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Abstracts



PODANÉ RUCE



PLATFORMA PRO KOMPLEXNÍ PŘÍSTUP
K UŽÍVÁNÍ DROG A ZÁVISLOSTEM



(Abstracts are listed by the order of appearance in the programme. Some abstracts are not included because they were not received or were received late.)

Bruce Alexander (Simon Fraser University, Vancouver, Canada)

Understanding Addiction Globally, Regulating Drugs Locally

Compared to other areas of scholarship, the field of addiction is an intellectual disaster area. Countless theories claim to explain addiction. But none of them has had much impact on the growing addiction problem in the modern world and most conflict fundamentally with each other. How can we be Rational about Drug Regulation when we are so confused about the nature of drug addiction?

As Thomas Kuhn has shown, this kind of confusion marks a stage in intellectual history where a “paradigm shift” is needed and expected. The paradigm shift begins when a different question emerges. I believe that the shift is already underway. It is a shift from asking about the cause of addiction in addicted individuals – which has gotten us nowhere – to asking about the cause of addiction in the structure of the societies that are the most plagued with it. This global historical approach was first suggested by Plato’s writings in ancient times, but was largely forgotten. However this question re-emerges in the great social critics of the 18th through the 20th centuries, including Max Weber, Emile Durkheim, and Franz Kafka.

I will present a historical paradigm for understanding addiction that begins with my adventures in a tiny place called Rat Park in the 1970s and continues with a guided tour of modern western civilization. These ideas are summarized in my book, *The Globalization of Addiction: A study in poverty of the spirit* (Oxford University Press, 2008; 2010) and my more recent writings, found at www.brucealexander.com

I will use this historical paradigm as a basis for re-examining Rational Drug Regulation. I will be speaking from the context of the current major drug panic in North America, one of several moral panics that have broken out in the last 150 years in my homeland. For example, a decade ago we had a similar great uproar about the dangers of methamphetamine. The current opioid panic is instigated by a substantial surge in overdose deaths that are linked to opioids, particularly heroin, oxycodone (by prescription), and fentanyl (sold illegally). The current panic is strong even in Vancouver – where I live – although we already have a seemingly rational system of harm reduction and relatively mild criminal prosecution that is perhaps similar to that of the Czech Republic (Zábranský & Bullington, 2007, *Journal of Drug Issues*).

Canada’s current response to this opioid overdose problem is mostly based on making safe opioid drugs more available to addicted people. There is almost no inclination to go back to an American-style War on Drugs. However, I will argue that, in addition to harm reduction for people addicted to opioids, there must eventually also be free access to some opioids – and stimulants as well – for the general public, to avoid the importation of extraordinarily potent and therefore dangerous drugs like fentanyl. I will also argue that, in a country as ethnically diverse as Canada and perhaps the Czech Republic, rational drug availability should be regulated locally rather than nationally or internationally.

Finally, I will argue that Rational Drug Regulation can only be a small part of the solution to the growing addiction problem. The fundamental structural problems that make addiction increasingly prevalent in the modern world must ultimately be addressed. Why not now?

Xoán Carbón (ABD-Energy Control, Spain)

Prohibition: The journey to U-49900

This presentation focuses on the repercussions of scheduling NPS as they emerge on the “legal” market. Particularly U-49900, a synthetic opioid that is an analogue of U-47700 (which is itself an analog of an earlier now-banned opioid: AH-7921) It seems that demand for novel opioids does not decrease when a compound is scheduled, and if the supply for a certain substance dwindles, users are bound to seek an alternative. AH-7921 was dangerous, U-47700 has been proven to be more widespread and even more problematic, and the newest generation of derivatives, such as U-49900 does not seem to be any less harmful. While it is clear that a solution needs to be found, this presentation suggests that perhaps quickly and systematically scheduling new compounds as they gain popularity can be complemented with other prevention measures in response to the growing problem of NPS abuse.

Michael Winkelman (USA, Arizona State University)

Applying Shamanic Principles to Addictions: Shamanic Drumming Circles

Workshop will apply principles of shamanic drumming and community drumming circles to the management of addiction and recovery. The activities will focus on an experiential engagement. Participants are encouraged to bring a small percussion instrument.

Mat Southwell (UK, CoAct)

Community Mobilisation – The Heart of the Response:

Community mobilisation is recognised as a core part of the HIV response with people who inject drugs. Mat Southwell will argue that it is not possible to scale up and significantly impact on the HIV epidemic without involving people who use drugs and drawing on their privileged access, experiential expertise and participation in peer networks. Mat will explore the historical roots of drug user groups and draw out key models of drug user organising. He will highlight the growing challenges of undertaking community mobilisation against increasingly violent and extreme expressions of drug control and anti-drug user discrimination. He will highlight the potential and need for peer-led technical support on community mobilisation for both drug user groups and harm reduction and drug treatment providers. Mat will conclude by highlighting the potential contributions of community mobilisation to promoting the health and defending the rights of people who use drugs.

Murtaza Majeed (Youth R.I.S.E., Afghanistan/Sweden)

Active role of PWUDs in Harm reduction services

Murtaza Majeed will open the discussion on social responsibilities of people who use drug and why the presence of the community is vital to bring practical changes in drug use scene and he will talk about how can community itself can be the service provider rather than staying only passive recipients in harm reduction programs.

Progressive o.p.s., Společnost Podané ruce o.p.s. a Sananim z. ú.

Discussion on the Active Role of Peers in Czech Drug Services

The discussion will be held by representatives of peer workers from among the people with personal experience with use of drugs – members of the organizations Progressive o.p.s. (Fixpoint), Sananim z. ú.(K-Centrum) and Společnost Podané Ruce o.p.s. (Street Support). The main purpose of the discussion is to share experience with active participation of drug users in operation of services from the point of view of drug users. Objectives and activities of the programmes will be briefly introduced. Subsequently, there will be a moderated discussion with the audience.

Irena Molnar (Re Generation, Drug Policy Network South East Europe, YODA, Serbia)

Serbia's Drug Policy Crossroad – Will EU accession bring more balanced approach to (recreational) drug use?

Party culture is one of the biggest youth subcultures in Serbia. The use of psychoactive substances is fairly common among young people in recreational setting which Re Generation's "Clubbing and youth health" research showed. Explanation could be that the popularity of illegal substances is related to living conditions in Serbia pushing young people to search for ways to liberate their minds. The underground party scene is, for some, a perfect way to do it, thanks to the unlimited behavioural freedom, coupled with the sense of belonging to a community.

In time of the appearance of NPS, Serbia entered the process of the accession to European Union which implicates that Serbia needs to harmonize the laws towards European ones. That includes also Early Warning System operating. However, it is hard to even imagine well operating EWS when there is no basic harm reduction measures implemented on the festivals and parties around the country. What exactly EU accession means for development of drug policy in Serbia and could it bring change for better or for worse?

Piotr Zaborowski (Poznaj Psychodeliki, Poland)

Citizen lobbying for drug policy reform

The development of social media changed the rules of public debate for good. The movement for rational drug policy was for years deprived of powerful allies and under-represented. Today however, we are experiencing a situation where it has never been easier to raise public awareness towards critical policy issues. The presentation will cover an overview of digital advocacy campaigns for rational drug policy in Poland.

Mireia Ventura (ABD-Energy Control, Spain) & Jerzy Afanasjew (Społeczna Inicjatywa Narkopolityki, Poland)

Reagent Testing: Empowering Vulnerable Communities

Energy Control's drug checking service has, since its inception in 1999, analysed more than 30.000 substances, mainly recreational drugs such as cocaine, ecstasy and amphetamine from Spain. Our drug checking service has evolved since our first interventions, where we used colorimetric reagent tests (mainly marquis test). Several years later we developed a mobile thin layer chromatography (TLC) system that expanded the range of substances and adulterants that could be identified at nightlife settings. In 2006, we opened several drop in centres where users could bring their drugs during the week and receive a brief intervention. Nowadays most samples are analyzed with advanced techniques such as gas chromatography and liquid chromatography.

Drug checking services are useful tools for reducing the number of drug-related incidents, monitoring new substances (NPS) or patterns of use, and providing information and assessment to drug users. Moreover, this type of approach is able to establish communication with hard-to-reach populations and clandestine markets, such as cryptomarkets and webstores. In addition, all advice and health warnings are delivered in a rapid way and the messages transferred are perceived as trustworthy by young users. In this way, drug checking services are tailored to the needs of its target group better than other policy measures.

However drug checking services are also facing several challenges such as the rapid-changing nature of NPS, funding limitations, and the stigmatization and sensationalism, especially by mass media when they talk about NPS.

Peter Sheath (Emerging Futures, UK)

Recovery in a changing society

Recovery cannot be seen as something that happens solely as a consequence of receiving and/or being involved in substance misuse treatment. It's got to be seen as something that occurs within a wider social context. It has to involve families, loved ones and local communities and will need to become part of the cultural imperatives of local communities. Social capital and authentic stories are the scaffolding around which recovery communities are built and maintained and this talk will explore how this will look in the Czech Republic. Recent research, looking at drug related deaths in the USA, has shown that in areas that have high social capital people are up to 83% less likely to succumb to an opioid overdose than people living in areas with low social capital (Maia Szalavisz 2017). Bruce Alexander has also clearly established very strong links between the dislocation people experience in fractured communities, lacking in social capital and increasing propensities for addiction and mental ill health.

Pavel Bém (Sananim, Czech Republic)

Breaking the Circle

Addiction to narcotics is by definition a chronic, relapsing and often life-long affection with a complex biological, psychological and social ethology. If we take into consideration its progressive nature with devastating effects on one's psyche, family, interpersonal relations and practical everyday life, it is necessary for the treatment to include and reflect all the ethological factors of this affection. However, as we all know, it is often not enough and our clients/patients end up going round in circles or spirals and keep returning to treatment centres.

Addiction is often a manifestation of a deep psycho-spiritual crisis. Solution to this crisis often lies in changing the "deeper order". We all have the potential to undergo such a change. It represents an opportunity and a way to freedom, perhaps to God and, in any case, to one's own self; it is an underestimated experience not only among our clients but also among us, the therapists on the "other side". Such a process of transformation can be called "healing".

Healing is often connected with profound changes in one's personality which can occur during a long-term residential treatment in therapeutic communities, sometimes even during medium-length institutional treatments with subsequent follow-up care. At

times it occurs for no apparent reason at all, yet it almost always happens in the context of learning "who I am and where I belong". This brings up a number of questions: Is it possible for the change of the "deeper order" to occur in a low-threshold contact centre and in harm reduction services? And what about the clients of substitution treatment centres? Does one have to be sober to undergo such change? Can another psychoactive substance accompany us on our way to transformation? What relationship is there between the change of the "deeper order", the "healing" itself and our traditional concepts such as insight, motivational training, circle/cycle of change? What will help us to "break the circle"?

Michael Winkelman (Arizona State University, USA)

Shamanism and the Treatment of Addictions

Shamanism has a number of bases in humans' evolved psychology that provide platforms and processes for the application of this ancient technology of consciousness and healing in the treatment of addictions. A biogenetic structural approach to the evolution of shamanism reveals significant biological features involving: ritual participation and the mimetic expressive capacities, including dance, music and enactment; alterations of consciousness produced through these processes as well as the psychedelics; special experiences of self manifested in spirit identities and allies and the out-of-body experience. The applications of shamanic alterations of consciousness to addictions treatment are discussed in terms of the ability of these experiences to: modulate responses of the serotonergic and dopaminergic neurotransmitter systems; enhance access to dynamics of the unconscious; and stimulate endogenous healing responses. Similar effects are attributed to ritual practices, as well as their ability to produce a social dynamic that enhances well-being at biological, social and psychological levels. Clinical evidence for the effectiveness of drumming and singing are review in support of the use of shamanic practices as adjuncts for all substance abuse rehabilitation programs.

Ralf Köhnlein (Fixpunkt, Germany)

BEST Training Program for Health Promotion in Partysetting

On behalf of the Federal Ministry of Health and in cooperation with the LiveKomm, Fixpunkt successfully tested training program (modular training concept) for the purpose of promoting health in partysetting has been developed. Party staff (clubs, discos, security, festivals, organizers) are trained in their health and drug skills. In the period 01.08.16 – 31.12.16 a transfer phase supported by the Federal Ministry of Health and supported by LiveKomm is concluded. The training program has been extended, and trainings were offered again in Berlin, Hamburg and Potsdam as well as in Bremen, Nürnberg and Dresden. The project is being implemented with cooperating projects of health promotion and harm reduction in partnering cities form the „BEST network“. All involved members and projects accept people as they are and avoid being judgemental. The presentation will include the contents of the different training modules and evaluation results of the 11 trainings in 6 German cities with 201 participants.

Iga Kender-Jeziorska (PhD student, Corvinus University of Budapest, Youth Organisations for Drug Action)

Sex, drugs and rock'n'roll: The patterns of drug use and sexual experiences among women attending music festivals

The aim of this explorative study is twofold. First, it aims to examine the patterns of drug use among women attending music festivals. Second, it aims to examine their sexual experiences, including gender-based violence, with special attention paid to the differences of sexual experiences sober and being under the influence of psychoactive substances. Moreover, it is planned to reveal potential relationships between the patterns of substance use and sexual experiences at music festivals. Design and method. In this quantitative research, data is collected via an on-line survey placed on Facebook pages of various music festivals in Poland and Hungary, in native languages. Findings. As the research is still ongoing, the results are not known yet. The research is planned to end by mid-September and the results are planned to be presented for the first time at the Rational Drug Regulation conference.

Otakar Veselý (Společnost Podané ruce o.p.s., Brno, ČR)

Hard & Smart

The Hard & Smart programme involves a set of preventive and intervention activities in the environment of the dance & club scene, night life and entertainment. It focuses on specific risk factors such as dehydration and hyperthermia, noise-induced hearing damage, high-risk sexual behaviour, both legal and illegal psychoactive substances or even a safer return to home. Expert

interventions are then carried out directly at concerts and events by means of creating a dedicated intervention and chill-out zone and monitoring the environment.

The programme was initiated in 2013 and is based upon the long-standing tradition of the organization "Společnost Podané Ruce o.p.s. and the current European trends in the field of Harm Reduction and Safer Clubbing. Its principles are also in line with the recommendations of EMCDDA and the action plans of the Czech Republic. Its goal is to develop competence in the area of prevention and intervention aimed at the clubbing scene, night life and entertainment in accordance with the innovative approach, integrated offer of services or materials and ad-hoc jobs carried out during music events. We also continue to broaden our cooperation with club owners, music festivals, event managers, local representatives and experts from several EU countries which actively deal with the issue. Thanks to this, since 2015, the programme has been a member of the European network of services Party +/NEW NET which is active in most European countries.

The programme is implemented within three basic modules of cooperation which consist of monitoring the environment, especially within the so called "underground scene", usually one-time cases of cooperation with more "mainstream" clubs and the most common type of cooperation – certification of a music event/club according to the principles of safer clubbing as stated by the Hard & Smart Certificate.

The primary target group are club-goers, people enjoying dance music, night life and entertainment in the context of the monitored risk factors. The programme focuses mainly on teenagers and young adults (15–35 years) who use or are endangered by legal or illegal psychoactive substances and other aforementioned pathological phenomena. The secondary target group consists of club owners and music event managers, bartenders, night managers, promoters and specialized security services. The activities aimed at this target group include series of specialized personnel trainings, environment monitoring, analysis of needs and requirements of clubs/venues, data collection, expert supervision and certification of a club/venue/event **in accordance with the conditions stated in the Hard & Smart certification document.**

Mat Southwell (UK, CoAct)

How to start and build a drug user group?

Community mobilisation is now recognised as an essential part of the HIV response with people who use drugs. People who use drugs are increasingly recognised as being part of the solution to the health and rights problems they experience, challenging the historic pattern of always framing drug users as the problem.

Coact is a peer run technical support cooperative specialising in community mobilisation with people who use drugs. Delivering capacity building as peers model the principles of community mobilisation and is in and of itself empowering. Coact is developing through its collaboration with country partners a model for describing and driving the development of drug user groups. Consistent language frames an understanding of how community organisations can be organised most effectively. The promoted process model provides a systematic way of assessing the needs of people who use drugs and simultaneously building the membership base and leadership capacity of drug user groups.

Groups will reflect the nature of the local drug scene, the drugs being used, the routes by which people administer their drugs and the wider cultural, social and political context. Drug user groups may perform a number of different functions. However a consistent process development model can support drug user groups to increase their chances of success tailored to the unique local context. The workshop will introduce participants to a common set of language for describing drug use groups and drug user activists and recommend a development process which supports the understanding of drug user needs while building a strong membership base and leadership capacity.

Peter Muyshondt (Lokale Politie Voorkempen, Netherlands)

War on drugs. 'Drug mafia infiltrates in police, customs, corporations and politics ... Police chief Stanny De Vlieger writes alarming report regards the power of criminals.'

I will mainly focus on the Antwerp situation and talk about my experiences as a police officer in this particular city where I have worked in the port but also in the neighbourhoods where drug abuse is visual and public nuisance a permanent issue.