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**INTER-AMERICAN DRUG ABUSE
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**COMPREHENSIVE SYSTEM OF DRUG DEPENDENCE CARE SERVICES
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COMPREHENSIVE SYSTEM OF DRUG DEPENDENCE CARE SERVICES

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November 2012







Every day, the problem of drugs acquires more relevance in the region of the Americas and its impact on public health is not restricted to dependence or to the acute or chronic damage that occurs as a consequence of consumption.

Other negative consequences for people's quality of life, in connection with drug trafficking and consumption, has to do with other associated problems such as violence, corruption and the violation of human rights.



Addictions Are Part of The Main Problem of Public Health

- *The addiction to psychoactive substances -including the consumption of alcohol, tobacco, marijuana and cocaine, among others- by a segment of the population of our countries is without doubt a public health problem and a huge challenge for the Ministries of Health.*
- *Due of the link between social exclusion and the consumption of drugs, the most vulnerable are those who have less access to services and basic care such as people living in the streets and sex workers, among others*



CURRENTLY

Current results of drug fighting policies in our region are insufficient to solve this situation.

A reflection process and a discussion on the matter are imperative to critically address the issue and generate proposals for the design and implementation of more efficient policies based on the evidence to provide protection and security to the population by promoting collective welfare in a framework of respect for the fundamental rights of the people.



CURRENTLY

- *The health response in the countries of the region for problems due to use of psychoactive substances is very weak and limited.*
- *There are no accessible public services to the vast majority of users and services for early detection and community-based treatment are scarce or non-existent.*
- *Compulsory treatment occurs in several countries, which violates the International Convention on the Rights of Persons with Disabilities.*



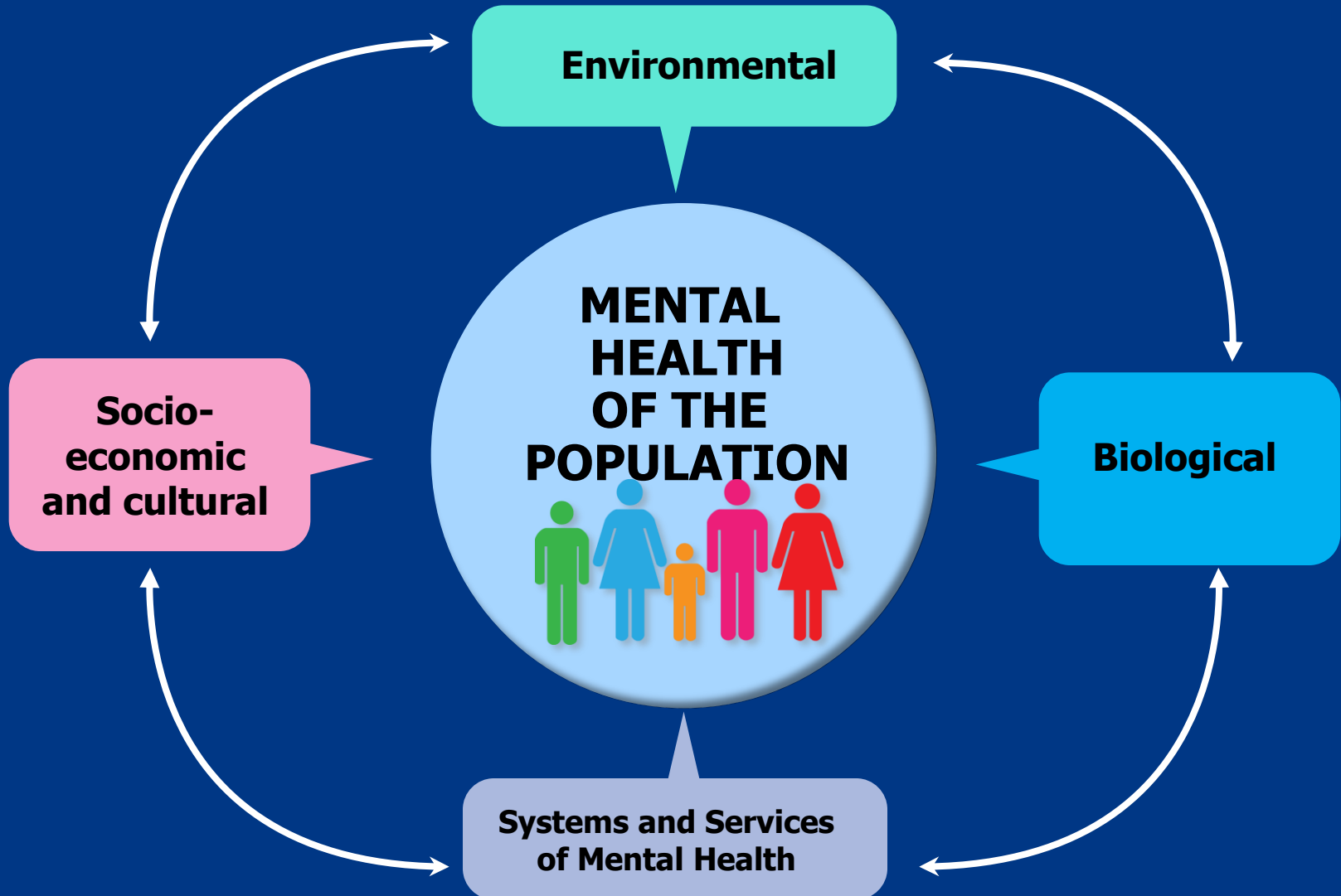
CURRENTLY

*Attention has been focused on the object
(drugs)
and
not on the subject
(people)*





Mental Health Factors





Characteristics of Children and Adolescents Associated with Other Factors Make This Population More Vulnerable to Drug Use and Abuse

**BAJA
AUTOESTIMA**

**INFLUENCIA
DE
PARES**

**FALTA DE
APOYO DE UN
ADULTO
SIGNIFICATIVO**

**EL CONSUMO
DE DROGAS
SE ASOCIA**

**PROBLEMAS
ESCOLARES**

**FAMILIAS
DISFUNCIONALES**



Approaches and Principles

Approaches:

- Human Rights
- Gender
- Diversity
- Integration
- Social Inclusion
- Active Participation
- Sustainable Human Development
- Scientific Evidence and Good Practices in Mental Health

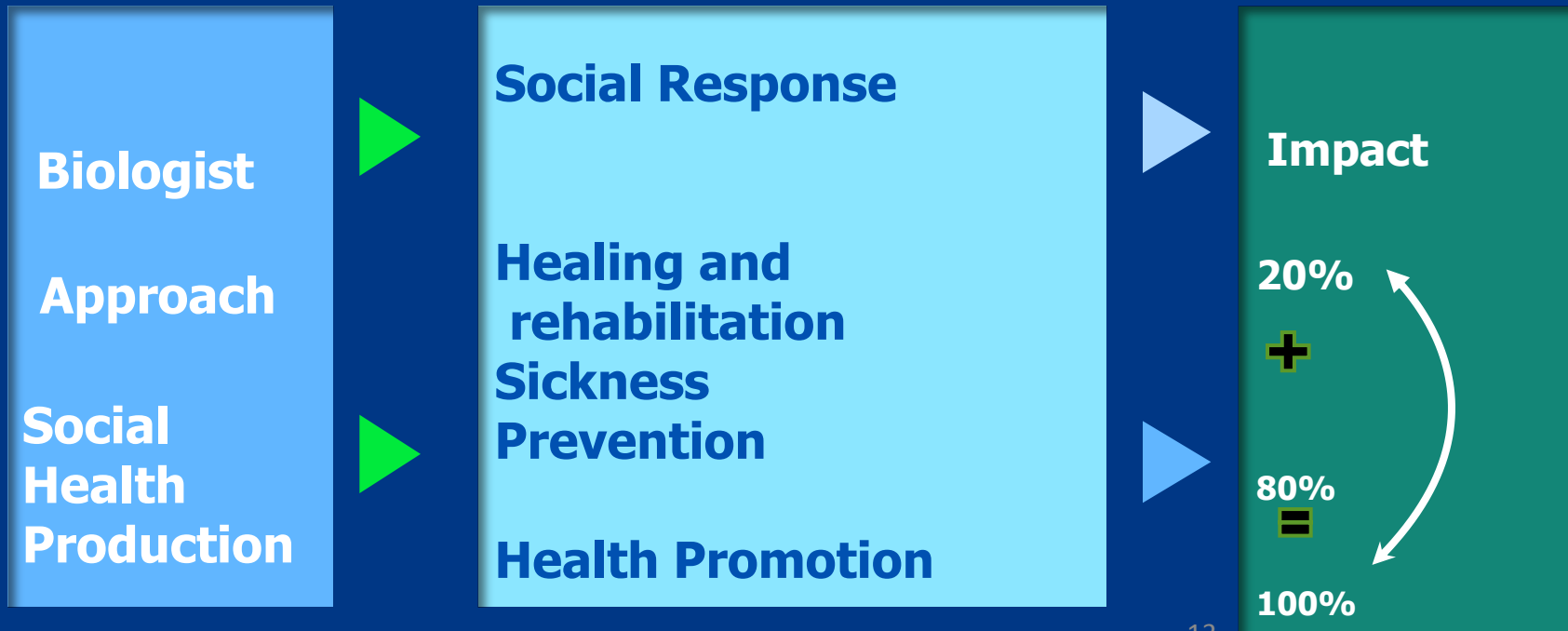
Principles:

- Equity
- Universality
- Solidarity
- Substantive Equality
- Ethics
- Quality and Warmth
- Autonomy



Approach of the Promotion Process and Comprehensive Care of Mental Health

HOW TO PROTECT AND IMPROVE MENTAL HEALTH IN THE POPULATION?



COMPREHENSIVE
VISUALIZATION
OF DRUG
DEPENDENCE



Comprehensive Visualization

Treatment and Rehabilitation

Dependence - Addiction

Prescribed Prevention

Harmful Consumption

Selective Prevention

Universal Prevention

Risk Behaviors

Health Promotion

Vulnerability



Availability



Social Tolerance

• Of people

• Of psychoactive substances

• From Society



El consumo de tabaco
es causa de muerte
y discapacidad.
Evitar el consumo de tabaco
puede salvar tu vida.



New Care Paradigm

- ✓ **From exclusion to inclusion**
- ✓ **From a biomedical approach to a bio-psycho-social one**
- ✓ **From hospital care to the community care**
- ✓ **From individual action to a work group**
- ✓ **From the care of the disease to the promotion of health and comprehensive care**

Source: The Mental Health Service Reform:
15 years after the Caracas Declaration



Addressing the Issue of Addictions with An Approach on Comprehensive Health Care

- The problem of addictions goes far beyond the damage caused by the consumption of drugs. It requires a different approach and analysis and also a different type of intervention so it is important to move beyond the approach of the new public health based on the Promotion of Health.
- Providing comprehensive health care for people with addictions allows not only to improve the quality of services, but also to counteract the indisputable harmful effects caused by the consumption of drugs on each and every one of our societies.



- In addition, the proper approach to addiction requires acting on the **factors of health** and on those conditions that facilitate the use of psychoactive substances by the population, from childhood and adolescence.





Addressing the Issue of Addictions with An Approach on Comprehensive Health Care

Mental health factors are those factors that enhance or endanger the health of an individual or a community throughout the life cycle. Among them, there are:

- 1- **Biological Factors** (genetic burden, aging, internal systems of the body).
- 2- **Environmental Factors** (related to the human habitat and living conditions: including natural, material and institutional elements).



Addressing the Issue of Addictions with An Approach on Comprehensive Health Care

- 3- **Social, Economic and Cultural Factors** (related to the enjoyment of human rights, employability, social inclusion, education, poverty, overcrowding, cultural patterns, and laws and regulation, among others).
- 4- **Factors related to health systems and services** (access, coverage, quantity, quality, nature, chance, use, relationship with users, availability of resources and organization of the health-care services to the people).

**The Care System for Addictions
Must Be Linked to A Promotion Model
and to A Community-Based
Comprehensive Care for Mental Health**





ADDRESSING STRATEGY AND CARE 2011-2014

- The Ministry of Health creates a strong link with the adolescent population through joint programs with the Ministry of Public Education, and the municipalities.
- The Costa Rican Ministry of Health created a Vice-Ministry of Mental Health and a Vice-Ministry of Health Promotion.
- The Vice-Ministry of Mental Health led the development of the community-based Mental Health Policy in the health sector.
- The Vice-Minister is the Chairperson of the Board of Directors of the Institute Against Alcoholism and Drug Dependence (IAFA).

ADDRESSING STRATEGY AND CARE

- At the first level of attention of the country, IAFA is working on the creation of a "CAID" network (Center for Integral Attention in drugs) for the comprehensive early approach of risks at a community level. This is for the addict population with the possibility of a comprehensive approach.
- There are two reference centers for the public detoxification phase; a center of the CCSS, HNP and a Center at IAFA. The most important offer in Costa Rica is at Private Centers.
- The intend is to give access to the entire population to comprehensive care in terms of the consumption of alcohol, tobacco and other drugs, especially for people who are in a situation of greater vulnerability and social exclusion.



ADDRESSING STRATEGY AND CARE

- Adoption of the General Law for Tobacco Control and its harmful effects on human health, and its regulation. (9028). 2012.
- Adoption of the Law for the Regulation and Marketing of Beverages with Alcohol Content. 2012
- The National Mental Health Policy was developed. 2012
- The National Policy for the treatment of Addictions was developed.

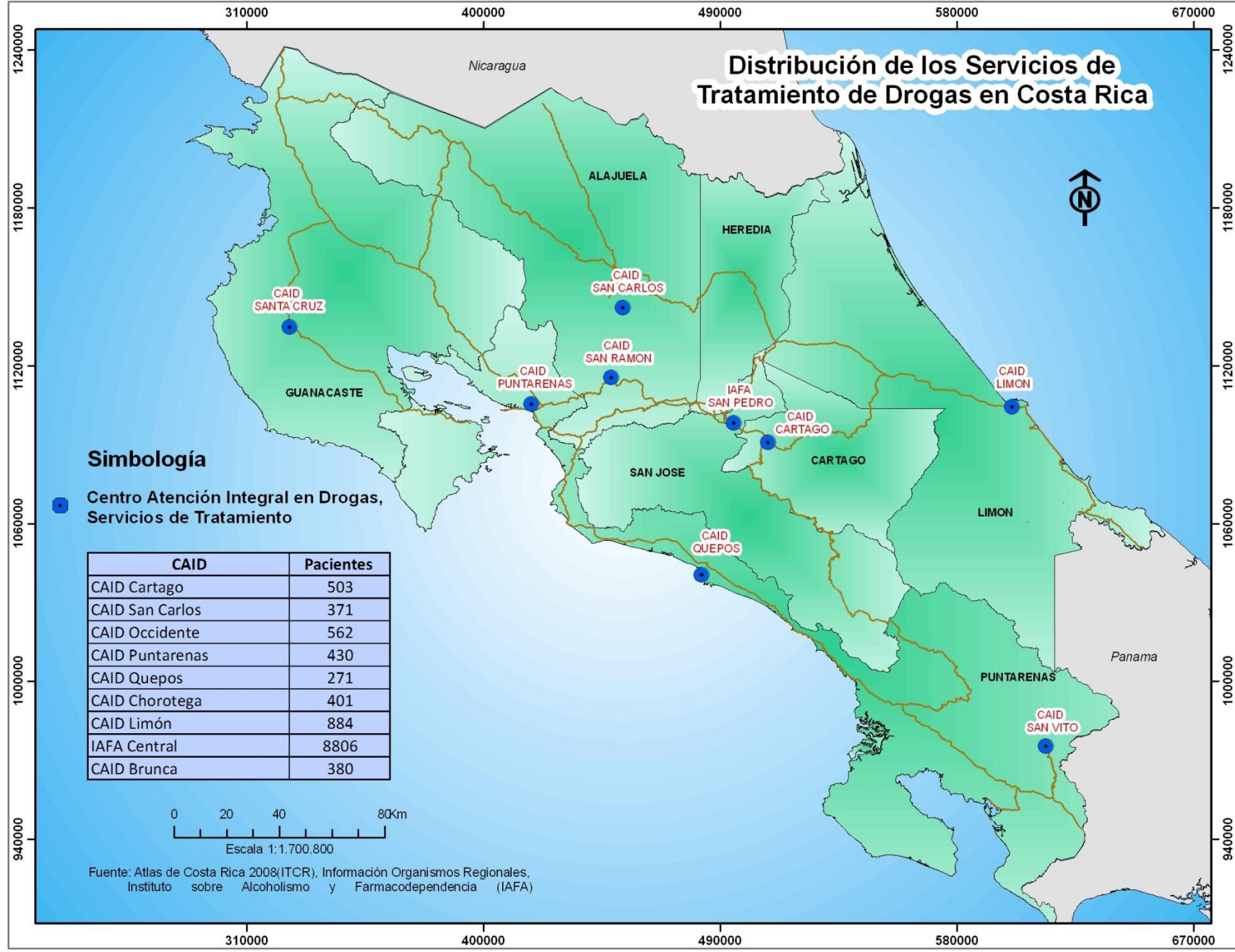


Out of the national population of 12 to 70 year olds...

- **11.5% of the population may need treatment for the consumption of alcohol.**
- **1% of the population, with regard to the consumption of illicit drugs.**

IAFA Estimate, 2006 -

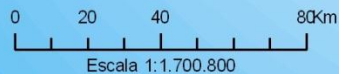
Distribución de los Servicios de Tratamiento de Drogas en Costa Rica



Simbología

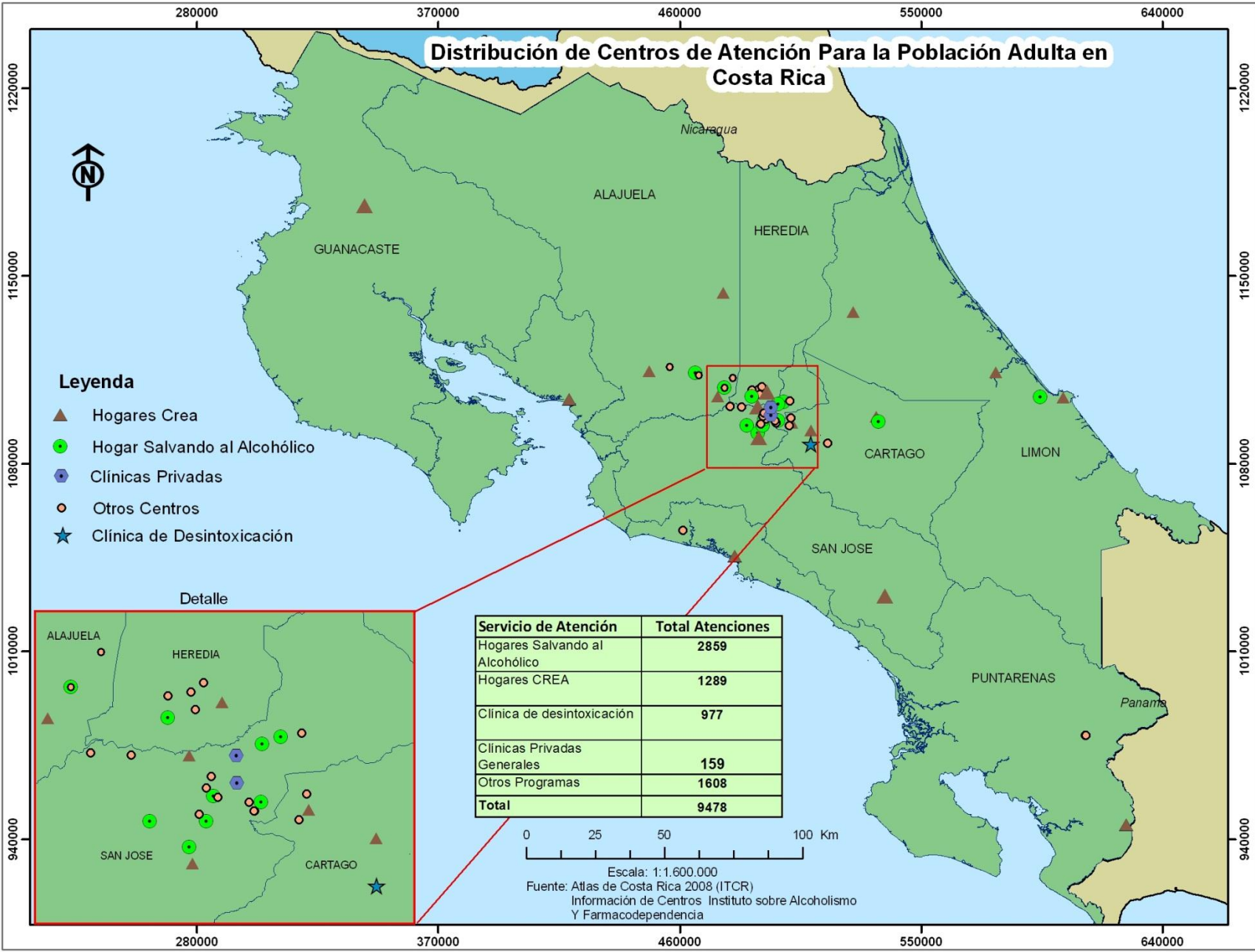
 Centro Atención Integral en Drogas, Servicios de Tratamiento

CAID	Pacientes
CAID Cartago	503
CAID San Carlos	371
CAID Occidente	562
CAID Puntarenas	430
CAID Quepos	271
CAID Chorotega	401
CAID Limón	884
IAFA Central	8806
CAID Brunca	380



Fuente: Atlas de Costa Rica 2008(ITCR), Información Organismos Regionales, Instituto sobre Alcoholismo y Farmacodependencia (IAFA)

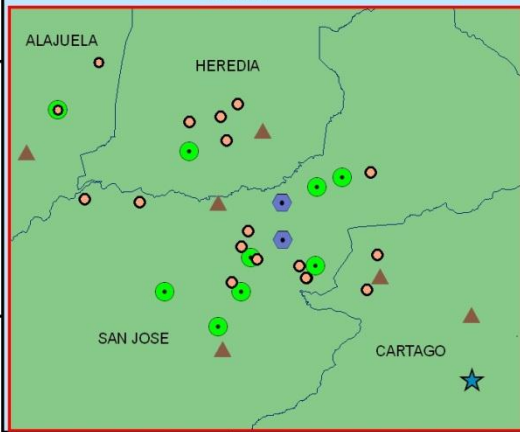
Distribución de Centros de Atención Para la Población Adulta en Costa Rica



Leyenda

- ▲ Hogares Crea
- Hogar Salvando al Alcohólico
- ◆ Clínicas Privadas
- Otros Centros
- ★ Clínica de Desintoxicación

Detalle



Psychoactive Drugs consumed 30 days before the entry of patients into treatment and rehabilitation programs because of drug use problems Costa Rica, 2009.

Drogas consumidas en últimos 30 días	Hogares Salvando al Alcohólico		Hogares CREA		Clínica de desintoxicación		Otros programas		Total	
	Abs	%	Abs	%	Abs	%	Abs	%	Abs	%
Alcohol	2748	96,1	1187	73,8	977	100,0	934	72,5	5846	86,8
Tabaco	1304	45,6	1015	63,1	68	7,0	823	63,8	3210	47,7
Marihuana	518	18,1	1055	65,6	6	0,6	838	65,0	2417	35,9
Cocaína	442	15,5	928	57,7	9	0,9	779	60,4	2158	32,1
Crack	509	17,8	1291	80,3	4	0,4	905	70,2	2709	40,2
Medicamentos tranquilizantes	50	1,7	65	4,0	1	0,1	46	3,6	162	2,4
Medicamentos estimulantes	31	1,1	48	3,0			28	2,2	107	1,6
Hongos alucinógenos	17	0,6	57	3,5			69	5,4	143	2,1
Disolventes volátiles	45	1,6	184	11,4			109	8,5	338	5,0
Otras drogas	11	0,4	55	3,4			38	2,9	104	1,5
Total de egresos	2859	100,0	1608	100,0	977	100,0	1289	100,0	6733	100,0

**Discharge reasons for patients discharged from various treatment and rehabilitation programs due to drug consumption problems by 2009.
Costa Rica.**

Motivo de salida	Frecuencias absolutas				Frecuencias relativas (%)			
	Hogares Salvando al Alcohólico	Hogares CREA	Otros programas	Total	Hogares Salvando al Alcohólico	Hogares CREA	Otros programas	Total
Cumplimiento	1609	22	427	2058	56,3	1,4	33,1	35,8
Abandono	437	1087	641	2165	15,3	67,6	49,7	37,6
Expulsión	31	38	112	181	1,1	2,4	8,7	3,1
Traslado	16	89	17	122	,6	5,5	1,3	2,1
Otra	8	8	20	36	,3	,5	1,6	0,6
Sin respuesta	758	364	72	1194	26,5	22,6	5,6	20,7
Total	2859	1608	1289	5756	100,0	100,0	100,0	100,0

Discharges of patients admitted as under-aged at hospital centers with diagnosis associated with the consumption of psychoactive drugs; by sex group. Costa Rica, 2009.

Centro hospitalario	Frecuencias simples			Frecuencias relativas		
	Hombres	Mujeres	Total	Hombres	Mujeres	Total
Nacional Psiquiátrico	88	33	121	57,5	31,7	47,1
Clínica Nuevos Horizontes	38	14	52	24,8	13,5	20,2
San Juan de Dios	7	30	37	4,6	28,8	14,4
Ciudad Neily	7	11	18	4,6	10,6	7,0
Escalante Pradilla	1	5	6	,7	4,8	2,3
Carlos L. Valverde	2	3	5	1,3	2,9	1,9
Max Peralta	1	3	4	,7	2,9	1,6
William Allen	3		3	2,0		1,2
San Francisco de Asís		2	2		1,9	,8
San Vito	2		2	1,3		,8
Guápiles		2	2		1,9	,8
Tony Facio	2		2	1,3		,8
Max Terán	1		1	,7		,4
México	1		1	,7		,4
San Carlos		1	1		1,0	,4
Total	153	104	257	100,0	100,0	100,0



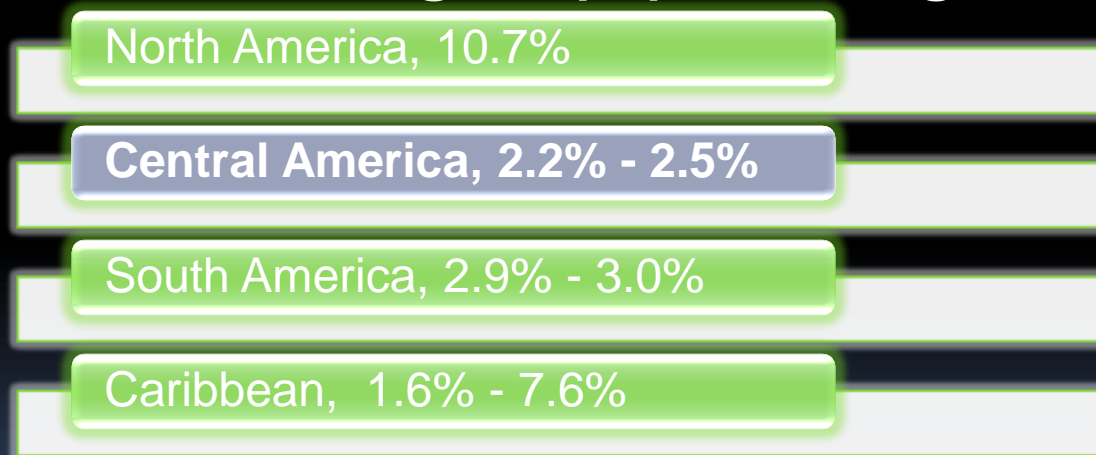
REGIONAL OVERVIEW ON DRUGS

Marijuana *

MARIHUANA CONSUMPTION

It is the most commonly abused illicit drug in the world.

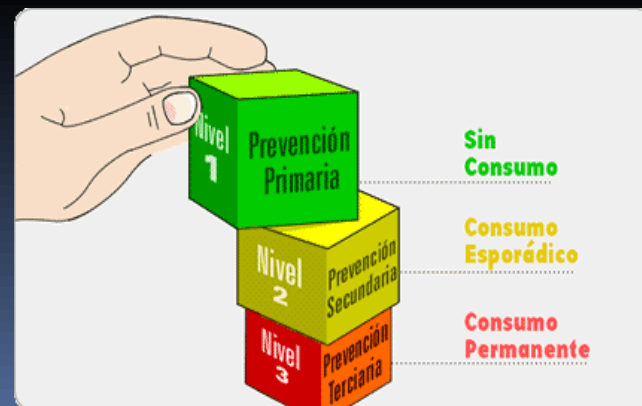
Prevalence among the population aged 15 to 64





Addressing the Issue of Addictions with An Approach on Comprehensive Health Care

- The presence of Local Governments and community organizations is of the utmost importance to strengthen social participation as one of the fundamental themes in the fight against drug addiction.
- Create environments that facilitate and promote the development of skills for a healthy life throughout the life cycle.
- Ensure health services in accordance with the needs of the population, based on renewed primary health care.
- There is an urgent need to reduce the vulnerability and social tolerance to drug consumption.



Addressing the Issue of Addictions with An Approach on Comprehensive Health Care, from Primary Health Care



Renewed Primary Health Care (APSR)

- The renewal of APS means recognizing and facilitating its role in the promotion of equity in health and human development.
- APSR is regarded as one of the key components of a system of effective health and therefore an essential element for the approach of addictions.
- Renewed APS requires paying more attention to the structural and operational needs of health systems such as: access, economic justice, sustainability and adequacy of resources, political commitment and development of systems that ensure the quality of care.
- In addition, it calls for a reorientation of health systems; reasoned and evidence-based, to achieve comprehensive and integrated universal attention.



Addressing the Issue of Addictions with An Approach on Comprehensive Health Care, from Primary Health Care



Achieving this will require:

- Strengthening the Health Promotion Strategy, with emphasis on the topic of addictions.
- Political commitment to act on the health factors from the formulation of public policies.
- Trained human resources in terms of quantity and quality.
- It is imperative to work with the population, families and the community.
- Have the necessary financial resources.



Addressing the Issue of Addictions with An Approach on Comprehensive Health Care, from Primary Health Care



Achieving this will require:

- Focus attention on young people to develop and strengthen cognitive, behavioral, and personality aspects that enable them to cope with social influence, the norms and peer pressure, and assume the autonomy and independence of parents or authority in the case of children and adolescents with more responsibility, as well as the direction of their own life.
- A plan for comprehensive health care (self-care) is required. It has to include actions to control and reduce the consumption of psychoactive substances by means of actions on the factors and constraints of addictions.



Addressing the Issue of Addictions with An Approach on Comprehensive Health Care, from Primary Health Care



Achieving this will require:

Approach addictions in an inter-sectoral manner to facilitate their control and reduction.

- **Health,**
- **Local Governments**
- **Individual, Family, Community**
- **Education**
- **Culture and Youth**
- **Sport and Recreation**
- **Justice**
- **Work**
- **Security**
- **Private Sector**
- **International Agencies**
- **Organizations of the civil society**
- **Others**



1 Challenge for public health systems.- Develop an appropriate response capacity to the care needs that are generated as a result of the consumption of substances, strengthening the capacity of health systems' management

In 2010, Health ministers of the countries of the Region adopted the Regional Strategy on the Consumption of Psychoactive Substances and Public Health; which raises the need to review past and current approaches with a critical view, opening spaces to debate based on evidence, which will serve as a platform to generate effective public policies.

CHALLENGES FOR COSTA RICA

Promote mental health from health and community approach factors.

Consolidate a National System for Treatment regarding the consumption of psychoactive substances.

Elaborate and implement policies that prevent the use of alcohol, tobacco and other drugs.

Generate political, financial, technical and social support to guarantee the sustainability of the National System for Treatment of Addictions.









**Thank you very much
and my best wishes to
your proposals!**

