

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



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Who are Crew?

Page 2

- ❑ 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



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Stepped Care Approach

Step 1 and 2:

One off phone support through 'drop in shop,' telephone, out-reach 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:

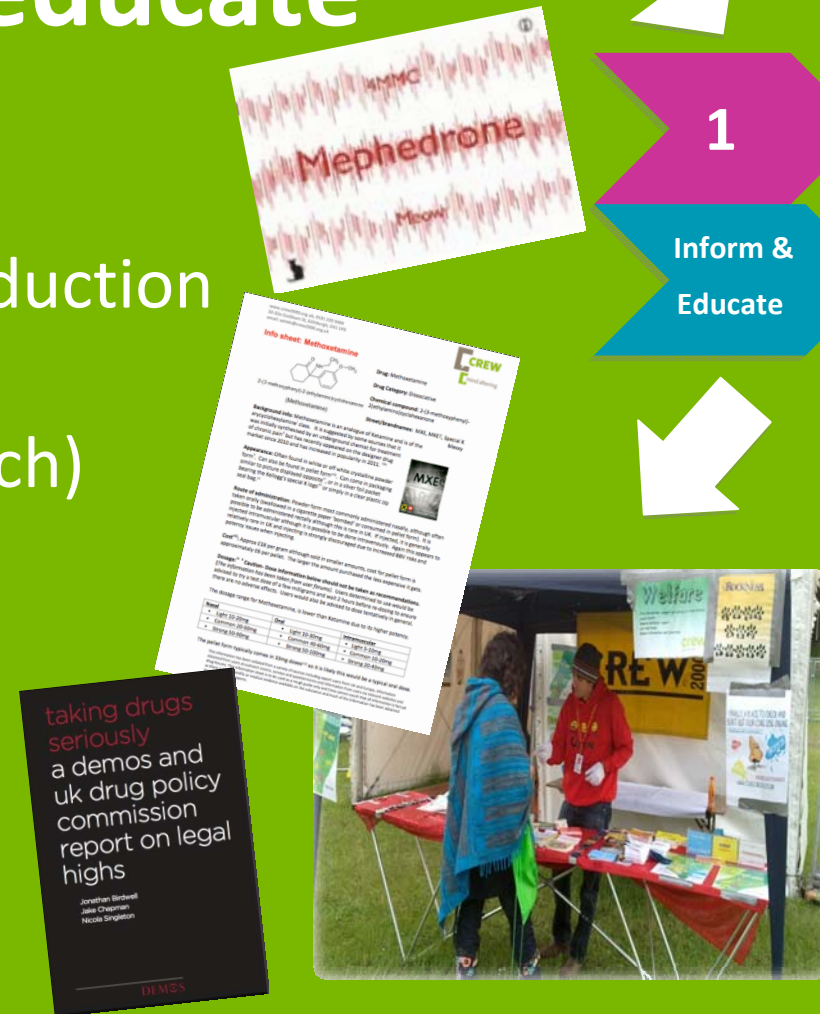
Structured Preparatory Recovery work (assisting people in and out of drug counselling, short term goal orientated support) Wellbeing groups and SMART recovery groups.



'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



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



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



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



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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 😊



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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

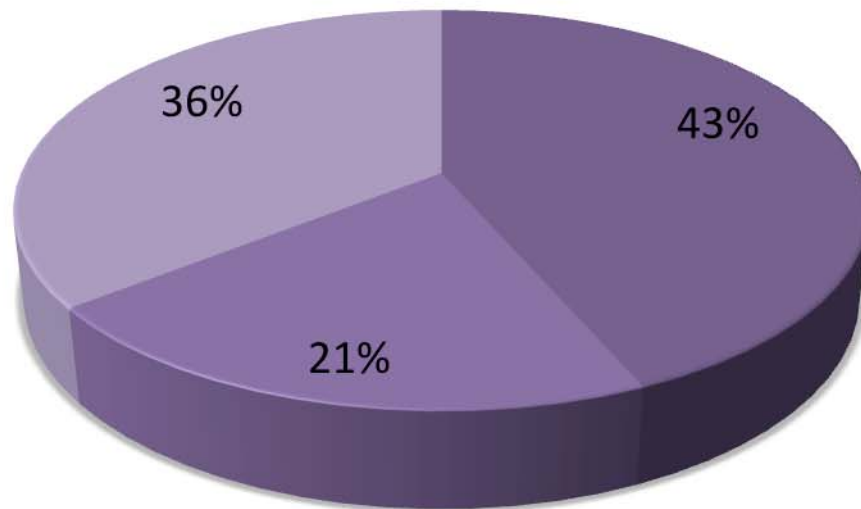


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What our service users say to us on outreach..

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



- I feel I already use safely
- Yes definitely I have stopped or reduced my use
- To some extent, I take less risks than before

crew mind altering

TAKE DRUGS

SERIOUSLY

Wanna Get High?

Synthetic Cannabinoids

THINGS YOU SHOULD KNOW...

- Synthetic cannabinoids are extremely potent compounds, designed to mimic the effect of cannabis.
- The smoking effect is very fast. First symptoms are visible in seconds before onset.
- Effects similar to cannabis, but will vary by manufacturer. Can cause strong paranoia, aggression and hallucinations.
- Some synthetic cannabinoids can cause serious side effects. Please don't use for human consumption.

SAFETY TIPS

- 1. If you are using synthetic cannabinoids for the first time, the safe dose is 1mg or less.
- 2. Do not use a new brand of synthetic cannabinoids until you know the effects.
- 3. Do not use synthetic cannabinoids if you are pregnant or breastfeeding.
- 4. Do not use synthetic cannabinoids if you are taking any other drugs.
- 5. Do not use synthetic cannabinoids if you are taking any other drugs.
- 6. Do not use synthetic cannabinoids if you are taking any other drugs.

Been here, liked it, bought the t-shirt?
Support Crew
exclusive t-shirt
working crew

had sex without a condom
or injected drugs?
get tested here for free

HEP B
HEP C
HIV

0131 220 3404

TAKE CARE
WITH
SEX

had sex without a condom
or injected drugs?
get tested here for free

HEP B
HEP C
HIV

Like
crew

FREE DRUG COUNSELLING

We can help you to **reduce, stabilise or stop**.
We help with **psycho-stimulant, cannabis**
and **GBL** related issues
You can **self-refer**.
Ask inside, call **0131 220 3404**
Or email info@crew.org.uk



Synthetic Cannabinoids

THINGS YOU SHOULD KNOW...

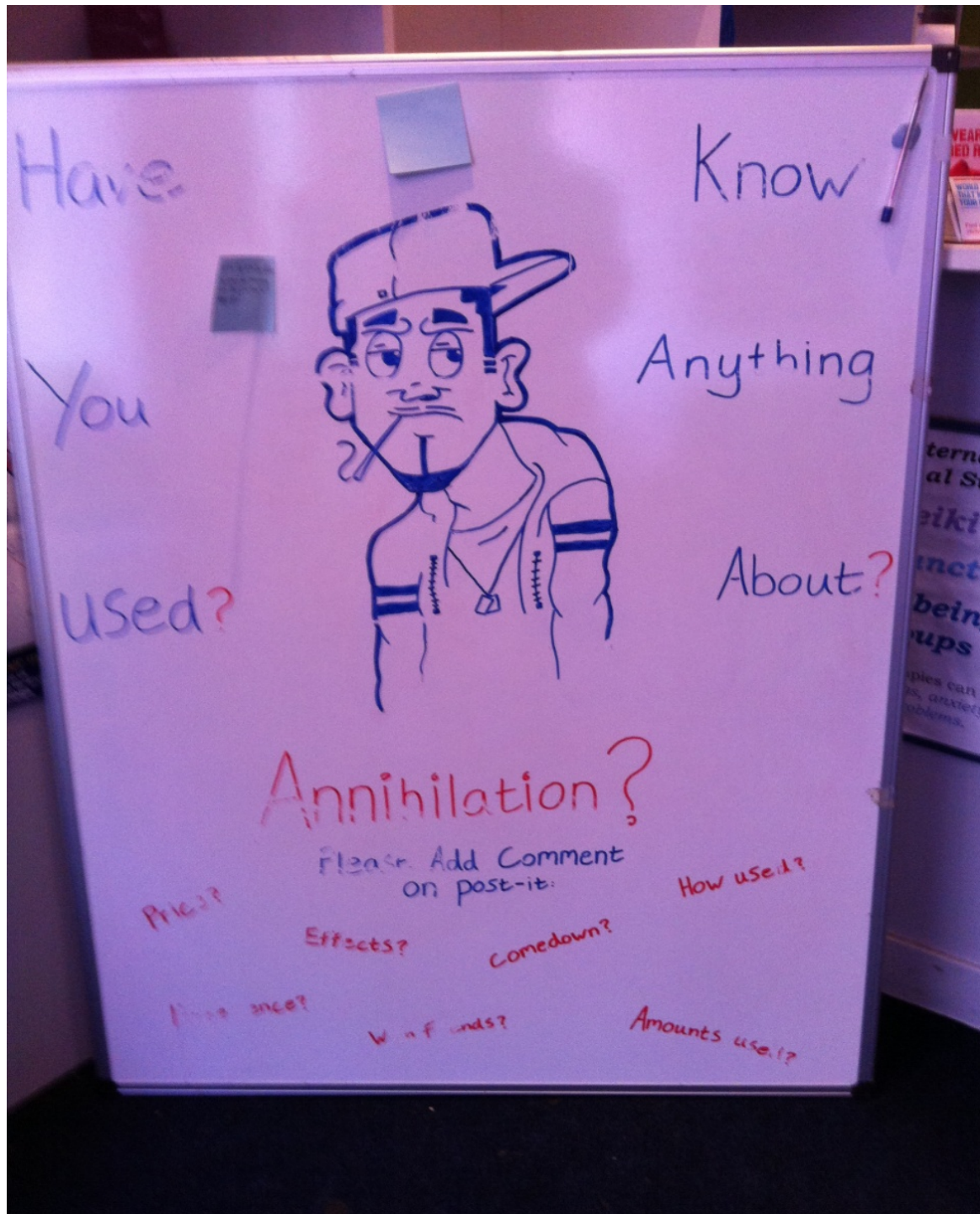
- Synthetic cannabinoids are manmade chemical compounds designed to mimic the effects of cannabis
- The smoking blend appears like tea. Pure cannabinoids are a white or orange/yellow powder
- Effects similar to cannabis, but will vary by manufacturer. Can have strong stimulant, depressant and hallucinogenic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

SAFETY TIPS

- Strength can vary widely so be aware of dose. Use sub milligram scales if compound is pure
- Using a pipe/bong cools the smoke and lessens damage to lungs
- Use short puffs when inhaling. Holding in smoke does not increase the effects but can do more damage to your lungs
- Avoid using if you have pre-existing health problems (physical/mental) or if pregnant
- If used regularly, can be addictive and some substance users have reported withdrawal symptoms

Been here, liked it...
bought the t-shirt?
Support Crew:
exclusive t-shirts
supporting crew t

Low tech



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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 off-line without notice)

Benzo Fury

Black Mamba

GBL/GHB

Ivory Wave

MDAI


Mephedrone

Methylone (bkMDMA)

Methoxetamine (MXE)

Synthetic Cannabinoids

- [Drugs A-Z](#)
- [Drugs meter](#)
- [Drug testing](#)
- [Myth Busting](#)
- [Drugs & the Law](#)
- [Polls](#)
- [Research/Trends](#)
- [Party Safer](#)
- [Home Safe](#)
- [NPS Factsheets](#)

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AberdeenADP Save the date
@crew_2000 session on #NPS new
psychoactive substances -- Aberdeen on 11
December -- details to follow!
6 days ago · reply · retweet · favorite

crew_2000 Politicians' views on drug policy-
download the UKDPC report at
ukdpc.org.uk/publication/po...
12 days ago · reply · retweet · favorite

crew_2000 "Bubble" a feature on BBC1
Trouble on the Estate bbc.in/Tp5mSb
although locals feel programme
misrepresentative tinyurl.com/964lv2
13 days ago · reply · retweet · favorite



Join the conversation

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?



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