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SESSION 2, PANEL 2
CHALLENGES IN EVIDENCE-BASED PREVENTION IN TIME OF PANDEMIC IN CHILE
Challenges in evidence-based prevention in time of pandemic in Chile

2020 - 2021

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National Drug Observatory
Service for Drug and Alcohol Use Prevention and Rehabilitation (SENDA)
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I. Results of the online surveys on COVID-19 impacts on the use of alcohol and other drugs - 2020 and 2021.

Data sheet for the COVID-19 survey in 2020
• Online survey
• Implementation date: June 6 to 27, 2020
• Surveys entered: 34,738
• Surveys validated: 15,280

Data sheet for the COVID-19 survey in 2021
• Online survey
• Implementation date: April 20 to May 14, 2021
• Surveys entered: 38,905
• Surveys validated: 22,121
I. Results of the online surveys on COVID-19 impacts on the use of alcohol and other drugs - 2020 and 2021
Has your use of alcohol changed as the result of COVID-19 restrictions, compared to pre-COVID-19? (%)

- Have consumed LESS: 41.8% (2020), 36.1% (2021)
- Have consumed the SAME amount: 32.8% (2020), 33.9% (2021)
- Have consumed MORE: 21.4% (2020), 22.2% (2021)
- Don’t know: 4.0% (2020), 7.8% (2021)
Of the 41.8% who used less alcohol in 2020 and of the 36.1% in 2021, the reasons for reduced use are (%):
Of the 21.4% who used more alcohol in 2020 and of the 22.2% in 2021, the reasons for increased use are (%):
DEMAND FOR ALCOHOL TREATMENT

Has there been any change in your intent to seek some type of help or treatment to decrease or stop drinking alcohol since the COVID-19 measures were introduced? (%)

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater</td>
<td>4.6</td>
<td>5.0</td>
</tr>
<tr>
<td>Less</td>
<td>5.2</td>
<td>5.3</td>
</tr>
<tr>
<td>No change or have not sought</td>
<td>90.2</td>
<td>89.7</td>
</tr>
</tbody>
</table>
ACCESS TO ALCOHOL

Of those who have bought alcohol since the start of the pandemic (%):

- Found it hard to buy: 20.6% in 2020, 22.1% in 2021
- Did not find it hard to buy: 79.4% in 2020, 77.9% in 2021

Change in how bought:
- 2020: 25.9%, 2021: 25.5%
- No change in how bought:
  - 2020: 74.1%, 2021: 74.5%
Of the 25.9% who say they changed how they bought alcohol in 2020, and the 25.5% in 2021, the % that:

- Obtained alcoholic beverages over the Internet more often than pre-COVID-19: 20.5% in 2020, 28.8% in 2021
- Bought alcoholic beverages less often: 19.9% in 2020, 20.0% in 2021
- Obtained alcoholic beverages somewhere else: 24.7% in 2020, 16.5% in 2021
- Bought alcoholic beverages more often: 9.2% in 2020, 12.7% in 2021
- Just once bought larger amounts of alcoholic beverages: 15.3% in 2020, 11.4% in 2021
Have you changed your use of marijuana as a result of the COVID-19 restrictions, compared to pre-COVID-19? (%)

- Have consumed the SAME amount: 36.1 (2020) vs 39.9 (2021)
- Have consumed MORE: 33.3 (2020) vs 33.4 (2021)
- Have consumed LESS: 27.7 (2020) vs 22.2 (2021)
- Don’t know: 2.9 (2021) vs 4.5 (2021)
Of the 27.7% who used **less marijuana** in 2020 and of the 22.2% in 2021, the reasons for using less were (%):

<table>
<thead>
<tr>
<th>Reason</th>
<th>2020</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fewer opportunities to use drugs</td>
<td>15.5</td>
<td>21.6</td>
</tr>
<tr>
<td>I am worried about the impacts on my health</td>
<td>19.8</td>
<td>18.3</td>
</tr>
<tr>
<td>Less able obtain</td>
<td>14.4</td>
<td>13.9</td>
</tr>
<tr>
<td>Loss of income / less money to buy drugs</td>
<td>7.6</td>
<td>8.9</td>
</tr>
<tr>
<td>To save money owing to future financial uncertainty</td>
<td>9.0</td>
<td>7.8</td>
</tr>
<tr>
<td>Less supply to buy</td>
<td>14.2</td>
<td>6.7</td>
</tr>
<tr>
<td>Have consumed more alcohol instead</td>
<td>4.2</td>
<td>6.0</td>
</tr>
<tr>
<td>Used other drugs instead</td>
<td>0.4</td>
<td>1.1</td>
</tr>
</tbody>
</table>
Of the 33.3% who used **more marijuana** in 2020 and of the 33.4% in 2021, the reasons for your increased use were (%):

<table>
<thead>
<tr>
<th>Reason</th>
<th>2020</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety, stress, and depression caused by COVID-19</td>
<td>59.7</td>
<td>64.0</td>
</tr>
<tr>
<td>I had time to to do it</td>
<td>21.5</td>
<td>14.2</td>
</tr>
<tr>
<td>Boredom</td>
<td>10.3</td>
<td>9.1</td>
</tr>
<tr>
<td>More available to buy</td>
<td>1.2</td>
<td>2.1</td>
</tr>
<tr>
<td>I have stockpiled drugs</td>
<td>1.2</td>
<td>1.0</td>
</tr>
<tr>
<td>I have more money to buy drugs</td>
<td>1.0</td>
<td>1.8</td>
</tr>
<tr>
<td>More able to obtain drugs</td>
<td>1.0</td>
<td>2.6</td>
</tr>
</tbody>
</table>
Has your use of **over-the-counter medications** changed as a result of the COVID-19 restrictions, compared to pre-COVID-19? (%)

- **Have used MORE**
  - 2020: 45.0%
  - 2021: 53.8%

- **Have used the SAME amount**
  - 2020: 28.8%
  - 2021: 26.8%

- **Have used LESS**
  - 2020: 20.6%
  - 2021: 10.9%

- **Don’t know**
  - 2020: 5.6%
  - 2021: 8.5%

**OVER THE COUNTER medications, such as Clonazepam, Tramal, etc.**
Of the 53.8% who used more over-the-counter medications in 2021, the reasons for your increased use are (%):

- Anxiety, stress, depression created by COVID-19: 85.7%
- I have stockpiled them: 1.6%
- I have time to do it: 1.2%
- I am more able to by them: 1.1%
- Greater availability: 0.9%
- Boredom: 0.4%
- I have more money to buy them with: 0.2%

**Question not included in the 2020 study.**
Of the 10.9% who used **less over-the-counter medications** in 2021, the reasons for your decreased use are (%):

- **32.0%** I am worried about the impacts on my health
- **11.5%** Harder to obtain
- **10.4%** Loss of income / less money to buy them with
- **7.6%** Less available to buy
- **6.1%** To save money owing to future financial uncertainty
- **4.3%** Used other drugs instead
- **4.3%** Consumed more alcohol instead

**Question not included in the 2020 study.**
Has your use of **cocaine** changed as a result of the COVID-19 restrictions, compared to pre-COVID-19? (%)

- **Have consumed LESS**
  - 2020: 49.2%
  - 2021: 36.7%

- **Have consumed MORE**
  - 2020: 29.9%
  - 2021: 36.5%

- **Have consumed the SAME amount**
  - 2020: 16.9%
  - 2021: 21.1%

- **Don’t know**
  - 2020: 4.0%
  - 2021: 5.7%
Has your use of **LSD/Ecstasy** changed as a result of the COVID-19 restrictions compared to pre-COVID-19? (%)

**2020** | **2021**
--- | ---
Have consumed LESS | 50.5 | 34.7
Have consumed MORE | 22.7 | 29.6
Have consumed the SAME amount | 20.0 | 25.4
Don’t know | 6.8 | 10.3

**LSD/Ecstasy (or other synthetic drug)**
DEMAND FOR DRUG USE TREATMENT

Has there been any change in your intent to seek any type of help or treatment to decrease or stop using drugs since the COVID 19 measures were introduced? (%)

<table>
<thead>
<tr>
<th></th>
<th>Greater</th>
<th>Less</th>
<th>No change or have not sought</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>9.9</td>
<td>5.5</td>
<td>84.6</td>
</tr>
<tr>
<td>2021</td>
<td>8.0</td>
<td>3.5</td>
<td>88.5</td>
</tr>
</tbody>
</table>

2020 vs 2021
ACCESS TO DRUGS

Have you obtained/attempted to obtain drugs since the COVID-19 outbreak? (%)

Of the 38.3% who have tried to buy in 2021, I have bought ... (%)
Since the start of the pandemic, of the 41.4% who tried to buy drugs in 2020 and the 38.3% in 2021 (%):
Of the 36.3% who said they had changed how they bought drugs in 2020, and the 32.2% in 2021, %:

- Obtained drugs over the Internet more often than pre-COVID-19: 12.3% (2020), 18.7% (2021)
- Obtained drugs from a different trafficker: 25.6% (2020), 17.8% (2021)
- Bought drugs less often: 12.3% (2020), 14.5% (2021)
- Just once, bought larger amounts of drugs: 19.0% (2020), 14.2% (2021)
- Bought drugs more often: 10.0% (2020), 12.7% (2021)
- Bought different drugs*: 2.7% (2021)

*Category not included in the 2020 study.
II. Changes and improvements in the institutions available
Prevention and Promotion | Times of pandemic

- In June 2020, President of the Republic Sebastián Piñera announces the Saludable-mente [Healthy Mind] program

- Comprehensive well-being plan to strengthen the country’s supply of public and private mental health care by means of a digital consultation and support system, and that provides recommendations in this area.

- Has a web platform with the existing supply of support for emotional well-being that can be accessed from home and free consultations scheduled with psychologists and psychiatrists.

https://www.gob.cl/saludablemente/

https://youtu.be/ti6FwCfT-dM
Focus on care | Times of pandemic

✓ All SENDA treatment and rehabilitation centers countrywide continued to operate without interruption

✓ Ongoing support for and operation of centers and support for their users

✓ Telematic (distance) and in-home care
Focus on care 2020 | Care in 2020

Persons with Problematic Substance Use (aged 12 - 64) according to National General Population Survey (ENPG) 2018

649,160

- Persons with Problematic Substance Use (aged 12 - 17) according to ENPG 2018
  - 17,183
    - Persons who received treatment 2020
      - 9,273
        - Received treatment in SENDA treatment programs according to SISTRAT 2020
          - 2,900
        - Received treatment in SENAME drug use programs 2020
          - 563
    - Received treatment according to Health Statistics Department, Ministry of Health (MINSAL) 2020
      - 5,810

- Persons (aged 18 - 64) who manifest treatment needs according to ENPG 2018
  - 109,502
    - Received treatment according to Health Statistics Department, Ministry of Health (MINSAL) 2020
      - 29,204

Persons with Problematic Substance Use (aged 18 - 64) according to ENPG 2018

631,977

- Received treatment in SENDA treatment programs according to SISTRAT 2020
  - 16,757
- Received treatment according to Health Statistics Department, Ministry of Health (MINSAL) 2020
  - 12,447
Focus on care | Times of pandemic

Adaptation of the mechanisms for delivering program supply:

Adaptación de todos los programas acorde al contexto sanitario y de salud del país.

Se reforzó la modalidad de cursos online en materia de prevención para quienes colaboran y participan de los diferentes programas del Área de Prevención y Promoción.
Focus on care | Times of pandemic

Adaptation of the mechanisms for delivering program supply:

Publicación de 12 guías de parentalidad llamadas “Prevenir en Cuarentena y en familia”, cuyo objetivo es brindar orientaciones prácticas para el fortalecimiento de factores protectores que permitan realizar interacciones positivos y vínculos protectores.
Focus on care | Times of pandemic

Adaptation of the mechanisms for delivering program supply:

- Development of the “En Familia Sanamente” [in family sanely] campaign.

- In the framework of the Work with Quality of Life program, the “Ten commandments of workplace prevention” were developed.