



The Puerto Rico Chamber of Commerce
and its Health Committee present the



PUERTO RICO
Health & Insurance
CONFERENCE 2021

**Mental Health Challenges
in Puerto Rico:**

Beyond the Opioids Crisis

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First Hospital Panamericano Inc.



#CamaraEnAccion

Addressing Problematic Opioid Use: Chronic Disease

Challenges:

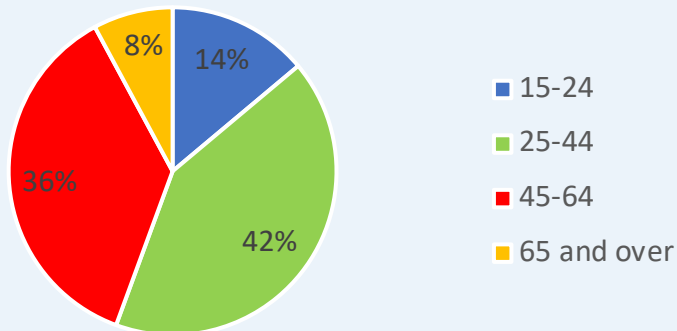
- Total US societal costs of prescription opioid abuse were estimated at \$55.7 billion in 2020. Workplace costs accounted for \$25.6 billion (46%), health care costs accounted for \$25.0 billion (45%), and criminal justice costs accounted for \$5.1 billion (9%).
 - Of the 2,500 to 3,000 deaths that referred annually to the Forensic Toxicology Laboratory, **69%** are related to drug use.
 - Deaths referred for chemical analysis in 2020, the **ICF** found that **41%** were related to **opiates**, 39% to cocaine and 11% to cannabinoids. (*Opioids include morphine, codeine, heroin, fentanyl, and their derivatives, such as oxycodone, buprenorphine, methadone, tramadol, and Demerol*)
 - **Since 2017, the Panamericano Behavioral Health System has experienced yearly increment of 38% in patients with a diagnosis of substance use.**
- **ACCESSIBILITY:**
 - **Stigma** related to Behavioral Health
 - **Intrinsic motivation**, and preparedness to change behavior
 - **The lack of data** that allow to see the magnitude of the problem.
 - **LEGAL:**
 - **Judicial Approach:** The justice system is the single largest source of referral to substance use disorder treatment. Individuals suffering from **Opioid Use Disorder (OUD)** are 13 times more likely to be involved in the criminal justice system, with many having cooccurring mental health issues. *
 - **HEALTH CARE:**
 - **Behavioral Health Providers:** more complex health care needs.
 - **Health Insurers/ Payors** : the lack of parity in paying for, and treating, **OUD** compared to other chronic diseases.
 - **Level of Care:** Lack of transitional care/ Senate 907 Resolution / Increased risk of deaths due to Loss of tolerance after inpatient opiate detoxification and relapse.



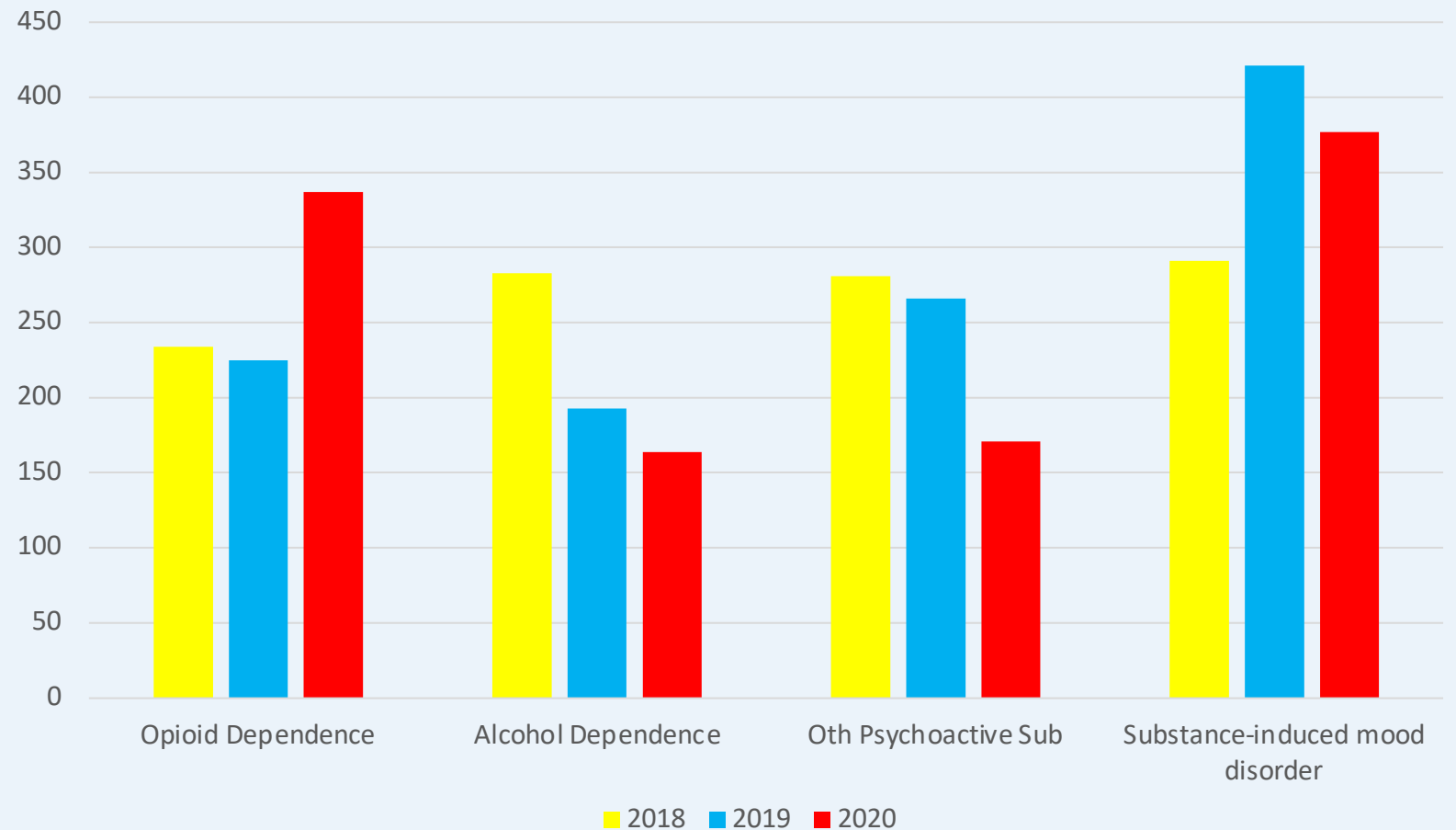
Sources Used to Obtain Opioids



OUD Age Distribution



Substance Use Related FHP Admissions by Year





Addressing Problematic Opioid Use:

Ways to Prevent:

- **ACCESSIBILITY:**
 - **Senate Bill 71:** Proposes creating the Puerto Rico Opioid Overdose Death Prevention Act and that would facilitate access to **naloxone** and implement a prevention and statistics program.
 - **Cross-disciplinary collaboration:** Bring together stakeholders to form partnerships and multidisciplinary teams that can create **effective** educational initiatives.
- **LEGAL:**
 - **Mental Health Code of Puerto Rico:** Section 4.11. – Compulsory Treatment
 - **Law to regulate the detection tests of controlled substances in the private labor sector:** Section 5.b.5
 - **ASSMCA :** Prescription Drug Monitoring Program – PDMP
- **HEALTH CARE:**
 - **Level of Care:** Extended continuing care monitoring program is essential to maintain the stability of patients diagnosed with substance use disorder thus preventing avoidable readmissions.
 - **Health Insurers / Payors :** Expand coverage, case management and care coordination services both to hospitals and MCOs



Workplace Mental Health:

- **Action steps employers can take include:**
 - Offer free clinical screenings for depression and other behavioral health conditions from a qualified mental health professional, followed by directed feedback and clinical referral when appropriate.
 - Make mental health self-assessment tools available to all employees.
 - Distribute materials, such as brochures, fliers, and videos, to all employees about the signs and symptoms of mental health conditions and opportunities for treatment
 - Host seminars or workshops that address depression and stress management techniques, like mindfulness, breathing exercises, and meditation, to help employees reduce anxiety and stress and improve focus and motivation.

Mental Health & Wellness IN THE WORKPLACE

Depression and anxiety is the leading cause of lost productivity, costing the global economy an estimated **\$1 Trillion Annually**

Depression is estimated to cause **200 Million** lost workdays each year

1 in 5
 individuals live with mental illness

1 in 3
 working-age individuals experiences a mental illness

Mental illness does not discriminate against whom it affects; every age, race, and gender can be diagnosed



Mental health disorders are the single most expensive category of health cost for many employers, across all industries and sizes

More workers are absent from work due to stress and anxiety than physical illness or injury



Education and early intervention promotes workplace wellness



THANK YOU!

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Temerosos tras sismo en Grecia

Un hombre sale de una caseta de campaña ayer, en un campo de fútbol, luego de que un terremoto sacudió la aldea de Damasi en el centro de Grecia. Temerosos de regresar a sus hogares, miles de personas en este país europeo pasaron la noche al aire libre. El fuerte sismo, que se sintió en toda la región, dejó viviendas y edificios públicos dañados.



“Es hermoso escribir porque reúne las dos alegrías: hablar uno solo y hablarle a la multitud”

CESARE PAVESE
POETA Y NOVELISTA ITALIANO

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