CREW mind altering
Who are we
What do we do and how do we do it?
What has this got to do with synthetic cannabinoids
Question to ponder

www.crew2000.org.uk
Who are Crew?

Scottish charity established in 1992

Developed out-with mainstream drugs field

Crew philosophy: We neither condemn nor condone drug use but believe there are ways to reduce harm for the significant numbers of our fellow citizens who decide to use them
Stepped Care Approach

Step 1 and 2:
One off phone support through ‘drop in shop,’ telephone, outreach on club scene and festivals. Also through training service provision on effects and treatment options.

Step 3:
Drug Counselling and Complementary therapies, OASIS online support and for cocaine and alcohol users.

Step 4:
Structured Preparatory Recovery work (assisting people in and out of drug counselling, short term goal orientated support)
Wellbeing groups and SMART recovery groups.

‘Clients start & leave Stepped Care where relevant to them’
Step 1: Inform & educate

- Websites
- Information gathering/production
- Social Media
- Information points (outreach)
- Enquiries-email
- Drop in (shop)
- Telephone helpline
- Training to others
- Peer Education

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Step 2: Advice & Care

- Harm reduction advice/information
- Brief interventions through outreach
- Drop in @ shop
- Telephone advice/support
- Online assessment
- Crisis intervention
- Peer support sessions
- BBV testing

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Step 3: Therapy & Support

- Assessment 1-to-1
- Waiting times support
- Complementary therapies
- Drug counselling
- One to one support
- Group-work support
- Family counselling
Step 4: Recovery & Support

- Individual recovery journeys planned
- Support between assessment & counselling
- Through-care support post-counselling
- Group work: SMART and Recovery wellbeing groups, online groups
- Linking in to other support networks

CA, Serenity Cafe, NA

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From all this activity we engage with upwards of 20,000 people each year

28.575 visits to the website
10.154 Views to blog pages
11.825 people seen on outreach
9,837 visits to the Drop in shop
6000+ Downloads of Drugs factsheets
1825 receiving one to one session on outreach
1404 Professionals trained
193 Harm reduction sessions
30 Clients per week in Counselling
Crew engages with people using substances, their family, friends and front line staff, researchers, analysts and academics, we are able to form a pretty coherent picture of what is going on.

We then use that information to shape the services we provide
Inform government and health professionals
Train frontline staff and build their capacity
Share this knowledge freely with others
Campaign for better provision 😊
All very well but does it work

- **Service users:** record numbers using services, surveys show high satisfaction levels, people using substances say it changes their attitudes and behaviours.

- **Capacity building:** positive feedback from 1404 professionals last year, Youth and community groups rate us very highly. Currently developing training in new areas and with new groups and Elearning Package.

- **Influencing policy and practice:** locally, nationally and internationally.
What our service users say to us on outreach...

Have your attitudes towards drugs/alcohol changed as a result of using Crew's services?

- 36% I feel I already use safely
- 43% Yes definitely I have stopped or reduced my use
- 21% To some extent, I take less risks than before
Synthetic Cannabinoids

Things you should know...

- Synthetic cannabinoids are synthetic, chemical compounds designed to mimic the effects of cannabis
- The smoking blend appears like tea. Pure cannabinoids are a white or orange/pink powder
- Effects similar to cannabis, but very varied by manufacturer. Can have strong hallucinogenic and hallucinogenic effects
- Some synthetic cannabinoids are banned while others remain legal (but not for human consumption)

Safety Tips

- Stronger can use safely, so be aware of dosage. Use cold
- Identification varies if compound is pure
- Using a spray/bang over the snort and causes damage to lungs
- Use short pulses when inhaling. Smoking too much does not increase the effects but can do more damage to your lungs
- Avoid using if you have pre-existing health problems
- Avoid using if you have pre-existing health problems
- If used regularly, can be addictive and some substance users have experienced withdrawal symptoms
New Psychoactive Substances Factsheets

Listed here is further information on trending New Psychoactive Substances (NPS).

NPS is a term used for newly developed drugs, or drugs newly entering the recreational market, whether legal or illegal, and covers substances more generally termed "Legal Highs" or "Research Chemicals."

(this database is being updated regularly & information, particularly legalities of substances, may vary from day to day, or be offline without notice)

Benzofury
Black Mamba
GBL/GHB
Ivory Wave
MDAI
Mephedrone
Methyline (bMDMA)
Metoxetamine (MIXE)
Synthetic Cannabinoids
Question to ponder

Is the rise in synthetic cannabinoids largely a result of the illegality of cannabis?

Is prohibition of synthetic cannabinoids to combat the effects of prohibition of another drug ever going to be effective?

Would products such as ‘Spice’, ‘Black Mamba’ and ‘Annihilation’ have gained much traction with our populations if they had access to a more natural alternative?