

# Transforming Youth Mental Health in Puerto Rico

In Puerto Rico, youth mental health is facing an alarming crisis.

It is estimated that

**1** in **5**

children between the ages of 3 and 17 suffers from an emotional, behavioral, or developmental disorder,

yet only 20% receive professional care. Factors such as hurricanes, earthquakes, economic hardship, and limited access to mental health services worsen the situation, increasing cases of depression, anxiety, and suicidal tendencies.

While awareness of the importance of the holistic development of children and youth has grown in recent years, mental health remains one of the most neglected and underfunded areas within youth well-being.

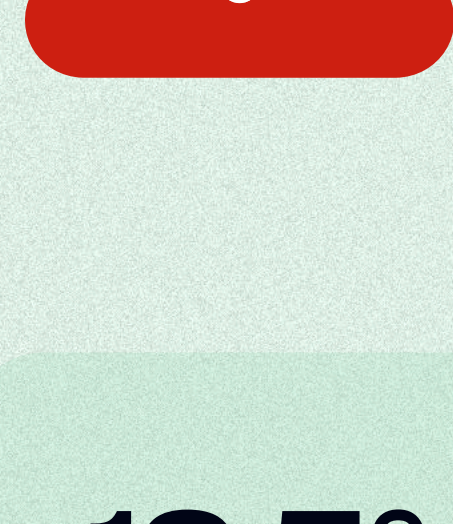
**Fields of Joy** is working to change this reality by promoting awareness, education, and sustainable initiatives to support the mental health of children and young people in Puerto Rico.

This **Impact Report** highlights the path taken over the past two years, showcasing the milestones reached and the lives we've touched.

It also calls on allies, partners, and donors who share the vision of prioritizing the mental health of our children and youth to join Fields of Joy in this cause.

Your participation can make the difference between a generation defined by adversity and one empowered by well-being. Together, we are not only responding to a crisis — we are building a movement of care, resilience, and hope for Puerto Rico.

SUPPORT US AND HELP GROW OUR IMPACT



## THE SILENT CRISIS IN PUERTO RICO

Reported data from the Puerto Rico Mental Health and Addiction Services Administration ("ASSMCA" in Spanish)

**19.5%** of teenagers suffer from depression.

**8.7%** experience anxiety.

**17.2%** have had suicidal thoughts.

**10.1%** have attempted suicide.

**18.14%** of children and teens ages 3-17 have a diagnosed mental health disorder.

Only **20%** of youth with mental health issues receive adequate treatment.

Mental health disorders have significantly increased after the recent natural disasters and the pandemic.



## Main diagnoses among minors under 18 according to ASSMCA

**32.5%** Attention Deficit Hyperactivity Disorder (ADHD) and comorbidities

**15.5%** Trauma and stressor related disorders

**11.4%** Impulse-control and conduct disorders

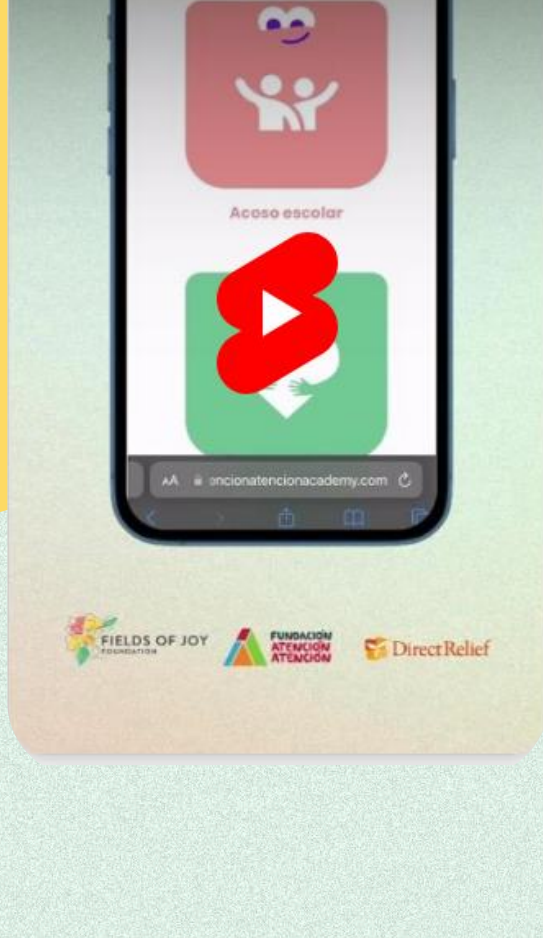
**11.0%** Depressive disorders

## Our Mission

At Fields of Joy Foundation, we work with a clear vision: We identify, connect, and empower initiatives that raise awareness, build knowledge, and drive change to promote the mental health of children and youth in Puerto Rico..

# Our Impact

## Interactive Social-Emotional Learning (SEL)



Engaging online lessons designed to **teach** children how to recognize and **identify** core emotions and develop and **strengthen** emotional regulation and coping strategies.

### Our measurable impact over the past 8 months:

(September 2024 - May 2025)

**41,233** students actively engaged with the lessons

**4,207** teachers accessed and utilized the content

**168,427** virtual lessons completed across the island

**33,401** Bullying Prevention lessons completed

**28,806** Nonviolent Communication lessons completed

**37,996** Responsible Use of Technology lessons completed

## Youth Mental Health Specialist Network

In October 2024, Fields of Joy launched Puerto Rico's first free and accessible virtual directory.

Organized by municipality and specialty to ensure that every parent, guardian, or caregiver can easily find the mental health services available for children and teens.

**684** registered mental health professionals, including:

• Clinical psychologists

• Child and adolescent psychiatrists

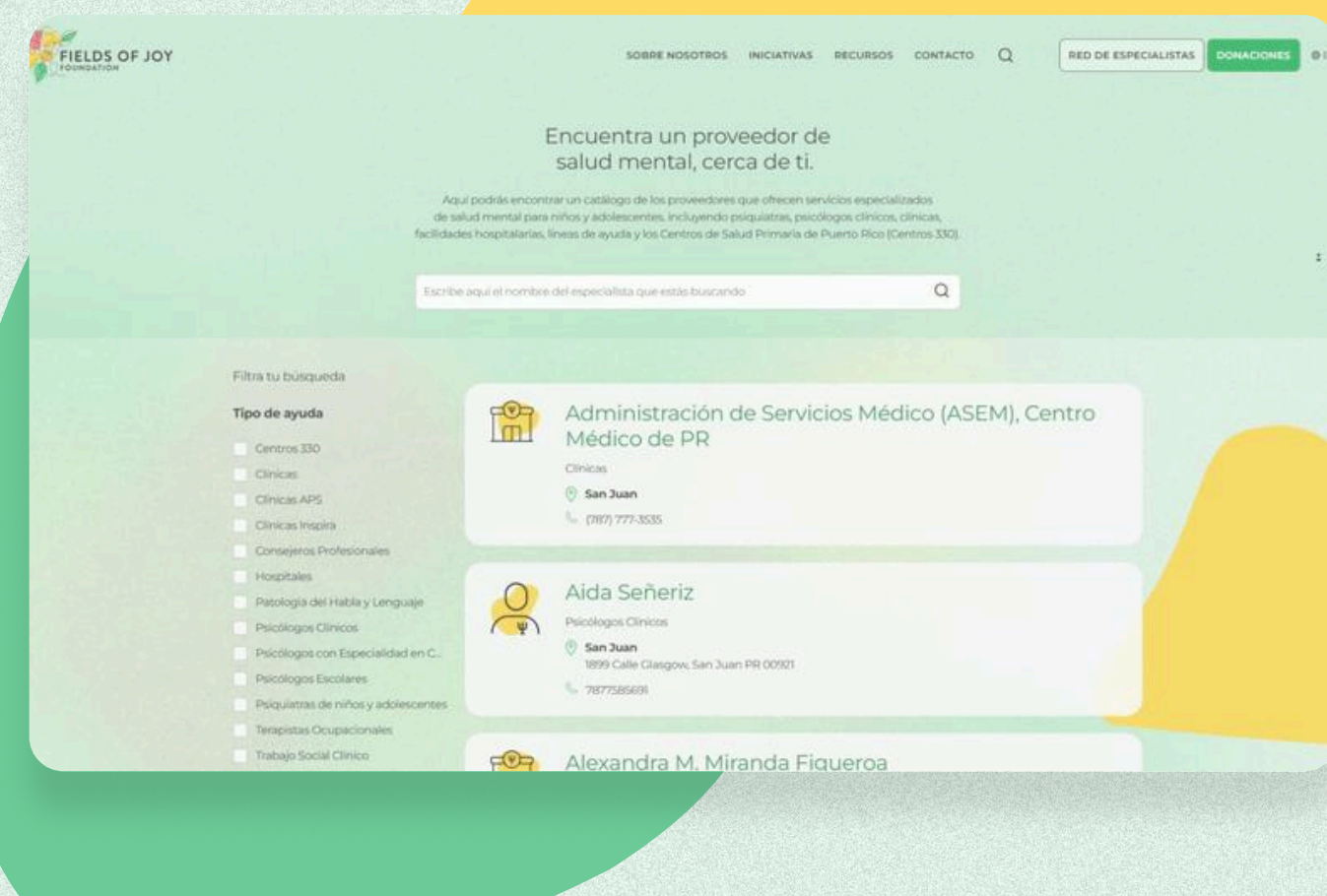
• School psychologists

• Social workers

• Health educators

• Counselors

• Occupational therapists



• Speech and language pathologists

• Clinics and hospital facilities

• Primary Health Centers (330 Centers)

## Youth Mental Health Summit

In 2023 and 2024, Fields of Joy hosted the **Puerto Rico Youth Mental Health Summit** --- an event to educate, raise awareness, and provide practical tools to **address the mental health challenges** faced by children and adolescents.

Due to the overwhelming success of our first event, we hosted a second summit--- amplifying our message and expanding access to care by launching our **Youth Mental Health Specialist Network**.



**503** mental health professionals trained in 2024

**867** professionals reached in total (2023-2024)

**96%** overall satisfaction

**4.9/5.0** for presenter quality and topic relevance, as rated by participants

"This has been one of the best conferences I've ever attended. Excellent organization, commitment, and highly educational topics."

Participant, 2024 Summit

## THE REACH OF OUR MENTAL HEALTH AWARENESS MESSAGE FOR CHILDREN AND YOUTH:

**18+** press articles and **5** television interviews

**\$110,000** in earned media value

**48,500** visits to our conferences, exhibits, and networking spaces

**38,100** Instagram followers across associated accounts

**3.87** million people reached

## THE POWER OF PREVENTION

• Reduces the need for intensive interventions later in life

• Improves the overall quality of life for children and youth

• Offers a cost-effective, long-term solution

• Helps prevent serious mental health issues in adulthood

## YOUR SUPPORT CAN MULTIPLY OUR IMPACT

With your contribution, we can:

• Develop and launch new virtual lessons in social-emotional learning (SEL)

• Implement SEL programs in schools across Puerto Rico

• Sustain and grow awareness campaigns highlighting the importance of youth mental health

• Expand the reach and accessibility of our Youth Mental Health Specialist Network

• Connect more mental health professionals through impactful events like the Youth Mental Health Summit, webinars, and virtual workshops

## JOIN OUR MISSION

Every contribution---big or small---helps nurture the emotional well-being of children and youth across Puerto Rico. Your support doesn't just change lives; it builds a stronger, healthier, and more resilient generation prepared to face the future with confidence.

Invest in the mental health of our youth. Invest in Puerto Rico's future.



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