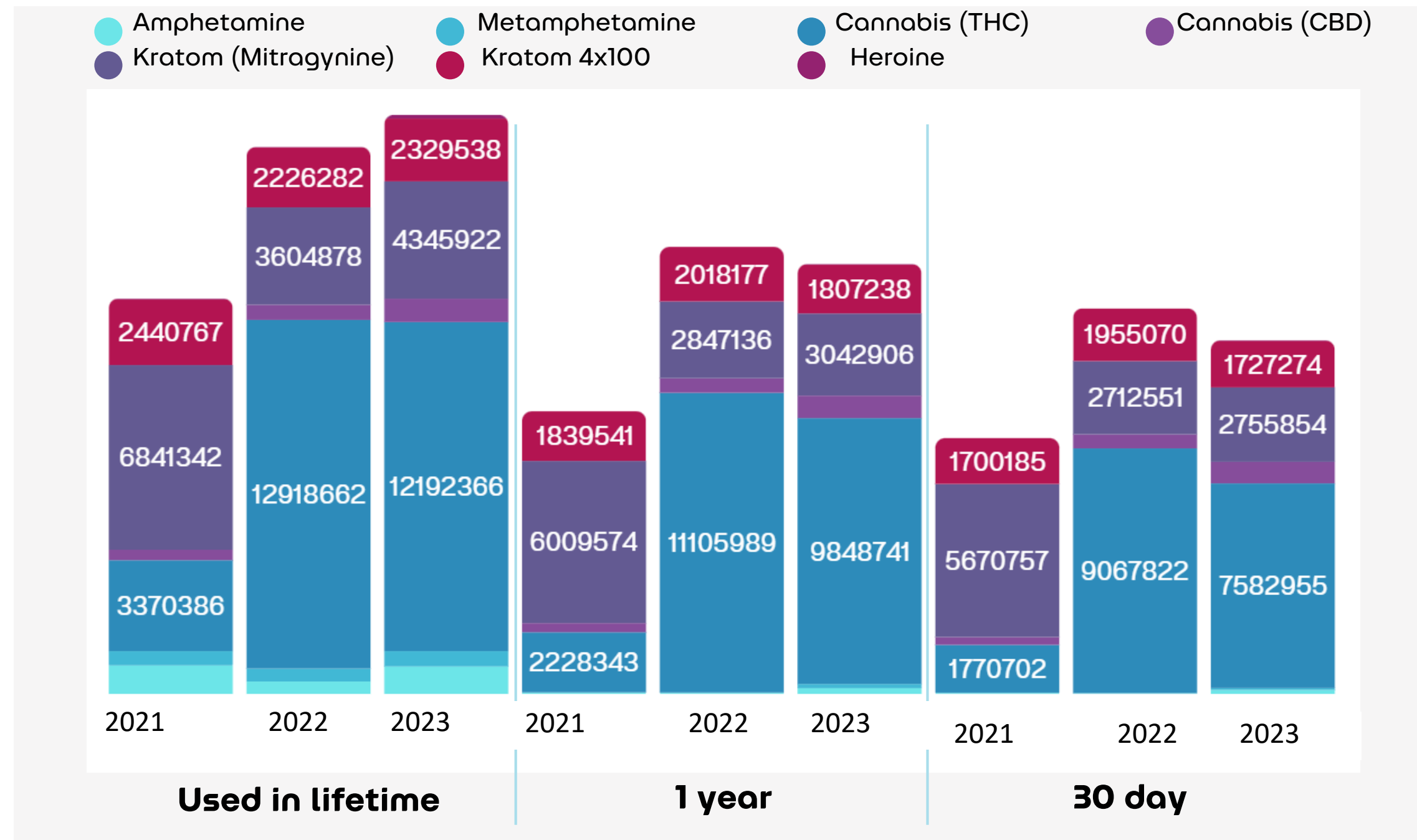
Addiction treatment system

- Patient Journey

A comparative of the cost-effectiveness

- CBTx and OPD

Drugs situation in Thailand



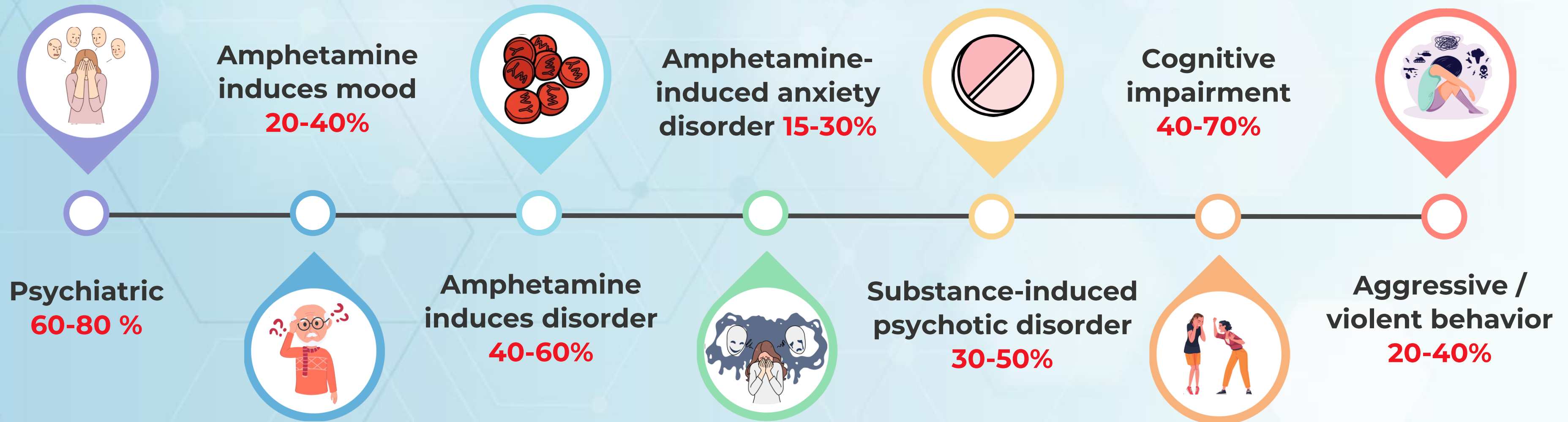
DRUGS

From the data between 2021 and 2023 (Illegal Substances in Thailand, 2024) among individuals aged 18–65, drug use has shown a continuous upward trend, particularly the use of cannabis for recreational purposes, which surged to 12,192,366 users in 2023—accounting for 27.4% of the sample group. Meanwhile, the use of other substances such as methamphetamine, crystal meth (ice), and kratom mixed with cola has remained consistent, with a slight increase in user proportions. This reflects ongoing challenges in controlling and preventing drug use among the working-age population.

OUTCOMES AMONG METHAMPHETAMINE USERS



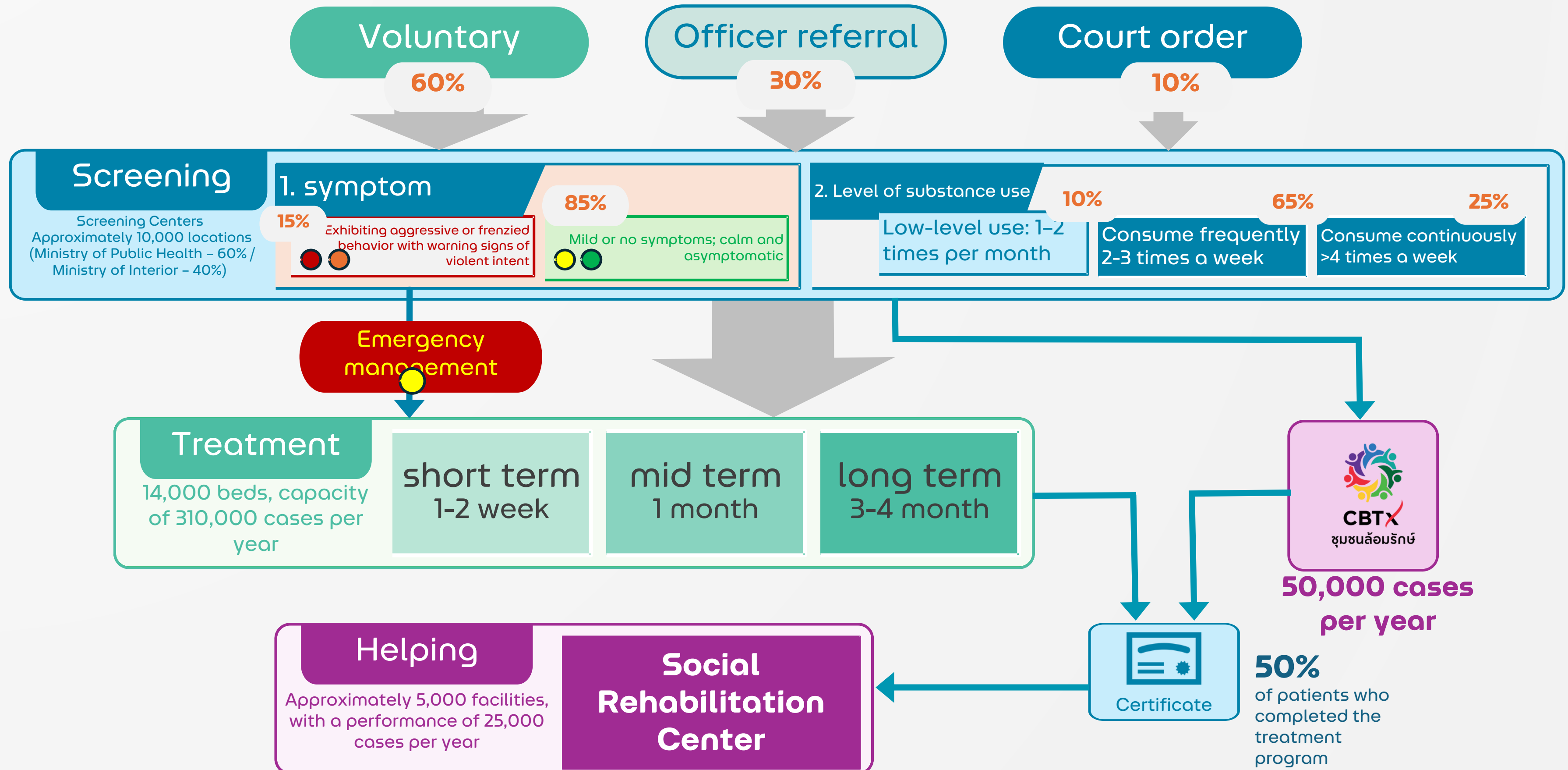
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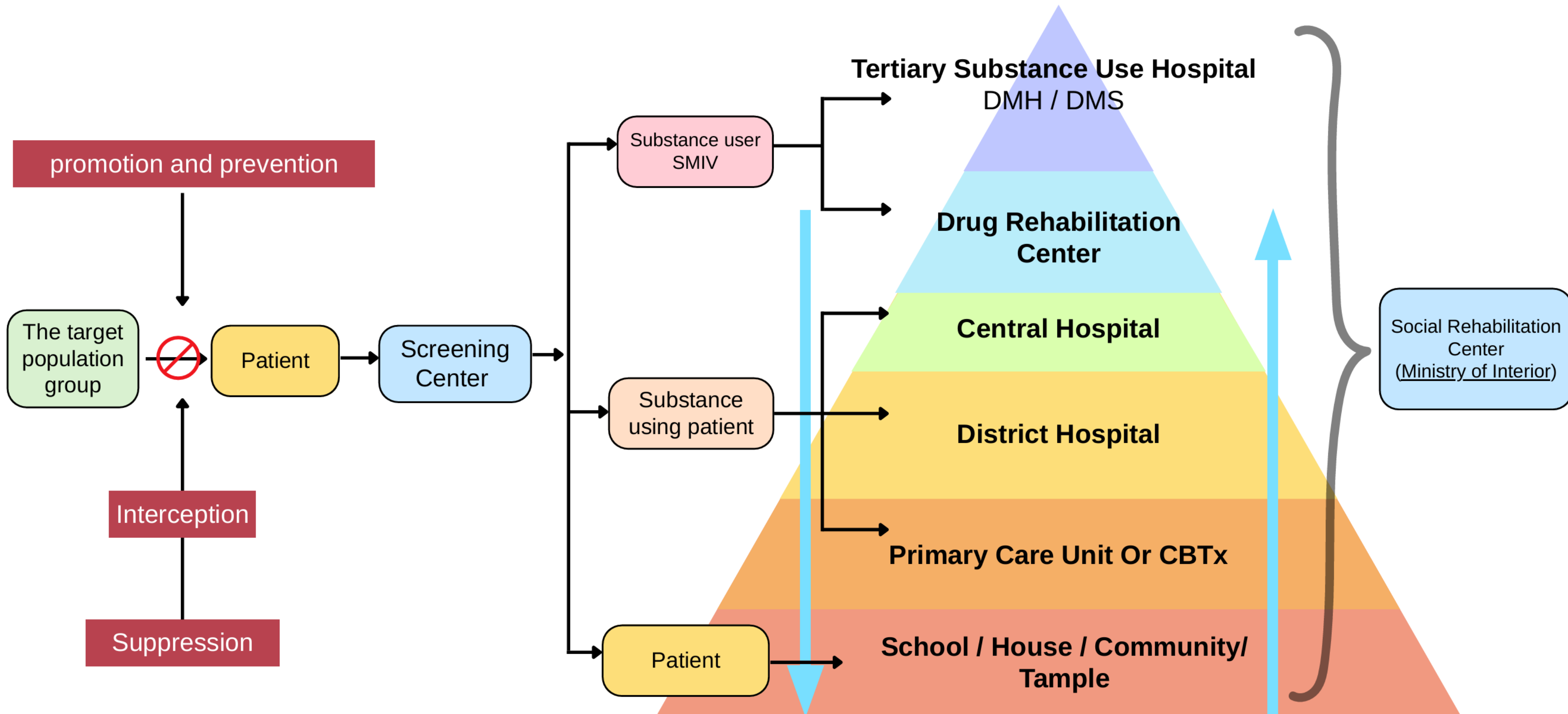
Reference;

Gan et al. (2018), Frontiers in Psychiatry
McKetin et al. (2021), Systematic Review of Methamphetamine Psychosis
Medscape, Wikipedia, DSM-IV-TR

Patient Journey in the Treatment and Rehabilitation of Drug Addicted Individuals



“The management and allocation of resources within the substance use treatment and rehabilitation system, governed under the quality oversight of the Ministry of Public Health.”



Service delivery model of community based treatment

Community Based Treatment and Care for Drug Use and Dependence

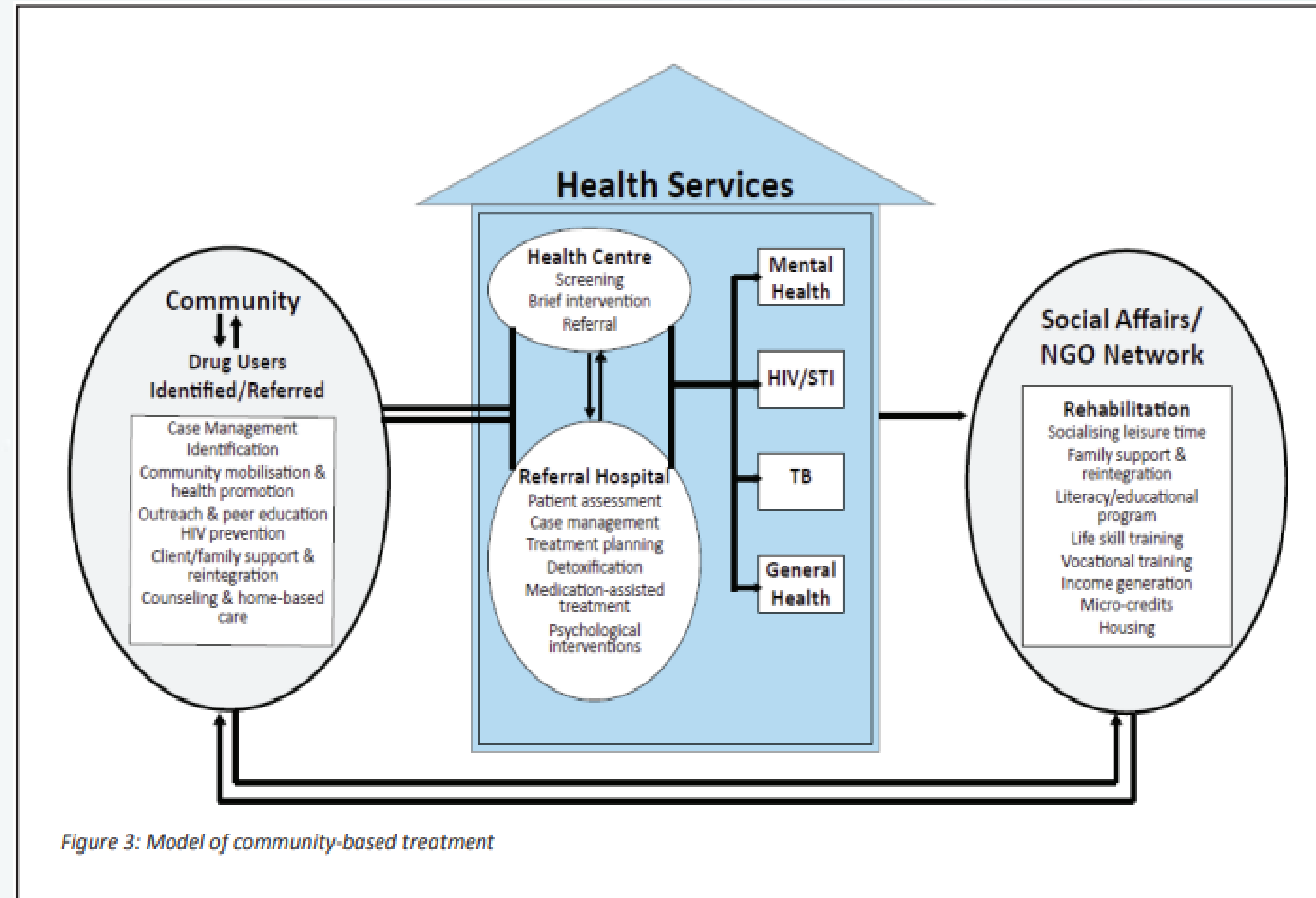
Information Brief for Southeast Asia

Community Based Treatment refers to a specific integrated model of treatment for people affected by drug use and dependence in the community which provides a continuum of care from outreach and low threshold services, through detoxification and stabilisation to aftercare and integration, including maintenance pharmacotherapy. It involves the coordination of a number of health, social and other non-specialist services needed to meet the patient's needs. Strong support is also given to the patient's family and the community to address the drug and alcohol problems in their complexity and to ensure efficient and long-term results.

What do we mean by “community-based” treatment?

- Located in the community
- Community empowerment: Mobilisation of community resources and participation
- Bio-psycho-social approach
- Primarily outpatient setting
- Continuum of care
- Integrated in community health and social services

→ Voluntarily Accessible and Affordable



Definition : Rehabilitation in the community by the community CBTx and supporting from all sectors

Roles : Powered by District Health Board (พชอ.)



Community

- Setting ad hoc team in the villages
- Village community/Find out
- Community constitution
- Community database
- Case Manager/Continuous monitoring
- Layout/Activities in community
- e.g. Prevention campaign, Stop drinking during Buddhist Lent, To Be Number One, Sports, Home Visit, Finding a place to live, Building a house, Funds and Benefits.



Tambon Health Promoting Hospital/Community Hospitals

- Screening in community
- Adding channels to apply for online therapy
- Referring patients with physical and mental health problems or severe addiction
- Care @ Home
- Tele Med
- Training VHVs



Local

- Supporting Funds
- Assisting for benefits
- Providing places for activities
- Referring patients to therapy



Police

- Dissuading major drug dealers
- Adjusting the environment to prevent drug addiction
- Bringing drug addicts into treatment
- Taking care of safety in community
- Join in following up and preventing
- Reducing repeat addiction



Administrative Department

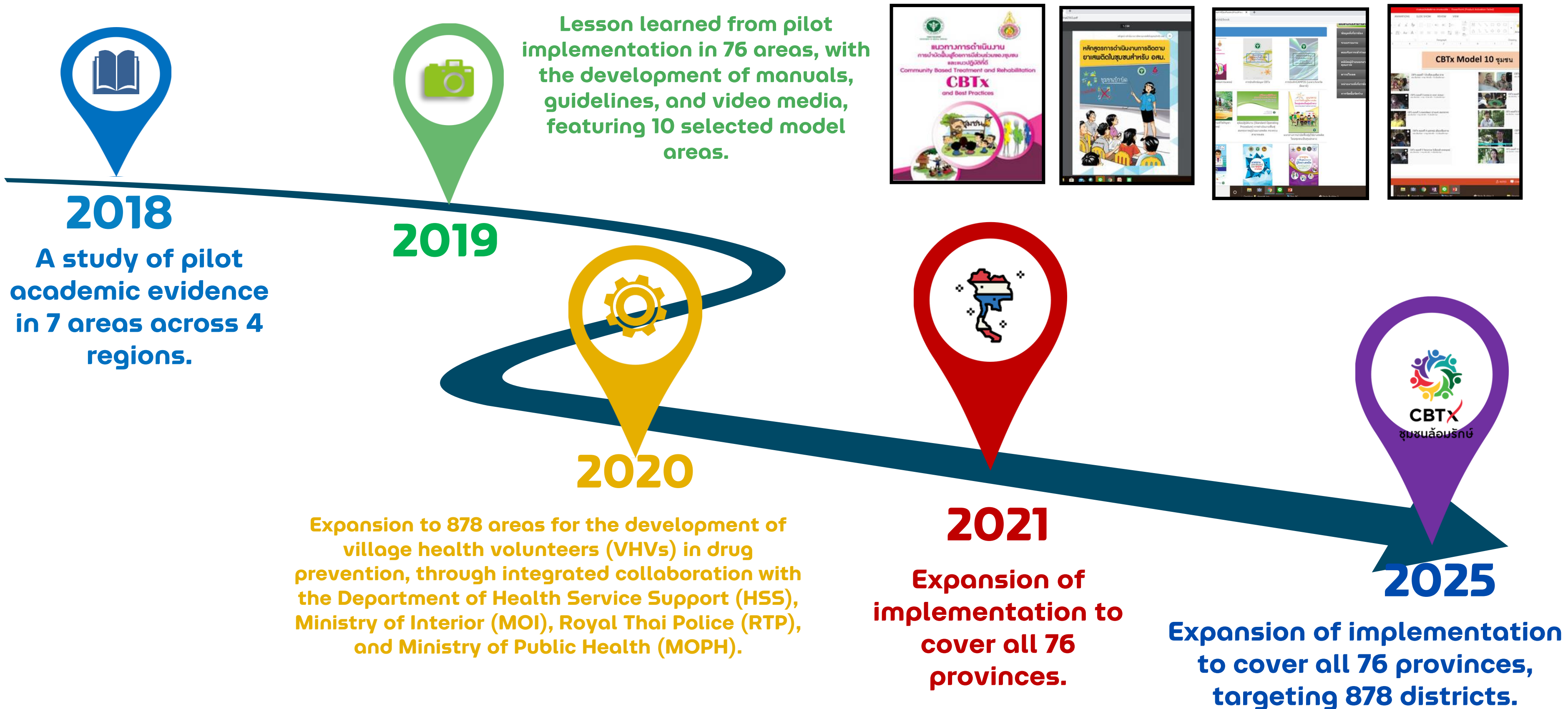
- Strengthen community policy
- Support screening, searching, and referral.
- Take action to manage places that are gathering spots.
- Join efforts to intercept the drug trafficking into the CBTx community area.
- Support activities and operations in the community.



NGO

- Out reach Program
- Harm Reduction
- Collaborating therapy holistic assistance, together with hospitals and government agencies
- Participate in caring and helping in community

The Implementation of the Lom Rak Community Team from Fiscal Year 2018 to the Present



Support for driving the performance of the Lom Rak Community Team in 2025.

Learning materials on lessons learned from the model 'Lom Rak Community Team

Model 1 น้ำเกียน ภูเพียง จ.น่าน



CBTx ตอนที่ 1 น้ำเกียน ภูเพียง น่าน

Model 10 บ้านท้ายไร่ จ.ระยอง



CBTx ตอนที่ 10 บ้านท้ายไร่ ระยอง
การดู 23 ครั้ง 4 ปีที่แล้ว ...เพิ่มเติม

Model 9 เชื้อนผาก จ.เชียงใหม่



CBTx ตอนที่ 9 เชื้อนผาก เชียงใหม่
การดู 46 ครั้ง 4 ปีที่แล้ว ...เพิ่มเติม

Model 8 แก้วมงคล จ.อำนาจเจริญ



CBTx ตอนที่ 8 แก้วมงคล อำนาจเจริญ

Model 2 พรหมมาก เทพา จ.สงขลา



CBTx ตอนที่ 2 พรหมมาก เทพา สงขลา

Model 3 บ้านบ่อม่วง จ.กระบี่



CBTx "ฟ้าเพื่อน้อง" บ้านบ่อม่วง จ.กระบี่

Model 4 ชุมชนล้อมรั้ว บ้านนาสาร



Model 5 โคกกรวด วิเชียรบุรี เพชรบูรณ์



CBTx ตอนที่ 5 โคกกรวด วิเชียรบุรี เพชรบูรณ์

Model 6 บ้านเขาชะไอย จ.สุพรรณบุรี



CBTx ตอนที่ 6 บ้านเขาชะไอย สุพรรณบุรี



10 Model
Prototypes

Cost Effectiveness of CBtx and OPD

Years.2025	CBTx (2,200 மரு/சுரு)	OPD (4,500 மரு/சுரு)	CBTx + OPD
Number of patients receiving treatment	16,432	54,818	865
Retention rate (Total number of patients entering treatment / Number of patients followed up for 1 year × 100)	78.24 %	77.53 %	87.98 %
Remission rate (Number of individuals abstinent for 1 year / Total number of individuals who entered treatment for 1 year × 100)	72.31 %	73.89 %	84.28 %

**From the BST data in 2025,
A comparison of cost effectiveness rates between Cognitive Behavioral Therapy for Addiction (CBTx), outpatient treatment (OPD), and the combination of CBTx with OPD shows that **the combined CBTx and OPD treatment exhibits the highest cost-effectiveness.****

Therefore, it is recommended to promote treatment using the combined CBTx and OPD approach.

Analytical data and lessons learned from the implementation of the Lom Rak Community Team

Success Factors

1. Community Participation
2. Integration and Collaboration among Local Agencies
3. Policy Support from Central Authorities
4. Data-Driven Management: BST (Borst)
5. Development and Capacity Building of Local Personnel
6. Communication and Awareness Raising
7. Systematic Monitoring and Evaluation

Challenges

1. Community Attitudes and Understanding
2. Lack of Personnel and Resources in Service Facilities
3. Insufficient Integration among Agencies
4. Inconsistent Follow-up and Rehabilitation after Treatment

Recommendations

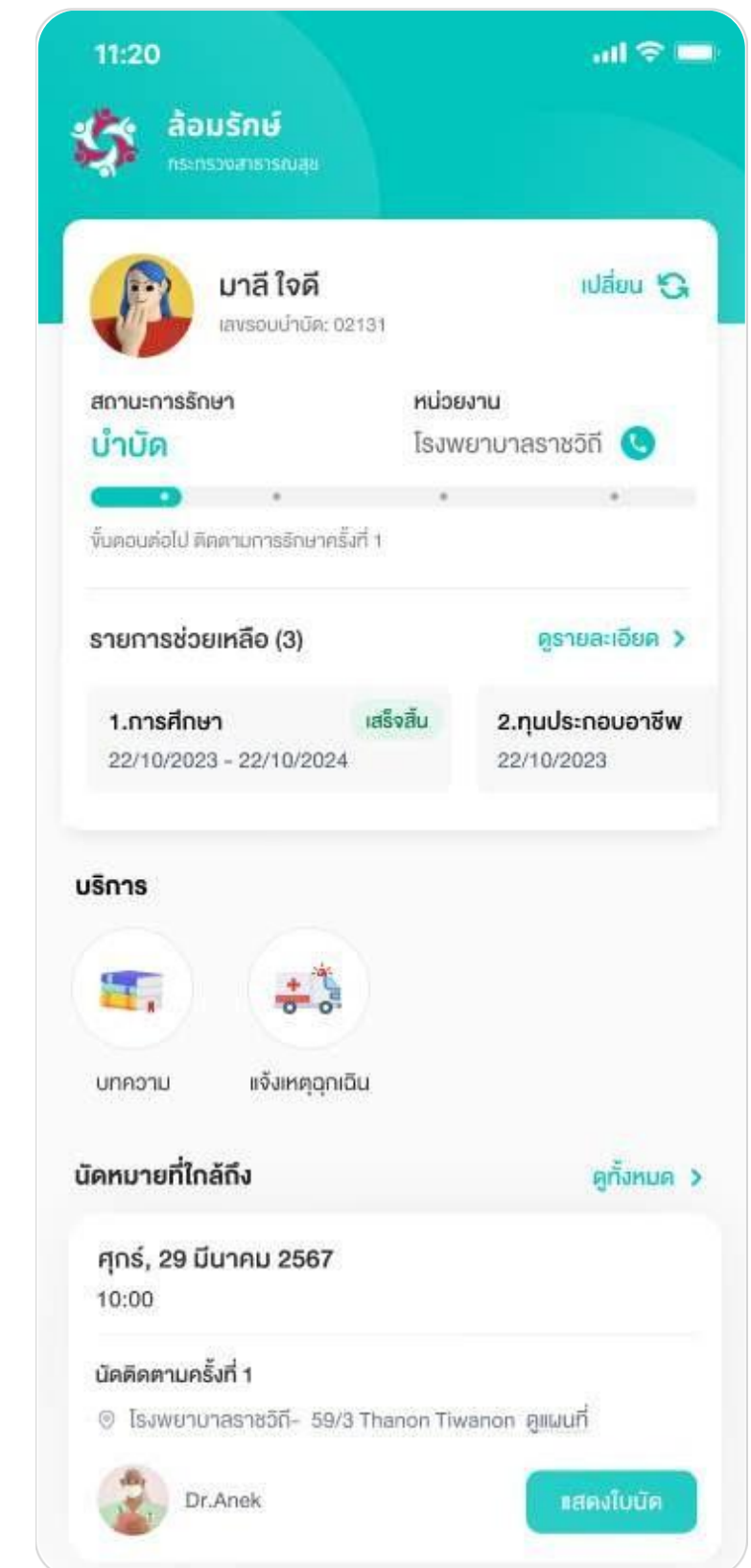
1. Change the attitudes of communities and network partners.
2. Strengthen the capacity of multidisciplinary teams and volunteers.
3. Develop a systematic follow-up and rehabilitation system.
4. Promote integration among partners at the local level.
5. Develop data systems for evaluation purposes.
6. Support the roles of local authorities and civil society.

Mobile Application

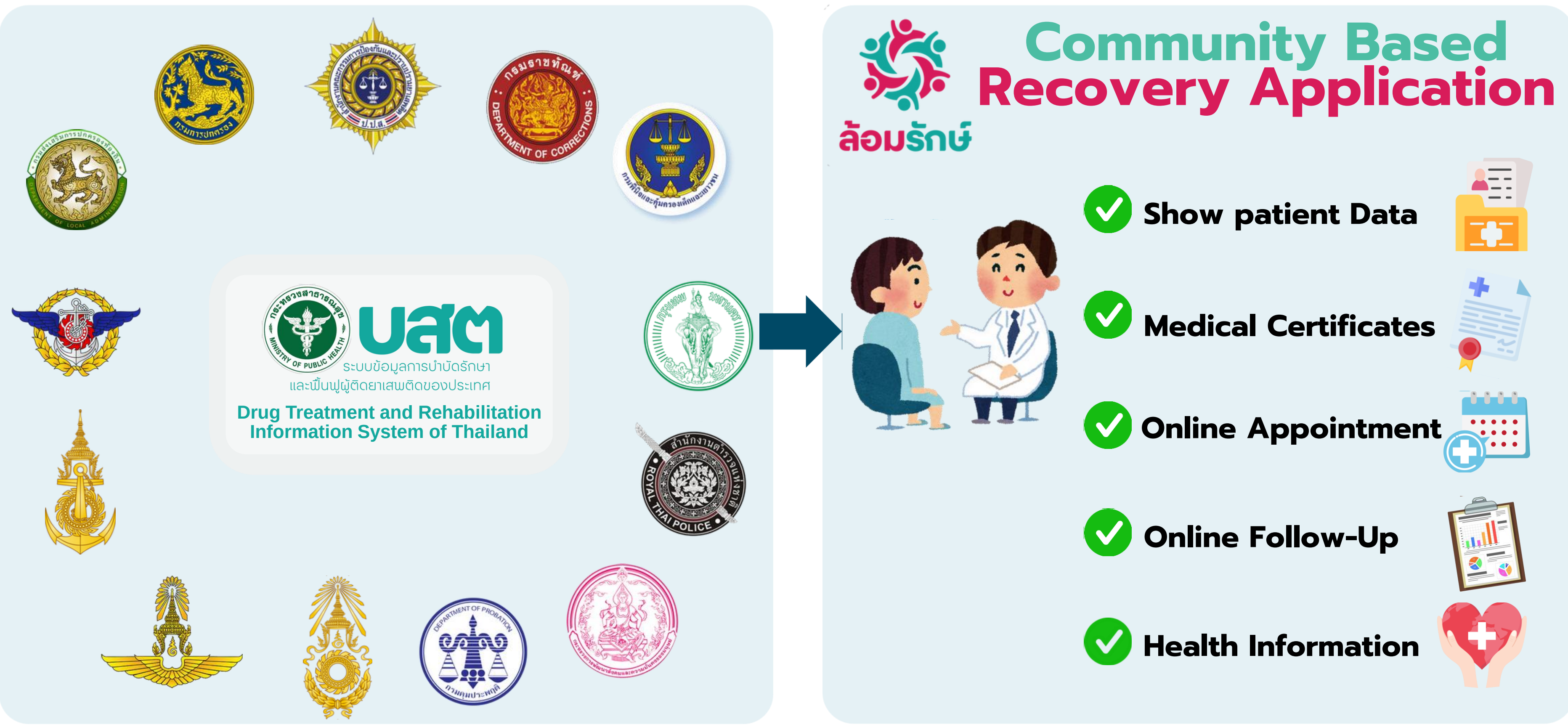
An application for patients or their **parents/caregivers** who wish to monitor the status in the treatment process or provide assistance, send appointment reminders, and display patient certificates



User Manual for
the Lom Rak Application



Application



Next Step

**Expand the Lom Rak Community Model to All Subdistricts
through Integrated Collaboration**



Police



Department
of Provincial
Administration



Ministry of Public Health



OSNARC

**Office of secretary of
National Addiction treatment & rehabilitation committee**

THANK YOU