TCI Fellowship Report
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The work from October 2018 to March 2019: the primary responsibility was managing Family Link Psychosocial Disability Service Center which involved taking care of writing project and report for the supporters, finding financial support, program and service development, human resources, research and working with internal and external networks. The three pillars of our service are independent living, recovery oriented service, and right-based service delivery. It was on daily routine and with a lot of details, connecting with many clients and their family. It consumed most of my time talking to people involved: the facilitators, members-persons in recovery and their family, colleagues, and external networks. Usually, I had to do document work at home after the working hours.

**Advocacy**

The first and foremost is to disseminate information about the human rights and citizen's rights of person with psychosocial challenge. This include information about the rights to be employed under article 33 and 35 of person with disability who register and hold a disability card as well as the rights to have supported education. During this period I have supported about 20 people to get vocation training and locate the possible positions. I supported our clients to prepare the document and for the interviews. And once they worked in the workplace or training center, I would visit and talk to each about their situation to help them adjust to the working environment and the difficulty both internal and external, such as, support a girl who was employed in a garment industry to know that she has the right to get sick leave for her kidney infection due to inadequate water consumption as she did not want to take time out to go to the bathroom too often. And when she found the courage to talk to her supervisor, she found that the supervisor was very understanding and kind.

I advocated for an individual who was treated in a ward at the time when she got accepted to be hired under article 35 of the Empowerment of Person with Disability Act. She was denied the rights to sign the contract and she had neither bank account nor identity card at that moment. I took three days to contact her relative and got the document delegation the authority to take her out and got a new identity card from the local government and
opened a bank account. At the same time I had to negotiate with the professionals that she was only a patient not without legal capacity.

I also collaborated with cross disability network to promote the extension of coverage for all 26 items of rehabilitation which is in the announcement of the Ministry of Health in the service procurement of National Health Security Office instead of only 9 at that time. The added services we promoted were very significant to person with psychosocial disability, such as, psychotherapy, music therapy, art therapy, life skill training, vocation rehabilitation, as well as counselling. The group also mobilized the NHSO to accept disability service centers set up under the Empowerment of Person with Disability Act by The Ministry of Social Development and Human Security to be registered as service providers after each passed the standard required by the Office. (This mobilization has been accepted in November 2019 and measures are being set to actualize the decision.)

**Networking**

It has always been necessary for me to work alongside networks in mental health, cross disability, academics, business, and charities. These networks were various in terms of purpose, means and target groups, for example, Healthy Forum-network of various chronic diseases, Satir Thailand-an association on human development and Satir psychotherapy, Worldshare-a charity from Korea, Medical Association of Thailand-workshop participation, Social Innovation Foundation-co-working on promotion of employment for persons with disability, Ratchasuda College- an educational institution on disability study and human development.

There are a few companies also, such as, United Flour Mills limited, Company, Carabao Group PCL and Intertex Testing Services Ltd, com.Transforming Community for Inclusion-advocacy body for the rights of persons with disability especially, psychosocial disability, Asia Pacific Development Center on Disability, Mental Health Department, NHSO.

**Education**

I was the facilitator of Family Link Psychosocial Education from October to November 2018, and from February to March 2019 supporting people living with mental challenge to find their voice to advocate, to know how to handle difficulties that the mental challenge brought, and to connect with fellow citizens who shared their experience.
I developed a curriculum called wellness development curriculum the year before last. This had seen some good results in the life of our clients in life skills, mental and physical health, community building, self-esteem and positive identity, trust and hope, rights and citizenship, and relationships and social network.

And I was planning to do research on the effectiveness and cost effectiveness of the endeavor. Our team got training on doing research from TRIP in late January and early February 2019. I was also in a group of TCI aiming to do research on the rights of persons with psychosocial disability in the countries.

I support the training of Family Link Psychosocial Disability Service Center staff to learn subjects and skills that would help them work better in these areas: Support groups, CRPD, Art therapy and English. I also taught UNCRPD to my peers in our Best Friends Club with members with schizophrenia.

In this period of time, I also had the opportunities to educate professionals.

I had a few chances to talk about the new right-based paradigm of care and our attempt to set up a practice according to it at Family Link Psychosocial Disability Service Center to some medical doctors, residents specialized in psychiatry, psychiatric nurses, students from Thailand and one time from the Southeast Asian countries.

I also had the opportunity to train peer supporters, 25 in number, in January and March 2019. Most of the graduates are now working in non-government wellness centers, such as, Thai Family Link Association and Living Association.

**Legislation**

I had the opportunity to be a member of National Mental Health Committee and had the chance to review the drafting of the amended Mental Health Act, hosting by Mental Health Department. Being the only person with mental illness in the committee, I tried my best to be the voice of my people. I wished I could have done more but at least I could mobilize to put the person with mental challenge themselves as one of the sectors that the State should support in providing rehabilitation service. And also I could promote more participation of people sector in the national mental health strategies and action plan.
As a member of the Subcommittee on Disability Affairs in Committee of Social, Children, Youth, Women, Senior, Person with Disability and other Vulnerable Groups of the National Legislative Assembly, I learned and participated in investigate legal issues concerning person with disability such as, Accessibility for All Act which cover both transportation, architecture, as well as digital platform, the Act on Eastern Economic Community to make it friendly and accessible to person with disability, the regulations from the Ministry of Interior Affairs, State Audit Office of Kingdom of Thailand and the Ministry of Social Development and Human Security in removing obstacles from the path to service of person with disability in the local community, the function and effectiveness of Disability Service Centers of disabled person organization, Follow ups on the result of the psychosocial round table talk at the subcommittee previously and compiling of the report of the situation in Thailand, and also hearing on many immediate complaint issues, such as, the conflict between a person with physical disability with Bangkok Transit System, which was a sky train which results in the person smashed the glass window with frustration. The subcommittee also visited the communities in their fieldtrips and consultation, and also low cost airlines were invited to discuss about being discriminated against. And I also had a chance to learn about Educational Act for the children with disability and Learning Center for Specific Disability.

**Obstacles:**

My health deteriorated quite seriously while I was working this period and I had difficulty with relationship with people higher and my workload was so heavy that I found it hard to take a good rest, to be focused and to meet deadlines. And I also face a grief in broken relationships. And it took me quite a long time to recover.