



UNITED IN HEALING PUERTO RICO

IMPACT REPORT 2025 & 2026 STRATEGIC PLAN

Building Hope: Expanding Mental Health Access in Puerto Rico

PRAVAN FOUNDATION



PUERTO RICO'S MENTAL HEALTH REVOLUTION

If you are an Act60 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

ACCESS BARRIERS

6
MONTHS

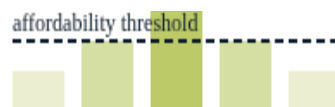
Average waitlist
for psychiatric
care

TODAY

APPOINTMENT

\$150-
300

Per therapy session,
making care a luxury



PUERTO RICO CRISIS

Post-
Maria

System
during
unprecedented
crisis

failure

Brain
Drain

Clinicians leaving
for mainland
positions



TREATMENT GAPS

30% Patients treatment-resistant
with no alternatives

Medications
Only

System fails
to address
root causes



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 We Will Fix

01

Pharmaceuticalization



Medicate symptoms, manage forever—never heal root causes. 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, psychedelic therapy, and integrated approaches.

02

Training Creates Accessible Care

100 practitioners trained in evidence-based integrated approaches a year. 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 depression, 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 a year 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

04 Education

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

05 Policy

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

06 Crisis Response

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

“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.
- Healing addresses root causes, not just symptoms.
- Evidence is generated locally, not just imported.



Leadership Team



David Melchor

Co-Founder & Executive Director

Visionary entrepreneur leading mental health innovation, he co-founded Pravan Health and now directs the Pravan Foundation to advance psychedelic medicine and alternative therapies. With a record of building successful companies, he drives a movement centered on education, advocacy, and healing in Puerto Rico and beyond.

[Learn More →](#)



Dr. Tania Rivera

Co-Founder & Medical Director

Pioneering physician leading innovation in integrative and functional medicine, she co-founded Pravan Health and the Pravan Foundation to expand accessible, preventive, and mental health care. An early certified psychedelic-assisted therapy practitioner, she advances compassionate, cutting-edge treatments and champions longevity through optimal mental well-being.

[Learn More →](#)



Dr. Paulina Rullán Farinacci

Psychiatry Resident, UPR · Principal Investigator, KIND-PR Clinical Trial

Trailblazing psychiatrist advancing psychedelic-assisted therapies and integrative mental health, she is Puerto Rico's first clinician certified in Ketamine-Assisted Psychotherapy and Harm Reduction. As Principal Investigator for KIND-PR, she leads groundbreaking esketamine research and drives psychedelic medicine initiatives within the UPR Psychiatry Residency Program.

[Learn More →](#)

Leadership Team



Chole Prentoulis

Co-Founder

For more than two decades, she has supported human happiness and healthy identities as an educator in schools and universities across New York City, Los Angeles and Mexico. Well-versed in psychedelics research, she believes the science clearly shows their power to heal, foster connection and deepen self-awareness.

[Learn More →](#)



Raúl Reichard, Esq., LL.M.

Legal & Policy Affairs Advisor

A Florida and Puerto Rico-licensed attorney, born and raised in San Juan and now based in Miami. He is the managing partner of Reichard Tornos, PLLC, a boutique law firm serving clients throughout Florida and Puerto Rico. Raúl's practice spans business law, commercial litigation, and estate planning, with a distinct focus on mental health innovation and emerging frameworks in psychedelic law and policy.

[Learn More →](#)



Lia Mix

Strategic Advisor

Lia Mix is a licensed marriage and family therapist with over two decades of experience specializing in direct clinical services and national healthcare administration for multicultural populations. Lia has been certified in Psychedelic Therapies and Research (CPTTR) by the California Institute for Integral Studies (CIIS) since 2016.

[Learn More →](#)

Key Strategic Partners



Dr. Karen G. Martínez González

Chair, UPR Psychiatry · Co-Investigator, KIND-PR Clinical Trial

NIH-funded clinician-scientist and nationally recognized expert in anxiety disorders. She serves as Chair of the Department of Psychiatry at the UPR School of Medicine and directs the Center for the Study and Treatment of Fear and Anxiety. Her leadership combines scientific rigor, innovation, and community impact. Dr. Martínez González is Co-Investigator and senior mentor for the KIND-PR esketamine trial, supporting the development of local research capacity in psychedelic science and guiding the next generation of investigators in Puerto Rico.

[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 →](#)

Key Strategic Partners



Leopoldo J. Cabassa, MSW, Ph.D.

Strategic Advisor

Accomplished researcher and professor, he co-directs the Center for Holistic Interdisciplinary Research on Psychedelics at WashU, focusing on health inequities in marginalized populations with serious mental illness. His work integrates research, community engagement, and intervention science, advancing evidence-based approaches to mental health and health disparities.

[Learn More →](#)



Jonathan Dickinson

Strategic Advisor

Renowned innovator in psychedelic medicine and licensed psychologist, he is CEO and Co-Founder of Ambio Life Sciences, bringing over 15 years of expertise in ibogaine research, clinical care, and traditional practice. He leads strategy, research, and innovation, advancing globally scalable treatments bridging science, culture, and ethical integrity.

[Learn More →](#)



Wilhelmina de Castro, LCSW

Strategic Partner

Dedicated leader in psychedelic-assisted therapy, they serve as PRATI's Executive Director and lead KAP and MDMA-assisted psychotherapy initiatives. Committed to justice, equity, and inclusion, they specialize in anxiety, depression, trauma, and life transitions, advancing accessible care for BIPOC, LGBTQIA2S+, and historically marginalized communities..

[Learn More →](#)

Infrastructure: Clinical Operations + SATTVA

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

- Your donation = direct treatment for someone in need.
- No one turned away because of cost.
- A pay-it-forward model that grows access as SATTVA grows.
- Give healing. Change a life.

Training & Research Engine

Intuitive Healing Program

- **2025 pilot cohort:** 25 clinicians trained in psychedelic therapy fundamentals
- **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
- **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

Myths vs Realities

¿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

Mental Health Statistics in 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

The Connection Between Diabetes & Depression

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.



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.

2026-2027 Budget: \$730,000 Comprehensive Systems Change

LINE ITEM	AMOUNT	% OF TOTAL	
01 Psychedelic Summit	\$30,000	4.1%	<div><div></div></div>
02 SATTVA Clinic Patient Assistance Fund	\$150,000	20.5%	<div><div></div></div>
03 Clinical Services	\$100,000	13.7%	<div><div></div></div>
04 Practitioner Training	\$150,000	20.5%	<div><div></div></div>
05 Research & Evidence Generation	\$50,000	6.8%	<div><div></div></div>
06 Community Education & Stigma Reduction	\$50,000	6.8%	<div><div></div></div>
07 Crisis Response & Harm Reduction	\$100,000	13.7%	<div><div></div></div>
08 Policy & Advocacy	\$50,000	6.8%	<div><div></div></div>
09 Operations & Infrastructure	\$50,000	6.8%	<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 Patient Assistance 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

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Let's Build a Healthier PuertoRico, Together.

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