



ICD
Instituto Costarricense
sobre Drogas

**GOBIERNO
DE COSTA RICA**

COSTA RICAN DRUGS INSTITUTE

PREVENTIVE PROJECTS UNIT

2025



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LEGAL NATURE OF THE ICD LAW 8204

Art. 99



The Costa Rican Drugs Institute shall be in charge of coordinating, designing, and implementing policies, plans, and strategies for preventing drug use and for treating, rehabilitating, and reintegrating drug addicts into society, together with policies, plans, and strategies to combat illicit drug trafficking and related activities, money laundering, and the financing of terrorism.

The Institute, as the body responsible for designing and coordinating the execution of policies to address the drug phenomenon, money laundering, and terrorism financing, shall coordinate with the agencies that carry out related programs and projects in those areas.



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Art. 100



The Costa Rican Drugs Institute shall design the National Plan on Drugs, Money Laundering, and Terrorism Financing, and it shall coordinate policies for the prevention of drug use and for the treatment, rehabilitation, and reintegration of drug addicts, as well as for preventing the crimes of use, possession, sale, and illicit trafficking of drugs, narcotics, psychotropic substances, inhalants, drugs and medicines that can produce physical or psychological dependence, and precursor chemicals and controlled substances, in keeping with the international conventions signed and ratified by Costa Rica and in accordance with any other legal instrument enacted on this matter and those included on the official lists regularly published in the Official Gazette.

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MISSION

It is the agency responsible for coordinating, designing, implementing, and supervising policies, plans, and strategies targeting demand reduction and supply control, money laundering, the financing of terrorism, related activities, and other serious crimes, in coordination with the competent national and international authorities; it also provides substantive and logistical support for the efforts of national and international institutions responsible for dealing with all manifestations of the drug phenomenon, along with other crimes; all in pursuit of the sustainable human development of Costa Rican society.



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VISION

Leading institution at the national level, internationally recognized for its specialized political, administrative, technical, and managerial capabilities in drug demand reduction and supply control and in the prevention and prosecution of money laundering, terrorism financing, related activities, and other crimes, characterized by its sensitivity and assertive responses.



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PREVENTIVE PROJECTS UNIT



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Art. 115



The Preventive Projects Unit shall be responsible for coordinating, with the IAFA, the implementation of public and private entities' programs aimed at promoting education about and the prevention of illicit drug trafficking and the related crimes covered by this law. The Unit shall also propose measures for the effective enforcement of the preventive plans set out the National Drugs Plan; and its technical and administrative structure shall be established by regulations.



The functions of the Preventive Projects Unit, regardless of any others that may be established in the future, shall be as follows:

a. Formulating recommendations on education and prevention of the use, possession, sale, and licit and illicit trafficking of the drugs identified in this law, for inclusion in the National Drug Plan, based on the programs proposed by public and private entities.

b. Pursuing technical cooperation with the official agencies that conduct campaigns for preventing the use, possession, sale, and licit and illicit trafficking of the drugs identified in this law, and proposing recommendations to them.

c. Supporting the work of state and private entities involved in education, prevention, and scientific research related to drugs that cause dependence.

d. Such other functions as may be deemed necessary in the future to fulfill the institution's purposes.

Art. 116



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“The impact of drug use on mental health”



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Costa Rica's National Mental Health Policy provides a comprehensive framework that addresses the various factors that impact the mental health of the population. Recognizing mental health as an essential component of general well-being, the policy's objective is to improve the population's mental health conditions by promoting and strengthening protective factors, prevention, care, and social inclusion, in order to reduce the incidence and prevalence of mental health conditions and their associated risk factors, in the territory of Costa Rica, by the year 2034.



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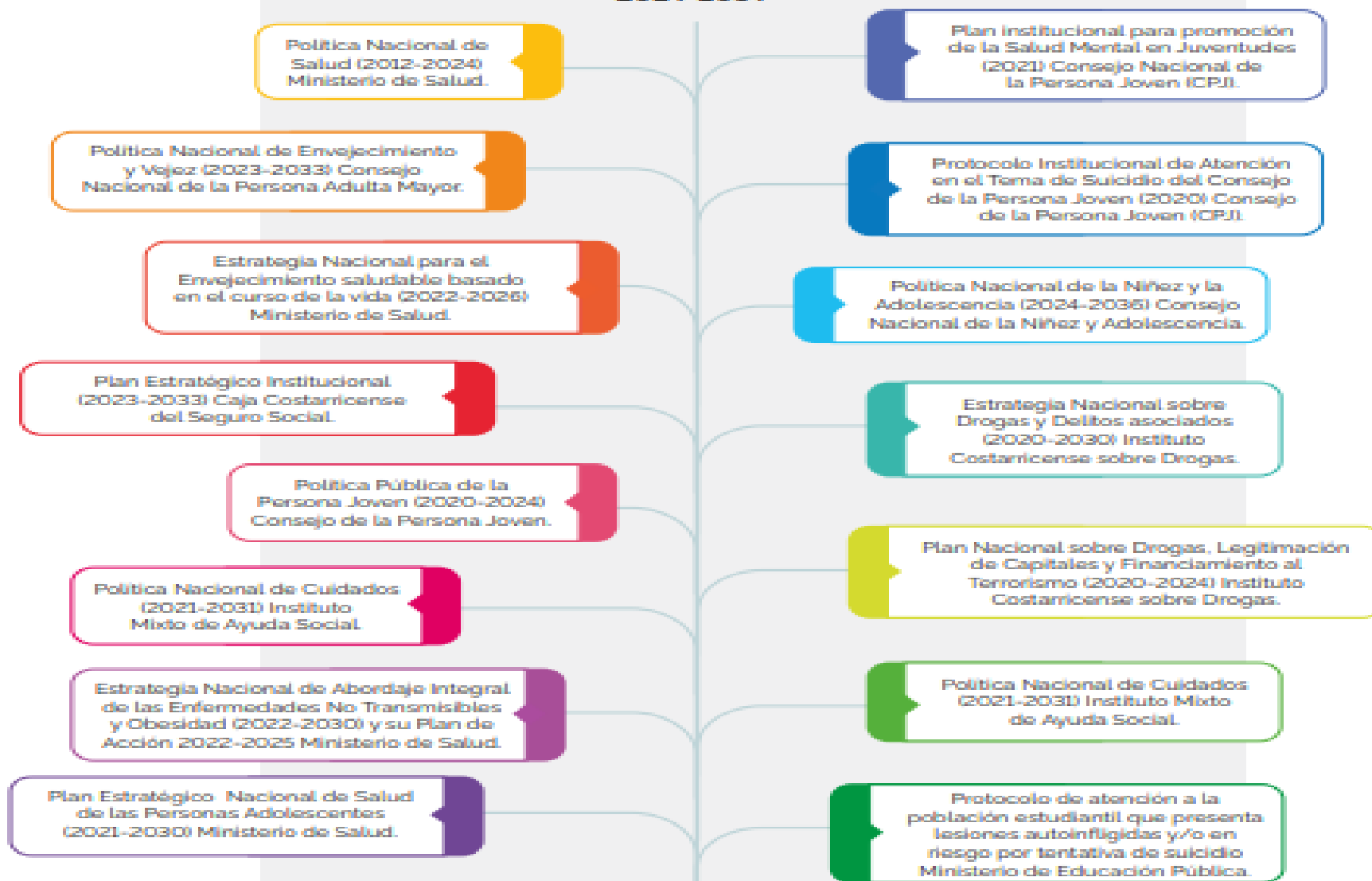
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GENERAL OBJECTIVE OF THE POLICY

To improve the population's mental health conditions by promoting and strengthening protective factors, prevention, care, and social inclusion, in order to reduce the incidence and prevalence of mental health conditions and their associated risk factors in Costa Rica by the year 2034.



**Política Nacional
de Salud Mental
2024-2034**





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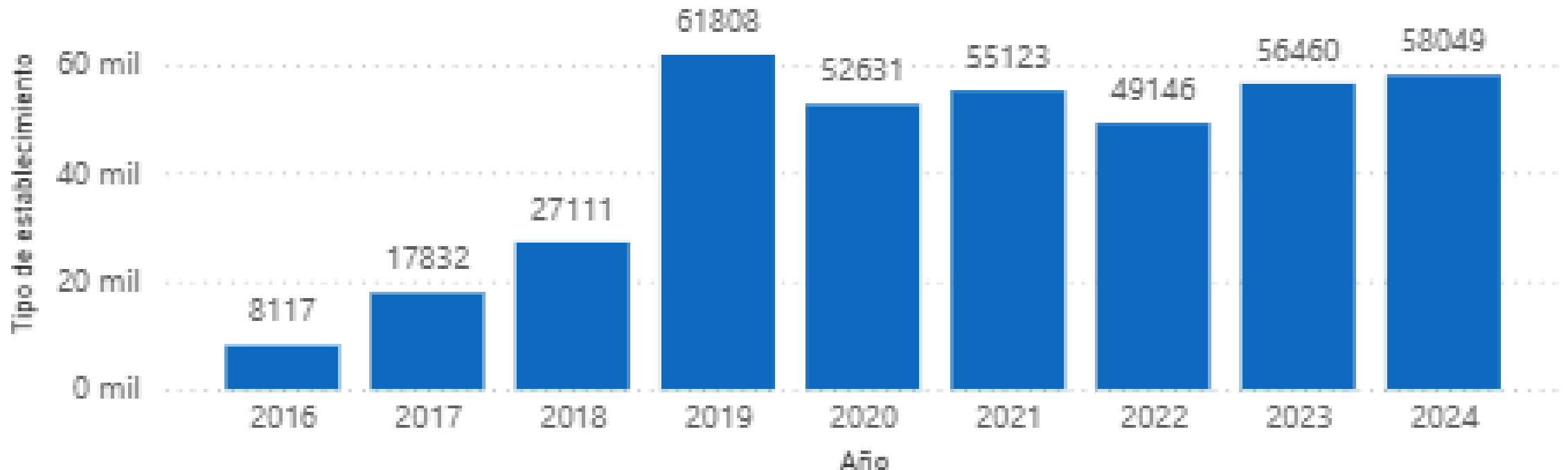
STATISTICS

According to the Alcoholism and Drug Dependence Institute (IAFA), the 7th National Household Survey on the Use of Psychoactive Substances, conducted in 2022, found that 18 out of every 100 people reported using tranquilizers, stimulants, or opioids without a medical prescription.

In that same study, 54 out of every 100 people among the population aged 12 to 70 years reported symptoms of depression and 53 out of every 100 reported symptoms of anxiety.

“The impact of drug use on mental health”

CCSS: Personas atendidas con diagnósticos de Trastornos Mentales y del Comportamiento debidos al uso de Sustancias Psicoactivas (F10-F19), según año.
2016-2024





Drug use can precipitate or aggravate disorders such as depression, anxiety, mood disorders, and psychosis, depending on the substance, the pattern of consumption, and the person's individual conditions.

In the current context, many people tend to self-medicate and consume substances to combat stress, insomnia, anxiety, and other complaints.

Dual pathologies.



- The relationship between problematic psychoactive substance use and mental health is bidirectional.
- Many people use substances to self-medicate for anxiety, depression, and other complaints.
- Substance use causes mental disorders.
- It aggravates pre-existing conditions.
- It decreases the effectiveness of other treatments.



RISK FACTORS

Early age at first use increases the risk of developing problem use
and of impacts on mental health

Violence, poverty, dysfunctional environments

Barriers to accessing mental health services and programs

Stigma and absence of support

Limited provision of services



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PROTECTIVE FACTORS

Family and social support networks

Education and prevention at school

Accessible and non-stigmatizing services



There is a strong relationship between drug use and mental health, and it involves multiple factors with an impact on the individual's emotional, psychological, and social well-being.



The problem is complex but can be addressed.

Prevention and integrated treatment are key.

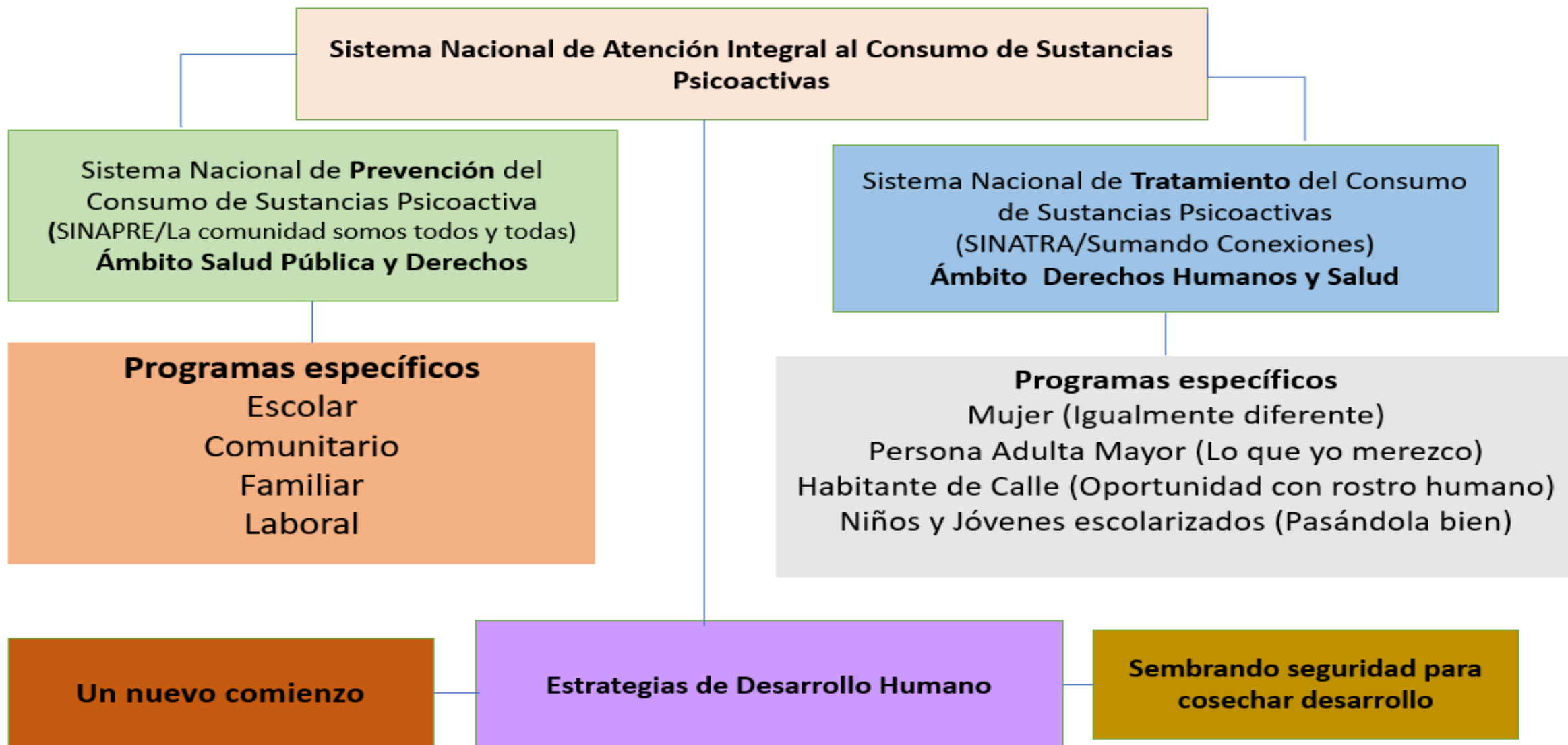
It requires the commitment of the state and the community.



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La comunidad somos todos ("The Community Is All of Us")

National System for the Prevention of Psychoactive Substance Use (SINAPRE), which responds to the needs of each of the priority population groups.



Pasándola Bien

(“Having a Good Time”)

Strengthen specialized care for at-school children who use psychoactive substances, in order to address the situation and prevent consumption-associated risks, within a framework of respect for their rights.



Instrucción de Trabajo para la fortalecer la oferta especializada dirigida a personas menores de edad, insertas en el sistema educativo nacional que presentan conductas de riesgo asociadas al consumo de sustancias psicoactivas.

*Código
Versión 01*

*Plan Nacional sobre Drogas
Pilar: Drogas y Derechos Humanos
Mesa Técnica: Pasándola Bien*

2022

Sumando Conexiones ("Adding Connections")

Build better coordination
between governmental and
non-governmental
stakeholders, for
comprehensive and timely
attention at the national
level.



Plan Nacional Sobre Drogas

Normativa relacionada con el Sistema Nacional de Tratamiento (SINATRA) y Ofertas de Servicios para las personas con trastornos asociados al consumo de sustancias psicoactivas

MESA TÉCNICA SUMANDO CONEXIONES

Creación 2022
Actualización 2024



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Plan Nacional Sobre Drogas

Protocolo de Coordinación Interinstitucional
para la articulación de acciones del Sistema
Nacional de Tratamiento (SINATRA)

MESA TÉCNICA SUMANDO CONEXIONES

2023 - 2024



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IAFA



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Oportunidad con Rostro Humano

(“Opportunity with a Human Face”)

Strengthen initiatives for providing homeless people with comprehensive attention to improve their quality of life.

Actualización del Modelo de Prevención de Riesgos y Reducción de Daños

Plan Nacional sobre Drogas, Legitimación de Capitales y Financiamiento al Terrorismo
2020-2024



PILAR: DROGAS Y DERECHOS HUMANOS
MESA TÉCNICA: OPORTUNIDADES CON ROSTRO HUMANO



INSTITUTO
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INSTITUTO MIXTO
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MINISTERIO
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IAFA



Lo que yo merezco ("What I Deserve")

Guidelines for attending to older
persons who use psychoactive
substances.



UNIVERSIDAD DE
COSTA RICA



Asociación Vida Digna
para Personas Adultas Mayores
Turroes, Curridabat



MINISTERIO
DE SALUD

GOBIERNO
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IAFA



INSTITUTO MIXTO
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MINISTERIO DE
LA PRESIDENCIA

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CONAPAM

Igualmente Diferentes

(“Equally Different”)

Guidelines for comprehensive and inclusive attention for adult women who use psychoactive substances, to ensure access to services and compliance with the principle of gender equality.

Lineamientos generales para la atención de mujeres con trastorno por consumo de sustancias psicoactivas

Plan Nacional sobre Drogas, Legitimación de Capitales y Financiamiento al Terrorismo
2020-2024



PILAR: DROGAS Y DERECHOS HUMANOS
MESA TÉCNICA: “IGUALMENTE DIFERENTES”
2022-2023



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Un nuevo comienzo

(“A New Beginning”)

Guidelines for the social and labor market insertion of people with problematic psychoactive substance use who are approaching their release dates.

de las personas con consumo problemático
de sustancias psicoactivas, egresadas o por
egresar de tratamientos residenciales o
ambulatorios

Plan Nacional sobre Drogas 2020-2024



PILAR: DESARROLLO HUMANO
MESA TÉCNICA: “UN NUEVO COMIENZO”
2023



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THANK YOU VERY MUCH