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SUBSTANCE USE AND RELATED HEALTH ISSUES

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ABSTRACT BOOK

PARTNERS



SUPPORTERS



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ORAL PRESENTATIONS

Alexandra Aldridge

Royal Holloway, University of London
United Kingdom

Sexual Assault, Consent and Intoxication in Nightlife Settings: A Global Drug Survey Report

In the wake of #MeToo, the problem of sexual harassment and violence is receiving increasing attention. However, ongoing 'rape myths' - stereotypical or false beliefs around sexual assaults - are prevalent, and can work to minimise or justify the perpetration of this violence, particularly in nightlife settings. These myths can also lead to victims' reluctance to report incidents to the police, for fear of being blamed or not taken seriously. When victims are intoxicated by alcohol or other drugs, these fears may become even more pronounced.

Between November and December 2018, Global Drug Survey (GDS) is collecting data on the experiences of individuals who report having been taken advantage of while intoxicated. Detail at the incident level will enable us to report on the specific experiences of individuals in nightclub settings. The results we report in this data include: the way in which the victim was taken advantage of (e.g. physically, emotionally); victims' relationship to those who took advantage of them; others around at the time; the extent to which victims recall the event; the substances involved; and whether victims reported incidents to the police and others. Results will be discussed in their capacity to inform policies and interventions around safer clubbing and drug-related harm reduction.

Marcelo Andrade

Coletivo Balance de Redução de Riscos e Danos
Brasil

Rafael Baquit, BalanCeara & Erick Gornik and Edward MacRae, Coletivo Balance de Redução de Riscos e Danos

A decade (2006-2016) of pioneering, learning and innovation in the context of long-running festivals / festivals

During a decade (2006 to 2017), "Balance" carried out harm reduction and risk reduction actions in partnership with the largest electronic music festival in South America (Universo Paralelo), which takes place on Pratigi beach in the state of Bahia. The festival takes place in the New Year period and lasts seven (7) days with audiences ranging from 12,000 to 25,000 people. The actions include information campaign, workshops, substance testing and management of psychic crisis related to use of substances. Throughout this decade, actions were improved by adding new intervention methods (including distinct forms of artistic expression), built in partnership with harm reduction workers, activists as well as encouraging the emergence of new similar collectives in different Brazilian states.

Rebecca Askew

Manchester Metropolitan University
United Kingdom

Gendered drug journeys: reflecting upon changes in drug consumption over the life course

This paper draws on interview data from forty adults (aged 21-60) who have been involved in recreational drug scenes throughout their lifetime. The participants were interviewed as part of a project that sought to understand the varied functions of drug use, such as for creativity, spirituality, productivity, and mood improvement. The interviewees discussed the reasons for changes in their consumption over the life course; some have continued and reinstated their use within the night-time economy, whilst others have reduced or replaced their consumption choices due to changes within their social world. The analysis pays particular attention to the notion of gender within the narratives, specifically the impact of careers, parenthood and impact that transgression of moral and legal norms has on identity. The female participants highlighted the 'double deviance' associated with drug consumption. They believed they would be viewed negatively for breaking the law and engaging in 'risky' behaviours, as well as for transgressing gender norms surrounding femininity and motherhood. The presentation concludes outlining how we could better understand gendered experiences of substance use, particularly around the evolving nature of identity and internal and external stigma.

Mark Bellis

World Health Organization Collaborating Centre on Investment for Health and Well-being, Public Health Wales and Bangor University
United Kingdom

Club Health 1999, 2019 and 2039 – How have the decades changed the challenges nightlife faces?

It has been twenty years since the first ever international Club Health Conference was held in Amsterdam. This was a unique event bringing together for the first time people from around the world with interests in health, nightlife management, criminal justice and other disciplines in order to explore the best ways to deliver safe and enjoyable nightlife. With Club Health returning to the Netherlands in 2019, this presentation will examine what has changed in nightlife over the past two decades, how many of the problems we were attempting to tackle in 1999 remain concerns for nightlife now, and how many we have resolved. Do people still want the same out of nightlife? How has the dawn of a new technological age changed the challenges we face? And what, if anything, does this tell us about the twenty years to come.

B

Andrew Bennett

Club Health Conference and Public health research, consultancy and training
United Kingdom

***Chill Out* revisited. The implementation and impact of (possibly) the world's first ecstasy leaflet**

Following several ecstasy-related deaths over a short space of time, the Mersey Drug Training and Information Centre (now HIT) produced *Chill Out. A Raver's Guide* in 1991. The leaflet contained basic information about the three main drugs that were used on the club scene at the time and provided methods to reduce risks, how to deal with an emergency and information about other issues including the need for sleep and good diet, avoiding dehydration and heat exhaustion.

The visually attractive leaflet was received gratefully and enthusiastically by the target audience but condemned by the local and national media, politicians and a Government minister. The shit really did hit the fan. The presentation will revisit the impact of the leaflet and consider the determinants and contradictions that underpin how we think about and respond to illegal drug use today.

Randy Bloeme

DSP-groep
Netherlands

Paul van Soomeren, DSP-groep

Understanding the context of urban nightlife environments: preventing crime and anti-social behaviour through urban planning, design and management

The Night Time Economy is nowadays a multi-billion sector that flourishes in nightlife environments. These nightlife environments are and have always been unique and special places in our cities. Places providing opportunities to experiment with different social norms and experience a wide range of emotions, different from daily life. At the same time, the characteristics that form the physical and social context of the nightlife environments have a higher risk in causing criminal and anti-social behaviour via a process of behavioural escalation. A frequent response is to intensify police and security related measures. However, these measures often do not contribute to making the nightlife environment more attractive. If we want to maintain and manage the important social and economical function of nightlife environments in our growing and developing cities in a positive way, it is important to understand the context of nightlife environments. In Amsterdam, we had the opportunity to research specific types of anti-social behaviour, implement and evaluate different social and physical measures and conduct behavioural experiments. As a result, we have learned several practical lessons and examples to improve the planning, design and management of urban nightlife environments.

Joaquim Boadas de Quintana

International Nightlife Association
Spain

Triple Excellence in Nightlife

The International Nightlife Association has developed three seals regarding safety, acoustic quality and quality of service making up the Triple Excellence in Nightlife. The first in the hallmarks of Excellence is the 'International Nightlife Safety Certified (INSC)' that certifies the safety of the premises thanks to inspections carried out that evaluate and make the necessary recommendations so that, the maximum security of the establishment is guaranteed. This comprehensive study not only covers safety issues such as portable metal detectors, a cardiac resuscitator, coin-operated breathalyser, training of personnel and other necessary equipment and procedures, but also issues awareness to the public about for example a protocol to prevent sexual harassment.

Next, 'International Nightlife Acoustic Quality' (INAQ) is implemented after a process of evaluation, training, awareness and improvements, allowing the venue to offer optimal acoustic quality and at the same time, showing commitment to the hearing health of clients and workers as well as the wellbeing of neighbours. Not only protecting the hearing health and general health but also improving the coexistence between the venue, the neighbours and the community.

Finally, the International Nightlife Association is the 'International Nightlife Quality Service (INQS)' whose objective is to guarantee the optimal quality of the different services provided by the distinguished venue, assessing aspects such as decoration, comfort, promptness in the service, presence and friendliness of the staff, even taking into account the local commitment to sustainability and the achievement of the UN's development objectives, such as gender equality, disabled personnel, etc ...

Alexander Bücheli

NPS Consulting, Safer Nightlife Switzerland, Safer Dance Swiss, NEWNet, Swiss Bar and Club Commission and NIGHTS-conference
Switzerland

Stop lying, change the drug policy now!

Psychoactive substances are part of our society. Clubs and festivals are preferred places for recreational drug use. The experience with the war on drugs, the reality of the black market, shows that drug policy only focussing on repression endanger lives. Recreational drug users are still dying in clubs and at festivals. The war on drug is failed, but we refuse to accept this! The nightlife culture itself, is still forced to lie about the reality of drug use, to invest in campaigns against drug use and in sniffer dogs at the entrance. Nightlife-prevention-offers are investing in awareness campaigns, structural measures, individual support and onsite information stands. But a reflection about the need of changing the reality of drug policy is rarely happens in this field. This contribution will focus on the paradox reality of drug use in the night and at festivals. Will reflect about what happens today and why a nightlife drug policies movement, including all stakeholders, is needed to create a safe nightlife culture.

B

Daniel Burns

NSW Users and AIDS Association
Australia

Mary Ellen Harrod, Charles Henderson & Jessie Murray, NSW Users and AIDS Association

Approaching unregulated festival and events spaces: challenges providing a harm reduction solution to underground events

The NSW Users and AIDS Association (NUAA) is a peer-based harm reduction organisation funded by the New South Wales (NSW) government since 1989, primarily to support people who inject drugs. In November 2017, NUAA established a peer-based music festival harm reduction program, DanceWize NSW, based on an established model operating in Victoria.

In the second year of the program's two-year trial, DanceWize NSW is funded to attend five unregulated (illegal) events to provide a tailored harm reduction education and crowd care response. The aim of this project in the unregulated space is to respond to the potential for increased risk of harm to patrons caused by the lack of regulatory oversight.

NSW has well established warehouse party and 'bush doof' (renegade camping events in rural and forest settings) scenes, and these styles of event were identified as the most appropriate spaces for the application of the DanceWize NSW model, with at least two well established warehouse venues in Sydney and three bush doof event crews identified as possible partners for the initiative.

This paper will explore the challenges and risks presented by the lack of regulatory oversight in unregulated events, and how these risks are addressed. These include, but are not limited to, the absence of fully equipped medical teams, lack of security staff, overcrowded venues, inadequate ventilation in smoking areas, remote and inaccessible event sites, lack of phone reception for responding to emergencies, and organisational risks of operating at events that are concerned with avoiding detection by law enforcement.

Nadia Butler

Liverpool John Moores University
United Kingdom

Rebecca Bates and Zara Quigg, Liverpool John Moores University

STAD in Europe: An evaluation of a UK multicomponent intervention to address preloading and levels of drunkenness in the night-time economy

The STAD in Europe (SiE) project aims to reduce binge drinking and associated harms in young people, through the development of locally tailored community-based interventions, designed to tackle heavy episodic drinking in different drinking environments, across seven European countries. The project is based on the original STAD programme in Sweden, which combines three core components (community mobilisation, bar staff training in responsible beverage service, and stricter law enforcement) aiming to tackle alcohol-related harms in nightlife environments. The UK SiE pilot intervention was implemented in Wrexham (North Wales) and aimed to reduce drinking amongst young people in private drinking environments prior to going out in the night-time economy (i.e. preloading). In the UK, preloading appears to be common practice, particularly amongst young people, with the proportion of 18-21 year olds reporting preloading ranging from 75%-83% across two UK nightlife environments [1, 2]. The UK SiE pilot intervention, Drink Less Enjoy More (DLEM), aimed to discourage and reduce preloading

behaviour by changing the acceptability of drunkenness in the nightlife environment, both upon entry and throughout the night out, by increasing nightlife user awareness of relevant legislation and alcohol-related harms and vulnerability associated with preloading, and preventing the sale of alcohol to drunks in licensed premises in the town centre. This presentation will focus on learning from the process evaluation of the design and implementation of the pilot intervention and present key findings from the outcome evaluation examining the impact of the intervention.

Nadia Butler

Liverpool John Moores University
United Kingdom

Zara Quigg, Liverpool, John Moores University

Alcohol preloading: Motivations and alcohol consumption patterns of individuals who drink before entering nightlife environments

Previous research has shown that the drinking behaviour referred to as preloading (consuming alcohol at home or a friend's house before a night out) significantly contributes to the high levels of drunkenness in nightlife environments. In the UK, preloading appears to be common practice, particularly amongst young people, with the proportion of 18-21 year olds reporting preloading ranging from 75%-83% across two UK nightlife environments. Further, up a third of total night out alcohol consumption has been found to be consumed while preloading, meaning individuals enter nightlife settings already, or close to being excessively drunk. Motivations behind preloading are multiple and complex in nature. One important motive for preloading appears to be economic, with price disparity between on and off-licence sales cited as the primary motive behind preloading in some studies. While such financial motives to engage in preloading would suggest that the intention is for preloading to simply replace a portion of on-licensed drinking, research suggests this is not the case, and contrary to replacing on-licensed consumption, preloading considerably increases the amount of alcohol consumed over the course of the night out. Thus, other motivations for preloading behaviour such as its role in social functions may be important factors to consider. This presentation will focus on findings from a Welsh population survey, which explored motivations for preloading behaviour, alcohol consumption patterns and nightlife usage. The implication of the findings for intervention and policy will also be discussed.

David Caldicott

Calvary Healthcare
Australia

Gino Vumbacca, Harm Reduction; Stephanie Tzanetis, DanceWize & Matt Noffs, Noffs Foundation

The Gestation and Birth of 'Pill Testing' in Australia

While 'pill testing' or 'drug checking' is being increasingly accepted as a way of minimising harm and monitoring a rapidly evolving market globally, Australia has been slow to embrace the intervention. The authors have driven the debate in Australia for over a decade and a half, culminating in the implementation of Australia's first sanctioned trial in the nation's capital in April, 2018. This represents perhaps the longest period of gestation for any 'pill testing' program described to date, and a period of time, which allowed much reflection on the nature of intervention, and how to overcome the obstacles to its implementation. Pill Testing Australia has also developed an ethical code of conduct for the provision of 'pill testing' in Australia, and will share it's results, and plans for collaboration as a regional sentinel monitoring point, with implications for the European Market.

C

Rafael Baquit Campos

Coletivo Balanceará de Redução de Danos
Brazil

Amanda, Mendes and Juliana Pinho, NUCED/UFC & Drieli Venancio, Coletivo Balanceará de Redução de Danos

Coletivo Balanceara: a 10 year experience of harm reduction on the local electronic music scene

The Balanceará project starts its works of harm reduction on the electronic music scene of Fortaleza, city located on the northeast of Brazil in 2009. The actions in the rave parties followed the work of Balance Project of Salvador, Bahia, which began its works in 2006 using the technologies of information and peer care. Throughout these 10 years of work, different generations of harm reduction workers have gone through the project. We interviewed some of these volunteers in order to understand the trajectory of the work developed but also how the work on harm reduction affected the lives of those who were involved in the project. Over the years, some changes have been verified. New adulterants for synthetic drugs have added to the risks and damages associated with their use, greater criminalization and even violations of the rights of people attending parties, greater understanding of the ways of self-care and care among peers and of harm reduction as care ethics. Harm reduction becomes known to the public attending the parties, which starts to promote forms of care and prevention in addition to the project. Party producers are pressured by the public that parties have harm reduction actions. In these ten years of experience promoting harm reduction and health of people who use drugs at rave parties, the Collective has reached new strategies and practices of care, as well as established itself as a local reference and training space for harm reduction and helped in formation of similar projects in other cities.

Fernando Caudevilla (DoctorX)

Energy Control
Spain

Harm Reduction in Cryptomarkets: The final frontier?

Cryptomarkets represent the most significant change in illicit drug trading in decades. Classical drug supply reduction policy has shown to be ineffective in achieving their objectives. This failure is even more evident in case of cryptomarkets: according to available scientific research there is no evidence that Law Enforcement action has a significant impact on them.

Cryptomarkets are on-line communities, based in trust and reputation, with a structure that facilitates communication, exchange and dissemination of information through virtual communities in specific forums and social media in Deep Web. Harm Reduction can take advantage of these characteristics to develop new strategies adapted to these new spaces.

Energy Control International (<https://energycontrol-international.org>) was created in 2014 to expand worldwide some of the harm reduction services we offer in Spain. The development of an International Drug Checking Service in March 2014, focused in cryptomarket users, has allowed us to obtain a database of more than 3000 different tested samples.

In April 2018 we launched a report focused in the distribution of heroin adulterated with fentanyl and fentanyl derivatives by European vendors in cryptomarkets, using specific channels. The impact in cryptocommunities was high :two vendors were banned from different cryptomakets and Dream Marketplace (the oldest and most important in this moment) banned fentanyl related products two weeks after our report.

We will use, among others, this example to discuss the opportunities, challenges and problems that suppose Harm Reduction in cryptomarkets, including the legal and ethical issues of involving vendors and administrators in these new Harm Reduction strategies.

Nicola Corrigan

HSE National Office for Social Inclusion
Ireland

The evolution of SAOR Screening and Brief Intervention in Ireland

Research has shown that significant numbers of the Irish population are drinking alcohol and using drugs in a manner that has health and social consequences for the user and wider society. SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use (2017) is a step-by-step guide for practice developed in response to problem alcohol use. Originally developed in 2009 for hospital accident and emergency settings, the successful application of the model led to the addition of problem drug use and the promotion and use of the model in a wide variety of settings, including: community, statutory, voluntary, justice and education services.

SAOR is a brief intervention model, which uses a person-centred approach based on Motivational Interviewing to have a conversation with a person about their drug or alcohol use. SAOR supports workers from their first point of contact with a person to enable them to deliver brief interventions and to facilitate those presenting with more complex needs with entry into treatment programmes as per the National Drug Rehabilitation Framework (2010).

To date, people have been trained in Universities, Public Health Services, Acute Care settings, Sports Clubs, Womens' Services, Homeless service and many other settings. By following this model, many professionals and volunteers have been given the confidence and ability to screen for problem alcohol and drug use and either engage in a brief intervention or refer to specialist services.

As stated in the EMCDDA report 'Health responses to new psychoactive substances' (2016, p.10), 'there is a lack of NPS-specific responses in nightlife settings (Pirone et al., 2016). However, health responses and interventions aimed at the use of established drugs and alcohol in nightlife settings are relevant and may be adapted to respond to NPS use and related harms'. This presentation will give an overview of SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use and discuss SAOR's potential evolution and efficacy as an intervention that can protect and promote health in the nightlife setting.

Joanne Cox-Brown

Night Time Economy Solutions
United Kingdom

Sylvia Oates, Night Time Economy Solutions

Latest and emerging innovations in night time economy safety

Jo and Sylvia have over 10 years experience in night time economy management. They specialise in working with cities to design creative solutions to enduring problems of safety and vulnerability in the night time economy. They have worked alongside cities such as Nottingham, Manchester, Chester and Leicester and national bodies like the Home Office, Drink Aware, Institute of licensing, NALFO, National Pub Watch and the IPM on subjects such as vulnerability management, partnership working and creating a night time economy strategy. In the last year,

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they have undertaken extensive research on what consumers want from the night time economy as it evolves from alcohol led to experiential. They will share this research as well as their top tips for managing both enduring and new vulnerabilities.

Julie Croiset

Municipality of Amsterdam
Netherlands

Developing an Amsterdam policy framework on dance events

Dance events are an important and still growing segment of the Amsterdam nightlife, with for example about 100 venues participating in the Amsterdam Dance Event and numerous clubs and festivals programming during the year. These events are of great economic and cultural value to the city. At the same time this also has a downside; experienced nuisance, systematic violations of the drug laws, health incidents (in which drugs may play a role). Incidents that are sometimes widely reported in various media. In this session we will discuss the various (sometimes conflicting) roles and responsibilities for a safe and healthy development of dance events and we will outline the process that led to the Amsterdam policy framework on dance events (about drugs, safety and health).

Aidan Culley

Help Musicians UK
United Kingdom

Ear to the Ground: The Benefits of an Evidence-based Approach to Hearing Health Service Provision in Music

Help Musicians UK (HMUK) has provided bespoke Health and Welfare support to musicians since 1921. We have built on this experience, examining anecdotal patterns and developing preventative services. Over the last five years Help Musicians UK has developed its Health and Welfare service with the benefit of research, practical experience and consultation with key stakeholders.

47% of respondents to our survey of Health and Wellbeing in the UK music industry (2014) reported experiencing hearing problems during their career, prompting us to examine hearing health specifically in another survey (2015) which led to the Musicians Hearing Health Scheme (MHHS), launched in August 2016. The data from that survey is reported in Greasley et. al (2018), demonstrating the utility of sharing data with academics to contribute to the field.

The MHHS meets the needs evidenced in the 2015 survey for hearing advice (68% of respondents) and financial help to mitigate the risk of hearing loss (69%). It was developed with the support of a 'hearing steering' group comprised of audiological and hearing protection specialists, academics, union and industry representatives and HMUK beneficiaries.

Evaluation of the scheme demonstrated a need for defined pathways for tinnitus support (the most frequently raised hearing concern in a 2018 survey of MHHS beneficiaries). We have partnered with the British Tinnitus Association to research tinnitus in the music industry this year, and will be distributing hearing protection to venue staff through our work with Independent Venue Week as we further develop our hearing health offer.

Emma Davies

Oxford Brookes University
United Kingdom

Larissa Maier, University of California, US; Monica Barratt, National Drug and Alcohol Research Centre, UNSW Australia; Jason Ferris, Institute for Social Science Research, University of Queensland, Australia & Adam Winstock, Global Drug Survey

What a quarter of a million clubbers can tell us about alcohol related harms using findings from the last five years of Global Drug Survey

The Global Drug Survey (GDS) runs the world's largest drug survey and more than 50% of GDS respondents report regular clubbing. Alcohol remains the most commonly used drug in the world by this group of people. Using data from the last five years of GDS, this presentation will highlight the need to refocus harm reduction on this most harmful of substances.

Among our findings we will show that regular clubbers tend to drink more than less frequent clubbers and experience more drinking harms. A third of regular clubbers would like to drink less in the next 12 months, and they prefer to use online self-help tools for help to cut down. We also found that the most relevant alcohol health-warning label for clubbers was about the links between alcohol and violence, but information about the risks of cancer was rated as most likely to change their drinking.

Prior to the conference we will also analyse data to answer the following questions. 1) How much does the average clubber need to drink to get as happily drunk as they want to be? 2) How does alcohol compare to other drugs in terms of value for money? 3) How often do clubbers get drunk and really enjoy it and how often do they regret it? Where appropriate we will report how clubbers compare to non-clubbers, how acute harms from alcohol compare to other drugs, and which country can lay claim to having the sensible clubbing population when it comes to alcohol.

Martha de Jonge

Trimbos Institute
Netherlands

LCA and drug use - a review of literature

Most young adults who use drugs do so without becoming addicted. Some try a drug once and never again. Many of them stop or decrease their drug use when they become older or have a family. For most young drug users, their use of drugs will never become problematic. However, a small group will fall into an unhealthy pattern of drug use. Our studies focus on identifying subgroups of drug users through latent class analysis (LCA).

We started our study with a review of 53 studies on LCA in drug use. Most of these studies use frequency of use or experience with specific drugs as an indicator for latent classes, for example: 1) nonusers; 2) alcohol experimenters; 3) mild polysubstance users and 4) frequent polysubstance users. We believe it would be more useful to look for classes based on expectancies users have of using their drug of choice. For example, for professionals who work with young drug users it would be helpful to be able to differentiate between groups who use out of curiosity and groups who use to forget their troubles.

In an online survey, we asked 18-to-25-year-olds about, among other things, their intentions, experiences and expectancies in the area of substance use. This information will be used to identify subgroups based on expectancies/reasons, using LCA. Subsequently, we will describe the most prominent of these groups in terms of risk (to fall into an unhealthy pattern of drug use),

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needs and options for communication. This will help healthcare professionals to identify and approach clients at risk of developing an unhealthy pattern of drug use. Some preliminary results of the online survey will be available during Club Health 2019.

Angela Driscoll

Chill Out Zone
Australia

The Chill Out Zone - Late Night Support Service

The Chill Out Zone has operated in the nightclub precinct of Surfers Paradise in Queensland, Australia, since 1998. As one of the earliest late night support services in the world, the service utilises paid staff from a variety of disciplines, to offer support to late night precinct patrons - from first aid for injury to intoxication care, phone charging to drinking water, transport assistance to alcohol and drug information. Detailed data collected is able to offer a picture of changing nightlife in this precinct over 20 years, as well as chart the impact of changing legislation and policing responses in a highly politicised environment. This presentation will look at the changing model over time in response to political and legislative changes, as well as the importance of maintaining the balance between our primary stakeholders - local and state government, licensed venues and the Queensland Police Service. The impact of such a service on collaborative efforts in late night precincts will also be examined, as will the changing patterns of alcohol and drug use by patrons over time.

Angela Driscoll

Safer Schoolies Initiative
Australia

Young People and Mental Health at Mass Gatherings

Each November, around 23 000 young people converge on Surfers Paradise in Queensland, Australia to celebrate the end of their schooling with a week-long stay in the entertainment precinct, encouraged by commercial operators. The period is characterised by heavy drinking and experimentation, and has been in existence for over 30 years. In 2002, the Queensland Government took over management response, including diversionary activities through DJ entertainment, refining pathways to care for physical health (primarily intoxication or injury through intoxication) and safety, and in the last 10 years have expanded the Response to include mental health presentations through dedicated referral pathways and services. As the young people are away from their support systems, going through a major transition point in their lives and experimenting with alcohol and drugs, these 17 and 18 year olds may be at significant risk for major mental health related issues. This presentation examines those pathways and responses, particularly in relation to suicidality, and management of pre-existing mental health conditions.

Nadine Ezard

National Centre for Clinical Research on Emerging Drugs; Alcohol and Drug Service, St Vincent's Hospital
Australia

Krista Siefried, National Centre for Clinical Research on Emerging Drugs, National Drug and Alcohol Research Centre, UNSW; Alcohol and Drug Service, St Vincent's Hospital & Amy Peacock, National Drug and Alcohol Research Centre, UNSW, School of Medicine, University of Tasmania

Developing a national prompt response network for Australia

Accidental deaths due to use of psychoactive substance use in party settings continue to receive high profile media attention in Australia. Yet there is an absence of reliable, timely, coordinated information sharing to inform consumer behaviour.

The Australian National Centre for Clinical Research on Emerging Drugs (NCCRED) was established to bring together a network of key stakeholders to develop a shared information system for prompt health responses to emerging drug-related concerns.

This presentation will present findings from a scoping exercise on a range of systems established nationally and internationally, and describe the framework for a proposed system suitable for the Australian context.

Consumer-focused, the Prompt Response Network brings together a range of stakeholders and incorporates multiple information sources and existing systems, as well as the potential of voluntary drug checking and other testing technologies not yet implemented at scale in Australia. The system will allow for open access online notification and prompt dissemination of reliable information and health communication, with a closed moderator group with access to sensitive and inconclusive information.

The system will be trialled in late 2019, testing its capacity to contribute to rapid communication of evidence-based scientifically sound data to inform consumers, clinicians, public health responders, and policy makers.

Elisa Fornero

Cooperativa Sociale Alice ONLUS
Italy

Ombretta Farucci and Angela De Bernardis, ASL TO4 & Lorenzo Camoletto, Cooperativa Sociale Alice ONLUS

The NHS in illegal raves: Neuttravel Project

Since 2008, Neuttravel performs outreach interventions in party settings in Italy - Piedmont Region. It is run from a partnership between a public (NHS) drug service provider, ASL TO4 and a NGO, Coop. Alice; it intervenes in clubs, psy trance parties, festivals and free parties (illegal raves) by using different settings: an info-stand, a drug checking service, a chill out and a first aid tent. Since free parties are a specific focus of intervention, Neuttravel is officially authorized by the Regional Council to intervene in these contexts and law enforcement agencies are informed on the project mission and tasks. Neuttravel has signed a formal protocol of intervention with the Regional Emergency System (112), to effectively manage drug related crises in illegal raves.

Neuttravel performs on site drug checking by using RAMAN Spectrometry that can provide qualitative results. If the instrument doesn't give a result, the partygoer is asked to donate a small sample of the alleged drug to be sent in lab and analyzed with GC-MS. In the first year of

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intervention, 239 tests were performed and 185 were from illegal raves. The most analysed substance was MDMA, followed by ketamine and amphetamine. In 19 cases the substance turned out to be different from what the partygoers expected. Mainly drug checking revealed a cutting agent but in 7 cases the sample contained an NPS. When drug checking result reveals another substance, the majority of the users (58% in illegal raves and 67% in other settings) declare they won't take the drug.

Anca Frinculescu

TICTAC Communications
United Kingdom

Max Hecht, Analytical Services International

Good Golly, Miss 'Molly'!

TICTAC is a Home Office licensed company specialized in drug identification, drug analysis and drug information with twenty years of experience in amnesty bin analysis from clubs and music festivals. In collaboration with Analytical Services International we have conducted a study on a large number of MDMA tablets collected between 2001 and 2018, specifically looking at variation in content and dissolution profiles. The analysis was carried out using LC-MS/MS.

Recent samples (2016-2018) tend to have a higher MDMA content compared to earlier years. In 2018, the median MDMA content exceeded 100 mg free-base for the first time. Significant differences in the amount of MDMA were found within batches of Ecstasy tablets (up to 136 mg difference). Dissolution profiles (the percentage of active ingredient released from its dosage form in time) showed that for fast-releasing tablets 95% of the MDMA has dissolved after 30 minutes. But for the slow-releasing tablets only 50% was dissolved within the first 30 minutes. This can impact re-dosing behaviour and thus have implication for harm reduction because users have no way of knowing if their tablets are slow or fast-releasing.

Rapid assessment of MDMA content alone can provide important data for harm reduction, but does not account for variability in the remainder of tablets in a batch, nor MDMA dissolution profiles. Clinical manifestations of MDMA toxicity, especially for high-content, slow-releasing tablets, may be delayed or prolonged, and there is a significant risk of users re-dosing if absorption is delayed.

Victor Galan Amador

Health Department of the Government of Catalonia GENCAT
Spain

Joan Colom and Maria Estrada, Health Department of the Government of Catalonia

Promoting awareness and prevention among retailers and vendors of alcoholic drinks

'Underage without alcohol' is a project of promotion of awareness aimed at local establishments who seeks to increase knowledge among the sector of the health-related risks of selling alcohol to teenagers. Vendors has incorporated as education and prevention agents through their obligation of compliance with the Law 20/1895, July 25th on prevention of substance use that forbids selling alcohol to underage people.

As so, we intend to influence in the perception, of young people, of accessibility and availability of alcoholic beverages, through strategies of law enforcement that seek a commitment of the community in the compliance of the regulations as an element of coexistence and the defence of the right to health, and also building contexts of healthy behaviours.

One in four, of every 15 years old, has been able to purchase alcohol by its own (35% among 16 years old and 58% among 17 years old). Teenagers between 14 and 18 years old firstly get their alcoholic beverages in local stores and supermarkets and secondly in pubs and discos. There is also a practice called "Shoulder Tapping", regarding the purchase of alcohol by people over 18 years old who then give it to minors. 17% of 14 years old, 24% of 15 years old and 38% of 16 years old have gotten alcohol this way.

Preventive intervention promoted by the Public Health Agency of Catalonia, addressed to alcohol retailers (shops), with the aim of increasing the perception of the need for regulatory compliance (Law Enforcement) regarding the sale of alcohol to minors and to increase awareness of the health risks of adolescents' consumption of alcoholic beverages.

The intervention is implemented through the so called both proximity and communitarian police, which aim is to promote co-responsibility in the security and problem-solving system to communitarian stakeholders, in order to achieve more effective ways to promote public safety and to improve the quality of life the community. The communication between local police and retailers is an opportunity to develop a preventive strategy around this issue and provide social content to existing legal norms.

The proposal includes the creation of original graphic materials (posters, stickers, stoppers) with a clear message against the selling to minor's action shared by the participating department stores and local shops. A guide aimed at communitarian police (both central and local) to develop the preventive work with the local businesses with practical recommendations for managing the refusal abilities to sale to minors.

We have made 1.100 visits to local establishments of 11 towns. 70% supermarkets and 30% small shops. We have distributed 4500 stickers, 4500 posters and 1000 recommendation leaflets to all establishments. We have spent an average of 5 minutes per visit and we had the participation of 40 local police officers and 30 health care professionals.

Elena Gervilla

University of the Balearic Islands
Spain

Zara Quigg, Liverpool John Moores University; Mariàngels Duch and Joella Anupol, IREFREA; & Rafael Jiménez, University of the Balearic Islands

Alcohol use and perception of drunkenness in public spaces in Spain

Aims Young alcohol use is a social behaviour which takes place in a natural social context. Social norms model predicts that the social environment will influence the relationship between alcohol use and drunkenness' perception. The aim of this study is to analyse the relationship between breath alcohol concentration and drunkenness' perception as well as the influence of social environment.

Participants 959 participants (organized into 229 natural groups of friends) drinking in the street (44.4% women) (Mdn age=22 years, interquartile range=4).

Measurements Breath Alcohol Concentration (BrAC), perception of drunkenness (10-point Likert scale) and socio-demographic questionnaire.

Findings Men had higher BrAC scores than women ($t=4.686$; $df=901.221$; $p<0.001$) but we did not find statistical differences in BrAC between underage and older participants ($t=-1.127$; $df=911$;

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$p=0.260$). Moreover, BrAC of drinkers was lower when peers had not drunk ($t=3.939$; $df=897$; $p<0.001$). Correlation between BrAC and perception of drunkenness was statistically significant but low. Decision tree enables to predict perception of drunkenness by BrAC, age and the amount of time spent in the drinking environment. Regression models indicate that proportion of sober people in the group of friends and AUDIT scores are relevant variables to predict discrepancy between BrAC and perception of drunkenness.

Conclusions. It seems difficult to assess properly the intoxication level based on alcohol intake. Perceived peer drinking context could modify alcohol use.

Meryem Grabski

University College London
United Kingdom

Jonathan Waldron, University College London; Tom Freeman, University of Bath & Valerie Curran, University College London

Associations of ketamine use trajectories with mental health and substance use outcomes at 12 months follow-up in young Europeans in the nightlife scene

Background: In the last decade ketamine has been investigated for its potential as a treatment of depression and substance use. At the same time ketamine is used as a club drug and chronic recreational use might be associated with detrimental outcomes such as addiction, neurocognitive impairment and depressed mood. Given a recent increase by 100% of ketamine use in the United Kingdom more information on the long-term effects of ketamine are especially imminent (Home Office (2018)). The current study investigates whether these recent findings from the UK can be extended with data from a European longitudinal survey on nightlife and substance use.

Methods: Young adults were recruited online (via Facebook, Instagram etc.) and at festivals and clubs in Belgium, Italy, the Netherlands, Sweden and the UK. In order to take part in the baseline survey participants had to live in one of the above countries, be between 18-34 years old and indicate participation in at least 6 dance/electronic music events in the last 12 months. Participants who completed the baseline survey were invited via email to complete the follow-up survey exactly 12 months after completion of the baseline survey.

Results: Almost 8000 participants from five countries (Belgium, Italy, Netherlands, Sweden & United Kingdom) completed the Electronic Music Scene baseline survey between May-November 2017 and almost 3000 participants completed the follow-up survey between May 2018-November 2018.

Ketamine use trajectories as well as potential associations between frequency of baseline ketamine use with mental health and problematic substance use at 12 month follow up will be discussed.

Lies Gremeaux

Sciensano
Belgium

Michaël Canfyn and Eric Deconinck, Sciensano

Monitoring trends in substance use at electronic dance music festivals in Belgium through seized drug analysis

Yearly analysis of substances seized at several EDM summer festivals have contributed to enhance the monitoring of the Belgian situation in terms of composition of synthetic drug use in recreational settings.

Sample collections of synthetic drugs conducted in 2015, 2016 and 2017 mainly comprised of seizures by law enforcement at several events, supplemented with lost items and substances obtained from patients admitted to emergency services. Qualitative and quantitative analyses were performed off-site by GC-MS and UV spectroscopy.

The leading synthetic party drug of choice at EDM events (yearly > 50% of all samples) clearly remained MDMA in tablet format. Moreover, more than 96% of the ecstasy tablets contained only MDMA as an active ingredient, but in very high amounts with an annual median of > 154mg MDMA base per tablet. The annual notable proportion of tablets (2015: 26% of all tablets, 2016: 11%, 2017: 3%) that tested negative for active compounds indicates that often, users are unaware of the content of purchased products. To a lesser extent, tablets were identified to contain New Psychoactive Substances (NPS, 2015: 6.2% of all tablets, 2016: 7.4%, 2017: 2.6%) but without indications of comprehensive use.

Our results support the popularity of MDMA tablets at these EDM festivals in Belgium. In particular, the occurrence of NPS in combination with the increasing amount of active substances in ecstasy tablets poses a serious health threat.

Marybec Griffin

New Jersey City University
United States of America

Joseph Palamar, New York University

Sexual Assault at Electronic Dance Music Parties

Reports of unwanted sexual contact in party scenes are common, but few studies have focused on the extent of this problem. We surveyed 1,005 adults entering electronic dance music (EDM) parties in New York City in 2018. We estimated prevalence and correlates of experiencing sexual assault at parties, which was defined as unwanted or uninvited sexual contact including unwanted groping, kissing, or touching. We estimate that 15.2% of EDM party attendees have been sexually assaulted at such parties. The majority (62.5%) of those assaulted reported that it occurred 1-2 times and half (49.1%) were usually or always drunk or high during the assault. All females were usually or always assaulted by a male and 54.7% of males were usually or always assaulted by other males. Females were at more than twice the odds of reporting a sexual assault than males (21.8% vs. 11.0%, $p=.037$). Among females, young adults (age 18-24) were at over twice the odds ($aOR=2.75$, $p=.015$) for reporting a sexual assault than older adults. Results suggest EDM party environments can increase susceptibility to unwanted sexual contact. Prevention needs to be geared towards those at risk and education needs to be geared towards those likely to commit sexual assault.

Johanna Gripenberg

STAD, Karolinska Institutet
Sweden

Patrick Widell and Tobias Elgán, STAD, Karolinska Institutet

Building trust between the nightlife industry and authorities – Lessons learned from 20 years of prevention work in the Stockholm nightlife setting

STAD (Stockholm prevents alcohol and drug problems) has been working with environmental prevention in the nightlife setting for over two decades. Both alcohol and other club drugs have been targeted in different multi-component programs, such as Responsible Beverage Service and Clubs against Drugs. Intervention strategies include e.g. community mobilization and collaboration, training, co-production, policy and enforcement and media advocacy. Results have for instance shown reduction in overserving of alcohol to both heavily intoxicated and under aged patrons, and reductions in police-reported violence. Sustainable effects have been demonstrated over a 20-year time frame. A cost-effectiveness analysis revealed that for every euro spent on the Responsible Beverage Service intervention, 39 euros were saved due to absent alcohol related costs within the health care, police force and judicial system. The program has been institutionalized and maintained by a collaborative steering group with participation from stakeholders in the local community, such as the nightlife industry, Licensing board, Police Authority, Country Administration and County Council.

In this presentation, the long-term effects, boosting factors (e.g. collaboration, co-production, long-term funding, institutionalization, scientific publications) and hindering factors (e.g. lack of communication and trust, organizational change, lack of project coordinator, lack of supportive policies and policy compliance) will be discussed. Further, experiences from national dissemination in Sweden as well as to other countries and to other settings (e.g. festival, student parties, sporting events) will be presented.

Mary Ellen Harrod

NSW Users and AIDS Association
Australia

Daniel Burns, Charles Henderson and Jessie Murray, NSW Users and AIDS Association

The rapidly shifting music festival policy environment in New South Wales Australia: the impact of a peer-led agency and the promotion of a harm reduction approach

The NSW Users and AIDS Association (NUAA) is a peer-based harm reduction organisation funded by the New South Wales (NSW) government since 1989, primarily to do hepatitis C prevention. NUAA established a peer-based music festival harm reduction program, DanceWize NSW, based on an established model operating in Victoria in November 2017.

NSW has taken a punitive approach in response to adverse nightlife incidents over the past five years with two “one-punch” deaths resulting in “lockout laws” restricting trade in entertainment districts. These laws have significantly impacted both patrons and publicans. Festival promoters frequently adopt “zero tolerance” policies in the belief that this approach is more acceptable to police and government. Two overdose deaths at a “zero tolerance” music festival in September 2018 prompted an initial response of “shut the festival down” consistent the “just say no” stance of politicians in contrast to the official policy of harm minimisation. A more considered approach was later adopted with an expert panel represented by Health, Police and Licensing authorities making recommendations on improving safety at festivals.

This paper will discuss the specific impact of having a significant voice representing peers in establishing public policy in the festival space that adopts a harm reduction approach. It will also explore the benefit of an external agency with a very broad range of stakeholder interactions at the table and how the DanceWize NSW program specifically has affected the panel recommendations, the implementation of newly established guidelines and areas for future consideration in festival harm reduction.

Joe Hastings

Help Musicians UK
United Kingdom

Music Minds Matter: An evidence led approach to the provision of mental health services in the music industry

Help Musicians UK (HMUK) has provided bespoke Health and Welfare support to musicians since 1921. We have built on this experience as we have modernised, examining anecdotal patterns and developing services predicated on maximum impact through accessibility.

Over the last five years Help Musicians UK has developed its Health and Welfare service with the benefit of research, practical experience and consultation with key stakeholders. The genesis of our Music Minds Matter mental health support line can be traced back to our survey of Health and Wellbeing in the UK music industry (2014).

The prevalence of performance anxiety among respondents (75%) prompted us to commission research in partnership with the University of Westminster and MusicTank ('Can Music Make You Sick?' 2017). The study was the largest of its kind in the UK with 2,211 respondents to the first phase, from a broad range of professional backgrounds from DJs to sound engineers, producers and many more. The survey revealed that 68.5% reported experiencing depression, 71% anxiety and/or panic attacks, and 55% of respondents felt there were gaps in the provision of mental health services for musicians. A key finding was the impact of working anti-social hours and the precarity of work on respondent's mental health.

Music Minds Matter offers free, round the clock access to a listening ear, emotional support and signposting to all, plus access to online CBT, face-to-face and telephone counselling to eligible music professionals. Its success to date demonstrates the utility of evidential, anecdotal and policy-based service development.

Gerard Hastings and Nathan Critchlow

Institute For Social Marketing, Stirling University
United Kingdom

Marketing and the Illusion of Choice

We live in the attention economy: never have our eyes been so sought after, our minds so pursued, our hearts so seduced. Marketers have long used the best insights of the social sciences, from anthropology to zoology, to guide their influential arts. They understand that the human being is an emotional elephant under the fragile control of a rational mahout, and hone their approaches accordingly. Time and again the mahout loses out: the reality of lung cancer is masked by the illusion of machismo; the actuality of liver disease is veiled by the semblance of belonging. Now digital has added a nuclear dimension to the marketers' arsenal: now they can harness our innermost secrets to their sentiment dashboards; create norms as well as exploit them and meld advertising with editorial. The world is theirs for the taking and making. The night-time economy, where the primal thirst for fun, new experiences, and sociability takes on

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exceptional importance, and where consumers grasp the unique opportunities of inhibition to project their desired identity to others, also enables marketers to harness an amplified influence. Such unprecedented power has profound implications for us as consumers, citizens and human beings; for public health and civic life. This session will explore these and seek your views on how society should respond.

Bert Hauspie

University College Ghent
Belgium

Tina Van Havere, University College Ghent; Enrico Petrilli, University of Milano-Bicocca & Sara Rolando, Eclectica

Nightlife culture compared in five European countries. The results of an explorative Facebook analysis as part of the ALAMA nightlife project

To better understand the nightlife settings of the countries involved in the ALAMA nightlife project – which focus is based on the dynamics and consequences of young adult substance use pathways in the electronic dance music scene – one particular work package of the project focused on the description and analysis of nightlife culture in the different countries involved: Italy, Belgium, United Kingdom, The Netherlands, and Sweden. In a first part a content analysis was conducted, followed by a second part whereby interviews were executed with nightlife stakeholders.

The starting point of the content analysis is based on available information mentioned on the online electronic music magazine and community platform 'Resident Advisor'. In the introductory part, an overview per country is given of the number of clubs mentioned on Resident Advisor. Furthermore, an in-depth content analysis of the top clubs in each country was executed. On the one hand by analyzing some descriptive variables at the level of the club. On the other hand by analyzing the Facebook pages of the top clubs to study the online communication among club owners and partygoers.

Moreover, in the second and last part interviews were conducted with nightlife stakeholders to double check our main findings next to their knowledge and perceptions of the nightlife culture in their country.

During the presentation the main focus will be put on both the results of the Facebook analysis and results of the interviews with the nightlife stakeholders – in a framework of a comparison between the countries involved.

Hans-Joerg Helmlin

Pharmaceutical Control Laboratory, Office of the Cantonal Pharmacist, Health and Social Welfare Department, State of Berne
Switzerland

Daniel Allemann, André, Mürner, Lukas Mürner, Hans Pauli, Carole Schöpfer and Samuel Steiner, Pharmaceutical Control Laboratory, Office of the Cantonal Pharmacist, Health and Social Welfare Department, State of Berne

20 years of drug checking with a mobile high-tech lab at parties and in stationary settings in Switzerland

For more than 20 years the mobile lab unit is testing so called "Party Drugs" on the dance floor. In cooperation with Contact Bern, Streetwork Zurich, Suchthilfe Region Basel and NuitBlanche? Geneva the team has tested 4350 samples at 201 parties.

Additionally there are two stationary weekly counselling facilities in Bern and Zürich operated by our cooperation partners. Including all projects about 2000 samples are analysed per year.

The method of choice for reliable chemical analysis in the field is HPLC-DAD, which includes separation of multicomponent samples coupled with spectroscopic detection, an established technique. Compared to simpler practices (Colour tests, TLC, FT-IR, Raman etc.), HPLC-DAD allows for qualitative and quantitative determination of compounds in complex drug samples (impurities, pharmacological active additives). With our system more than 100 substances have been reliably characterized. The mobile lab has a capacity of about 6 samples per hour.

Clients can have their samples analyzed free of cost and anonymously. Each client attends a structured counselling session with social workers. The implicit scientific background of the lab reinforces the credibility of the information provided concerning potentially risky substances and/or behaviour. In cases of unknown or dangerous compounds, hazardous combinations or high doses, the potential consumers and - if necessary - a greater public is warned with appropriate means (www.saferparty.ch).

On a long-term view attending about 12 parties per year together with the stationary facilities gives an insight into the situation on the illegal market regarding new drugs, changes in consumption trends and associated health risks.

Lucinda Heyman

The Royal College of Music
United Kingdom

Rosie Perkins, The Royal College of Music and Liliana Araujo, Trinity Laban Conservatoire

Examining the health and wellbeing of solo singers in popular music

The domain of popular music performance has been under-examined in the context of performance science research. Specifically, most studies on musicians' health and wellbeing have focused on the classical music genre, and experiences in popular music need further exploration due to differences in the contexts and challenges that these musicians face. This study addressed the following research question: 'what are the health and wellbeing experiences of solo singers in popular music?'. Semi-structured interviews were conducted with five professional singers from different popular music genres: rock, pop, jazz, blues and R&B. The interviews addressed questions regarding experiences and perceptions of health and wellbeing, alongside potential barriers to optimal health. Through Interpretative Phenomenological Analysis

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(IPA) the singers were found to rely on family and industry peers for support, whilst experiencing mental health challenges and physical health problems in the context of an emotionally intense landscape. Health was an important factor in their careers and was viewed as being both physical and mental in nature, with the two elements inter-related. Positive musical experiences were present and involved the self-expression of song-writing, live music performance and relationships with fans. Barriers to health and wellbeing for participants were identified as touring, antisocial / long hours, factors inherent to the job and the mental demands experienced. A requirement to be the artist 'character' expected of them resulted in a 'loss' of their own identity. Those interviewed also discussed aspects contributing to a lack of support. Overall, the singers in this study faced an array of health and wellbeing challenges that were found to interact with their wellbeing as a whole. These findings call for increased awareness and understanding of the problems faced by singers in popular music, alongside a requirement for further detailed research to enable enhanced support for these musicians in the future. What are the health and wellbeing experiences of solo singers in popular music?

Matthias Humm

City of Zurich / Saferparty
Switzerland

Drug-Checking in Zurich: results, alerts, monitoring and counselling; focusing on cocaine

Zurich is offering an on-site drug-checking since 2001. Since 2006 an outpatient drug-checking is complementing the service. To guarantee precise quantitative results, HPLC and GC/MS is used as the analytical method.

The main target of a drug-checking service is to reduce harm and minimize risks, but also to enable a counselling of recreational drug users. In 2018 saferparty analyzed 2180 samples through the drug-checking service in Zurich. 46% of all the analysis were cocaine samples.

In 2017 the wastewater analysis in 56 cities of 19 European countries have shown, that Zurich, together with Barcelona, is the city with the highest prevalence of cocaine users in Europe.

Although in the last years the quality of cocaine, analyzed in Zurich, has increased. In 2018 still 36.4% of all samples contained pharmacologically relevant diluents. Moreover a high cocaine content leads to a higher risk for overdoses.

The drug-checking service is always a combination of a counselling and a substance analysis. A drug-checking service allows a contact between the ""hard to reach group"" of recreational cocaine users and the professional helping system. The analysis results enable an objective, fact-based and individual counselling.

Saferparty publishes an evaluation of the cocaine analysis results annually. This evaluation shows how the cocaine market changes (development of purity and diluents) but also helps to formulate a risk assessment for the counselling. Since 2017 a quarterly evaluation is published additionally to reach more of the cocaine users, who do not (yet) use the drug-checking service.

Stefanie Jones

Drug Policy Alliance
United States of America

How Fentanyl Is Creating Opportunities to Advance Drug Checking in the U.S.

While underground drug checking via reagent tests has been happening in club and festival environments since at least the late 1990s, with the opioid overdose crisis and the discovery of fentanyl test strips, drug checking in the United States has reached a new – and bigger – audience. Given the impact of the overdose crisis in the U.S. and the potential for drug checking to reduce the number of deaths, it has galvanized cities and states to embrace the practice in a way they haven't before. And yet, without the work of the Drug Policy Alliance and other advocates, the rush to embrace drug-checking risks focusing solely on access to fentanyl test strips and opioid users and leaving other communities and forms of testing (including more precise methods) by the wayside.

Learn the key components of legislation from Washington D.C. and the state of Maryland that legalized some forms of drug checking, how it has been operationalized, plans for expanding advocacy and where the overlaps and opportunities for drug checking in festival and nightlife environments exist.

Kristin Karas

DanceSafe
United States of America

Sara Dasugo, DanceSafe

Going Remote: The Benefits of an Online Nightlife Harm Reduction Training

DanceSafe, founded in 1998, is a U.S.-based 501(c)(3) public health organization with a mission to promote health and safety in the nightlife and electronic music communities. The organization is has two fundamental operating principles: harm reduction and peer-based, popular education.

With the help of 25 volunteer-run DanceSafe Chapters, the organization is able to provide its health and safety services to hundreds of thousands of event patrons each year. To improve the quality of services and the organizational capacity of Chapters, an online volunteer training course was piloted and later implemented in 2016. In 2018, DanceSafe launched Version 2 of the DanceSafe Volunteer Training Course (DVTC), formally How to Become a DanceSafe Volunteer, which contained a number of content updates including a session solely dedicated to reagent drug checking and fentanyl test strips.

Quantitative analysis of the course shows that those who participated in the DVTC significantly increased their post-test scores compared to their pre-test scores. This indicates that the course was effective in improving the understanding of nightlife harm reduction topics resulting in an improved quality of services.

This discussion will focus on the implementation and evaluation of the DanceSafe Volunteer Training Course, providing key insights including successes and lessons learned.

K

Alexandra Karden

checkit! - Suchthilfe Wien gGmbH
Austria

Anton Luf, Medical University Vienna, Clinical Institute for Laboratory Medicine

The c(o)urse of ecstasy – a substance in the spotlight: 20 years of drug checking data analysed by checkit! in Vienna

The number of highly-dosed ecstasy-tablets on the European market has grown during the last two decades - especially in recent years - resulting in new challenges for both drug-consumers and experts in the field of addiction prevention. After a historical low of 41 milligrams (mg) MDMA in ecstasy tablets tested in Vienna in 2010, the average MDMA amount increased and reached a peak in 2017 with 171 mg on average and with 331 mg as the highest amount identified in a single tablet. Ecstasy-users are confronted with a very heterogeneous market and an associated incapability of estimating the content of a tablet without drug checking.

In 2018, however, the average MDMA content in ecstasy tablets has decreased to 155 mg per tablet and the range narrowed down. This latest trend could be the result of effective harm reduction activities like raised awareness for the toxicity of highly-dosed tablets. For example, the majority of checkit!-clients claims to take half of the tablet or less if drug checking is not possible as a recent ecstasy survey reveals. If drug checking is available and a potentially harmful dosage is detected even more clients state to change their consumption behaviour.

The latest development might however also be an indicator for upcoming changes on the drugs market resembling the new psychoactive substance rise around 2009. Therefore, comprehensive drug checking services in Europe are demanded more than ever to monitor these developments, to provide drug consumers with objective information and to implement appropriate risk- and harm-reduction measures."

Maite, Kefauver

IREFREA - European Institute of Studies on Prevention
Spain

Mariangels, Duch and Montse Juan, IREFREA - European Institute of Studies on Prevention

STOP-SV – A collaborative strategy to prevent sexual violence in the nightlife context

Sexual harassment and sexual violence in recreational settings is increasingly becoming a concern across many local communities and authorities in Europe. To support the prevention of these harms, the Spanish and Portuguese teams of IREFREA along with the teams at the LJMU and CUNI are developing and implementing the STOP-SV project.

The project STOP-SV is an intervention that links a training programme for managers and staff working in nightlife venues to the establishment of a community coalition working collaboratively to lead changes in the nightlife model oriented to ensure health and safety for both clients and staff working in these contexts.

In each pilot site (Coimbra, Portugal; Prague, Czech Republic; and Palma, Spain) a community coalition has been established to increase project adoption and sustainability. The close collaboration between prevention experts, administrations, civil society organizations and nightlife environment is helping to increase knowledge on this under-researched issue as well as bringing to the surface a hidden problem with profound adverse effects.

Different strategies have been implemented according to context and local needs oriented to facilitate changes in the management of the NTE that will have a considerable social impact both in the definition of the problem and in the solutions to confront it. The work undertaken through the local coalitions and the different strategies deployed will be presented. Results on the evaluation of the coalition work, and next steps to consolidate the network as a hub to share information and identification of good practices and enhance training will be examined.

Brian Kelly

Purdue University
United States of America

Nightlife, marginalised groups and social exclusion

This plenary address will identify a research agenda for expanding the scope of research on nightlife and health by moving from the center to the periphery. The goal is to outline ways that we can better account for individuals on the margins while providing more holistic prevention and intervention services. What are the ways that status and hierarchy become reified within nightlife contexts? How might we consider marginalization and social exclusion both within and beyond the primary sites of nightlife health promotion as opportunities for fine-tuning our current strategies? What can we learn about wider societal dynamics by studying social exclusion within nightlife? By addressing the numerous ways that individuals wind up on the margins, we find numerous opportunities for engaged social research and health promotion activities, and ultimately a pathway towards creating a healthier society within and beyond nightlife scenes.

Tom Kiel

Independent / Kielverhalen
Netherlands

The science of drug propaganda

Harm-reduction initiatives like needle exchange programs and drug testing work to provide more safety and public health. However, in mainstream media and politics, these effective measures are hardly ever communicated. Journalists and politicians focus on the rare exceptions and keep perpetuating the same tactics, despite scientific evidence. How does this drug propaganda work in real-life, and what can we do about it?

K

Nicki Killeen

HSE National Office for Social Inclusion
Ireland

Eamon Keenan, HSE Addiction Services

Drugs.ie Festival Communication Plan 2019

Drugs.ie, Ireland's National Drug and Alcohol information website was established in 2008 in response to increased cocaine use and cocaine-related fatalities in Ireland. It was developed as part of an integrated national public awareness campaign 'The Party's Over'.

The site has developed into a recognised source for drug trend information and evidence based harm reduction campaigns targeting at risk groups in Ireland. In addition a directory of services has been added to the site in recent years.

Changes to drug markets and new user groups created a need for novel accurate targeted responses aimed at different populations. Students and festival attendees have been identified as an at risk population that may never present to traditional addiction services and may be missed in prevalence studies. These groups are recognised as being more vulnerable to harmful outcomes and are an important group to target with harm reduction education.

On this basis, Drugs.ie worked in partnership with a variety of agencies to develop a number of public health awareness campaigns aimed at students and festival attendees. The campaigns were 'What's in the Pill?'; 'What's in the Powder?'; 'Do you know what you are taking? –MDMA, Ketamine, Mephedrone, Synthetic Cannabinoids' and 'Cocaine – Reduce the Harms'.

Now managed by the HSE National Office for Social Inclusion, Drugs.ie will implement a festival communication plan in 2019 in partnership with HSE Communications and other relevant stakeholders. This presentation will review the progress of the plan to date.

Leon Knoops

Mainline Foundation
Netherlands

Sjef Pelsser, Mainline Foundation

Chemsex, a hidden party scene

Chemsex is a globally growing phenomenon among men who have sex with men (MSM). However, chemsex often takes place in a private setting

The results of the European MSM Internet Survey (EMIS) are expected early 2019. Yet, a sneak preview shows that the Netherlands score high in the occurrence of chemsex. This research confirms the trends that Mainline has signalled and has been tracking since 2015.

As chemsex is a 'hidden' scene, participants are harder (if at all) to reach than visitors of party venues. Therefore, creating awareness and/or applying harm reduction interventions through physical attendance at the scene is hardly possible. Informing participants, professionals as well as the general gay community through training, debates, workshops and online information is a first step towards reaching this hidden party scene. The Mainline chemsex team has been working hard over the past couple of years to access the scene and raise awareness about chemsex through different platforms, applying the aforementioned approach. In doing so, the

team has initiated support groups, launched a website and met dozens of men each month who suffer from a wide range of physical, mental and sexual complaints.

This presentation includes a quick overview of recent data on chemsex in the European context and in the Netherlands. It addresses high-risk behaviour and the distinction between recreational and problematic chemsex. An overview of successful interventions, service gaps and options for improving the support and care for men in the chemsex scene is provided.

Philip Kolvin

Cornerstone Barristers
United Kingdom

Lessons from the Fabric case

The author led the legal team, which recovered the licence for Fabric, one of the leading EDM clubs in the world, following 6 ecstasy-related deaths.

The author will give an account of the legal process, including the means employed to satisfy the authorities that the club could be allowed to trade again. He will demonstrate that, in UK law and practice, the objectives of prevention of crime and public safety are in tension and propose solutions, which align the two objectives.

Dirk Korf

University of Amsterdam, Bongier Institute of Criminology
Netherlands

Coffeeshops: regulating the Dutch cannabis retail market and the role of tourism

Started in the 1970s as locally tolerated settings where consumers can buy and use cannabis, coffeeshops evolved to become a distinctive characteristic of Dutch drug policy. In the past decades, the policy pendulum has been shifting between a stronger local and national focus. The result is a well-defined set of national criteria governing coffeeshops, and a transparent enforcement policy about the 'front door', such as a minimum age, and the maximum amount of cannabis per transaction, as well as room for local arrangements such as a zero coffeeshop option. Coffeeshops also attract tourists; along the border with Belgium and Germany, as well as in cities like Amsterdam, where foreign coffeeshop visitors are overrepresented in medical emergency cases. Various initiatives have been taken to regulate so-called 'coffeeshop tourism', including the introduction of a residents-only criterion for coffeeshops (also known as 'weed pass').

This presentation will include a short overview of significant trends in Dutch coffeeshop policy, key characteristics of coffeeshops (e.g. trends in price and purity) and coffeeshop visitors including a particular focus on tourists and a critical discussion of interventions aiming at reducing coffeeshop tourism.

K

Matej Košir

Institute Utrip
Slovenia

Alcohol and youth in Slovenia - challenges and the way forward

In 2017, UTRIP and the City of Kranj implemented a pilot intervention based on STAD model specifically focused on increasing the compliance rate regarding selling alcohol to minors and intoxicated young adults in nightlife premises. Mystery shopping was used as the key research method. The training of staff in nightlife premises based on Club Health project model was conducted as a part of intervention and 12 staff members from 8 intervention sites participated at the 3-hour interactive training. Media advocacy and campaign was included in the intervention as well to promote the enforcement of alcohol policy measures at local level. The baseline study showed that the compliance rate was 0 %, which means that all minors and drunk young actors were "successful" in all attempts to buy alcohol. Of a total of 150 attempts to buy alcohol in all four phases of mystery shopping action (from November to December 2017), young activists and actors were "successful" in 145 cases (96.7 %), so there were only 5 refusals to sell alcoholic drinks to minors and visually drunk young adults overall. The results of the intervention showed almost complete indifference of the bar/pub staff to the respect of the alcohol law, which was widely presented, to media and key political stakeholders at local and national level. In 2019, STAD-based intervention is going to be repeated in some other Slovenian cities with the co-financing of the Ministry of Health and the Office of the Republic of Slovenia for Youth. UTRIP aims to involve important national and local stakeholders (e.g. local authorities, police and inspectorates, schools, etc.) much strongly in preventive activities regarding alcohol use among youth to strengthen the enforcement part of intervention and improve compliance rates in intervention cities. Some preliminary results of this second phase of intervention will be presented at the conference.

Lieke Kreuzberg

TeamAlert
Netherlands

Lonneke Ziemerink, TeamAlert

Driving clean. How to motivate adolescents to stop using drugs when participating in traffic

According to scientific research, the combination of drugs and participating in traffic is dangerous and risk increasing. This especially concerns adolescents. They have little driving experience and are more willing to take unnecessary risks. Nevertheless, little is known about the motives and underlying factors leading to drug use in traffic. TeamAlert has recently conducted research about this motives and underlying factors. The final goal is to find the most effective way to stimulate adolescents to not use drugs in motorised traffic.

For this study, the Integrated Change Model (De Vries, 2003) is used as theoretical framework. In their research TeamAlert utilised both qualitative and quantitative methods. Potential risks are the foremost reason that influences adolescents to stop drug use in traffic. The motivation to change their behaviour relates to intention, the duration and the frequency of drug use (while driving).

To prevent adolescents from taking drugs while participating in traffic, various simultaneously interventions are necessary. For example; creating a positive social norm, education about the effects of different types of drugs, adequate behavioural alternatives and using the saliva test for drugs, which was introduced in 2017.

Lori Kufner

Trip! Project
Canada

Marc Allan and Steff Pinch, Trip! Project

Consumption and Consent: Navigating Drugs and Sex in Partying Communities

Since humans have been around, we have been doing drugs, dancing and having sex - not necessarily at the same time, but in our current communities these three things come together often. It is a complex issue when people are out drinking and using other substances and want to have sex (in some communities this is called chemsex, “pnp” or “party n’ play”). Laws around consent are extremely important but don’t always reflect the realities for those in our partying communities. Being a harm reduction organization, we at the Trip! Project (a peer-run, youth-led project in Toronto, Canada) needed a way to talk about these realities in a meaningful way with youth who use drugs without oversimplifying it. Using focus groups, online anonymous surveys and literature reviews, youth in the Trip! Project have come up with some ways of talking to youth about ongoing communication, enthusiastic and ongoing consent as well as strategizing with venues and event promoters around navigating these combinations and creating safer spaces for attendees at these events. This presentation will share our findings and recommendations while acknowledging the complexities and limitations.

Lori Kufner

Trip! Project
Canada

Dan Werb, Centre on Drug Policy Evaluation, Centre for Urban Health Solutions St. Michael’s Hospital

A Multi-Site Drug Checking Services Pilot Project to Prevent Overdose in Toronto

The increasing incidence of fatal overdose has emerged as a primary public health concern in Canada with 4,000+ opioid-related deaths in 2017. In Ontario, data suggest that in recent years, one of every eight deaths among individuals aged 25 to 34 years involved an opioid. The federal government has declared a national public health crisis, allocating resources to implement a multi-site street drug checking services (DCS) pilot project in Toronto, Ontario, a city experiencing consecutive annual increases in opioid overdose deaths, with estimates 200+ overdose-related fatalities and 3,000 non-fatal overdoses in 2017. Toronto’s DCS will be co-located within federally and provincially approved supervised consumption services (SCS), with the aim of reducing overdose deaths, but also open to non-SCS clients.

DCS – an innovative harm reduction intervention available in Europe since the 1990s – provide people who use drugs with information on the composition and potency of their street drugs to allow for more educated choices about drug use and increase the capacity of individuals to avoid ingesting lethal amounts of toxic substances. DCS also provide insight into the street drug supply, which remains largely unknown in Canada. DCS employing gas chromatography- and liquid chromatography-mass spectrometry (GC- and LC-MS), the gold standards in forensic drug analysis and used by DCS throughout Europe, have not been implemented or evaluated in Canada.

The project is funded to be fully operational in spring 2019. This presentation will go into steps taken, and data collected so far.

Anton Luf

checkit! - Medical University of Vienna
Austria

Alexandra Karden, checkit! Suchthilfe, Wien gGmbH

Ecstasy - a drug with many faces: 20 years of drug checking data analysed by checkit! in Vienna

The recreational use of ecstasy pills has a long history in Austria with a slightly growing last-year prevalence of drug use among those aged between 15 and 34 years. A recent study conducted by checkit! focusing on the chemical analysis by UHPLC-MS and MALDI-HR-MS of over 3800 ecstasy tablets showed that the qualitative and the quantitative composition of the drug has been changing constantly over the last two decades. From 1998 to 2008 the percentage of ecstasy containing MDMA as the only active ingredient remained fairly constant with 70 percent of pills submitted for drug checking. With the rise of new psychoactive substances (NPS) in Austria around 2009, this number suddenly dropped to only 15 percent. In 2010 over 60 percent of ecstasy tablets contained NPS instead of or in addition to MDMA. More than 80 different active ingredients were identified in ecstasy during the last two decades. Since 2013 the MDMA content of ecstasy has constantly risen, peaking in 171 milligrams per unit on average. Still in 2018 tablets appear on the market that contain up to eight different psychoactive substances in one unit. The study-results underline the difficulty for substance users to make self-conscious decisions concerning consumption behaviour without the knowledge of a drug's composition and show that profound analytical approaches are required for substance analysis. The recent developments highlight the need for comprehensive drug checking services in Europe more than ever, to provide drug consumers with objective information and to implement appropriate risk- and harm-reduction measures.

Larissa J. Maier

University of California San Francisco (UCSF)
United States of America

Monica J. Barratt, University of New South Wales; Jason A. Ferris, University of Queensland & Adam Winstock, University College London

And the party won't stop! Are extended nightlife hours linked to increased alcohol and stimulant use?

Background: Europe is well-known for its vibrant electronic music scene with a wide range of after hour events. While more European cities started to experiment with 24-hour permits recently, several state-level US initiatives to extend nightlife hours in big cities beyond 2 am were dismissed. Concerns include potential increased alcohol and stimulant use and related violence. So far, no study has directly compared substance use behaviour among clubbers in Europe and the US.

Method: Data from the Global Drug Survey 2018 were used to compare alcohol and stimulant use patterns among people who visited clubs in Berlin, Amsterdam, Zurich, California or New York at least monthly (N=3,297).

Results: Two fifths of the sample were female (38.2%), 78.5% identified as heterosexual, the average age was 26 years, and 17.0% usually attend underground events. Alcohol and stimulant use did not differ but US clubbers who used MDMA for the first time were less likely to start with a small test dose. Furthermore, US clubbers were significantly more likely to report having been

diagnosed with a mental health disorder (32.1% vs. 16.0%, $p < .001$). Depression was most prevalent in both groups while anxiety and ADHD were more common among US clubbers.

Conclusion: Substance use patterns among European clubbers with extended opening hours do not differ from US clubbers. Californian cities who will extend nightlife hours in the future may benefit from addressing the intersection of substance use and mental health and investing in substance use education to increase public health and safety.

Daniel Martins

Kosmicare (PT)
Portugal

Helena Valente, Kosmicare (PT) & Mireia Ventura and Ivan Fornis, Energy Control

Setting up a HPLC in Boom Festival: bringing drug checking to a new level

Boom Festival is one of the major psychedelic transformational festivals of the world, happening every two years, marked by its artistic expression and freedom promotion. It gathers around 40.000 people from 160 different countries during a full week, in Castelo-Branco, Portugal.

In 2018's Boom Festival, in order to offer drug checking to partygoers of the festival, Kosmicare assembled up a temporary laboratory where drugs samples were analyzed through thin layer chromatography, UV-spectroscopy and HPLC. The analysis of psychoactive drug samples provided by potential users with the aim of assessing their actual content has been presented as community-based intervention practice since the 1960's. However, in the last decade with the appearance of New Psychoactive Substances, this type of service is getting more attention and has been argued as an effective harm reduction strategy. The analytical techniques usually applied in situ (eg. festivals and party venues) must possess specific characteristics such as being fast and easy to operate by harm reduction technicians. The use of high reliable techniques such as high-performance liquid chromatography (HPLC), that makes possible the separation of all components present in a mixture for further identification and quantification, is usually restricted to drop-in centers or well-equipped laboratories. The use of this type of instrument in festival or party context is highly required, but presents a number of challenges of implementation in a festival's grounds.

During the 7-day intervention, Kosmicare analyzed 671 samples, quantified 84 samples of LSD and 56 samples of MDMA. The possibility of gathering information about the exact quantity of psychoactive compound present on the sample proved very important. More than 35 pills analyzed contained high dosage of MDMA (>150 mg), which prompted Kosmicare launch alerts on the festival grounds. This intervention was possible due to collaboration with Energy Control (Spain) and funding of Boom Festival (Portugal) and Isomer Design (Canada).

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Julie-Soleil Meeson

Élixir

Canada

Nicolas Perron-Trudel, Élixir

Have fun safely: Awareness about sexual violence and intoxication in a festive environment

Élixir has been working with women who use drugs for more than 30 years. In the past 2 years, we have reached women and men in festive environments (university parties, bars, festivals). We offer many services: kiosk, safe space and outreach work. Thus, it is recognized that festive environments are areas of tolerance where the accessibility of psychoactive substances can lead to normalization, even trivialization of risky behaviors, to a certain extent, we accept the manifestation of excessive behavior, ranging from intoxication to hypersexualization of relationships.

We have several concerns observed during our interventions in festive venues:

1. People are poorly informed about the effects and risks of drugs
2. People tend to consume excessively and without control
3. The use of drugs significantly modifies the social and sexual relationships between individuals
4. The culture of sexual violence results in a double standard between women and men
5. The notion of sexual consent is not understood and respected by everyone.

We would like to talk about our experience on how to understand these realities better and how to get the community involved in a change of culture. We believe that our project contributes in reducing the quantity and severity of these misdeeds committed during festive events. With early intervention based on the concept of harm reduction, men and women who use drugs and who attend festive events will be able to make a positive contribution to making party environments safe and enjoyable for all.

Sarah Morton

University College Dublin

Ireland

Siobán O'Brien Green, Trinity College Dublin

Club Health Dublin 2017: Legacies and emerging trends

Risk and harm within nightlife settings is a key emerging issue within many jurisdictions, including Ireland. The 10th Club Health International Conference on Nightlife, Substance Use and Related Health Issues took place in Dublin Castle, on 24th to 26th May 2017. It marked 20 years of Club Health conferences and was the first time the Club Health conference was held in Ireland. Club Health Dublin 2017 covered a range of themes related to healthy nightlife. Although substance use was a core focus, related and intersecting issues such as policing, violence, terrorism, sexual health and sexual violence were also covered. A new theme for Club Health Dublin 2017, was that of social exclusion, with abstracts sought on nightlife issues in the context of social disadvantage and the cross-over between such contexts and more mainstream night-time settings. This presentation will consider the emerging trends and responses to nightlife issues in the wake of the Club Health Dublin 2017 Conference, with a particular focus on how these issues have been understood and addressed within the Irish context following hosting the conference two years ago. Innovations and responses will be considered in relation to themes identified in Dublin in addition to exploring the legacy actions and inter-disciplinary and inter-

agency relationships developed as a result of the conference. The catalyst role of the conference will also be discussed. This presentation will be relevant for future potential cities and organisations considering bidding for/hosting a Club Health conference as well as to policy makers looking for innovation routes to generate discussion, change and build coalitions to respond to complex social issues and city nightlife challenges.

Nico Mulder

Amsterdam Marketing
Netherlands

Enjoy & Respect

The Enjoy & Respect approach aims to create (more) awareness amongst young males from the UK and parts of Holland outside of Amsterdam about what is and isn't allowed when visiting the city of Amsterdam. It needs to contribute to the liveability of residents.

Research shows residents complain mostly about four situations of nuisance: littering, noise, drunkenness and peeing in the streets. The majority of the nuisance is caused by the target group mentioned. They see the city and city centre as a place where everything is allowed. This integral approach is set up in cooperation with the City Hall, Police, UK embassy, law enforcers and touristic entrepreneurs in the city centre.

By applying the creatives throughout the customer journey of the target group, it enables a high reach and effective influence on awareness and change of attitude. I.e. the campaign uses display advertising within the country/location of residence (UK/NL), has communication at the airport, within public transport and at arrival at their accommodation, digital outdoor in the city centre and geofencing (social media ads based on the geo-location of the target group).

First results shows more than half of the target group recognises the campaign creatives, 83.5% states becoming more aware of the challenges the city faces regarding nuisance and last but not least 45% states they changed their opinion (meaning: causing nuisance for inhabitants is not acceptable).

Ton Nabben

University of Amsterdam
Netherlands

High Amsterdam. 25 years of drug monitoring in nightlife

The Amsterdam drug market and nightlife has changed radically with the arrival of both ecstasy (MDMA) and new electronic music. To the rhythm of house, a new euphoric culture spread across nightlife like a bushfire. The house revolution coincided with a period of economic and cultural prosperity. Within youth culture, it signalled the turning point from a political inspired generation to a hedonistic partying generation since the 90's. The trade in recreational drugs in Amsterdam became increasingly more complex when in the slipstream of ecstasy a range of other drugs arrived on the market.

With the founding of the annual Amsterdam Antenna drugs barometer in 1993, an empirical method was implemented to systematically and verifiably document the changing lifestyles and use of recreational substances in the various nightlife scenes. Antenna is a combination of three research methods: a qualitative panel study among trendsetters, quantitative surveys on substance use in specific risk groups and a set of prevention indicators. Together, the data obtained in the various components paint a diversified picture of trends and patterns in

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Amsterdam's world of recreational substances. The broad expansion of the clubs (dance & urban) and festival culture in recent years has resulted in a drift towards the mainstream. At the same time the scene has grown more cosmopolitan. As a consequence of the strong magnetic effect exerted by the city centre on tourists in particular, Amsterdam nightlifers continued to shun traditional locations in search of new venues in the periphery (upper ground).

In my presentation I will describe wave like trends of drug use and drug markets from various perspectives (drug, set and setting) within the trendsetting and fluid nightlife scenes.

Thomas Norman

University of Tasmania
Australia

Amy Peacock, Drug and Alcohol Research Centre, University of New South Wales; Stuart Ferguson, Menzies Institute for Medical Research, University of Tasmania; Emmanuel Kuntsche, Centre for Alcohol Policy Research, La Trobe University & Raimondo Bruno, School of Medicine (Psychology), University of Tasmania

Measuring Alcohol Consumption and Intoxication Over Prolonged Drinking Sessions: A Triangulation of Methods at a Multi-Day Festival

Introduction and Aims: Comprehensively investigating alcohol-related behaviours in the context of a multi-day festival environment is important for understanding and minimising patron risk. We aimed to assess the feasibility and utility of implementing a multi-dimensional alcohol intoxication assessment battery using biometric, ecological momentary assessment (EMA) and retrospective self-report measures over the course of 3-night Australian music festival.

Design and Methods: Fourteen participants (n=7 male, mean age 21.9 years) were tracked. Breath and transdermal alcohol concentration (BrAC and TAC respectively) were measured using breathalysers and Secure Continuous Remote Alcohol Monitor (SCRAM) bracelets. A prospective EMA drink log was maintained via smartphones carried by participants, and a retrospective questionnaire was administered twice daily throughout the event (6 timepoints total).

Results: Participants attended all collection timepoints. While almost all participants (92.9%) logged significantly fewer drinks than they retrospectively reported, logs provided important contextual information including the types of drinks consumed and drinking time-sequences. Compared to BrAC, TAC provided a high-temporal overview of intoxication, indicating highest alcohol consumption outside of BrAC assessment windows. However, BrAC provided more time-sensitive assessments of intoxication; all participants were .00% BrAC at departure despite over two-fifths (42.9%) of the sample's last TAC reading exceeding .00%.

Discussion and Conclusions: As standalone assessments, each method possessed limitations. However, as a combined battery, they were successfully and simultaneously administered; the combination of which resulting in a more comprehensive overview of alcohol related consumption and intoxication over the multiple-day event. This battery may be used to assist in developing more specific alcohol-related health promotion and harm reduction interventions within the festival context.

Thomas Norman

University of Tasmania,
Australia

Amy Peacock, Drug and Alcohol Research Centre, University of New South Wales; Stuart Ferguson, Menzies Institute for Medical Research, University of Tasmania; Emmanuel Kuntsche, Centre for Alcohol Policy Research, La Trobe University & Raimondo Bruno, School of Medicine (Psychology), University of Tasmania

To Drive or Not to Drive? Alcohol Consumption and Psychomotor Performance at a Multi-Day Music Event

Introduction and Aims: Investigating residual impairment of psychomotor performance resulting from alcohol consumption (e.g., from fatigue, hangover) is particularly important at multi-day licensed events given that many patrons drive home afterwards. We aimed to assess the effects of alcohol consumption on psychomotor performance over a four-day festival.

Design and Methods: Laboratory assessments of psychomotor performance (Flankers, N-Back and Rapid Visual Information Processing [RVIP] tasks) were taken from 14 participants following acute dosing to breath alcohol concentrations (BrAC) of .00%, .05% (ascending and descending limb) and .08%. Participants then attended a multi-day music festival, with transdermal alcohol readings taken every 30 minutes, psychomotor performance/BrAC assessments twice daily and a prospective drink consumption log kept during the event.

Results: All participants logged consumption of alcohol above single-instance guidelines (120+ grams over festival). The greatest number of attentional errors when dealing with distracting information (Flankers) occurred on the mornings after drinking, even compared to laboratory performance at BrAC .08%. Field response inhibition (Flankers) was poorer at higher BrAC. Final morning performance at the festival on working memory (N-Back, mean BrAC=.00%) was comparable to laboratory performance at .05% BrAC. Sustained attention (RVIP) was poorer during laboratory assessments than during festival assessments.

Discussions and Conclusions: While psychomotor performance was generally negatively affected by higher alcohol concentrations at the festival, some aspects of impairment were greater the mornings after drinking when alcohol had been entirely eliminated (BrAC=.00%). This suggests that the absence of blood alcohol acutely is not necessarily indicative of unimpaired psychomotor performance after drinking; care should be taken when considering driving post-event.

John O'Brien

Waterford Institute of Technology
Ireland

Night Life, Creativity and Risk

Night-time districts are intimately associated with creativity but also danger. The presentation will investigate the association that specific urban quarters have with drinking and illicit pleasures but also with creativity, and how much artistic practice is related to a context involving risk, criminality and deviance. Dublin and its historical artistic scenes is the case study that will be focused on. The city is known globally for its writers but also for its' drinking culture. It is designated as a UNESCO City of Literature, and much of its tourist economy and branding is built around the alcohol industry including 'literary pubs' alongside the aura of its cultural capital. This is for good reason, with many of the great literary works of its denizens being inspired by drinking scenes. Indeed Ulysses, widely considered the great 20th Century novel has as its pivotal

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episode a drunken, hallucinatory episode in Dublin's red light district. The questions raised that may be of interest to policymakers is the extent to which artistic creativity relies on the existence of risky scenes, potentially considered as deviant and unacceptable by wider society. This has relevance, as the influential policy programme of 'creative cities' thinking seeks to harness and instrumentalise the nexus of night-time entertainment, art scenes, and a degree of 'edginess', as a means of promoting economic growth, quality of life, and 'placemaking'. An answer will be offered to the question of: how can a balance be struck between civic boosterism, authenticity, creativity and risk?

Carlos Paulos

4motion asbl.
Luxembourg

Lynn Hagen and Salvatore Loverre, 4motion asbl.

Take it or leave it! Drug checking as an effective tool of a harm reduction in the Grand-Duchy of Luxembourg

PIPAPPO is Luxembourg's integrated harm reduction service collaborating with the main festivals and nightlife venues. In 2018, PIPAPPO started to offering during these interventions a permanent drug checking service. While samples are collected to be analysed, a semi-directed interview is conducted about the provided substance and consumption trends. During this discussion the user is confronted with some harm reduction strategies and decision-making processes.

Sjef Pelsser

Mainline Foundation
Netherlands

Leon Knoops, Mainline Foundation

Chemsex, the hidden party scene; a personal story

In addition to the general introduction on the hidden party scene, it is important to hear stories of those involved, as this might give more insight in underlying issues of those participating in chemsex parties.

Sjef Pelsser is a chemsex veteran, who partied in the worldwide chemsex scene for over two years. His story is about the how and why, the added value of chemsex, the ways of using, as well as the highs and the lows. He speaks frankly about why he kept on partying, even though he knew that he was crossing boundaries. He also speaks about how substances like crystal meth almost led him to self-destruction.

The chemsex scene is more than just the use of substances. It is the combination of sex and drugs, in an MSM (men having sex with men) setting. If substance use in general might be considered a taboo, the combination of substance use, gay sex and bare sex could be felt as a triple taboo. As it is a hidden scene (these parties rarely take place in bars, clubs and other party venues), it is challenging to reach out to this group, to provide information, and apply harm reduction measures whenever possible.

Being part of Mainline's chemsex team, Sjef stresses out the importance of peer involvement in not only the general party scene, but also (and maybe even more) in the hidden party scene. Peers have been there, know the language and have the experience. Therefore, they may prove to be essential in harm reduction in this hidden party scene.

Kate Pern and Gaia Miller-Foote

Thorne Harbour Health / Star Health
Australia

PARTi Safe - Past learnings and future visions of healthier nightlife from an Australian harm reduction project

Gaia Miller-Foote and Kate Pern explore how their work with Melbourne's club-based peer-led harm reduction initiative, the PARTi Project, led them to identify the key elements necessary for the creation of safer nightclub environments. These elements include reimagining the role of security staff, a shift in understanding of venues' responsibilities for patron safety and government policies that support a harm reduction approach. While drug-related harm and sexual violence in nightclubs have historically been addressed as separate issues, the PARTi Project identified through research and community engagement that these issues must be addressed simultaneously. Gaia and Kate will demonstrate how they created strong community partnerships while developing and delivering targeted trainings to facilitate a healthier nightclub culture in Melbourne. They will explore the barriers and challenges they faced throughout the project, such as the paradox of working in a government funded, peer-led initiative within a political climate of prohibition, as well as working with venues who are subject to legislation that is at odds with best harm reduction practice.

Gjalt-Jorn Peters

Dutch Open University
Netherlands

Party Panel: putting the evidence in evidence-based base nightlife prevention

Like other forms of recreation, nightlife participation has numerous benefits but also entails a number of risks. This justifies prevention efforts to reduce the associated harms, and to be effective, such prevention efforts need to be based in theory and evidence. Party Panel is an annual semi-panel study among Dutch nightlife patrons where each year, the determinants of a different nightlife-related risk behavior are studied. The data on these determinants and sub-determinants are then analysed using confidence-interval based estimation of relevance (CIBER) plots and reported back to prevention workers to make this evidence available to inform intervention development, and data and other resources are made publicly available. This contribution will consist of three parts. First, the design of Party Panel will be discussed. Second, a selection of the results of the first four rounds on using highly dosed ecstasy; visiting first-aid in nightlife settings, using earplugs, and sexual boundaries will be presented. Third, pointers will be provided on how these results can be leveraged in the intervention development process using acyclic behavior change diagrams. Together, this workflow can help enhance the quality and thereby effectiveness of prevention efforts. As all materials are public, this workflow can feasibly be adapted to other countries.

Maartje Puts

Rutgers
Netherlands

Are you okay?

Concert venues, clubs and festival organisations are addressing sexual harassment by posing this question during concerts and in the nightlife scene. More than half of women and one in five men experience sexual harassment during their lives.

The public campaign has a positive approach. Going out, partying and going to concerts is something enjoyable you do in a secure environment where you can really let yourself go. This is the way it should be and the way it usually is. The campaign calls on everyone who can contribute to ensuring that it stays this way.

Are you okay?: The campaign message is neutral: If you suspect sexual harassment ask 'Are you okay?' This way we can all have a great time. You can see films on the campaign website, www.benjeoke.nl, that show you how to address sexual harassment if you see it happening. Everyone can show they support safe nightlife by uploading their photo and then sharing it with friends. In this way we can make it clear that it is ok to discuss sexual harassment.

First results in 2018: The launching of the campaign in 2018 was very successful and has put this social problem once again on the agenda. Results include 68 concert venues, festivals and clubs join the campaign; 156,000 young people were actively involved in the social campaign; 110,000 young people shared the logo with their own photo via Snapchat; young people were reached 11 million times by the social campaign; enormous attention by the media and much interest shown by county councils and city nightlife reps, so-called "Nachtburgemeesters".

Zara Quigg

Liverpool John Moores University
United Kingdom

Maite Kefauver and Irma Brito, IREFREA & Adam Kulhanek, Charles University

Stop sexual violence: An evaluation of a training programme for nightlife workers in Europe

Globally, nightlife-related sexual violence (NRSV) is of increasing concern. Studies have started to emerge highlighting the nature and prevalence of NRSV, and critically have found that some forms of NRSV are socially accepted. This highlights the importance of developing and implementing prevention strategies. As part of the European Union Rights, Equality and Citizenship programme, in 2016 the STOP-SV (staff training on prevention of sexual violence) project was established with partners from Czech Republic, Portugal, Spain and the United Kingdom. The primary aim of STOP-SV is to support the prevention of NRSV, through mobilising communities to prevent NRSV, providing stakeholders with resources to train nightlife workers so that they can recognise, prevent and respond to NRSV, and training nightlife workers. In 2017/18 28 stakeholders from Czech Republic, Portugal and Spain were provided with resources to train nightlife workers leading to the training of 114 nightlife workers. Evaluation findings suggest that the STOP-SV training programme was well received by local stakeholders and nightlife workers. Further, using a pre and post-test design, findings suggest that the STOP-SV training programme was associated with: improvements in knowledge around sexual violence; improved attitudes towards sexual violence; and, greater confidence to intervene in sexual violence, amongst nightlife workers. Future research, practice and policy implications will be discussed.

Alice Reis

Girls in Green
Brazil

Girls in Green as a media content platform for cannabis users

In a conservative country with a prohibitionist drug policy, where the big media fails to properly inform the population about drugs and its consequences of use, Girls in Green emerges as an alternative source of content. The project aims to create a platform that promotes a safe space for information on cannabis, introducing harm reduction strategies through empathy and connection to users, focused on the female public. The main goal is to reduce the users' stigma and disseminate quality content, based on science and empiric experiences.

It's become evident that the audience was predominantly male, in a male-dominated marijuana culture. Being a woman increases vulnerability, along with the lack of regulations and a safe environment for users, factors that justify the conception of the project. This initiated a series of discussions in social networks, promoting the strengthening of female figures in cannabis forums, the importance of advocating in drug policies, harm reduction strategies, international travelling experiences and hashish extraction processes. Beyond the public discussions in the project, private interactions are always answered to promote a space to debate all cannabis related subjects.

Through exposition in social media, both Girls in Green main associates found that users identified and opened up more to discuss subjects such as family, maternity, drug abuse, and others, in a safe and private platform. Woman representativity in cannabis, harm reduction strategies and the importance of advocacy in a (currently flawed and unjust) drug policy have been the main subjects of discussion and debate promoted via Instagram (@girlsingreen420), presencal encounters, workshops and consulting services.

Sander Rigter

DIMS/Trimbos Institute
Netherlands

25+ years drug checking in the Netherlands: from activists to scientists

This presentation will focus on the long-standing experiences of the Drugs Monitoring and Information System (DIMS) with drug checking in the Netherlands. Originated back in the eighties as a 'raw' and pioneering service, it grew slowly but steadily into the scientific monitor that it is now, fully embedded within the Trimbos Institute.

The presentation will highlight pitfalls and challenges it has come across during this 25 years of existence, and will also comment on the current state of affairs in the Netherlands, in Europe and in the world.

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Alison Ritter

University of New South Wales
Australia

Nightlife policy and citizen engagement in a 'post-truth' world

Developing and designing the most effective nightlife policies consistent with harm minimisation goals is challenging. The 'evidence-based policy' paradigm argues that policy should be driven by 'what works', and use the best available evidence and expert knowledge. However, the evidence-based policy paradigm fails to account for democratic participatory processes, particularly how community members and people who use nightlife spaces and who consume substances might be included. Thinking about authentic and meaningful engagement of 'community' in policy decision-making raises question about 'expertise'. Can citizens be experts? Do they have the required knowledge to inform policy? The 'public understanding of science' model assumes that there is a deficit of knowledge in the public. Compounding this is the era of fake news, "post-truth" and alternative facts. There appears to be a prevailing denigration of citizen knowledge.

In this paper I will argue that these are precisely the reasons for the need to engage citizens in decision-making. As Kakutani argues in 'The Death of Truth', alternative facts and fake-news are designed for resignation, chaos and nihilism. The solution resides in meaningful and authentic engagement of communities and everyday people in problem-solving and policy design solutions. One example is the use of Citizens Juries. Citizens' Juries have increasingly become recognised for their capacity to deliver outcomes on complex public policy topics. An example of the use of Citizens Juries in designing nightlife policies will be outlined. Both the benefits and challenges of such an approach will be explored. The effective engagement of the public is essential for the acceptability and effectiveness of policy. As noted by Jasanoff the public is the "proving ground for competing knowledge claims" and the "theatre for establishing the credibility of state actions".

Amanda Roxburgh

National Drug and Alcohol Research Centre, UNSW
Australia

Julia Lappin, National Drug and Alcohol Research Centre, UNSW

MDMA-related deaths in Australia

Background: Internationally, drug markets have evolved over the past decade, with the proliferation of NPS, and increases in the manufacture, and use, of high purity MDMA. Within this context there is increasing concern about the drug-related deaths that are occurring at music festivals in Australia. Development of evidence-based policies to reduce potential harms among club/festival goers requires the provision of accurate population-level data.

Aims: This paper presents Australian data on deaths where MDMA was considered a contributory or underlying cause of the death, and compares these trends with MDMA-related deaths reported in England and Wales. The complexity of MDMA-related mortality will also be discussed.

Methods: Data extracted from the National Coronial Information System (NCIS) of MDMA-related deaths occurring between 2001 and 2018.

Results: Preliminary findings show MDMA-related deaths are trending upwards in Australia. The largest proportion of deaths identified were attributed to multiple drug (including MDMA) toxicity, while approximately one-third were attributed to other underlying causes (primarily injuries from MVAs), with drug (including MDMA) intoxication a contributory cause. A smaller proportion of deaths were attributed to MDMA toxicity alone. Higher proportions of the deaths among females were attributed to MDMA toxicity alone than for males. This is in part due to the higher proportion of deaths among males being attributed to MVA-related injuries with drug intoxication. Most deaths occurred at home, with smaller proportions occurring at music festivals and events.

Conclusions: Credible harm reduction messages, derived from objective data, are needed to reduce risks associated with; 1) driving under the influence of drugs/alcohol, specifically targeting young males; 2) multiple drug/alcohol consumption; 3) potential contaminants and related toxicity; and 4) consumption of high purity MDMA. Strategies designed to engage consumers at music/club events are crucial.

Chloe Sage

ANKORS
Canada

British Columbia's opioid crisis a multi pronged harm reduction response -Treatment, Naloxone, Drug checking, Safe consumption sites

Since 2014 British Columbia has seen thousands die from overdose to Fentanyl. Harm reduction has been a key element to the response. Innovative programs formally ignored have been embraced province wide. Treatment has expanded its options, safe consumption sites have been opened all over the province, Naloxone is a household word and drug checking has been coordinated and funded province wide. This talk will give an overview of the crisis and how these programs have been integrated. ANKORS has been offering drug checking for 16 years at BC festivals. As an organization ANKORS has expanded their services to include front of house drug checking, safe consumption site and partnership with Opioid Antagonist Treatment clinic onsite.

Kiran Santlal

HSE-National Drug Treatment Centre
Ireland

Fiona Fenton, HSE-National Drug Treatment Centre & Eamon Keenan, HSE-Addictions Services

The Ongoing Development of the GHB Detoxification Clinic, HSE-National Drug Treatment Centre in Ireland

The EMCDDA Trendspotter (2016) highlighted the emergence of Chemsex (sexual acts under the influence of psychoactive drugs) as an increasingly frequent phenomenon throughout Europe. In Ireland, a survey of attendees at the Gay Men's Health Service found that Gamma Hydroxybutyrate/Gamma Butyrolactone (GHB/GBL) was the most commonly used drug in chemsex. The frequency of GHB/GBL misuse has been increasing in the past number of years, culminating in cases of dependence, overdose and withdrawals, presenting to General Practitioners, the GUIDE Clinics, and Emergency Departments.

People dependent on GHB were referred to the HSE-National Drug Treatment Centre (NDTC) for issues regarding specialised medical assessment and care, as well as due to the necessity for prescribing extremely high doses of psychotropic medications. In response, NDTC developed an outpatient GHB/GBL detoxification programme.

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Once referred, the patients are linked with the appropriate statutory and non-governmental organisation.

The threefold care plan developed in the HSE-National Drug Treatment Centre focuses on:

1. Acute medical assessment and appropriate medical treatment
2. Psycho-education for both patients and health care professionals
3. NDTC is the centre of tertiary prevention and management of GHB/GBL detoxification on an inpatient and outpatient basis. This involves minimising the harms associated with the drug, as well as focussing on rehabilitation, and support.

In the last 4 years, there have been over 100 detoxification episodes, with 80% of these being completed on an outpatient basis. The clinic has also detoxed patients who have concurrent GHB/GBL dependence and crystal meth usage. GHB/GBL has a relapse rate of approximately 70%, which can be very challenging. Complications associated with this substance included the reasons for relapse – both physical and psychological, demonstrating the need for continued follow up and support, as well as further research into the management of this substance.

Illia Sarkissiane

Modus Vivendi ASBL

Belgium

Working with peer and professional detachment

Working with peers is an essential principle of harm reduction.

This approach is extremely rewarding and has also many advantages: Unique expertise by the peers, reaching some hidden population. It is also a way to claim drug users as full-blown citizens!

Empowerment is one of the most efficient way to work with this population. But when we work with, and for, drug users, how do we deal with professional detachment? And how do we place our personal boundaries?

A lot of thoughts about this question are regularly discussed in the harm reduction field. Every worker tries to find the best way to go on about it, and each institution has its point of view about professional detachment. Thinking about this question, bringing some proposals, debating about the way to reach it could be instructive and can expand our professional practices.

Sarsani Schenk

Jellinek / Unity
Netherlands

UNITY: Partyfriends will spread the word

In 1996 Unity started, as an Amsterdam based peer education project, which was aimed at providing information in nightlife settings about the risks of alcohol and other drugs and how to prevent them. Now, 140 volunteers, who are recruited from the dance scene, are trained as peer educators and they engage with their fellow partygoers all over the Netherlands. Unity is welcomed and supported by the majority of many major and smaller dance events in the Netherlands.

Many studies have documented that once people have begun using drugs, they gain most information about their harms and effects from their peers. Young people consider their friends as legitimate authorities in regulating substance use behaviour.

By using this method of peer-to-peer education it allows prevention professionals to have access to young people in venues and locations that are normally hidden to other services. The provision of harm reduction information, from a credible source; a party friend, can lead to reducing nightlife related risks. In this sense, interventions like Unity, can be seen to be providing a valuable and much needed early intervention service for recreational drug users

Sarsani Schenk, project manager of Unity Amsterdam, will share lessons learned, new initiatives, challenges and plans for the future.

How does Unity involve different stakeholders in nightlife settings to improve the content and quality of their educational information as well as their practical methods? Come and find out and share your best practices and ideas during this session.

Rüdiger Schmolke

Fixpunkt e.V. / SONAR
Germany

Sonar project: Berlin city funded scholarship program for employees in nightlife to increase knowledge on substances and safer use

I will present the Berlin 'sonar' project of the Safer Nightlife Berlin network. It is based on the BEST program, a modular scholarship program for employees in nightlife to increase knowledge on substances and safer use. Berlin senate is currently funding this program, following an accepting approach, until the end of 2019. Aim is to train as much employees of clubs, festivals and events as possible in terms of knowledge about substances, mixed consumption, safer use, cases of emergency, chemsex, drug use within the teams and framework conditions of the club/ festival/ event space as a setting. Together with a second pilot program of the Berlin Senate of Health about drug checking, Berlin now is taking significant steps towards an international standard of club health - although the drug checking program is not specifically designed for club guest or stakeholders of nightlife.

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Andreina Seijas J

Harvard University Graduate School Of Design
United States of America

Night-Time Planning: A proactive approach towards healthier and more inclusive cities for work and leisure after dark

Until recently, the night was seen as a frontier for governance and planning and was largely overlooked in urban studies. The rise of technology, the 24-hour business cycle, and the creative economy is demanding a progressive expansion of cities' hours of operation. The study of the urban night has traditionally focused on assessing the negative consequences of the growth of night-time activity in urban areas—mostly those related to alcohol consumption. Most of these studies presume a homogenous impact of the distribution of nocturnal services and activities, overlooking important qualitative differences that result from the production and consumption of the 24-hour city. How does the distribution of liquor licenses in a city affect public health? And how does zoning for entertainment impact quality of life for night-shift workers?

Over the past decade, the night has moved up in policy agendas and its significance is beginning to change: the night scene is no longer seen as negative space that is male dominated and should be alcohol centric. In the context of these changing views and by using examples from cities such as Boston, New York, Mexico City and Valparaíso, this presentation will explore innovative mechanisms to manage the complex spatiotemporal dynamics of work and leisure in cities after dark.

Koen Smit

Trimbos Institute
Netherlands

Emmanuel Kuntsche, La Trobe University

The importance of drinking motives for excessive weekend alcohol consumption in early adulthood and for alcohol initiation in early adolescence

Extending the plethora of studies confirming drinking motives as important predictors of alcohol use habits, two Dutch studies will be presented.

In the first, we linked individual-level drinking motives to event-level data assessed every Thursday, Friday, and Saturday evenings over five weeks. The number of drinks and male and female friends present were assessed hourly from 9pm to 1am among 197 18-25-year olds (resulting in 11,516 event-level assessments). Gender-specific multilevel models revealed that (a) drinking motives predicted event-level drinking on weekend evenings over time; (b) the more friends present in a given situation the more drinks consumed; (c) motives moderate the friends-alcohol association. For example, for women, the higher enhancement motives the more drinks consumed when more male friends were present. For men, the higher coping motives the more drinks when either no friends or more female friends were present.

Based on nationally representative longitudinal study among 765 10-13-year olds and their mothers, the second study examined which motives are responsible for early alcohol initiation, from where these motives originate (e.g., exposure to alcohol use by parents and peers) and how early motives and drinking patterns subsequently develop over time (e.g., due to the physiological and social reinforcement). Results will be obtained in February/March 2019.

The presented evidence will demonstrate how important drinking motives are for early alcohol initiation in early adolescence and for excessive weekend drinking in young adulthood. Implications concern ways of how to postpone alcohol initiation and how to curb excessive weekend drinking.

Gabriella Spina

ASL TO4
Italy

Elisa Fornero, Cooperativa Sociale Alice Onlus & Angela De Bernardis and Ombretta Farucci, ASL TO4

The right to health never stops. Neutavel first aid point in illegal raves in Italy

Neutavel (NTV) Project is born from a partnership between an NHS drug service provider, ASL TO4 and an NGO, Coop. Alice. The project's core activity is to intervene in illegal raves. NTV is connected and signed a formal protocol with the Regional Emergency System (112) to better manage drug related crisis in illegal and isolated party settings. Law enforcement agencies are informed of NTV mission and tasks in illegal parties. During illegal raves, Neutavel set up a first aid tent to provide partygoers with medical services; two nurses manage the area in connection with social workers and drug checking service. Every time a person enter the first aid point, a medical form is filled in. During 3 years of intervention 226 cases were treated in the first aid point: the 55,6% of them were treated for harms related to the contexts of illegal raves (old factories, wild areas etc.); the 44,4% of patients had a drug related crisis and 1 out 2 was due to a poly drug use. The most mixed substances were alcohol, ketamine and cannabis. The majority of patients were males (74%) and the mean age was 23,43 (median 23). Only 26 persons had the need to be hospitalized and for 14 of them the protocol with Regional 112 was activated: in 1 case the person was seriously risking the life but it is not proved it was due to a drug mix yet. All the other patients (89%) were successfully treated on site.

Jan Stola and Florian Scheibein

Youth Organisations for Drug Action
Poland

Crowdsourcing and rapid dissemination of data about psychoactive substances purity and real contents

In 2018, in cooperation with two other partner organizations, and financial support of the European Commission, we have launched a project named "Substance info". Our goal is to provide some solutions to the problem of increasing NPS use, as well as significant increases of some 'traditional' drugs purity. To achieve this, we are rapidly increasing the flow of information about real contents and purity of psychoactive substances, between service providers and people who use drugs in Europe.

Our tool that we are currently building is a mobile application (the App) that will allow us to share the information from several NGO's providing drug checking services, in the real-time, with all the people who will download the App. Under serious circumstances, we will also be sending red alerts to the people in the area that we know has the presence of a substance that is very contaminated or unusually dangerous for other reason. Data that we will be using will first be aggregated in cooperation with mentioned NGO service providers, as well as individual app users, who will be able to report the result of the colorimetric drug tests they conduct with Apps support.

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Apart from sharing information about drug checking results, App will also include several other features useful for people who use drugs, such as a map of harm reduction services in 15 European countries, that can guide app users to the nearest NSP, OST or HIV testing facility. Additionally, it will also help travellers to learn the drug laws in the country of their destination.

While the app is currently under development, the alpha version will be ready for the presentation by the time of the conference.

Rachel Sutherland

National Drug and Alcohol Research Centre
Australia

Amy Peacock, National Drug and Alcohol Research Centre

Trends in availability, use, and online purchasing of new psychoactive substances in Australia

Introduction: Whilst the global prevalence of new psychoactive substance (NPS) use remains relatively low, rates of use are elevated amongst existing drug consumers and those engaged in the night time economy. This presentation will describe trends in the availability, use, and online purchasing of NPS in Australia.

Methods: Data were obtained from the 2010-2018 Ecstasy and related Drugs Reporting System (EDRS), and the Drug and New Technologies (DNeT) project. The EDRS comprises an annual survey of regular stimulant (primarily ecstasy) consumers, whilst DNeT conducts weekly snapshots of all active cryptomarkets (ongoing since September 2012).

Results: Past six month use of NPS has fluctuated over time (peaking at 52% in 2012), with approximately one-third of the EDRS sample reporting use from 2016 onwards. When analysed by type, recent use of phenethylamine and tryptamine NPS were found to have increased from 2010-2018, whilst recent use of synthetic cathinones decreased and recent use of synthetic cannabinoids fluctuated. In 2018, 27% of the EDRS sample had purchased drugs online in the past year (vs. 14% in 2014), with ecstasy, LSD and cannabis the most commonly purchased drugs online. This is consistent with findings from DNeT, which show that cannabis, pharmaceutical drugs and MDMA remain the most commonly listed drugs on cryptomarkets.

Conclusion: NPS have been established as part of the repertoire of substance use amongst our EDRS sample, and it essential that nightlife and festival settings are equipped to deal with NPS-related presentations and harms. This includes implementing initiatives to prevent unintentional NPS consumption.

Stephanie Tzanetis

Harm Reduction Victoria
Australia

Linda Cowan and Sione Crawford, Harm Reduction Victoria

Exploring the reach of the DanceWize program model beyond formal service delivery

Harm Reduction Victoria's DanceWize program (DW) began 24 years ago as a grassroots initiative in Victoria Australia. In 2019 we celebrate 20-years of government-funded service delivery. This fiscal support has formalised the program, but the strength and efficacy of its program model is still that it is a peer-based program. HRVic has been conducting research on the effect of DW on peer networks beyond its formal service delivery at events. How are DW volunteers applying DW training outside of the formal program service delivery? The role of peer-outreach programs has been a key component of harm reduction (HR) strategies. Peer-led programs advocate for diverse and varied members of their communities. Often these communities are marginalised and stigmatised (i.e. people who use drugs (PWUD) and thus peer-led approaches are often more successful in engaging in these circles. The definition of a peer is contentious; many try to claim peer status based on lived experience, which may be historic and that they are no longer recognised as peers by PWUD. Our research considers the efficacy of peer models, with information from more than 100 participants, selected on the basis that they have received DW training, on how they may have applied that experience to provide harm reduction support outside of the formal harm reduction service delivery for peers at a major festival in Victoria. Using quantitative and qualitative research methods, we have explored how harm reduction service delivery in the formal setting may embryonically expand itself among peer networks beyond the formal care space.

Cristiana Vale Pires

FEP-Oporto Catholic University
Portugal

Helena Carvalho, Research on Education and Community Intervention (RECI) & Maria Carmo Carvalho, FEP-Oporto Catholic University

Qualitative differences in drinking patterns among male and female party goers

This presentation - based in two researches implemented with southern European young adults - goes beyond previous research that attest the increasing number of women drinking alcohol, presenting gender-related qualitative differences in drinking patterns and alcohol-related negative consequences. In fact, men present more hazardous drinking patterns - they drink higher amounts of alcohol in smaller periods of time - and, consequently, experience more alcohol-related negative consequences. Additionally, besides a growing number of women are engaging in drinking, they use more protective behaviour strategies to guarantee their safety and drinking self-control. They also face gender-specific negative consequences like sexual harassment and high intensity sexual violence (sexual abuse, rape). Based in our research, we defend that more than physiological sensitivity to ethanol broader social differences among men and women are the key-determinants that prevent women from engaging in heavier drinking patterns. Traditional and hegemonic gender roles are reproduced in nightlife environments and play an important role in explaining these gender-based drinking differences. While drinking heavily is widely accepted among men, reinforcing their masculinity, it is expected that women self-control while drinking in order to maintain their gender roles, femininity and respectability. In this sense, women are forced to conciliate two irreconcilable forces: to loose control while self control their selves. Drinking heavily is also a structural argument for victim blaming in case of

rape or sexual abuse. Considering this it is crucial to adopt a gender-sensitive perspective in interventions targeting alcohol & drug users in nightlife environments.

Cristiana Vale Pires

FEP- Porto Catholic University & Kosmicare Association
Portugal

Maria Carmo Carvalho, FEP-Catholic University and Kosmicare Association

Preventing sexual harassment and abuse in a nightlife district at Porto: presentation of research evidences and a bystander intervention proposal for nightlife environments

Nightlife environments work as privileged leisure space-times in young people's social lives and help develop and affirm social bonds. However besides the feminization of nightlife leisure and alcohol use in the last 30 years, within these settings gender asymmetries are continuously reproduced and, frequently, exacerbated. The objectification and systematic use of hyper sexualized female imageries associated to nighttime and alcohol promotional material is a symptom of a nightlife leisure where sexism is interiorized and the rape culture is naturalized and embraced. Additionally, both men and women are encouraged to "lose control" but women are expected to maintain their self-control and "respectability" and to integrate sexual harassment as part of their clubbing experiences. In case of sexual violence, several rape myths and victim-blaming beliefs are reproduced. The same behaviours serve to justify the perpetrator because "he couldn't control himself" and to judge the victim because "she didn't self-control herself".

In this presentation, we intend to present results from a research implemented with Portuguese partygoers, focused on the intersection of nightlife environments, drug use and sexual violence. Additionally, a community based project to promote safer and more egalitarian nightlife environments will be presented. This intervention, based in bystander intervention and environmental prevention, includes training of nightlife professionals, a campaign for bystanders to implement in nightlife establishments and the implementation of a "sexism free night" label.

Helena Valente

Faculty of Psychology and Educational Science of the Porto University
Portugal

Daniel Martins, Porto University/Kosmicare Association; Monica Barratt, National Drug and Alcohol Research Centre/ UNSW & Marta Pinto, Faculty of Psychology and Educational Science of the Porto University

Evaluating drug checking's impact in users' drug taking behaviours at a large scale music event in Portugal

Drug checking enables people that use drugs to get their substances chemically analysed while receiving advice and counselling. Research shows that most drug checking users, when given accurate information about their drug content, report that they will implement actions to protect their health. However evidence of the services utility and effectiveness would be improved through the incorporation of more robust measures of outcomes following provision of drug checking results.

At the Boom Festival's 2018 edition a quasi-experimental study was implemented by Kosmicare with the objective of understanding the impact of drug checking on users' drug-taking behaviours and adoption of safer drug use practices.

All service users were surveyed at 3 different moments during the festival (pre-drug analysis/ post-drug analysis/ follow-up), and people that came to Kosmicare's drug information service but did not test their drugs were used as a control group. 346 people answered the first questionnaire, of these 290 answered the second and 159 answered the follow up.

Our results support the hypothesis that the provision that drug checking services promote de adoption of safer drug use practices and drug use patterns. It was found that a very large proportion of drug checking users who receive unwanted or unexpected results do not take the unexpected or unwanted drug (79%). From the people that got a high dose pill or blotter 75% reported during follow up taking a smaller dose than initially planned.

Ruben van Beek

Trimbos Institute
Netherlands

Matthijs Blankers, Margriet van Laar and Marloes Kleinjan, Trimbos Institute

Comparing substance use patterns of ecstasy using dance event visitors in the UK and the Netherlands

Background: In the pan-European ALAMA (A Longitudinal and Momentary Analysis) nightlife project we investigate substance use among young adults regularly visiting electronic dance music (EDM) events. Participating countries are Sweden, the United Kingdom, the Netherlands, Belgium, and Italy.

Previous studies have shown that regular ecstasy users are at increased risk for acute or long-term adverse health consequences. These studies also indicate that ecstasy users often use other illicit substances.

Aim: The aim of this study is to find different subgroups or types of poly-substance users in a sample of frequent ecstasy users in the UK and the Netherlands. Additionally, explore differences between the countries in latent subgroups, and differences between the subgroups in intention to change substance use, psychological well-being and motivation to go out.

Methods: Data for this study comes from the baseline measurement of the Electronic Music Scene Survey run during the summer of 2017.

We used Polynomial Latent Class Analysis to estimate the subgroups of poly-substance users in the two countries. We will present (dis)similarities between the two countries in types of substances used and the frequency of use. Furthermore we will present subgroup differences in the intention to change substance use, psychological well-being and motivation to go out.

Results and conclusion: We included and analysed data from 1178 (32% female) participants from the Netherlands and 1077 (34% female) from the United Kingdom. As we are currently finalising the analyses, our final results will be presented for the first time to an international audience during the Club Health conference."

Samira van Bohemen

Erasmus University Rotterdam
Netherlands

Balancing sexual risk and pleasure at white middle-class heterosexual parties: A research practice

On August the 18th 2017, Sam Carter, singer of the popular alternative rock band Architects, stopped his performance at Lowlands festival to speak out against an incident he had just witnessed "I saw you fucking grab at het boob," he scowled at a roaring public of largely white sweating young men. "There's no fucking place for that shit!" His outburst was not only massively shared on social media, but also supported by other artists, festival organisers and public research. A report from the Dutch Broadcast Foundation (NOS) said that no less than 58% of young women and 32% of young men experience unwanted forms of solicitation and touch in bars, clubs and at festivals. Such outcomes also inform a substantial number of academic studies, which – however important – tend to paint a rather one-sided picture, focusing on sexual risks and predominantly addressing ethno-racial minorities, lower educated and non-heterosexual youth. This obscures three important things: 1) the subjective experiences of unwanted sexual attention; 2) the fact that there are also pleasurable sexual experiences to gain from partying, and; 3) the fact that sexually problematic behaviour also occurs among white middle-class heterosexual youth. This research project aims to counter these flaws by studying this unnamed majority and analysing how these young people balance sexual risk, transgression and pleasure at parties. This is done using an innovative peer-to-peer comparative ethnography that offers unique access to the field. The outcomes are to be of interest to academics, professional youth workers and party organisers alike.

Daan van der Gouwe

DIMS/Trimbos Institute
Netherlands

Drug checking in the Netherlands: experiences with contacting internet-based vendors

This presentation will focus on the effects of contacting online vendors in the case the chemical analysis of a product sold by them containing extra risky compounds. How does that work, how do vendors respond and what are the effects of such interventions?

This presentation will show that these kind of harm reduction measures may be rather effective and should be followed up by other drug checking services.

Daan van der Gouwe

DIMS/Trimbos Institute
Netherlands

Drug checking in the Netherlands: tackling some of the myths

Drug checking, however long its existence in countries such as the Netherlands, Spain, Austria, Switzerland and other countries, has always been a topic of discussion in all levels of society and is often met with disbelief and, even worse, misinterpretation. This presentation focuses on the fact that drug checking:

- Is not a panacea for all drug-related issues
- Contributes to the reduction of drug-related harm including unnecessary deaths,

- Never communicates messages such as that the substance analysed is safe to use
- Is a necessary tool to understand the constantly changing drug markets and PWUD,
- Is an effective tool in reaching PWUD in a recreational manner and informing them about effects and risks, but may also be the first step in referring to drug services.

Therefore, drug checking should be part of any sensible drug policy.

Yvette van Groenigen

Municipality of Amsterdam
Netherlands

The current coffee shop policy in Amsterdam

In 1995 Amsterdam had 350 coffeeshops. Nearly 25 years later less than half of the coffeeshops (168) remain. This presentation will cover an introduction to National Dutch coffeeshop policy, as well as to the main local policy measures taken in the last decade in Amsterdam, some of which resulted in the closing of coffeeshops. In 2017, the national government announced to wish to initiate an experiment involving the cultivation of cannabis for recreational use. The purpose of the experiment is to determine whether and how controlled cannabis can be legally supplied to coffee shops and what the effects of this would be. The experiment will be conducted in six to ten large and medium-sized municipalities, which have yet to be selected. This presentation will also discuss the consequences of the experiment for the city of Amsterdam.

Tina Van Havere

University College of Ghent
Belgium

An overview of targeted population surveys in the Belgian nightlife

In Belgium several nightlife studies have been conducted in previous years. In this presentation the different data will be collected and compared where possible.

Several studies in Belgian nightlife have already resulted in a lot of data on different aspects on nightlife and drug use: recently the ALAMA Nightlife study on trajectories of drug use in nightlife (an ERANID project) but also recurring studies like the nightlife studies of VAD, client surveys from peer support organizations like Safe 'n Sound and Modus Fiesta, and the Global Drug Survey since 2013. These surveys are all targeted population surveys (TPS) and focus on legal as well as illegal drugs, including several NPS. To date, the combination and comparison of these data have not been done comprehensively. However, this could give practitioners and policy makers interesting information for developing selective and indicated prevention interventions. The comparison of the different data can shed light on the different profiles of drug users in nightlife and furthermore even on different methodological issues. In this presentation we will discuss next to some variables on the use of legal and illegal drugs in Belgian nightlife (including NPS), several methodological issues like recruitment strategies and representativity.

Mireia Ventura

ABD-Energy Control
Spain

What have we learned from 20 years of drug checking?

Drug Checking Services (DCS) are integrated services that allow drug users to obtain a chemical analysis of illegal substances, alongside advice on the safer consumption of these substances. DCS are offered offsite, in fixed laboratories, or onsite, in mobile laboratories at music festivals and clubs.

In 2018, 31 projects implemented Drug Checking Services in 20 countries worldwide (Europe, America and Oceania). In Europe, DCS are implemented in 12 countries analyzing 25.000 samples per year. In 2011, the European Network TEDI (Trans European Drug Information) was created with the aim of sharing resources and knowledge amongst its members. A joint database has been developed in order to share results and monitor European trends on the drug market.

The implementation of this type of services for over 20 years has transformed them into powerful tools for monitoring recreational drug markets. Throughout the years, it has been demonstrated that DCS are a good tool to connect with a hard to reach group of people who use drugs, even in the earliest stages of their drug experiences. Thanks to this intervention type we can offer this population harm reduction messages to keep them and their peers safer. In a world where most psychoactive substances are illegal and drug policies are restrictive, DCS are still perceived as controversial tools, despite the undeniable impact they have on the consumption and health of the people that take these substances. Therefore, more research is necessary so that the true value of DCS is formalised.

Lotte Voorham

Trimbos Institute
Netherlands

STAD in Europe: the final results

The STAD in Europe project started in 2016 and aims to tackle heavy episodic drinking by restricting the availability of alcohol in several drinking environments by using the STAD principles. STAD in Europe builds on the knowledge of one of the most successful prevention strategies targeting binge drinking: STAD (STockholm Prevents Alcohol and drug problems). It is one of the few community action programmes that has shown significant effects on the reduction of overserving of alcohol, underage drinking in city areas, and the reduction of alcohol-related aggression.

Within the STAD in Europe project we aimed to use the knowledge gained in Sweden to come to an integral European approach for reducing availability of alcohol for young people. In 7 countries, 7 tailored STAD-based interventions were developed and implemented. Both the process and the outcomes were researched and registered. The project resulted in an intervention manual applicable to all EU MS that was presented on a final symposium.

This spring, this three-year EU project is being finalized and final results are being made available. In this workshop the outcomes and implications of the project are shared and discussed with you.

Ruben Vrolijk

Trimbos Institute
Netherlands

Tibor Brunt, Peggy van der Pol and Raymond Niesink, Trimbos Institute

MDMA dosage in XTC tablets: Size matters

This study evaluates the dosage of MDMA in ecstasy tablets in the Netherlands over the past 10 years, and aims to validate and specify the growing concern for high dosed tablets. The data of the Drug Information and Monitoring System (DIMS) was used to evaluate all tablets sold as ecstasy, analyzed by GC-MS and LC-DAD, in the Netherlands from January 2008 through December 2017. The analysis of 19,693 tablets showed that 2009 marked the lowest average dosage with 65.8 mg MDMA base per tablet. By 2017 this number had more than doubled to 149.4 mg MDMA base per tablet. The study also shows that 41.9% of ecstasy tablets analyzed in the laboratory now contain such a high dose of MDMA base (>160mg) that the probability of adverse effects generally exceeds that of positive effects when taken at once. Interestingly, the actual purity of MDMA in ecstasy tablets (mg of MDMA base per mg weight of tablet) has not changed significantly since 2012, while the weight of tablets has risen. This means that while the message "XTC is getting stronger" is well communicated by both harm-reduction initiatives and media, "XTC tablets are getting bigger" is actually equally appropriate. The study furthermore finds that the purity of MDMA in tablets is stabilizing (most tablets contain roughly the same % of MDMA), and that the growing inclusion of breaklines on tablets fails to correct for the rise in the size and MDMA dosage of ecstasy tablets.

Mike Vuolo

The Ohio State University
United States of America

Brian Kelly, Purdue University

Nightlife Subculture Participation and Patterns of Prescription Drug Misuse

Research has shown that participation in nightlife subcultures influences a variety of health behaviours. Participants in a variety of nightlife scenes have increasingly adopted prescription drug misuse into their substance use repertoires.

This paper aims to identify the role of nightlife subculture participation on four prescription drug misuse outcomes: frequency of misuse, escalation to non-oral consumption, problems associated with misuse, and symptoms of dependence. Using a sample of 404 young adults recruited via time-space sampling, we examine nightlife participation via both the number of scenes of participation and the number of nights out in subcultural scenes during the past three months. Linear and logistic regression analyses indicate that subcultural participation is associated with increased frequency of misuse via number of scenes (IRR=1.114, $p<.05$) and number of nights out (IRR=1.009, $p<.001$). Subcultural participation is also associated with increased odds of escalating to non-oral use via number of scenes (OR=1.334, $p<.01$) and number of nights out (OR=1.021, $p<.001$). Subcultural participation is not associated with either prescription drug problems or symptoms of dependence.

Overall, these results indicate that subcultural participation has implications for the prescription drug misuse trend. However, while shaping how often and in what manner young people consume prescription drugs, subcultural participation does not appear to create harms experienced by nightlife participants. Given the significance of the prescription drug trend in many regions of the world, these results suggest that increasing participation in nightlife may shape patterns of drug use in ways that not lead to poor outcomes with prescription drugs.

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Kira Watson

Crew
United Kingdom

Kira Watson, Crew

Check your levels - taking drugs and diabetes seriously

Many health professionals will shy away from offering information about risk minimisation for people with diabetes who may choose to take drugs. We recognised that many people will receive a diagnosis of diabetes when they are an adolescent and that this is also a key time when they may begin to try drugs. Most will not be aware of the specific increased risks that they may face with certain drugs and may also find that there is a lack of credible or relatable information. We have developed a resource in collaboration with young people who have diabetes, immunology and diabetic experts to offer a starting point for young people to begin to consider harm reduction techniques if they are taking drugs.

With a mixture of accessible harm reduction tips, advice about recognising emergency situations and how to help a friend in an emergency situation this is a unique resource which has proved an accessible way to encourage health literacy and raise awareness of the importance of managing diabetes properly even when partying.

Lisa Williams

University of Manchester
United Kingdom

Beate Peter, Manchester Metropolitan University

One foot in the rave: Ageing ravers' transitions to adulthood and their continued participation in post-rave events and drug taking

Little is known about ageing ravers. This presentation discusses the results of an online survey (N=276) designed to record the original ravers of the mid-1980s and 1990s engagement with post-rave scenes of Greater Manchester, and the extent of their drug taking. Despite some of our sample no longer attending post-rave events or taking drugs, around two-thirds have persisted with these behaviours, albeit less frequently. We argue they challenge adolescent-limited life course theories (see Laub and Sampson, 2003; Matza, 1964) through their continued engagement with post-rave events and drug taking beyond traditional age markers. Persistence is related to the frequency of engagement with raves at a younger age and current clubbing status in 2016. Males were more likely to be current clubbers and frequent drug takers in 2016. Our findings suggest that organisers of and professionals working at post-rave events should consider the health and well-being needs of this age group. Despite appearing to be immersed in rave and drug cultures for a long period of time, this has not negatively impacted upon adult transitions, although for some, parenthood and relationship status constrains their behaviours. We argue youth cultures are "ageing" and ageing ravers have the potential to act as role models for the younger generation by facilitating intergenerational communication. The continued participation of ageing ravers in post-rave scenes also creates space for organisers to tailor events to this age group and further challenge the dominant belief that raving is a pastime reserved only for younger people.

Adam Winstock

Global Drug Survey and University College London
United Kingdom

The GDS2019 Key Findings

The GDS2019 Key Findings Report will be launched at Club Health. In this short presentation, Adam will review some of the highlights including current pattern of use among global clubbers; value for money, how much people trust their dealers; would people pay more for free trade cocaine and who regrets getting drunk most in the world. Issues relating to drug policing, cannabis health labels and psychedelics in psychiatry will also be highlighted.

Adam Winstock

Global Drug Survey and University College London
United Kingdom

The dilemma of when to offer harm reduction for MDMA and psychedelics - once people start you may have missed the boat for the highest risk time

Harm reduction advocates are often accused that by offering advice on how to use drugs more safely you may encourage people to use drugs. Using data from GDS2018, which focused on people's first use of MDMA, LSD and cocaine we explored what people knew about the drug before they used it that first time. From information sources, test dosing and babysitting we offer insights from over 10,000 people who had used these drugs for the first time. With 1 in 200 people who had used MDMA for the first time in 2017 we argue that the highest risk time for people using drugs may be that first time. GDS outlines the importance of targeted information for novice users and challenges the belief that such information encourages use (we have data!). Harm reduction for drugs is just like driving - you better know what you are doing before you get behind the wheel, drop that pill or snort that line.

Adam Winstock

Global Drug Survey and University College London
United Kingdom

Nitrous oxide - it's a pretty safe drug but not great for your nerves if you take too much

Nitrous oxide has been used to induce intoxication for over 250 years and has been within medical settings since the 1860s. Relevant published literature addressing epidemiology, neurochemistry and use within clinical settings was reviewed. Although a remarkably safe drug, accidental injury and brief adverse psychological experiences do occur, especially following recreational use of nitrous oxide 'bulbs' prepared for the food industry and inhaled through a balloon. Nitrous oxide inactivates vitamin B12 and consumption can lead to significant neurological sequelae and functional deficits, including peripheral neuropathy that was first noted 40 years ago.

Using data from 3 years of the Global Drug Survey this is the largest study of nitrous oxide users ever interviewed (n =16,239). Overall 3.4% persistent numbness and tingling in their hands or feet. A clear dose response relationship for the risk of reporting peripheral neuropathy and significantly higher rates of symptoms reported by women are consistent with the inactivation of vitamin B12 among heavy users.

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A high index of suspicion regarding use of nitrous oxide among young people presenting with a peripheral neuropathy, with appropriate investigation and early treatment are required. Better education not blunt regulation is proposed as the most appropriate response to minimise the harms associated with this substance, raising awareness of early symptoms combined with harm reduction strategies for users.

Ahnjili Zhuparris

Global Drug Survey
Netherlands

Adam Winstock. Global Drug Survey

MDMA: What 150,000 users of MDMA from 5 years of the Global Drug Survey can tell us about changing patterns of use and risk, user preference and harm reduction

3,4-methylenedioxymethamphetamine (MDMA), more popularly known as Ecstasy, remains ubiquitous across cultures and nightlife environments. Using data from the last 5 years of the Global Drug Survey we will explore how the changing ecstasy market has impacted on patterns of use and acute harms. We will also report on how the widespread availability of high dose pills and high purity powders have impacted on the adoption of harm reduction strategies, utilization of pill testing services and the rate of problematic use across different cultures. Finally, we look at what consumers consider to be the 'perfect' MDMA tablet and what influences user preference for pills or powders. The variables we will consider in our analyses beyond simple demographic characteristics include method of consumption (oral, smoke, snort, rectal or inject); mean dosage per use and prevalence of poly drug use. Monitoring changes in use and harms in the context of a changing drugs market can help inform more nuanced harm reduction approaches and can inform embryonic ideas for a regulated market.

POSTER PRESENTATIONS

Kristin Feltmann

STAD, Karolinska Institutet
Sweden

Tobias Elgán and Johanna Gripenberg, STAD/Karolinska Institutet

Drug use in the electronic music scene in Sweden

Background: The EU-funded 'Alama nightlife' project aims to investigate patterns and trajectories of drug use among young adults who frequently attend electronic dance music events. A study using an online survey with two assessment points has been conducted in the participating countries Belgium, Italy, Netherlands, Sweden, and the UK. Here we present the initial results from the first assessment point in Sweden focusing on illicit drugs.

Results: A total of 1371 respondents participated (72% males and median age 24 years). The majority of respondents reported having ever used illicit drugs (76%) or during the last year (58%). The most commonly used illicit drugs were (ever use vs. last-year use): cannabis (68 vs. 51%), ecstasy (48 vs. 37%), cocaine (38 vs. 28%), amphetamine (35 vs. 23%), magic mushrooms (28 vs. 13%), LSD (26 vs. 16%) and ketamine (16 vs. 11%). Although most people used these illicit drugs infrequently, a considerable percentage, except for LSD and mushrooms, used them at least every 2-3 months ranging from 27% (ketamine) to 50% (cannabis). A considerable proportion of respondents reported negative consequences related to illicit drug use, such as low mood/anxiety, memory loss, agitation, vomiting, panic attacks/anxiety and palpitations. Various harm reduction strategies were used by a majority of the respondents.

Discussion: These results demonstrate that illicit drug use is common among young adults in the Swedish nightlife scene and is associated with negative health consequences. Hence, the nightlife is an important arena for preventive interventions to reduce drug-related problems.

Fermín Fernández Calderón

University of Huelva
Spain

ClaudioVidal Giné, Energy Control (Asociación Bienestar y Desarrollo) & Carmen Díaz Batanero and Óscar M.Lozano Rojas, University of Huelva

Longitudinal evidences on the relationship between harm reduction strategies (HRS) and negative consequences experienced among polysubstance users

Previous research has shown that adopting HRS is associated to experiencing less drug-related negative consequences among polysubstance users. However, this relationship has not been examined longitudinally.

We accessed a sample of 1399 self-reported drug users through web-based survey in collaboration with harm reduction organizations from Spain, United States, Australia, Canada and Latin American countries. 928 respondents agreed to participate in a one year-follow up survey and left their email address. From this, 284 completed the follow up survey and 275 had reported using two or more substances at baseline and were therefore selected for this study. We conducted Rho Spearman correlations to analyse the relationship between the frequency of

use of eight harm reduction strategies at baseline (5-point Likert scale, from never-always) and 20 experienced negative consequences at follow up (5-point Likert scale, from never-always).

The strategy planning drug use sessions was negatively correlated to 10 negative consequences (i.e. feelings of unreality, memory impairment, bad mood after drug use, insomnia); setting limits on the quantity consumed was correlated to eight consequences; avoiding mixing stimulants, to seven consequences; waiting for the effects of a dose to decrease before re-dosing, and spacing out sessions in which drugs are used, were correlated to six consequences. The other three HRS (taking smaller doses, avoiding mixing depressants, taking a lower quantity when mixing drugs) were negatively correlated to less than 4 drug-related negative consequences.

These results may help to inform polysubstance users on the best strategies that minimize negative consequences associated to their drug use.

Elena Gervilla

University of the Balearic Islands
Spain

Zara Quigg, Liverpool John Moores University; Mariàngels Duch and Joella Anupol, IREFREA; & Albert Sesé, University of the Balearic Islands

Assessing young attitudes towards alcohol use and drunkenness in Spain

Background. Attitudes represent a key explanatory variable in many theories of health behaviour because they predict both intentions and one's behaviour. This study is part of a European project (STAD in Europe, SIE) and aims to examine young attitudes towards alcohol use and whether these attitudes are related to alcohol consumption patterns.

Methods. We conducted a cross-sectional study among groups of adolescents and young people who were drinking in the streets of Palma de Majorca (N=842; 48.8% women, M age=22.32 years, SD=4.35). Participants were asked to complete a survey about sociodemographic factors, policy-related attitude items (Likert scale) and the Alcohol Use Disorder Identification Test (AUDIT). Breath Alcohol Concentration (BrAC) was assessed with a breathalyser.

Results. Statistical differences were found by gender in alcohol attitudes indicating that women presented more favourable attitudes towards alcohol policy ($\chi^2(2, N=828) = 13.098$; $df=2$; $p=.001$). Young people with more favourable alcohol attitudes presented higher scores in BrAC ($F(2,828)=14.67$, $p<.001$) and AUDIT scores ($F(2, 828)=10.191$; $p<.001$) and more drunkenness episodes in the last month ($F(2, 828)=10.40$, $p<.001$).

Conclusion. Attitudes to alcohol can be addressed in programs aiming to prevent and reduce risky levels of drinking in adolescence.

Nicki Killeen

HSE National Office for Social Inclusion
Ireland

Eamon Keenan, HSE Addiction Services

What's in The Policy? Ireland's National Drug Strategy and Club Health

Rates of drug use in Ireland have risen significantly over the past decade with noted increases in the use of ecstasy. A new cohort of young people using club drugs now exist that may never present to traditional addiction services. This cohort use drugs as part of the night-time economy and are at increased risk of adverse reactions, changes to purity levels as well as new psychoactive substances. In 2018, emergency responders reported a number of adverse physical and mental health reactions at festivals as well as one death at a dance music event.

In line with national policy, the HSE National Office for Social Inclusion will review international services, which will inform Ireland's response. Ireland's National Drug Strategy Reducing Harm Supporting Recovery: "A health-led response to drug and alcohol use in Ireland" – 2017 – 2025 promotes harm reduction measures and supports a health-led response to drug and alcohol use in Ireland.

The HSE in collaboration with the Department of Health have responsibility for strategic Action 1.3.11 of the strategy focusing on emerging drug trends and early harm reduction responses in Ireland. A working group comprising relevant stakeholders will be established in 2019 to undertake an examination of the evidence on the effectiveness of harm reduction responses, such as targeted information campaigns, brief interventions in club/festival settings, drug-testing and the use of amnesty bins. In addition the group will keep themselves informed on current and emerging trends such as new psychoactive substance use and the issue of chemsex. Through a collaborative approach, the HSE will review and implement actions of the Drug Strategy that will impact on club health in Ireland.

Julie-Soleil Meeson

Élixir
Canada

Messaging in Drug checking: How do we communicate a result?

Being an advocate for drug checking for many years I have been noticing the focus on very high-tech technologies but not so much on the messaging and the peers that are doing the drug checking. I believe that any technology is a good technology. Drug checking is never carried out in isolation but always within a wider system of welcoming, informing and orientation of users. The result helps us have a conversation about the context, the experience, the drugs, the risks, the pleasures, and many more.

With my experience as a drug checker and also by conducting interviews with many of my peers that do drug checking in different types of venues and in different countries, I have interesting results concerning the different populations that access drug checking services, the messengers that give the results, the way the results are given, the main challenges that we have and the reasons we do this work.

We can't forget about the main objectives why we do drug checking: getting people involved, opening people minds, getting knowledge out, helping people and saving lives. Carl Hart said that we need to come out as drug users and that we need to work on the stigma associated with drug use. How better then to talk about it.

Zara Quigg

Liverpool John Moores University
United Kingdom

Charlotte Bigland, Liverpool John Moores University & Karen Hughes and Mariangels Duch,
IREFREA

Sexual violence and nightlife: a systematic literature review

Globally, sexual violence that occurs in recreational settings, such as nightlife, is of increasing concern. Studies have started to emerge highlighting the nature and prevalence of sexual violence in nightlife, and critically have found that some forms of violence are often not recognised as such, and are thus socially accepted. This highlights the importance of developing and implementing prevention strategies. However, few prevention strategies exist that specifically aim to prevent and respond to nightlife-related sexual violence. To inform the development of the STOP-SV project, a community based intervention to prevent nightlife-related sexual violence (NRSV), a systematic literature review was undertaken. The review aimed to identify peer-reviewed articles that describe the nature and extent of NRSV; associated factors; and, interventions to prevent and respond. Following screening and full text review, 61 eligible studies were identified. The majority (64.4%) of studies were conducted in the Region of the Americas and high-income countries (84.7%). 69.5% of articles had been published over the last ten years (2009-2018). Study population samples included those who were on a night out or working in nightlife, students and the general population. Whilst most studies included males and female, a third included females only. Fifteen studies explored the nature of nightlife-related sexual violence only, 21 studies provided information on extent (and consequently nature), and 37 studies associations. Twenty studies provided information or discussion on the prevention of nightlife-related sexual violence. Key findings from the review and implications of future research and prevention activity will be discussed.

Kiran Santlal

HSE-National Drug Treatment Centre
Ireland

Adam Shanley and Siobhan O'Dea, Gay Men's Health Service & Eamon Keenan, Addictions Services

A Collaborative Response to Chemsex and GHB Usage in Ireland

Chemsex refers to the use of substances to facilitate or enhance sexual experience. The 3 most commonly used drugs in a sexual context include Gamma Hydroxybutyrate (GHB) & Gamma Butyrolactone (GBL), Methamphetamines, and Mephedrone. There are a number of complications that have arisen from chemsex, and the use/dependence on GHB. This included an increase in the incidence of HIV, and sexually transmitted diseases, and presentations to Emergency Departments with GHB/GBL overdoses or withdrawals. A 2016 survey of men who have sex with men, by the Gay Men's Health Service revealed that 1 in 4 participants engaged in chemsex in the previous 12 months, and this population was more likely to have had more sexual partners and have had condomless anal sex. The Chemsex Working Group, Ireland is a multidisciplinary, and multi-sectoral organisation established to address the harms associated with chemsex and drug use as well as facilitate sexual health and drug addiction staff training. The GHB Detoxification Clinic was developed to manage withdrawals from GHB, and the scope of this clinic has recently included the treatment of withdrawals from Methamphetamines. Since its inception, there have been 104 detoxification episodes, with approximately 80% being completed on an outpatient basis. Management also includes streamlined referrals to relevant services and being involved in campaigns focused more on harm reduction advice with an

emphasis on personal safety. Competently addressing chemsex is challenging. It is evident that that harm reduction measures and treatment interventions must tackle drug use together with sexual health and mental health.

Mariana Sossio

Liverpool John Moores University
United Kingdom

Zara Quigg and Ivan Gee, Liverpool John Moores University & Karen Hughes, Public Health Wales

Pre-Drinking Behaviour and Alcohol Use Within Nightlife Settings: A Mixed Method Study Exploring Brazilian and UK Students' Drinking Patterns

In Europe, including the UK, much of the burden of alcohol on health and crime is related to risky alcohol consumption among students, which usually occurs within nightlife environments, e.g., pre-drinking (drinking in private places before going out). Thus, creating a safer nightlife environment has become synonymous with reducing alcohol abuse, and indirectly reducing violence and accidents levels and other health problems that affect not only the individual but society. Though, in Brazil, the few proposed interventions to reduce alcohol-related problems within nightlife settings are still scant. This PhD programme aimed to compare nightlife drinking behaviours in UK and Brazil to provide a better understanding of nightlife alcohol use, pre-drinking event and policy implications. The study has twos: 1) an online survey with the UK and Brazilian students exploring drinking patterns, pre-drinking habits, related factors and motivations, and policy awareness and perceptions; and 2) focus groups with Brazilian students' current living in UK, focusing on the differences between UK and Brazil in nightlife drinking patterns. Data showed high levels of nightlife alcohol-abuse in both countries, plus pre-drinking is common among young people. However, less is known about pre-drinking motivations, particularly in Brazil, and thus what policy options may be effective in reducing harmful drinking. Therefore, this this presentation will explore findings from this PhD research.

Charlotte van Miltenburg

Trimbos Institute
Netherlands

Ruben van Beek, Meryem Grabski, Jonathan Waldron, Tom Freeman, H. Valerie Curran and Margriet van Laar

Predicting the onset of ketamine use among frequent nightlife attendees

Background

Different monitoring indicators from the Netherlands suggest an increase in ketamine use among frequent attendees of nightlife events. Current evidence points out several unwanted side effects of ketamine;; for example an increased risk on developing ulcerative cystitis and chronic memory impairment. Certain drug use related behaviours have been assigned as traits of recreational ketamine users, especially having a poly-drug use history and the tendency to combine multiple drugs in one occasion, which are assumed to increase the risk on negative health effects even more. No study has ever compared recreational ketamine users and non-users in the nightlife scene. Therefore, it is not yet clear whether these traits are predictors of the onset of ketamine use.

Aim

We aim to examine which drug use related behaviours predict the onset of ketamine use among a sample of ketamine naïve Dutch nightlife attendees in one year follow up.

Method

This study is part of the ALAMA-nightlife project that is currently running. Baseline and 1 year follow up data from participants of the Electronic Music Scene Survey were used. Using univariate chi-squared tests or t-tests, we examined if any baseline differences existed in socio-demographic indicators. Using univariate and multivariate regression analysis, we researched which drug use related variables predicted ketamine use at one year follow-up.

Results

At the time of submitting this abstract, the data cleaning process still needs to be finalised. Therefore, we cannot yet present any preliminary results.

Jon Waldron

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Grabski Meryem, Tom P. Freeman and H. Valerie Curran, Clinical Psychopharmacology Unit,
University College London

ALAMA-Nightlife – Assessing the representativeness of recruiting online for a nightlife and drug use survey using targeted social media advertising

Introduction: ALAMA-Nightlife is an online longitudinal study aiming to characterise drug use pathways amongst young adults engaging with the European nightlife scene in the UK, Netherlands, Belgium and Italy. This study assesses the representativeness of our baseline sample by comparing demographic traits, drug use and nightlife engagement with an offline sample of club and festival goers. To the authors' knowledge, this is the first study to validate an online sample of the European nightlife scene.

Methods: Online participants were recruited using social media advertising between May and September 2017. The offline sample was recruited at clubs and festivals using an innovative, random intercept method. Both groups were compared with respect to age, gender, last year engagement with the nightlife scene and use of alcohol, cannabis, cocaine, ecstasy/MDMA and amphetamines, and effect sizes calculated where differences observed.

Results: 6,017 young adults were successfully recruited via social media advertising and completed the baseline survey. 3,570 people attending clubs and were recruited to the offline sample. A higher proportion of offline participants attended nightlife venues and used each drug in the last 12 months than those recruited online ($p < 0.05$). Effect sizes revealed differences were small ($r < 0.30$). Those screened also attended venues and used each drug more frequently, with effect sizes showing differences ranged from very small ($r < 0.10$) to small ($r < 0.30$).

Conclusion: Participants recruited using online advertising reported less frequent past 12 month drug use and venue attendance than individuals screened at clubs and festivals. This finding highlights the importance of validating study samples recruited solely via online methods.

NOTES



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