

Prevention Advice

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Stadt Zürich

Soziale Einrichtungen und Betriebe

Background

Background

Questions for prevention and harm reduction

- Which substances with which effects are on the market?
- What are the effects and potential harms of these substances?
- Where are these substances sold?
- Who uses legal highs and in which context?
- What is the motivation for taking legal highs?
- Are there new (individual or external) risks related to the use of legal highs?
- What is the potential of the positive effects?
- Are the existent measures sufficient for this new phenomenon?
- Etc.

Background

Why people use legal highs?

There are several motivations reported by user why they take legal highs.

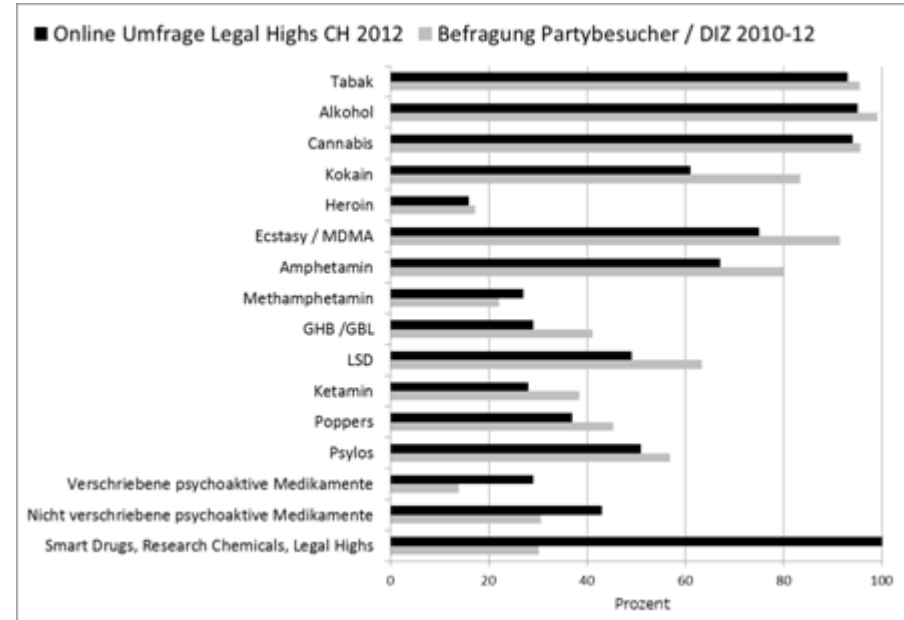
The most important are:

- To be high (mostly specific)
- the quality aspect
- the legal status
- the access to the product
- curiosity

Background

Who uses legal highs?

- The majority of users are over twenty years old and have already experiences with illegal drugs.
- Only a minority uses legal highs before illegal ones.
- Regularly use is not often reported
- There is no substitution of illegal drugs with legal highs.



Meier Larissa (2012): Unveröffentlichte Masterarbeit an der Universität Zürich

Morgenstern, C./ Werse, B. (2012): Unveröffentlichter Bericht zur Online-Umfrage Legal Highs Schweiz

Successful prevention and harm reduction measures today



Successful measures today

Basics

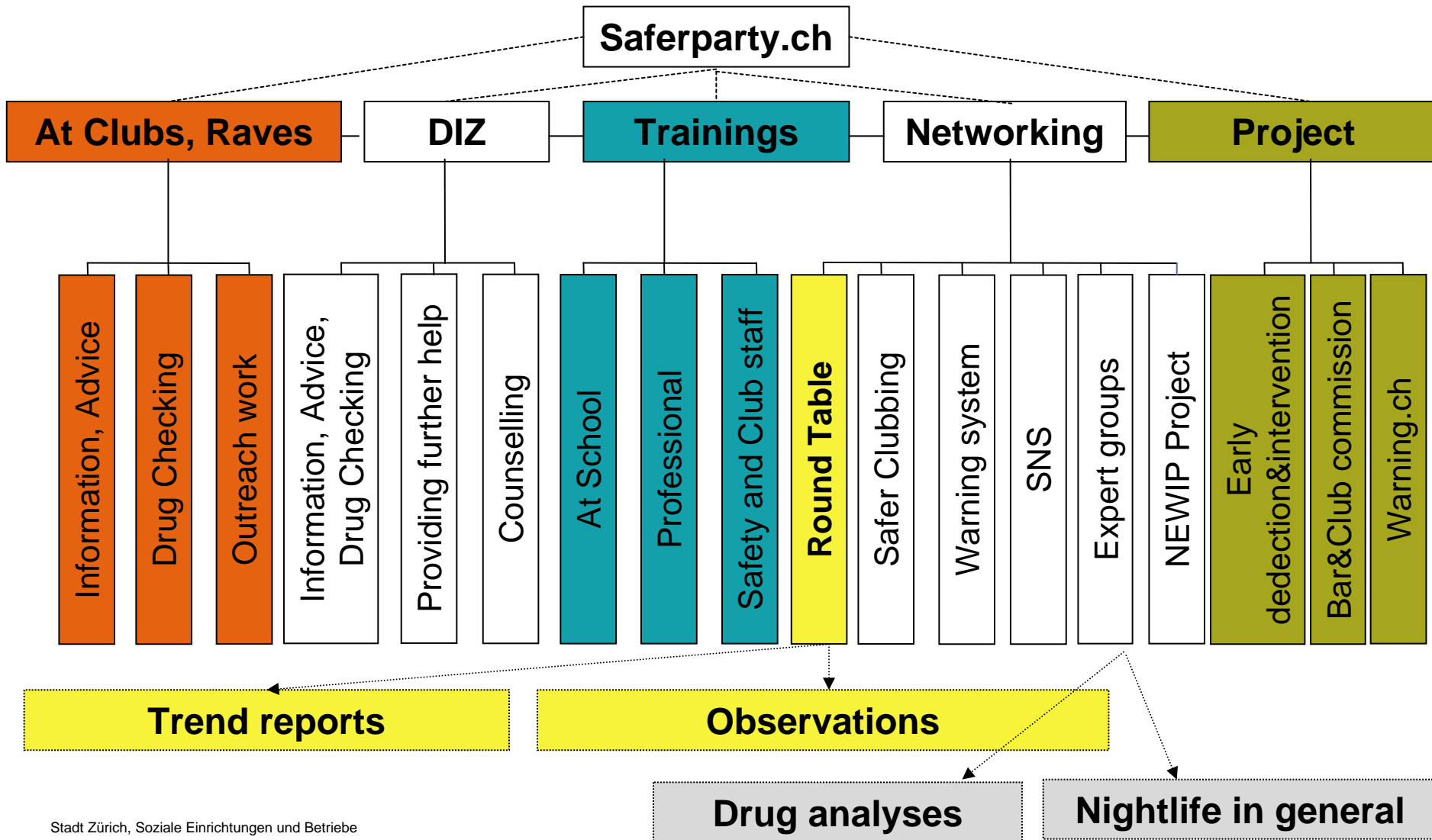
Accept orientation: The use of substances is accepted as a human fact. The goal is to create a fact based awareness concerning the risks related to drug use.

Risk management: Starts early in school, the aim is to teach humans how to manage the risk of life, including/for example drug use.

Low threshold: The access to prevention or harm reduction must be as easy as possible (free of charge, anonymous).

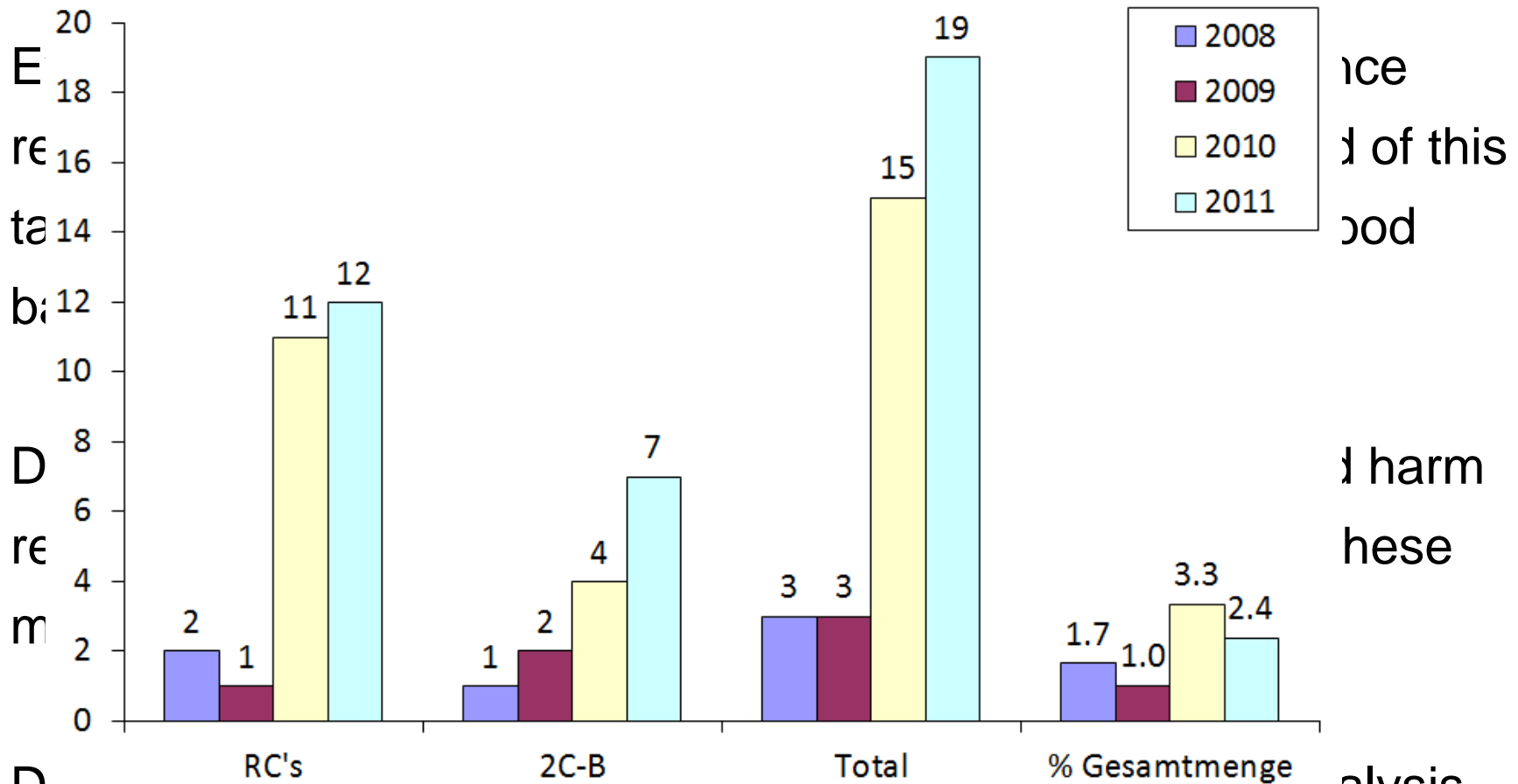
Successful measures today

Zurich's integrated approach



Successful measures today

Important role of Drug Checking



Drug checking is also used by regular high users, but the analysis of herbal mixture (also cannabis) is difficult/expensive.

Successful measures today

Limiting individual problems and harm

Possible development of
consumption behaviour

Questionnaire
makes



Risk con

Threat
problem

Stadt Zürich
Soziale Einrichtungen und Betriebe
Jugendberatung Streetwork
Drogeninformationszentrum - DIZ

Nummer: _____ Datum: _____

Veranstaltungsart: - Club - Rave - Megarave - Outdoor - Stationär

Interventionsart: Mobil Infostand Infostand mit Drogtesting Während des Testing

Dieser Fragebogen ist anonym und dient statistischen Zwecken.
Danke für deine Zusammenarbeit!

Q12. Wie alt bist du? 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Q13. Geschlecht? M F

Q16. Deine Nationalität? 1 Schweiz 2 andere

Q14. Letzte abgeschlossene Ausbildung?

Keine	Volksschule	Berufsausbildung	(Berufs-)Matur	Hochschule/ FH /Uni
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Q15. Was machst du zurzeit «beruflich»?

Ohne Beschäftigung	In Ausbildung	Ich arbeite
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

Q2. Hast du schon Mal die unten aufgeführten Substanzen konsumiert? (Achtung 3 Fragen)

Substanz	... Nein / Ja?		... Wenn ja, wie oft in den letzten 30 Tagen?					In welchem Alter das 1. Mal?
	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	Täglich	An mehr als 9 Tagen	An 3 bis 9 Tagen	An 1 oder 2 Tagen	Gar nicht	
Tabak	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Alkohol	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Pflanzprodukte Gras – Hasch	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Kokain	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Heroin	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Ecstasy (MDMA)	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Speed (Amphetamin)	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Methamphetamin (Thaipille, Crystal, Ice, Pervetin)	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
GHB/GBL (Liquid Ecstasy)	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
LSD	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Lachgas (Ballonli)	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Ketamin	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Poppers	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Magic Mushrooms (Pilzli)	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Nicht verschriebene psychoaktive Medikamente (Welche? :	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre
Andere (Welche? :	Nein <input type="checkbox"/> 0	Ja <input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 Jahre

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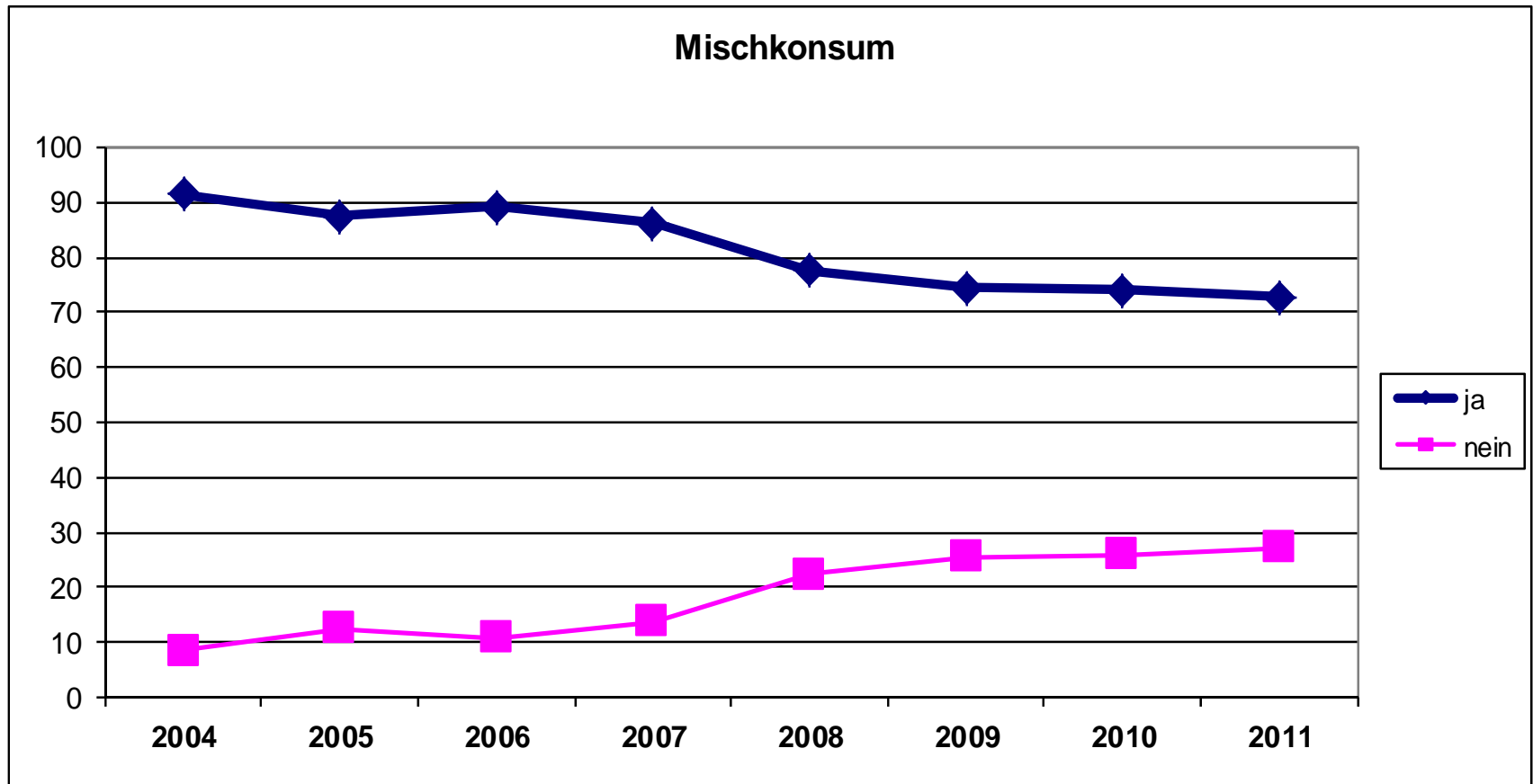
tact
e



Risk
management,
Harm
Reduction,
Safer use
and Drug
Checking
reduce the
harm of drug
use

Successful measures today

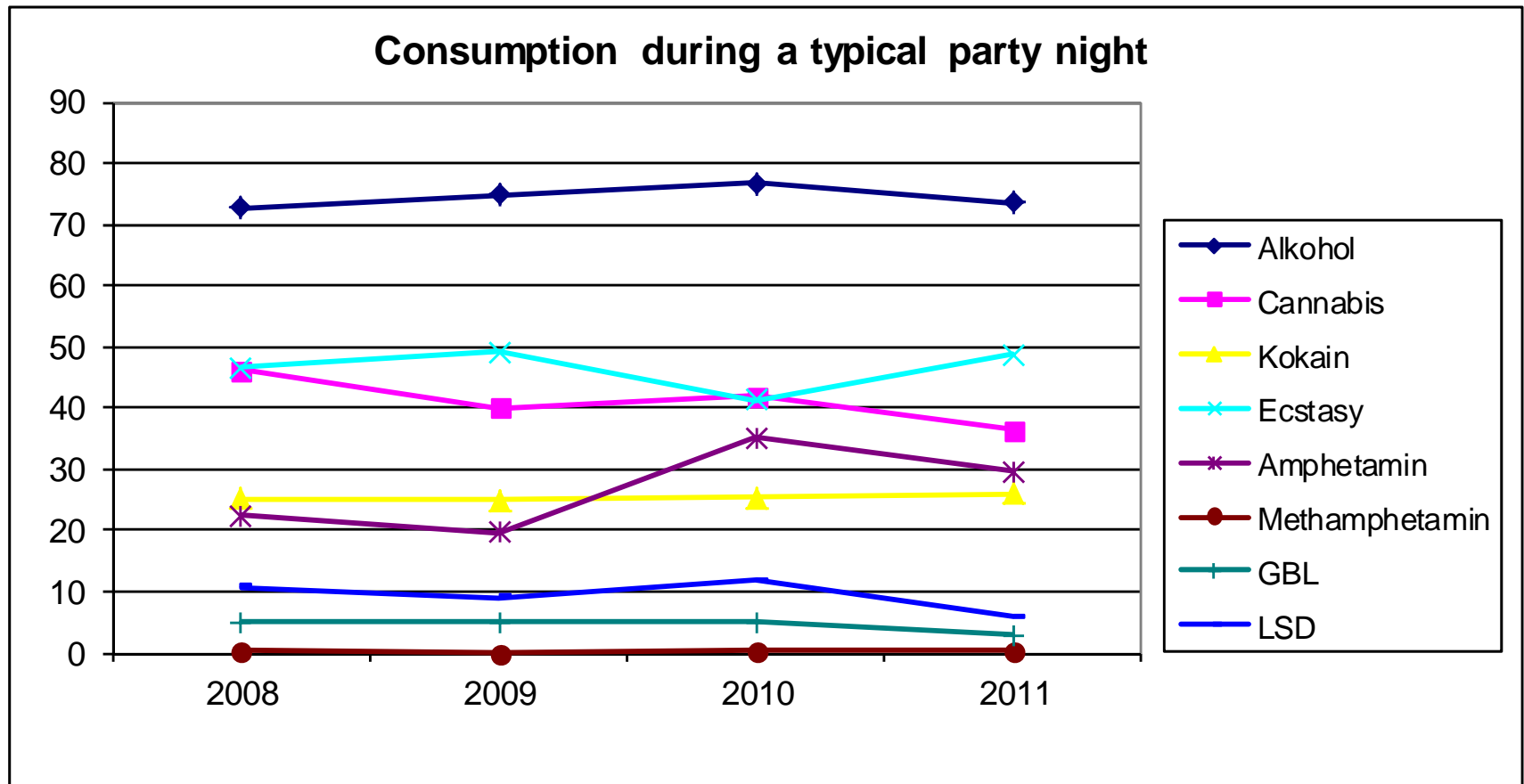
Less poly drug use



Streetwork 2012, n. 2200

Successful measures today

Typical consumption during a party night



In 2011 0.8% reported the use of a legal high product during a typical party night.

Successful measures today

Lacks today

Facts: No sufficient information about the effects, side effects and long term effects of new substances. More urban myths.

New media: Besides the project and information website, new media are less likely to be used for consultation, counselling and consumption management (web work).

Peers involvement: Users of legal highs have to be regarded as experts for these new substances and should therefore be integrated in or empowered to create peer support projects.

Conclusion?

Conclusion

What we can do today

Exchange global facts about legal highs within existing and new networks (NEWIP project, EMCDDA).

An integrated, acceptance oriented and low threshold approach together with drug checking create more risk awareness, also concerning legal highs users.

Consultation and counselling embedded in this context make early detection and intervention possible and offers the opportunity to provide further help if needed.

Conclusion

Obstacles

- The illicit drug market is always one step ahead
- For several reasons, drug checking is not possible everywhere
- Risk management is not part of drug prevention in schools
- No exchange culture between police, prevention and harm reduction
- Many harm reduction offers are located in nightlife settings
- Concerning the motivation, an integrated approach has effects on:
 - being high, curiosity and the quality aspect
- No or less influence on:
 - the legal status and the access to the product

Conclusion

Rethinking Drug Policy

The reality that taking drugs is human, the legal high phenomena and the limited prevention and harm reduction possibility should motivate us to rethink the current drug policy.

Because only a new drug market control approach offers the possibility to influence the motivation for taking legal highs in general and in a sustainable way. There is not only legalisation or prohibition, today we know different market control models in between.

Thank you for listening 😊

For questions:

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www.saferparty.ch

www.know-drugs.ch