

Just Say Know

Safer Substance Use Strategies and Resources

Assumptions & frameworks

- A good relationships with drugs (any drug) is possible
- If it sounds a little dramatic, it probably is
- “Illegal substance use” IS NOT interchangeable with “problem substance use”- just ask the DSM!
- Asking people to disclose/catalogue drug use puts them in a vulnerable position
- The dose makes the poison
- Maximizing pleasure is just as important as reducing harm

USER FRIENDLY

**WE KNOW OUR PATIENTS WHO USE ALCOHOL,
DRUGS, AND CIGARETTES VALUE THEIR HEALTH
OUR GOAL IS TO PROVIDE EVERY PATIENT THE BEST MEDICAL CARE WE CAN
WE'RE HERE TO HELP YOU, NOT JUDGE YOU**



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Language, media, culture

A word cloud of drug-related terms. The most prominent word is "Drug" in large orange letters. Other words include "Junkies", "Hooker", "Abusers", "Dopehead", "Clean/Dirty", "Stoner", "Tweaker", "Drunk", "Meth", "Addicts", "Crackheads", "DopeFiends", "CrackBabies", "Druggie", and "head". The words are arranged in a dense, overlapping cluster.

Hooker
Abusers
Stoner
Tweaker
Drunk
Meth
Addicts
Drug
Junkies
Dopehead
Clean/Dirty
DopeFiends
CrackBabies
Crackheads
Druggie
head

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Adoptalk & Publications

Child Welfare's Next Challenge: Parenting Meth's Young Victims

from Fall 2006 *Adoptalk*

by Diane Riggs

How seriously is methamphetamine (meth) use affecting child welfare? The answer varies by state and region, but Congress, when it reauthorized the Safe and Stable Families Program in September, agreed to spend \$40 million on the problem in fiscal year 2007. That's how much states—through \$500,000 to \$1 million grants—will have to address child welfare problems caused by addiction to meth and other drugs.

"Meth has emerged as nothing short of a weapon of mass destruction," declared Marion County Oregon's district attorney



“When Heroin hits the white suburbs suddenly it’s not a crime problem, it’s a health problem”



**15 BUCKS FOR SEX ISN'T NORMAL.
BUT ON METH IT IS.**

METH

NOT EVEN CLOSE

www.meth.org

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i love drug users.

A Good Relationship with Drugs

- You know the substance is a drug and what it does to your body
- You experience a useful effect over time
- You can take it or leave it
- You are free from adverse effects on health or behavior

(Weil, 2004)

Harm Reduction is *NOT* the easier, softer way

- It requires more **work**
- It requires more **thought**
- It requires more **patience**
- It requires more **creativity**
- It requires more **support**
- It requires more **experimentation**
- It requires more **discipline**

Drug, Set and Setting

- Zinberg studied individuals who used heroin but avoided developing physical dependence
- Recreational users made sensible decisions
- The user—*not the drug*—sets the parameters of the person-substance relationship

Drug: pharmacology

Set: individual drug user

Setting: contexts of drug use

(Zinberg, 1984)

DRUG

Amount, Type, Purity,
Legality, Route of
administration, Mixing,
Frequency of use

SET

Expectations of the drug,
Reasons for using, Biological
factors, Physical health,
Mental health or emotional
state, Cultural identity, and
Sense of belonging

SETTING

People, Places, Stress in
life (big events, money
problems), Support
system, Social and
cultural attitudes toward
drug use

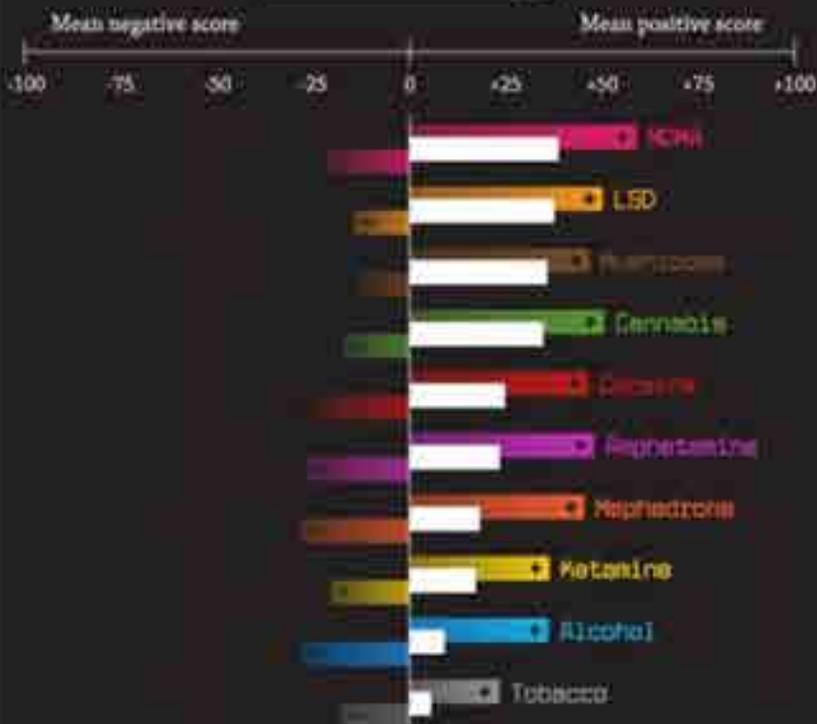


GLOBAL DRUG SURVEY

THE NET PLEASURE INDEX

22,000 people rank drugs in terms of pleasure & pain, producing this:

Net Pleasure Rating



See Free Global Drug Survey PDF. Find out more at:
www.globaldrugsurvey.com / www.drugmeter.com
@GlobalDrugSurvey / @DrugMeter

"Aw man, not another "and here's another way you can get sick and die" infomercial. You know we hear this shit all the time, right? Don't you think we already know that just doing this is bad for us? That's the main reason that I shoot dope in the first place. The thrill. Don't be a Dr. Killjoy, man. There's enough of them kind of doctors already in our faces. Why don't you try somethin' else for a change - tell me how I can get more good, not how I'm gonna feel more bad."

-Scott, HRC, 2011

Practicing Substance Use Management (SUM)

- Harm Reduction & SUM in particular are an exercise in specificity
- Harm Reduction & SUM can expand our understanding of potential harms (It should not ignore any of them)
- You will need to know a lot about drugs & drug use *AND* you may/will need to get this knowledge from your clients (and the internet, but trust real people!)

Psychedelics, Novel Psychoactive Substances, “Legal” Highs



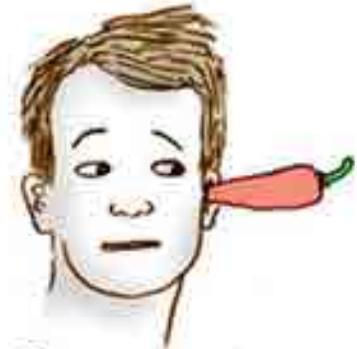
New Teen Trends



Smoothie snorting



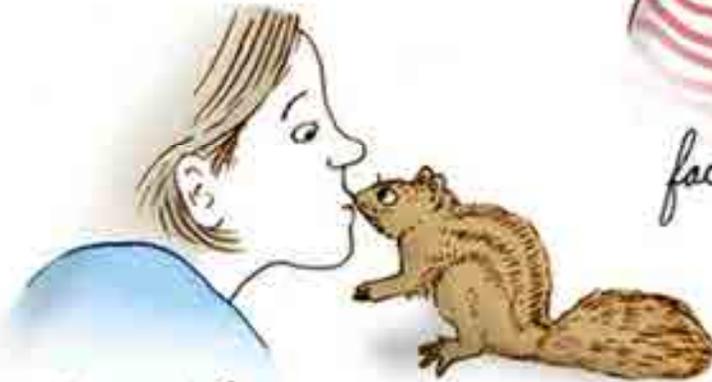
Sofa hiding



Ear peppering



face toasting

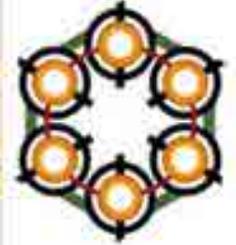


Squirrel kissing



fish hugging

The internet is a total frenemy



- Bluelight.org
- Erowid.org
- Globaldrugsurvey.com
- EcstasyData.org
- DrugCocktails.ca
- StreetRx.com



Avoid:

- "SWIM", etc.
- Not moderated
- Allows sourcing



streetRx latest street prices for prescription drugs





Robert Glatter, MD
Contributor

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Flakka: The New Designer Drug You Need To Know About

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A man rushes out of his house in Miami last month, ripping his clothes off in a rage, screaming violently, after smoking a crystal-like drug. Five police officers are required to take him down as he exhibits superhuman strength. He is sweating, paranoid, delusional and hallucinating about seeing objects in front of him.

The behavior described above, known as “excited delirium”, is the result of emerging use of a new synthetic amphetamine-like stimulant that is similar to the compound contained in bath salts, also known as cathinones.

The drug is called “Flakka”, and if you are the parent of a teen, it’s important to educate yourself about this new designer drug.

Use of the drug have been reported primarily in Florida,

We are

Flakka Strikes Again: Naked Florida Man Arrested Trying To Have Sex With A Tree

By Barbara Herman [@Parfumaniac](#) on April 15 2015 4:20 PM EDT



Bath salt drugs have a similar chemical structure to Flakka. The primary ingredient in bath salts – but not Flakka – has been banned. DEA

Men are arrested every day for the mundane crimes of resisting arrest or even assaulting police. But an increase in Florida of the sorts of crimes 41-year-old Kenneth Crowder of Melbourne was arrested for on Friday -- being naked, proclaiming he was God and attempting to have sex with a tree -- can be traced to a growing South Florida phenomenon. Crowder was high on Flakka, also known as "gravel" or "\$5 insanity," a new synthetic street drug that's taken the place of so-called bath salts, to which it's chemically similar. (Bath salt drugs got the name because of their resemblance to Epsom salts.)



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The New Cold War
Getting Serious
To Send B-52s To
Sweden

K2, a Potent Drug, Casts a Shadow Over an East Harlem Block

By NICHOLAS CASEY SEPT. 2, 2015



Thanks for the feedback
We'll use your feedback to improve the site.

“A good rule of thumb is that if a drug user ends up on the news, he probably did something unusual.”

-Carl Hart

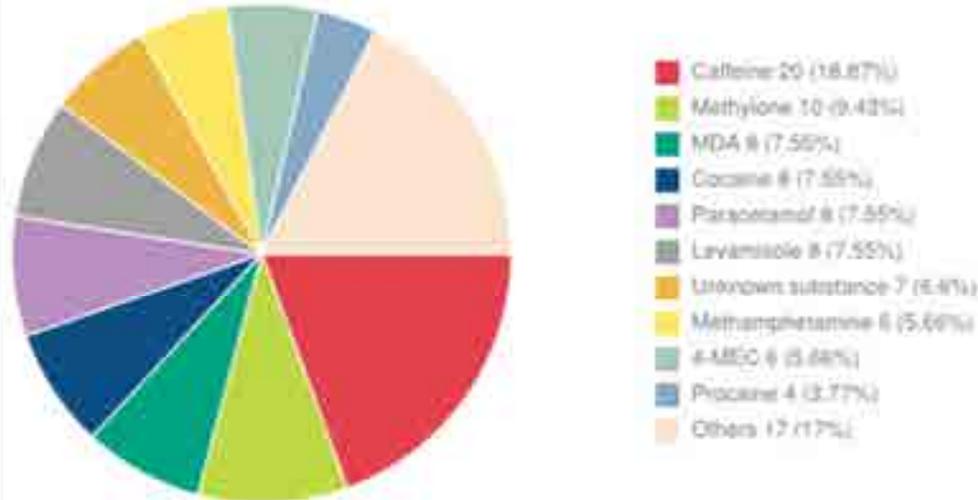
Breakout!

- Injecting
 - Smoking
 - Designer/research chemicals/MDMA
-
- 30 min at each station
 - Rotate clockwise around the room



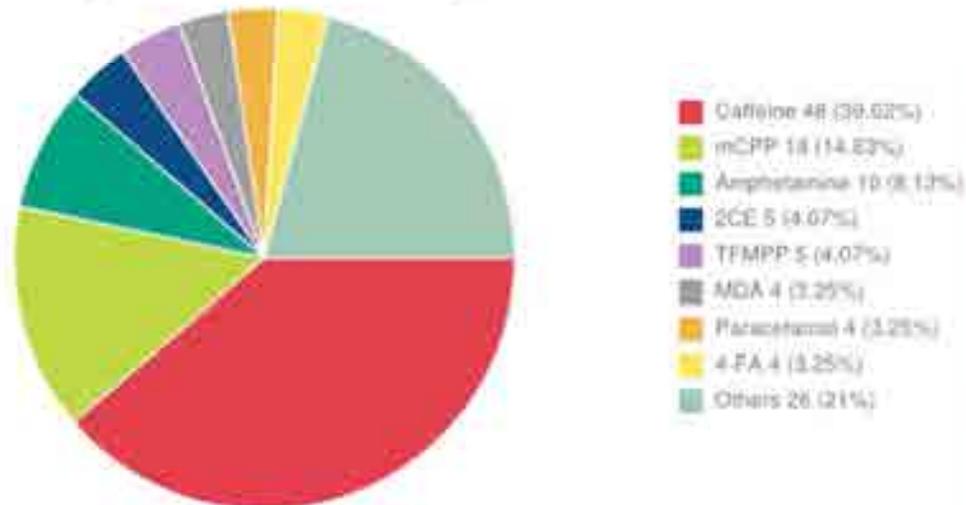
Adulterants Found in Crystal MDMA

Samples gathered by five European Harm Reduction Organizations between July and November 2013.



Adulterants Found in Tablet MDMA

Samples gathered by five European Harm Reduction Organizations between July and November 2013.



Sample Photo	Sample Name	Substance	Ratio / Amounts	Date Published	Date Tested	Location	Sample Size	Data Source
	Unknown Capsules A1968 <i>(Not Sold As Ecstasy)</i>	<ul style="list-style-type: none"> Duloxetine Triethyl citrate 	<ul style="list-style-type: none"> 1 1 	Mar 25, 2015	Mar 25, 2015	Online, TX, USA	217 mg, 18.6 x 5.2	EcstasyData.org
	3-FPM B0BAR <i>(Not Sold As Ecstasy)</i>	<ul style="list-style-type: none"> 3-Fluorophenmetrazine 	<ul style="list-style-type: none"> 1 	Mar 20, 2016	Mar 20, 2016	Online, TX, USA	200 mg, - x -	EcstasyData.org
	Alpha-PHP A7TA <i>(Not Sold As Ecstasy)</i>	<ul style="list-style-type: none"> AB-CHMINACA 	<ul style="list-style-type: none"> 1 	Sep 03, 2015	Sep 03, 2015	Westmoreland, TN, USA	300 mg, - x -	EcstasyData.org
	MDMA Crystal T7SH4Rk	<ul style="list-style-type: none"> MDMA Caffeine 	<ul style="list-style-type: none"> 1 trace 	Sep 07, 2016	Sep 07, 2016	Bay Area, Online, USA	196 mg, 20.8 x 7.3	EcstasyData.org
	Blue Instantin H6TK2	<ul style="list-style-type: none"> MDMA 	<ul style="list-style-type: none"> 1 	Aug 27, 2015	Aug 30, 2015	Online, USA	203 mg, 9.4 x 5.2	EcstasyData.org
	Temple Cross 313X7	<ul style="list-style-type: none"> Clonazepam 	<ul style="list-style-type: none"> 1 	Mar 20, 2016	Mar 20, 2016	Online, OH, USA	158 mg, 8.1 x 2.4	EcstasyData.org
	Blue Jinx	<ul style="list-style-type: none"> MDMA 	<ul style="list-style-type: none"> 1 	Dec 03, 2010	Dec 01, 2010	New York, NY, USA	241 mg, 9.3 x 4.4	EcstasyData.org
	Deschloroketamine P0CBUD <i>(Not Sold As Ecstasy)</i>	<ul style="list-style-type: none"> 2'-Oxo-PCE 	<ul style="list-style-type: none"> 1 	May 16, 2016	May 15, 2016	Baltimore, MD, USA	200 mg, - x -	EcstasyData.org
	Red Coca-Cola 800K	<ul style="list-style-type: none"> MDMA 	<ul style="list-style-type: none"> 1 	Jun 22, 2016	Jun 21, 2016	Sacramento, CA, USA	497 mg, 12.1 x 7.1	EcstasyData.org

Guide to Drug Combinations



Mobile App

This information has been assembled to the best ability by the Tripsit team, and the greatest effort has been made not to include incorrect or misleading information, though some information may not be 100% accurate. The chart is meant as a quick reference guide, not a definitive resource on drug combinations. Use at your own risk and please try to be safe. When using drugs keep intentionality in mind and start with lower doses of each substance. For information on specific drugs go to <http://tripsit.me>

Up-to-date information, details, explanations and references will be published on <http://combo.tripsit.me>



tripsit.me

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Combinations



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About



DanceSafe



Look up a drug



First Aid



Answer a survey



Talk to someone



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Psychoactive Plants and Drugs

ALCOHOL	ALPRAZOLAM	AYAHUASCA	CACTI	CAFFEINE	CANNABIS
COCAINE	DMT	DJMV	GHB	KETAMINE	KRATOM
LSD	MDMA (MOLLY)	MDPV	METH	MXE	MUSHROOMS
PEYOTE	SALVIA D.	ZOLPIDEM	ZENBONE	ZC-8	MORE...

OPIATE CLASS	ENTANYL	TRAMADOL	POPPIES	CODEINE
HEROIN	METHADONE	OPUM	HYDROMORPHONE	HUPRENORPHINE
NALOXONE	MORPHINE	HYDROCODONE	OXYCODONE	OXYMORPHONE

Common Psychoactives Chemicals Plants

Smart Drugs Pharmaceuticals Herbs

Support Progressive Drug Information During Erowid's Annual September Support Drive!

If you use Erowid for information about psychoactive plants and drugs, show your support with a small donation during our annual support drive. Each September we seek to reach a new high for the number of individual contributors in one month. Last year we hit 1194, help us get one more this September!

Things to consider when passing along drug info

- What is the benefit of the info?
- How will it affect practices?
- Does it differ substantially from existing messages?
- Details, details, details!
- Does it make you think "*Why on earth would any normal person [fill in the blank]?*"
- What is the source of info's agenda?

Discussion

- Thoughts?
- If all this good info and resources are available, why don't people do it perfectly?
- How can we envision implementing this in our own practice, milieu?

Thank you! Questions?

Contact

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- Loki Averro: chicagodancesafe@gmail.com
- Dan Bigg: danb@anypositivechange.org
- Maya Doe-Simkins: mdoesimkins@gmail.com

Additional Info for your reference

- Bluelight.org
- Erowid.org
- Globaldrugsurvey.com
- EcstasyData.org
- DrugCocktails.ca
- StreetRx.com
- Dan Bigg's Substance Use Management Article:
 - <http://www.anypositivechange.org/SUM.pdf>

How can I provide SUM choices?

- ***Ask the Participant:*** “What do you think would be most useful or helpful at this point?”
- ***Ask permission*** to provide options: “Some people who have been in a similar situation have found a couple of things helpful – would you like to hear what they are?”
- Always let the participant know that they have the **final choice**

Substance Use Management

(Bigg, 2001)

SET (INDIVIDUAL) RELATED:

- Considering the personal benefits/purposes of use
- Exploring person's hopes/expectations about use and how this relates to the drug experience
- Considering alternatives to accomplishing the same ends desired through drug use
- Developing constructive personal rituals around drug use
- Exploring, discussing a persons experience of shame about drug use

Substance Use Management

(Bigg, 2001)

DRUG RELATED:

- Abstinence from one or more drugs and for a limited or open period of time
- Switching routes of administration
- Decreasing amount of drug used (heroin vs. crack cocaine)
- Decreasing frequency of use (crack cocaine vs. heroin)
- Decreasing concentration of drugs used
- Formal and informal drug substitution
- Considering risks and benefits of combining drugs
- Learning drug purification and drug purity testing measures
- Education and tools for safer drug use

Substance Use Management

(Bigg, 2001)

SETTING (ENVIRONMENT) RELATED:

- Separating drug use from other important tasks
- Creating a safer use environment by considering where, with whom, and when it occurs, reducing outside responsibilities when using, initiating safer purchase/possession practices
- Working to address affordability of use
- Considering mediation with others regarding drug-related problems
- Consider utility of sobriety support groups
- Learning about overdose prevention
- Developing a relationship with a respectful, knowledgeable health care provider
- Learning about legal issues/risks related to drug use

Substance Use Management

(Bigg, 2001)

OTHER:

- Share and discuss alternative models of addiction
- Share and discuss short- and long-term benefits and negative effects of drug use
- Share and discuss all forms and types of abstinence
- Be mindful and attentive to nutritional health
- Share and discuss Responsible Drug Use...