

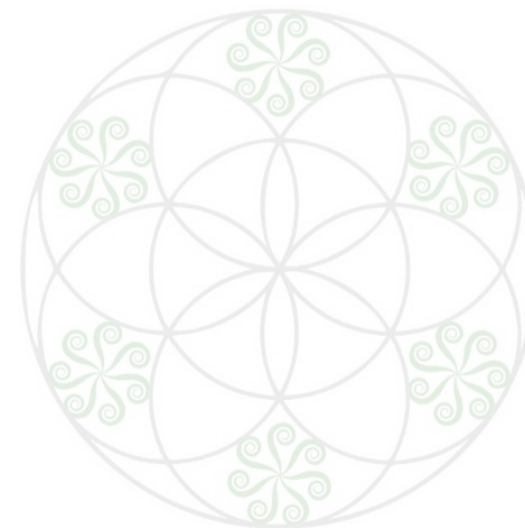
IMPACT REPORT 2025

Building A Well-Being and Belonging Infrastructure for Puerto Rico

PRAVAN FOUNDATION

PUERTO RICO'S MENTAL HEALTH REVOLUTION

If you are an Act 60 decree holder, your contribution to the Pravan Foundation counts toward your required charitable donation. We are a recognized 501(c)(3) Public Charity in the U.S. and a 1101.01(a) nonprofit in Puerto Rico, with CECFL certification anticipated by December 2025.



2025

THE INVITATION

BE A BUILDER

Not a benefactor. Not a check-writer.

You're being invited to be part of the team building Puerto Rico's mental health revolution—an integrated healing ecosystem that proves a completely different model is possible.

Someone who can say “I was there when we proved the system could change.”



THE PROBLEM

It's Not Working

The mental health system is broken for patients, practitioners, and Puerto Rico.

6 MONTHS

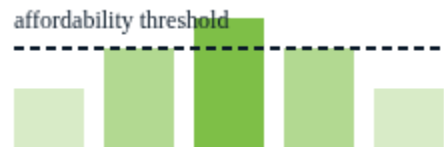
Average waitlist for psychiatric care



Patients who need help **today** must wait until their conditions **worsen**

\$150-300

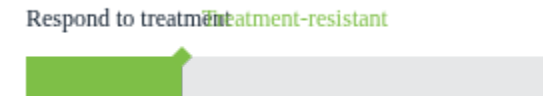
Per therapy session



Mental health care has become a **luxury good**, inaccessible to many

30%

Treatment-resistant depression



No alternatives offered in current system for **1 in 3 patients**

Patients and Practitioners

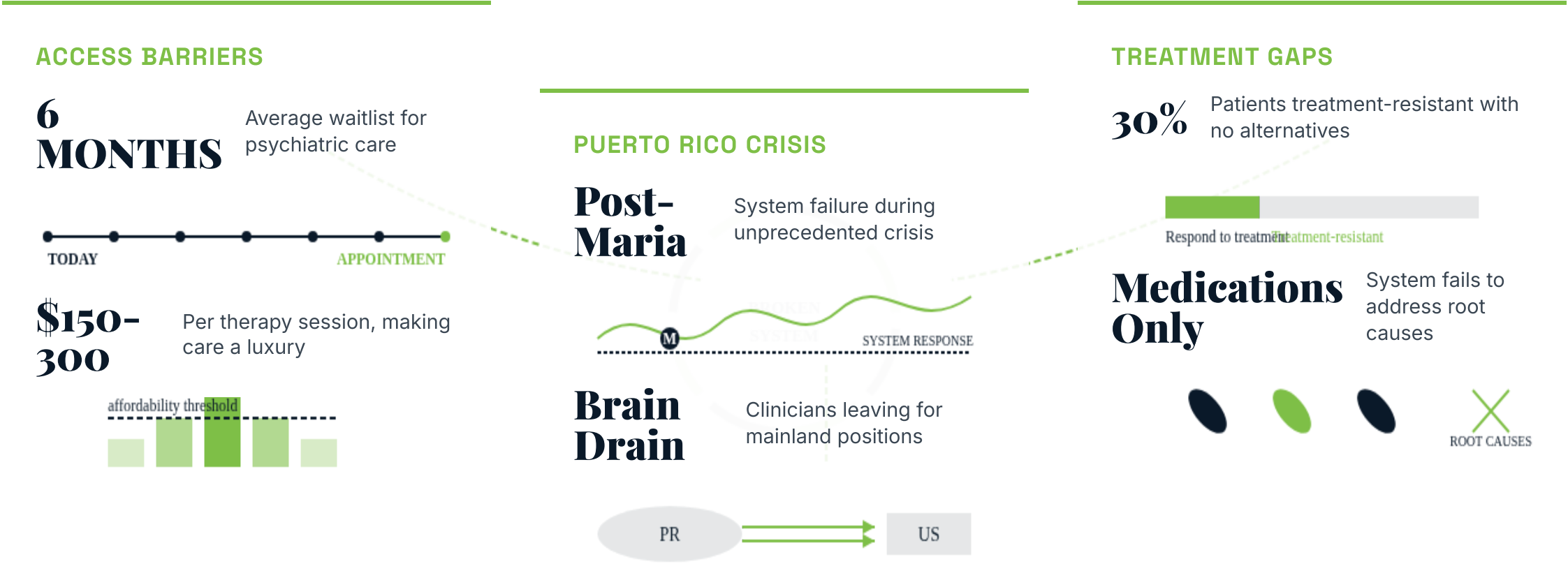
For Patients

- **6-month waitlists** for psychiatric care, if you can afford it at all
- **30% treatment-resistant** to standard antidepressants with few alternatives offered
- Therapy costs **\$150-300 per session**, making mental health care a luxury good
- **Stigma** keeps people suffering in silence even when they need help
- Treatment manages **symptoms only**, never addressing root causes

For Practitioners

- **Limited to pharmaceutical interventions** even when they don't work
- **No access** to psychedelic-assisted therapy and emerging treatments
- **Minimal continuing education** on integrative approaches
- **Insufficient support infrastructure** for complex cases
- **Burnout rates over 50%** in mental health professions

THE PROBLEM: A System in Crisis



The Problem: Puerto Rico's Reality

- **Hurricane Maria exposed systemic failure** — The unprecedented mental health crisis following the hurricane proved the system couldn't respond adequately to community needs.
- **Opioid epidemic met with criminalization** — Instead of treatment-first approaches, Puerto Rico's response has prioritized punishment over healing.
- **Rising suicide rates**, particularly among youth — Mental health indicators continue to worsen, with young people especially vulnerable.
- **Mainland models imposed without adaptation** — One-size-fits-all approaches ignore Puerto Rico's unique cultural context and community needs.
- **Federal rules block local innovation** — Timelines and regulations prevent Puerto Rico from developing solutions tailored to island realities.
- **"Brain drain" of trained clinicians** — Mental health professionals leave for higher-paying mainland positions, further depleting local capacity.

SYSTEM FLAWS



01

Pharmaceuticalization

Medicate symptoms, manage forever—never heal root causes.



04

Stigma & Shame

Silence and chains that prevent people from seeking help.



02

Inaccessibility

Mental health care as a luxury good behind economic barriers.



05

Colonial Medicine

Mainland models imposed without cultural adaptation.



03

Symptom Management vs Root Causes

Treating symptoms while ignoring underlying trauma.

System Flaws We Will Fix

01

Pharmaceuticalization

Medicate symptoms, manage forever—no root healing. What about the 30% for whom medications don't work? What about addressing root causes instead of masking symptoms?

02

Inaccessibility

Mental health care has become a luxury good. If you can afford a psychiatrist, wait 6 months. If you can't, good luck. Healing shouldn't require wealth.

03

Symptom Management vs Root Causes

Treat the depression, ignore the trauma. The system asks "what's wrong with you?" when we should be asking "what happened to you?"

04

Stigma & Shame Culture

We're told mental health matters, then shamed for seeking help. The system medicalized mental health, then made medicine inaccessible.

05

Colonial Medicine

Mainland solutions don't work for island reality. Puerto Rico has been waiting for permission from federal agencies, implementing models designed elsewhere.

An Integrated Healing Ecosystem

01

Research Validates What Works

Partnership with University of Puerto Rico generating Puerto Rico-specific evidence. Research on trauma, functional medicine, psychedelic therapy, and integrated approaches.

02

Training Creates Accessible Care

100 practitioners trained in evidence-based integrated approaches. Mental health professionals, primary care physicians, community health workers with certification.

03

Clinical Services Heal Root Causes

Trauma-informed psychotherapy, functional medicine, psychedelic-assisted therapy for treatment-resistant conditions, with sliding-scale access for 200+ patients annually.

04

Education Reduces Stigma

Suicide prevention education reaching 10,000+ annually, community mental health literacy programs, school-based interventions, family education with cultural adaptation.

05

Policy Enables Local Control

Frameworks for Puerto Rico to regulate psychedelic medicine independently, evidence-based policy recommendations, advocacy for expanded treatment options and local innovation.

06

Crisis Response Saves Lives

Mobile crisis teams with trained mental health professionals, suicide prevention, overdose prevention with naloxone distribution, and harm reduction approaches to addiction.

Pillars 1–3: Research, Training, Clinical

01 Research

- **UPR partnership** generating Puerto Rico-specific evidence on trauma, functional medicine, and psychedelic-assisted therapies
- **Community as knowledge producers**, not just research subjects, ensuring culturally relevant approaches
- **Publishing findings** that inform policy and practice across the hemisphere

02 Training

- **100 practitioners trained** in integrated, evidence-based approaches including psychedelic-assisted therapy
- **CE pathways** for mental health professionals, primary care physicians, and community health workers
- **Building workforce capacity** so care isn't just for the wealthy—expanding accessible treatment across the island

03 Clinical Services

- **Trauma-informed psychotherapy** addressing root experiences; **functional medicine** treating inflammation and metabolic dysfunction
- **Psychedelic-assisted therapy** for treatment-resistant conditions, with integrated care plans addressing body, mind, and community
- **Sliding-scale access** ensuring economic barriers don't prevent healing; **200+ patients** served annually with wraparound support

Pillars 4–6: Education, Policy, Crisis Response

Education

- 01 **Suicide-prevention education** reaching **10,000+ annually** through community outreach and school programs.
- 02 **Community mental health literacy** programs that break down stigma and increase help-seeking behaviors.
- 03 **School-based interventions**, family education, and support networks **culturally adapted** for Puerto Rico's context.

Policy

- 01 **Puerto Rico-specific regulation frameworks** for psychedelic medicine that respect cultural context.
- 02 **Evidence-based policy recommendations** and advocacy for **expanded treatment options**.
- 03 Creating pathways for **local control over mental health innovation** rather than waiting for federal timelines.

Crisis Response

- 01 **Mobile crisis teams** staffed by trained mental health professionals (**not police**) for immediate intervention.
- 02 **Suicide and overdose prevention** including naloxone distribution and harm reduction approaches to addiction.
- 03 **Rapid response protocols** for acute mental health crises to save lives when systems fail.

THE SOLUTION: An Integrated Ecosystem

Building culture change as the foundation for Puerto Rico's mental health revolution

01



Research

UPR partnership generating Puerto Rico-specific evidence on trauma, functional medicine, and psychedelic therapies.

02



Training

100 practitioners trained in integrated, evidence-based approaches to expand accessible mental health care.

03



Clinical Services

Trauma-informed therapy, functional medicine, and psychedelic-assisted treatment with sliding-scale access.

04



Education

05



Policy

06



Crisis Response

WE'RE BUILDING CULTURE

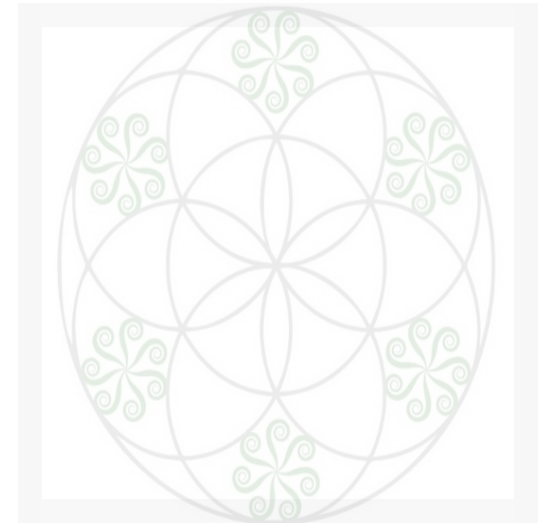
Not just service delivery.

Most mental health initiatives treat the work as service delivery. Pravan treats it as cultural intervention.

We're architecting new meanings around mental health, healing, and community power.

We're creating a culture where:

- Seeking mental health support is a sign of strength, not weakness.
- Communities control their own health infrastructure.
- Puerto Rico leads innovation for the hemisphere.
- Healing addresses root causes, not just symptoms.
- Evidence is generated locally, not just imported.



Leadership Team



David Melchor

Co-Founder & Executive Director

Visionary in Puerto Rico's integrative health movement, co-founded Pravan Health (2016). His personal experience with Parkinson's deepened his commitment to reshaping mental health on the island.

[Learn More →](#)



Dr. Tania Rivera

Co-Founder & Medical Director

Pioneering physician with expertise in integrative medicine. One of Puerto Rico's first physicians certified in Ketamine-Assisted Psychotherapy, bridging emerging therapies with trauma-informed care.

[Learn More →](#)



Dr. Paulina Rullán Farinacci

Psychiatry Resident, UPR

Emerging leader in psychedelic-assisted therapies. Certified in KAP and plays a central role in the clinical trial evaluating esketamine for treatment-resistant depression.

[Learn More →](#)

Leadership Team



Dr. Karen G. Martínez González

Chair, UPR Psychiatry; Principal Investigator

NIH-funded clinician-scientist and nationally recognized expert in anxiety disorders. Leads the Department of Psychiatry at UPR School of Medicine and directs the Center for the Study and Treatment of Fear and Anxiety. Principal Investigator for the Pravan-UPR clinical trial on esketamine.

[Learn More →](#)



Jean C. Vélez Rodríguez

Co-Founder & Executive Director, PRISMA

Pioneering epidemiologist specializing in psychedelic research and harm reduction in Puerto Rico. Co-founder of PRISMA (Psychedelic Research, Information & Safety in the Americas). Former U.S. Marine Corps Sergeant (2016-2022) with deep commitment to veterans' mental health treatment innovation.

[Learn More →](#)

Infrastructure: Clinical Operations + SAT TVA

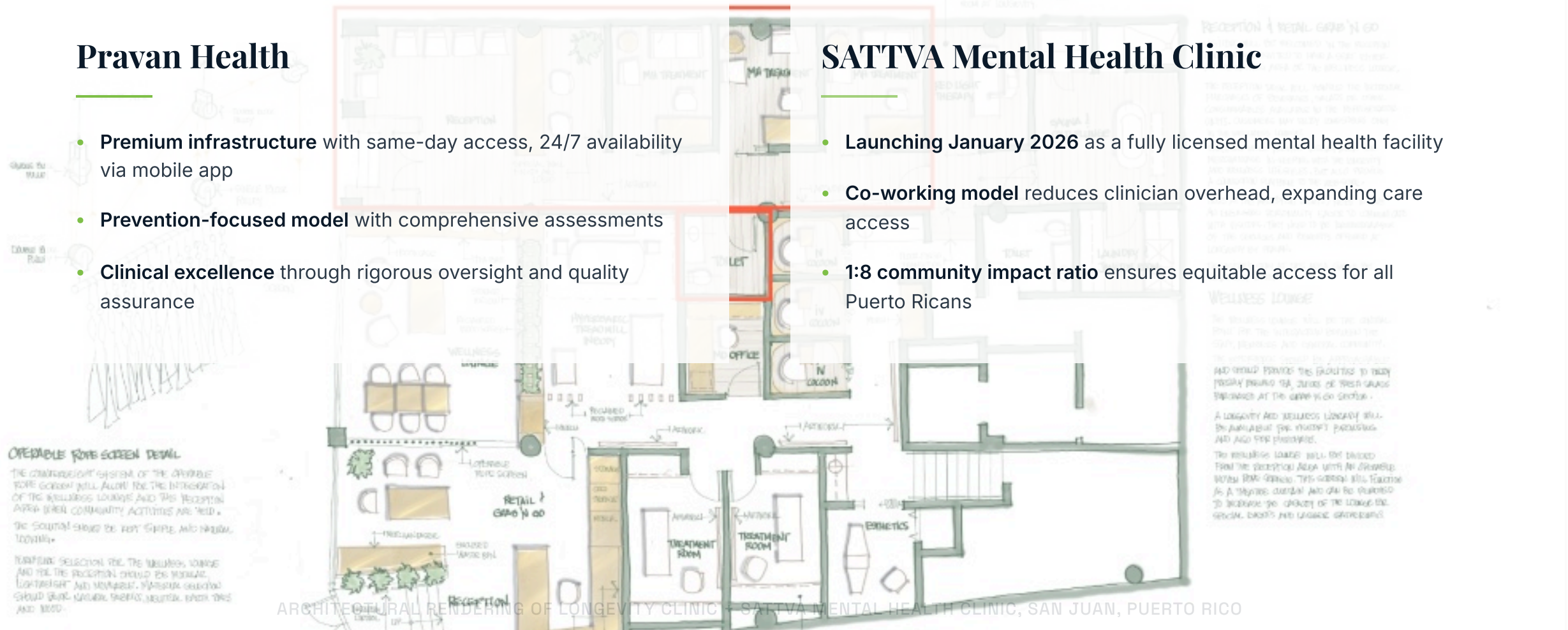
An integrated healing ecosystem powered by dual-institution infrastructure

Pravan Health

- **Premium infrastructure** with same-day access, 24/7 availability via mobile app
- **Prevention-focused model** with comprehensive assessments
- **Clinical excellence** through rigorous oversight and quality assurance

SATTVA Mental Health Clinic

- **Launching January 2026** as a fully licensed mental health facility
- **Co-working model** reduces clinician overhead, expanding care access
- **1:8 community impact ratio** ensures equitable access for all Puerto Ricans



Training & Research Engine

Intuitive Healing Program

- **2025 pilot cohort:** 25 clinicians trained in Vieques (Nov 21–24)
- **2026 scale:** 4 cohorts; +100 additional clinicians trained
- **CE pathway:** Accreditation for continuing education credits
- **Comprehensive curriculum:** Trauma-informed, culturally grounded
- **Cohort model:** Immersive retreat, simulations, supervision

UPR Research Partnership

- **Formal collaboration** with UPR Medical Sciences Campus
- **IRB-approved protocols** for clinical trials and studies
- **Esketamine trial** for treatment-resistant depression/PTSD
- **Scientific expertise** from Drs. Martínez González and Rullán Farinacci
- **Publication pipeline** contributing to mental health literature

Track Record: Momentum You Can Trust

01

Patients & Community

Thousands reached through bilingual mental health education campaigns across Puerto Rico. Media presence on WIPR TV, WIPR 940AM, and MAR Educados "Neuro Educados" podcast expanding awareness and reducing stigma.

02

Training & Development

Intuitive Healing Program launched in collaboration with PRATI. First cohort of 25 mental health practitioners currently in training (Nov 21-24), creating capacity for expanded care.

03

Research Innovation

Two major research initiatives established: UPR Medical Sciences Campus clinical trial for ketamine-assisted therapy and participation in groundbreaking national ibogaine research for veterans with PTSD.

04

Policy Advancement

Significant contributions to national conversations on psychedelic policy reform for veterans, academic integration of emerging therapies, and regulatory science for Puerto Rico-specific frameworks.

05

Strategic Partnerships

Six major cross-sector alliances established, including UPR Medical Sciences, PRATI, WIPR media platforms, and the 2025 Psychedelic Summit network connecting over 200 researchers, clinicians, and cultural leaders.

Building Momentum



01

Puerto Rico's First Psychedelic Summit

200+ researchers, clinicians, and policymakers charting a new path for mental health. What was once a taboo subject is now a structured, evidence-driven discussion.

02

UPR Clinical Trial Launched

Dr. Paulina Rullán Farinacci leading ketamine-assisted therapy research for PTSD/treatment-resistant depression. Building research foundation to transform island care.

03

National Ibogaine Research

Joined national movement for Veterans with PTSD/substance-use disorders. Positioning Puerto Rico as leader in evidence-based psychedelic policy reform.

04

Mental Health Awareness Campaign

Comprehensive education reaching thousands via radio interviews, expert blogs, bilingual social media. Destigmatizing mental health conversations across Puerto Rico.

05

Intuitive Healing Program

Collaboration with PRATI training 25 new local mental health practitioners. Building workforce for next-generation therapies.

Mental Health Awareness Campaign



One of the first initiatives we launched was our mental health awareness campaign on social media. What moved us most were the countless messages we received from people across Puerto Rico — sharing their struggles, their pain, and their stories. They told us how much this work matters. Their voices, their courage, their trust... that is our 'why.' They are the reason we do this.

— David Melchor, Co-Founder & Executive Director

MITOS vs REALIDADES DE LA SALUD MENTAL

- La terapia es para los que no pueden resolver sus problemas → La terapia es autocuidado y valentía
- Los problemas de salud mental son permanentes → Muchas personas se recuperan con el tratamiento adecuado
- Hablar de salud mental empeora las cosas → Hablar crea conciencia y rompe estigmas
- Si tienes una buena vida, no puedes tener problemas mentales → Factores biológicos también influyen en la salud mental

Mitos vs Realidades

¿SABÍAS ESTO SOBRE LA SALUD MENTAL EN PUERTO RICO?

18% de la población sufre ansiedad

1 de cada 4 personas en Puerto Rico enfrenta un problema de **SALUD MENTAL**

25% de los puertorriqueños vive con una condición de salud mental

36.5% de la población recibe algún tipo de ayuda Adecuada

Estadísticas de Salud Mental en Puerto Rico

LA CONEXIÓN ENTRE LA DIABETES Y LA DEPRESIÓN

Las personas con diabetes tienen entre 2 y 3 veces más probabilidades de desarrollar depresión que aquellas sin diabetes.

SENTIMIENTOS DE TRISTEZA O VACÍO

PROBLEMAS PARA CONCENTRARSE

IRRITABILIDAD O ANSIEDAD

DOLORES FÍSICOS Y PROBLEMAS DIGESTIVOS

CAMBIOS EN APETITO

PÉRDIDA DE INTERÉS

PENSAMIENTOS SUICIDAS

Fuente: cdc.gov

La Conexión Entre La Diabetes Y La Depresión

Why We'll Succeed

01

Not Starting From Zero

Operational programs, trusted relationships, and built infrastructure already in place. We've established clinical services, research partnerships, and community connections.

02

Built With Community

Puerto Rican-led and culturally grounded at every level. We're building with community, not for community, ensuring solutions reflect local needs and values.

03

Evidence-First Approach

Rigorous research partnerships, outcome tracking that proves impact, and willingness to adapt based on data. Not ideological—we follow what works.

04

Systems-Focused

Training creates lasting capacity, policy work enables long-term change, and culture-building ensures sustainability beyond individual programs.

05

The Right Team

Clinical expertise, community relationships, research capacity, policy advocacy experience, and cultural competency. We have the interdisciplinary team needed for systems change.



INVEST IN OUR WELL-BEING

This is not charity—this is systems change investment.

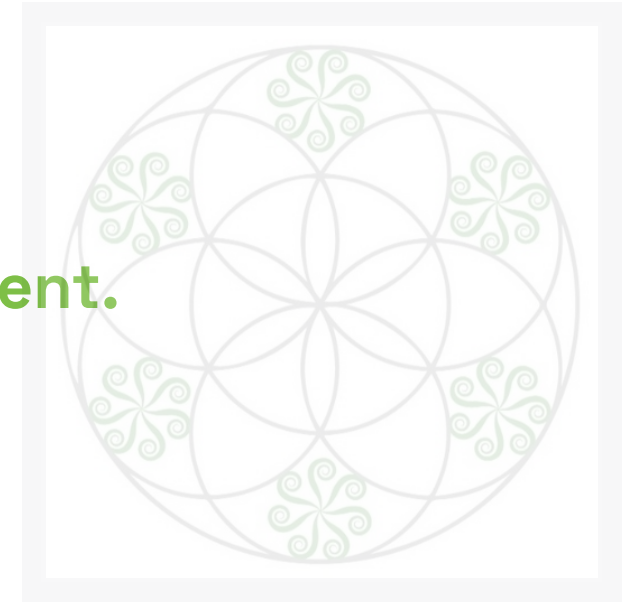
We're not asking you to fund another program within a broken system.

We're inviting you to invest in building the alternative infrastructure that makes the old system obsolete.

Your capital creates a replicable, island-led model for the hemisphere—a revolution in mental health that proves a completely different approach is possible.

Join as a Builder Partner. Fund core infrastructure. Co-create the new system.

- Strategic Briefing
- Site Visit
- Research/Training Sponsorships



Well-Being and Belonging Infrastructure

Part I: Clinical Operations

I. Clinical Operations: Pravan Health + SATTVA Mental Health Clinic

Pravan Foundation's clinical strategy is powered by a dual-institution model that blends Pravan Health's high-performing concierge medical infrastructure with SATTVA's accessible, community-centered mental health services. Together, they create a continuum of care that is patient-centered, evidence-based, and designed for real-world impact across Puerto Rico.

Licensed Mental Health Facility (SATTVA Clinic)

SATTVA, opening in January 2026, operates as a fully licensed mental health and wellness facility with a focus on psychotherapy, trauma care, depression and anxiety treatment, and next-generation therapeutic modalities including ketamine-assisted therapy through our research partnerships. The clinic is designed to expand access for the broader community through culturally aligned, bilingual services and flexible payment structures.

Integrated Care Protocols

- Standardized biopsychosocial assessments
- Trauma-informed care guidelines
- Referral pathways between Pravan Health and SATTVA clinicians
- Integration circles and aftercare models
- Collaborative care plans shared across teams

Sliding-Scale Fee Structure for Community Access

In contrast to Pravan Health's membership-based concierge model, SATTVA was designed to ensure access for individuals who have historically faced barriers to care, offering sliding-scale fees, reduced-cost psychotherapy sessions, financial assistance pathways, and free educational workshops.

A Unified Ecosystem for Whole-Person Care

Together, Pravan Health and SATTVA represent a new model for Puerto Rico: **private-sector innovation powering public good, clinical excellence supporting community access, integrative care grounded in compassion, science, and culture.** This is the foundation on which Pravan aims to build Puerto Rico's most accessible, integrated, and transformative mental health system.

Supervision & Quality Assurance Systems

- Structured clinical supervision for therapists
- Review and approval of treatment plans
- Weekly interdisciplinary case consultations
- Quality assurance audits aligned with best practices
- Continuous improvement frameworks

Patient Outcome Tracking & Data-Driven Care

- Symptom screening instruments (PHQ-9, GAD-7, PTSD assessments)
- Functional medicine and lifestyle medicine metrics
- Longitudinal tracking of depression and anxiety improvements
- Clinical dashboards to support real-time decision-making
- Integration with research data from UPR clinical trials

Well-Being and Belonging Infrastructure

PART II: SATTVA PILOT MODEL

II. SATTVA: A Pilot Model for an Accessible, Sustainable Mental Health Ecosystem

SATTVA Mental Health Clinic launches in 2026 as a first-of-its-kind pilot designed to test a new model for expanding mental health access in Puerto Rico. Built at the intersection of innovation, affordability, and community impact, SATTVA functions as a co-working space for mental health professionals.

Shared-Space Clinical Model

Mental health professionals in Puerto Rico face significant barriers: high overhead costs, limited space, and restrictive reimbursement structures.

- Four fully equipped treatment rooms shared among clinicians
- Co-working infrastructure reduces operating costs
- Access to facilities, support, and clinical oversight
- Flexible scheduling for room bookings
- Collaborative evidence-based environment

Community Impact Requirement

For every 8 hours of patient sessions held in SATTVA's treatment rooms, clinicians donate 1 hour to provide free or reduced-cost services to underserved community members.

If successful, SATTVA will establish community-centered mental health hubs across the archipelago. The model combines **shared clinical resources, community benefit commitments, integrated care pathways, and sustainable economics**, with a commitment to dignity, equity, and evidence-based care.

SATTVA proves that community care can be accessible, high-quality, financially viable, and scalable—all at once.

Replicable Model for Puerto Rico

SATTVA is designed as a living laboratory to test whether shared-space mental health models can be:

- Financially sustainable
- Scalable across municipalities
- Attractive to clinicians
- Effective in reducing wait times
- Alternative to traditional practice overhead
- Replicable in underserved regions

Vision: Community-Rooted Care Network

SATTVA represents Pravan Foundation's commitment to expanding access through innovation—a blueprint for rebuilding Puerto Rico's mental health infrastructure from the ground up.

Well-Being and Belonging Infrastructure

Part III: Training & Education

III. Scaling Puerto Rico's Next-Generation Mental Health Workforce

Pravan Foundation is building a long-term training pipeline to address Puerto Rico's urgent mental health workforce shortage. Through our Intuitive Healing program—developed with PRATI—we are preparing clinicians to deliver trauma-informed, integrative, and emerging therapies at scale.

Comprehensive Curriculum Rooted in Puerto Rico's Realities

Our curriculum blends clinical best practices, ethical frameworks, and culturally grounded content designed specifically for Puerto Rico's mental health context. Participants gain skills in preparation, facilitation, and integration work, positioning them to support next-generation therapies responsibly.

Faculty Partnerships & Multidisciplinary Instruction

Training is delivered by faculty from:

- PRATI's national training team
- Pravan Foundation's clinical leaders
- UPR Psychiatry faculty and researchers
- Guest experts in trauma, cultural medicine, and psychedelic therapies

Continuing Education (CE) Accreditation Pathway

Pravan Foundation is working toward CE accreditation for components of the program, ensuring clinicians not only build advanced competencies but also earn recognized professional credits that support long-term workforce growth.

Cohort-Based Learning Model

Each cohort participates in a developmental arc that includes:

- Immersive in-person retreat training
- Clinical simulations and case-based learning
- Integration circles and reflective practice
- Group learning and professional community-building
- Ongoing supervision and mentorship

Initial Cohort in 2025: 25 Clinicians Trained

The first Intuitive Healing cohort—25 mental health practitioners from across Puerto Rico—begins training in November 2025 at Finca Victoria in Vieques. These clinicians represent the first wave of practitioners equipped to support emerging therapies at SATTVA and future community clinics.

Expansion in 2026: Four Cohorts

By the end of 2026, Puerto Rico will have 125 trained clinicians—a critical milestone in reducing waitlists, improving care access, supporting clinical research expansion, and preparing SATTVA to serve as a hub for next-generation therapies.

The Funding Model: Systems Change Investment

Not Charity. Investment in Well-Being and Belonging Infrastructure.

Traditional mental health funding treats organizations as service providers delivering programs to beneficiaries. That model perpetuates the broken system.

Join us in building better at home.

2025–2026 Budget: \$950,000 Comprehensive Systems Change

LINE ITEM	AMOUNT	% OF TOTAL	
01 Psychedelic Summit	\$150,000	15.79%	<div><div></div></div>
02 SATTVA Clinic Sustainability Fund	\$250,000	26.32%	<div><div></div></div>
03 Clinical Services	\$100,000	10.53%	<div><div></div></div>
04 Practitioner Training	\$150,000	15.79%	<div><div></div></div>
05 Research & Evidence Generation	\$50,000	5.26%	<div><div></div></div>
06 Community Education & Stigma Reduction	\$50,000	5.26%	<div><div></div></div>
07 Crisis Response & Harm Reduction	\$100,000	10.53%	<div><div></div></div>
08 Policy & Advocacy	\$50,000	5.26%	<div><div></div></div>
09 Operations & Infrastructure	\$50,000	5.26%	<div><div></div></div>

Budget Details: Investment Breakdown

01 Psychedelic Summit

\$150,000 (15.79%)

- Annual convening of 200–300 clinicians, researchers
- Speaker honoraria and international faculty travel
- Venue, production, translation services

Impact: Positions Puerto Rico as regional leader in psychedelic science

02 SATTVA Clinic Sustainability Fund

\$250,000 (26.32%)

- Capital reserve for facility buildout and equipment
- Funding for clinic launch and stability
- Infrastructure for shared clinical space model

Impact: Ensures clinic stability and equitable access to care

03 Clinical Services

\$100,000 (10.53%)

- Therapist salaries and supervision
- Psychiatric consultation
- Sliding-scale subsidy fund

Impact: 200+ patients receiving integrated care annually

04 Practitioner Training

\$150,000 (15.79%)

- Training program development and delivery
- Faculty and guest experts
- Training materials and continuing education

Impact: 100 practitioners trained in evidence-based approaches

05 Research & Evidence Generation

\$50,000 (5.26%)

- UPR research partnership support
- Data collection and analysis
- Outcome tracking systems

Impact: Puerto Rico-specific evidence validating approaches

06 Community Education

\$50,000 (5.26%)

- Social media campaign across platforms
- Suicide prevention curriculum and delivery
- School and community programs

Impact: 10,000+ people reached with mental health literacy

07 Crisis Response & Harm Reduction

\$100,000 (10.53%)

- Community-defined risk indicators
- Equitable alert pathways
- Harm reduction intelligence systems

Impact: Early intervention preventing overdose and crises

08 Policy & Advocacy

\$50,000 (5.26%)

- Policy framework development
- Legislative advocacy
- Regulatory consultation and coalition building

Impact: PR-specific regulatory frameworks for psychedelics

09 Operations & Infrastructure

\$50,000 (5.26%)

- Facility costs
- Administration and technology
- Insurance, compliance, financial management

Impact: Sustainable infrastructure supporting all programs

Connect With Us

At the Pravan Foundation, we believe that meaningful change begins with connection. Whether you're seeking information, looking for ways to support our mission, or hoping to collaborate, we'd love to hear from you.



Visit Us

Cond. La Ciudadela
1511 Av. Juan Ponce de León, Suite 3
San Juan, PR 00909



Call Us

(787) 339-2639



Email Us

For general inquiries or to connect directly with our leadership:

David Melchor
Co-Founder & Executive Director

david.melchor@pravanfoundation.org

Let's Build a Healthier Puerto Rico, Together

Reach out anytime — our team is here to support, collaborate, and help move mental health forward on the island.