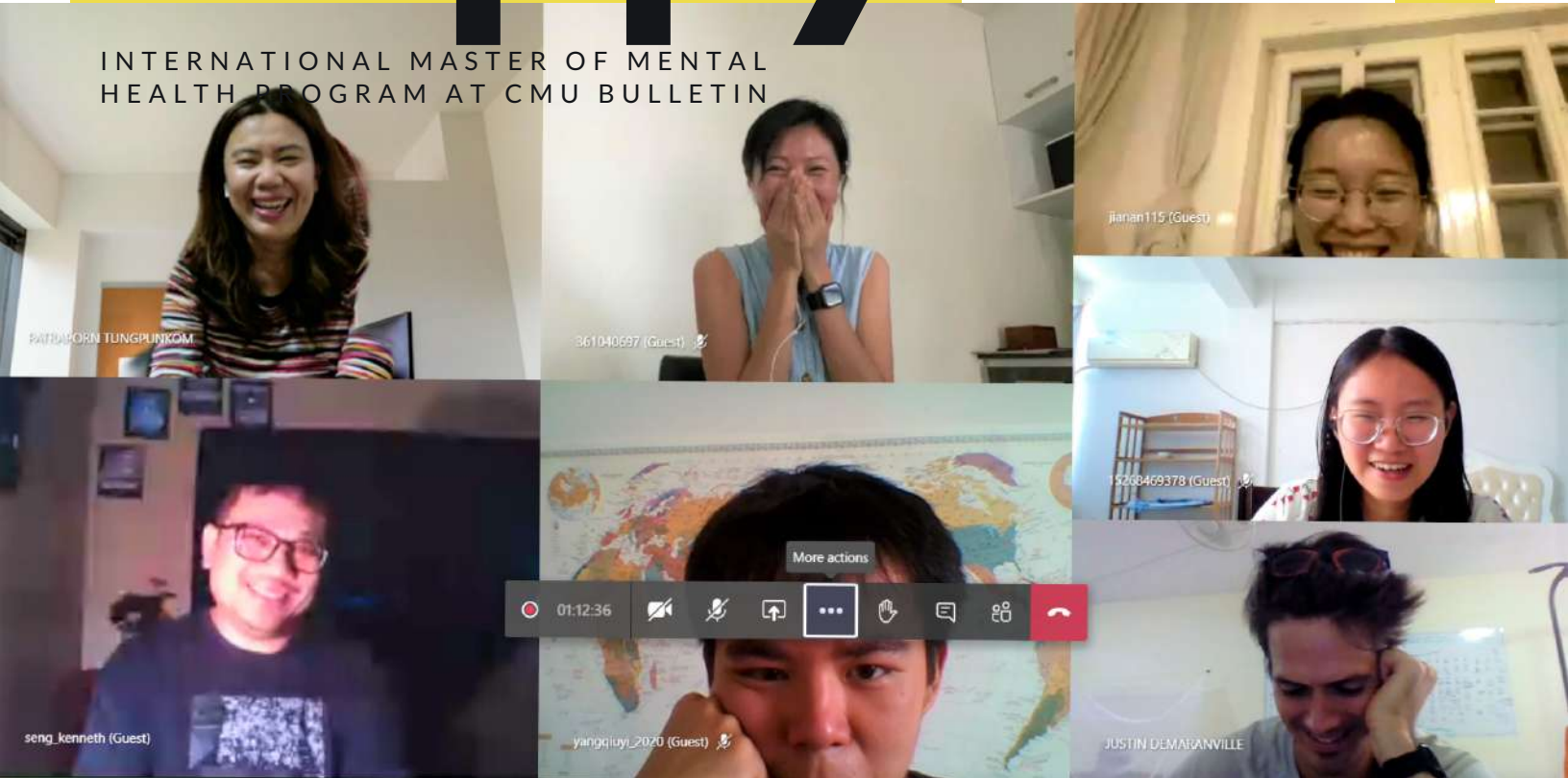


# **H** i'M (so) **M**uch **Happy**

FIRST ISSUE  
JULY 22, 2020

INTERNATIONAL MASTER OF MENTAL  
HEALTH PROGRAM AT CMU BULLETIN



## WELCOME STUDENTS OF 2020

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iMMH is the first international master program in mental health at Chiang Mai University.

iMMH creates the word “**I’m so much happy**” to represent the current or desirable mental state of this organization which included instructors and students from all over the world. The orange tabby cat represents the characters of affectionate, friendliness, and hospitality while maintaining its unique feature of enthusiasm, curiosity, and autonomy, which is cherished in this society.



# IMMH PROGRAM DIRECTOR

Prof. Nahathai Wongpakaran, MD,  
FRCPsychT  
Professor of Psychiatry Geriatric

PPSYCHIATRY UNIT, DEPARTMENT OF  
PSYCHIATRY, FACULTY OF MEDICINE

Hello, all the students of the Master of Science program in Mental Health Class of 2020, Welcome to iMMH and Chiang Mai University!

We are delighted that you've chosen to further your experience with iMMH, CMU. You are now iMMH students and the first group of students in this program.

The COVID-19 situation may have prevented us to be close to each other, but it couldn't prevent us from meeting and greeting you. It was the same COVID-19 spike that became an engine to push us on introducing the program and to ensure that mental health is important to everybody. People around the world are now stressed out though we have taken a long deep breath for a while, our brothers and sisters on the other side still suffer. I wish I could welcome all of you in the orientation session at our graduate school in our beautiful, fresh and green campus.

## TALKING ABOUT THE IMMh

My memory of iMMH goes back to 2015 when I was invited to be part of a group of iMMH cofounders and some colleagues at that time become included as iMMH instructors today. The idea of program initiation began in 2014 when we would like to establish a multidisciplinary program in mental health not for medical doctors, not for nurses, not for psychologists, etc. in the health science professionals but for everybody on earth who come from different backgrounds.

Speaking for myself, I've been working in psychiatry for 22 years this year, teaching medical students, nursing students, occupational and physical therapy students, and others for 18 years. I also work in the community with older people, local people, community leaders, government and non-government employers and employees, etc.

My career as a geriatric psychiatrist has brought me to work with older people who are surrounded by and involved by children, grown-ups, caregivers, neighbours, friends, families, relatives, and else. The majority of these people have the right to have better health, and health includes both physical and mental. People have a right and should have an opportunity to understand how their minds work and to take good care of their mental health. And it would be so valuable while you are not expected to gain or to develop sophisticated skills from iMMH as in those with professional programs, you will develop at CMU a broader view and gain more experience and knowledge while being part of or get involved with people and staff from multidisciplinary backgrounds in the mental health field.



I'm sure our instructors will help you learn about mental health and get you to understand not only mental disorders and the treatment modalities but health systems and management experience, social factors, biological factors and psychological factors underlined these disorders. In certain modules, you will have the opportunity to be part of teams with clinical observership working with clinicians in different disciplines either in the hospital and community settings.

This year is special for not only you, iMMH students, but for us as well to make iMMH the real thing. I remembered the day we first met at the interview. I know that in coming to iMMH, you made a brave decision, particularly during COVID-19 spike to apply for the position, to get into the online interview though we had many problems with the signals, time difference, etc.

**Mental health is everyone's business. We all have mental health though we went to different schools and studied different subjects before at the undergraduate level. Mental health is also for everyone no matter how old or how young you are.**

The world changes. The world has been changing over time. I would urge you to look for the meaning in life of yours. By being iMMH students, try to look back and deep into your heart and soul not only what you demand or to achieve. The most valuable achievement may not be a success in pursuing another or a higher degree, but an achievement as a human being to give more to others and the world. I would be glad for you if iMMH could help you to find your satisfaction and purpose in life.



## Support

Today is a remarkable day. It is also a remarkable time in the history of iMMH that we're here together live. Being back to school again is not an easy job to do. In a sense, by choosing iMMH, you have already indicated that you want to know how to take good care of yourself and do want to take good care of others.

It's an ordinary rule being a student or a learner is not easy. Some of you may have been aware of the motto of Chiang Mai University which is **“อัตตมัง มนฺยํติ ฆณฺฑิตา”** meaning **‘The Wise Cultivate Themselves’**. Sometimes you may experience different views among people, I hope you will take those opportunities as a new lesson to learn and to assess yourself on how good-enough you can be to handle all these things.

I would like to reassure you on this point I'm here to support and help. You can reach me 24/7. Though I don't have an office here at the graduate school building, I can be reached via emails, sticky notes, I'm also on Teams, and I have some schedules to share with you all year long. I strongly view that students have a clear role in helping iMMH improve their capacity, and I value the voice of students. iMMH will allow students to join the curriculum development committee.

I wish you find Chiang Mai university a place you will stay and feel like home. Wish that you will feel coming to iMMH is not like coming to school but a new family, a small but supportive family.

**While iMMH is short for the Master of Science program in Mental Health (international program) iMMH also is short for ‘I'M (so) Much Happy’.**

Thank you, and welcome.

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# A CALLING FOR KINDNESS FROM THE WORLD DURING COVID-19

PROF. TINAKON WONGPAKARAN, MD, FRCPSYCHT

**It has been five months since the first outbreak of corona virus, causing the death toll to rise to 613,248 globally (21 July 2020). This ongoing process creates tremendous anxiety and fear to people everywhere. We all are hoping to approach the light at the end of the tunnel, and create an effective vaccine, as soon as possible.**

Along the way to the solution, many people feel frustrated over multiple problems especially those related to economic difficulty. While some find their way to survive, some find it so difficult to get through. Hope, positive thinking and encouragement offer the best medicine for now. During such uncertainty of the future, we all need to be aware and seriously consider about how we really can help our beloved ones and ourselves. One thing is to protect ourselves and to protect others by masking up, using alcohol to wash hands, and keeping physical distancing. Nobody knows for sure to what extent we can save other people including ourselves practicing such simple methods – but that is what doctors and scientists are suggesting us.

Some may find it very easy to follow those procedures while some are frustrated doing that and wait for other measures to combat the disease which is, to the best of our knowledge – nonexistent for now. Even though wearing a mask is needed during this crisis, some may feel it too demanding and find it difficult to comply especially when they feel compelled to do so. Whatever the reasons are behind not wanting to wear a mask and keeping distance they conceivably put themselves and others at risk. Isn't it about time we take this situation seriously? What could be an acceptable notion to base our sacrifice for complying? Maybe the time has arrived to evoke our inner character of kindness; we all have it with us since we were very young. Kindness, like other virtues, always emerges whenever we get in touch with calmness and serenity, a state of mind with positive and bold mental health. When we keep our mental state free from bias, prejudice, and five hindrances, we approach tranquility and loving-kindness; then we receive pearls of wisdom.

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Wisdom makes us squirm loose from self-arrogance, we can see clearly about the suffering people are experiencing, and how we could be of help. Our actions arising from our kindness will keep ourselves and others safe from the disease. This is the challenge we must accept according to our "kindness" to others. These important actions may go unnoticed by most people. Meditating on kindness keeps us aware of wearing a mask, and helps us never forget to wear a mask in public.

Kindness is a character strength. It never comes by chance; it appears when we are mentally healthy. It remains rooted in loving humanity, and is not just a responsibility for society. Despite the fact that we have both bright and dark sides of thought and emotions, we need to connect to the kindness ingrained in our heart and bring it out to share with others as much as we possibly can. minimized.

I, on behalf of all iMMH people, am deeply concerned with our friends and beloved ones around the world. I strongly believe that one of the best ways we can achieve this is to keep ourselves safe and to protect others at the same time. All these actions and notions rely heavily on the "kindness" that dwells in us all.