





La salud  
es de todos

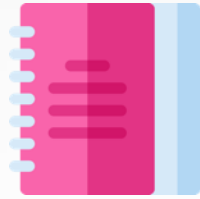
Minsalud



# Response to mental health care and comprehensive care for consumers during the pandemic caused by COVID-19



Ministerio de Salud y Protección Social  
November 2020



**Current situation:**

**COVID-19**

**COVID-19 Mental  
problems, mental  
disorders and use of  
psychoactive  
substances**

1.025.052

*lo* Confirmed

924.044

90,1 %

*la* Recovered

68.310

6,7 %

+Active

30.348

3,0 %

!.. Deaths

49.729

*6* At home

Bedding capacity

Occupied

2.283

Available

4.754

Intensive Care  
(ICU)

357

1.633

• Intermediate Care

2.267

17.885

Hospitalization

World  
Situation

43.653.480

*lo* Confirmed

1.161.740

!.. Deaths

189

*0* Countries



## PROBLEMAS



### Población de 7 a 11 años

**44,7%**

Presenta por lo menos un síntoma relacionado con la esfera mental



**19%** Lenguaje anormal

**12,4%** Asustarse o ponerse nervioso sin razón



### Población de 12 a 17 años

**12,2%**

Presenta problemas mentales



**24,6%** Asustarse con facilidad

**20,5%** Dolores de cabeza frecuentes



### Población de 18 años o más

**9,6-11,2%**

Tuvo síntomas sugestivos de problemas mentales



## TRASTORNOS



### Población de 7 a 11 años

**4,7%**

Han tenido cualquier trastorno mental en los últimos 12 meses



El Trastorno por Déficit de Atención e Hiperactividad (TDAH) de cualquier tipo fue el evento más prevalente, con 3%.



### Población de 12 a 17 años

**4,4%**

Han tenido cualquier trastorno mental en los últimos 12 meses



**3,4%** Fobia social

**3,5%** Trastorno de ansiedad



### Población de 18 años o más

**4%**

Han tenido cualquier trastorno mental en los últimos 12 meses



La depresión -de cualquier tipo- (1,9%) y la ansiedad -de cualquier tipo- (2,1%) fueron los eventos más prevalentes.



## SPA CONSUMPTION

### School population aged 12 to 18



**59,59%** in the last year  
Age of onset 13.1



**10,97%** in the last year  
Age of onset 13.98

Alcohol is still the most consumed substance, and among the illegal drugs the most used is marijuana.

### University population



**56,11%** In the last year



**20,70%** In the last year

In tranquilizer drugs, women exceed men's consumption: 2.2% and 1.4% respectively.

### General population aged 12 to 65



**58,78%** In the last year

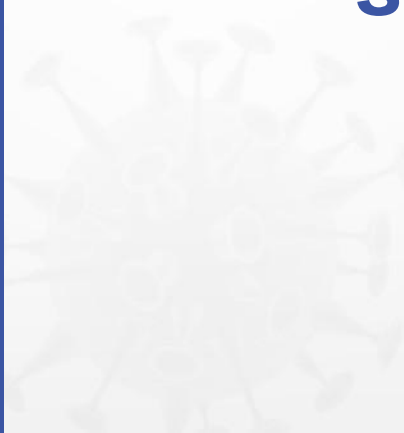


**3,60%** In the last year

Problematic use occurs most often in people in socio-economic strata 1, 2, and 3.



# Health response strategy



# Strategy Objectives

A large, semi-transparent illustration of a coronavirus particle is centered in the background. It features a spherical core with numerous spike proteins protruding from its surface. The particle is rendered in shades of light blue and grey, creating a subtle watermark effect behind the text.

**01**

Reduce the impact of  
COVID-19 mortality

**02**

Modulating the impact of the  
epidemic on health services

**03**

Modulating social and  
health impacts

# Mental health care strategy during the pandemic by COVID-19

## Mandatory preventive isolation strategy

- Mental health care bulletins with emphasis on prevention and care of consumption, and harm reduction
  - Guidelines for risk management by Covid-19 in SPA consumption services
  - Mental health teleorientation including people who use SPA with intoxication and dependence
  - Communication without mental health damage
  - Authorisation and transitional authorisation of SPA care services for consumers
- Cross-sectoral policy instrument - CONPES

## Flexible insulation with gradual de-escalation

- Implementation piloting of tele-health in mental health, including SPA treatment services
- Recommendations for Mental Health Care and Prevention of SPA Use
- Guidelines for mental health care in the public space and educational environment
- Expert Panel on Risk Communication, Decision Making and Caregiving Behaviors, including Prevention of ABP Use

## Responsible individual distancing

- Study "Relationship between Mental Health Risks and the Level of Resilience, in Colombian Adult Population, during the COVID-19 Pandemic", including the Evaluation of the Risk Associated with the Consumption of ABP with ASSIST
- Presentation of the National Award for "Best Practices in ABP Prevention in the Context of the Health Emergency by Covid-19" in Mental Health Week
- Characterisation and lineage of community-based devices

## Back to the new normal

- Collective and individual risk management for people with mental problems, mental disorders, psychoactive substance use and epilepsy
- Intersectoral actions for the prevention of ABP consumption
- Media campaign for mental health care and prevention of SPA use
- Characterization of treatment centres and therapeutic communities

Septiembre 2020

▶ Overpass of contagion peak ▶

▶ Controlled Mortality ▶

2

3

4

# Protocols, Guidelines and Capacity Development



## ▶ **63 protocols**

- **Of biosecurity** to change the way we relate and protect the lives of Colombians.

## ▶ **12 Guidelines**

- **Of biosafety** to protect 7 vulnerable populations (elderly, homeless, migrant, ethnic, people with disabilities and victims of armed conflict).

## ▶ **42 Guidelines**

- **Technicians** who guide the work of the different actors.

## ▶ **72 scenarios**

- **With territorial** participation for the promotion of mental health and prevention of the consumption of SPA.





# Challenges for return to the new normal

# Challenges

Comply with the expectations of the citizen regarding mental health and psychoactive substance use services.

Promote primary care in mental health and SPA, deconcentrating the offer to take it to rural areas.

Bring mental health to all sectors, understanding that investment generates a greater return on social capital.

Manage effective social inclusion, reducing stigma and self-stigma, of people who consume SPA.

Increase the age of initiation of psychoactive substance use.



La salud  
es de todos

Minsalud

**¡Thanks!**