



# club health

LISBON 2015

**Abstract Book**

**9ª Conferência Internacional sobre a Vida Nocturna,  
Uso de Substâncias e Questões de Saúde relacionadas**

**The 9th International Conference on Nightlife,  
Substance Use and Related Health Issues**

**Escola Superior de Enfermagem de Lisboa**  
**17-19 de junho de 2015 17-19 June 2015**

**CPH** | CENTRE FOR  
PUBLIC HEALTH  
LIVERPOOL JOHN MOORES UNIVERSITY



**ESEL**  
Escola Superior  
de Enfermagem  
de Lisboa

COM O ALTO PATROCÍNIO  
DE SUA EXCELÊNCIA



*O Presidente da República*

**9ª Conferência Internacional sobre a Vida Nocturna,  
Uso de Substâncias e Questões de Saúde relacionadas**

**The 9th International Conference on Nightlife,  
Substance Use and Related Health Issues – Abstract book**

Título / Title:

**9ª Conferência Internacional sobre a Vida Nocturna, Uso de Substâncias e Questões de Saúde relacionadas**  
**The 9th International Conference on Nightlife, Substance Use and Related Health Issues – Abstract book**

Coordenadores / Coordinators:

**Fernando Mendes, IREFREA, Portugal**

**Andrew Bennett, Centre for Public Health, Liverpool John Moores University, UK**

**Hannah Grey, Centre for Public Health, Liverpool John Moores University, UK**

**Karen Hughes, Centre for Public Health, Liverpool John Moores University, UK**

**Maria do Rosário Mendes, IREFREA, Portugal**

**Irma Brito, Escola Superior de Enfermagem de Coimbra e UICISA – Unidade de Investigação em Ciências de Enfermagem, Portugal**

Fotografia da capa:

João Azevedo

Design do logo da conferência:

Sara Lourenço Ferreira

Paginação:

Pedro Bandeira

Editor:

IREFREA. Instituto Europeu para o Estudo de Factores de Risco em Crianças e Adolescentes

irefrea.pt@gmail.com

Coimbra, Portugal

1.ª Edição: junho de 2015

ISBN: 978-989-8727-08-4

Depósito Legal: 394010/15

Impressão:

Simões & Linhares, Lda.

**COMO CITAR O LIVRO DE RESUMOS / HOW TO CITE THE ABSTRACT BOOK (APA 6th ed)**

IREFREA (Jun 2015). 9th International Conference on Nightlife, Substance Use and Related Health Issues – Abstract book, congresso CLUB HEALTH 2015, Lisboa: Escola Superior de Enfermagem de Lisboa.

**COMO CITAR UMA COMUNICAÇÃO/POSTER / HOW TO CITE AN ORAL/POSTER PRESENTATION FROM THE ABSTRACT BOOK (APA 6th ed)**

Bellis, M. (2015). Destination Drunk and Dangerous? Special occasion drinking – its impact on the health of drinkers and safety of nightlife destinations in Abstract book do congresso CLUB HEALTH 2015: 9th International conference on nightlife, substance use and related health issues, Lisboa: Escola Superior de Enfermagem de Lisboa, 17-19 jun (pp: xx-yy).

Club Health Lisbon 2015 is the 9th International Conference on Nightlife, Substance Use and Related Health Issues.

We are delighted that so many experts from a wide range of fields have submitted abstracts on protecting and promoting health in nightlife settings. This abstract book and the conference programme contain over 120 presentations representing some of the latest research, policy and practice on nightlife from the Angola, Australia, Brazil, Canada, Lebanon, Mexico, New Zealand, USA and many European countries.

Nightlife continues to represent major challenges to public health.

We anticipate that the collection of knowledge represented by these abstracts and shared amongst participants at Club Health Lisbon 2015 will help improve understanding about the challenges as well as building capacity and capability among all groups that have a stake in healthy nightlife including the government agencies and local authorities that regulate it, the police, councils and public health professionals that manage it, the club owners, festival organisers and promoters that make it happen and the participants without whom it would not exist.

Enjoy Club Health Lisbon 2015.

**Karen Hughes**

Centre for Public Health, Liverpool John Moores University, UK

**Fernando Mendes**

IREFREA, Portugal



## **Rita Abreu-Figueiredo**

Escola Superior de Enfermagem São José de Cluny, Portugal

**Eva Sousa**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Ester Ramos**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Clara Martins**, Escola Superior de Enfermagem São José de Cluny, Portugal

### **Factors associated with smoking and alcohol consumption among adolescents**

The aim of this cross-sectional descriptive-analytic study was to identify the factors associated with smoking and alcohol consumption among adolescents. The total sample comprised 887 school students from 10-18 years old from a Madeira high school.

The data collection tool was a questionnaire, which was put together by the team responsible for the investigation based on the guidelines on the lifestyles and health of adolescents of the World Health Organization; and some measures used internationally for assessing the lifestyles in this age group. The frequency of use of each substance was questioned and students classified as consuming (often the occasional use) and non-consumers (G. Lazzeri et al., 2014).

Students completed the survey at school, with the supervision of the teachers. All ethical principles of human beings research, like autonomy and right to refuse of participants were respected. We used descriptive statistics and a binary logistic multiple regression (95% confidence intervals) was implemented.

We concluded that the smoking and alcohol consumption by parents and peers and dissatisfaction with life are the main predictors of substance use by adolescents. There was no association between family affluence, school environment or gender, with smoking and alcohol consumption.

## **Dean Acreman**

Health Protection, Public Health Wales, UK

**Josie Smith**, Health Protection, Public Health Wales, UK

**Alun Hutchings**, Cardiff Toxicology Laboratories, University Hospital Llandough, UK

**Andrew Westwell**, Cardiff School of Pharmacy and Pharmaceutical Studies, Cardiff University, UK

### **WEDINOS: Ecstasy an umbrella term for MDMA-like substances?**

**Background:** Ecstasy usually refers to the synthetic substance MDMA. However, the EMCDDA states Ecstasy tablets may contain any of a range of MDMA-like substances and unrelated chemical. This coupled with overdoses and fatalities where individuals have consumed Ecstasy, only for toxicological analysis to show that it was in fact a different substance add to the potential harms faced by individuals who purchase and consume drugs under the 'ecstasy umbrella'.

**Method:** Samples may be submitted anonymously via health / support services including substance misuse services, pharmacies and emergency departments using the WEDINOS 'sample and effects packs'. Alternatively, individuals may download the 'effects record' from the website [www.wedinos.org](http://www.wedinos.org) and submit the sample via the postal service (not including known controlled substances). Test results and 'effects record' data are collated and findings disseminated back via the website and quarterly bulletin.

**Results:** In the first 12 months, 31 samples were submitted to WEDINOS that were purchased as MDMA or Ecstasy. 36 per cent (n=11) of these samples did not contain MDMA, but other psychoactive substances including: BZP, MeOPP, Methylone, 6-MAPB, and alpha-PVP. A further 2 samples contained MDMA as well as other substances including Caffeine, Cocaine, and Levamisole.

**Conclusions:** By proactively analysing and profiling samples, as well as collating effects data; relevant targeted and specific harm reduction messages can be disseminated with the aim of reducing the risks to people who use Ecstasy; which may include contaminated MDMA or its substitution with other substances.

## **Dean Acreman**

Health Protection, Public Health Wales, UK

**Josie Smith**, Health Protection, Public Health Wales, UK

**Alun Hutchings**, Cardiff Toxicology Laboratories, University Hospital Llandough, UK

**Andrew Westwell**, Cardiff School of Pharmacy and Pharmaceutical Studies, Cardiff University, UK

### **Cracking the safe: Geographic and drug trend analysis from drug amnesty safes**

**Background:** WEDINOS provides direct access to testing and dissemination of information to reduce harms related to new psychoactive substance use and identify new trends. In addition to receiving samples from individuals, WEDINOS analyses and profiles samples surrendered to drug amnesty safes in bars and clubs across Wales. This offers an insight into geographical and drug trends amongst recreational drug users, identifies new compounds, combinations and highlights potential harms.

**Method:** In 2013 eleven drug amnesty safes were introduced to bars and nightclubs across South Wales. Individuals wishing to enter these premises are able to anonymously surrender any psychoactive substances in their possession. The amnesty safe contents are regularly and securely collected for toxicological analysis. The findings are published on the WEDINOS.org website with geographic profiling function.

**Results:** In 2013/14, a total of 228 psychoactive drug samples were submitted and analysed. The most commonly identified compound was Cocaine (n=98) followed by mephedrone (n=67). Patterns of drug substitution were clearly shown throughout the year; when cocaine is less available or of poor quality it was often replaced by other substances, particularly cathinones, Mephedrone and 4-Methylethcathinone, with these substances appearing interchangeably.

**Conclusions:** The substances identified, although primarily stimulant substances, have different effects, duration of effects and potential harms. In a market of fluctuating availability the category of substance, not the name influences purchase. Analysing samples from drug amnesty safes allows the capture of evidence based local trend data; allowing proactive targeting of pragmatic harm reduction interventions to specific subpopulations of people who use drugs.



## Paulo Anjos

Associação Existências, Portugal

**Maria Lobo**, Associação Existências, Portugal

### **Recreational environments and factors associated with alcohol and drugs use – the reality of Coimbra**

Recreational settings and academic festivities are assuming a growing importance in young people's life, determining lifestyles and legitimizing behaviours considered necessary for them to experience fun and immediate pleasure.

Aims:

- To characterize young people attending recreational venues sociodemographic characteristics
- To assess the predictive relevance of recreational nightlife-related attending recreational venues
- To identify type of recreational areas frequented and usual environments for alcohol and other drug consumption
- To identify the behaviours that they adopt in those recreational venues
- To identify the type, frequency and reasons of alcohol and other drugs use
- To analyse the risk behaviours related with alcohol and other drugs consumption by the youth and young adults (e.g. driving under the influence of alcohol and drugs, violence, sexual risk behaviours)
- To analyse the knowledge of youth and young adults about the effects of alcohol and other drugs and the knowledge about harm reduction
- To assess the relevance of recreational nightlife-related variables with the use of psychoactive substances (licit and illicit).

Sample: A sample of 150 young people was interviewed in recreational nightlife environments in Coimbra city. The sample was balanced by alcohol and illicit drug use, gender and age.

Measurements: Participants were interviewed on the basis of a structured questionnaire comprising several risk domain factors (sociodemographics, substance-use history, risk behaviours and related attitudes, motivations and perceptions relating to substance use, peer, and clubbing habits).

## **Rebecca Askew**

Manchester Metropolitan University, UK

### **Listening to drug takers: how personal experience of drug use can help inform policy and harm reduction strategies**

This paper presents adult recreational drug takers views on UK drug policy and the law. Integrating these perspectives into policy debate is beneficial in two ways, firstly it breaks down barriers against 'drug users' and recognises that people have the ability to self-manage their behaviour. It also provides a better understanding of the risks and problems associated with substance use based on user experience, rather than a general deterrence message, which as this (and other) research demonstrates is ineffective for many people. This paper presents four key messages deriving from the participants' interviews, which could help contribute to the development of better informed drug policy and education. Drug takers outlined that reducing stigma associated with drug treatment and increasing public information about the positives, as well of the risks of drug use would help safeguard health and well-being. Enforcement and criminalisation within the night-time economy was seen as counter-productive and a harm-reduction approach was advocated for nightlife settings.

**Amanda Atkinson**

Centre for Public Health, Liverpool John Moores University, UK

**Kimberley May Ross**, Centre for Public Health, Liverpool John Moores University, UK

**Emma Begley**, Centre for Public Health, Liverpool John Moores University, UK

**Harry Sumnall**, Centre for Public Health, Liverpool John Moores University, UK

**Constructing alcohol identities: the role of Social Network Sites in young peoples' drinking cultures**

Social Network Sites (SNS) have become an important aspect of young people's leisure and friendship networks, including peer drinking culture. Thus, the intoxicogenic spaces in which young peoples' drinking practices and related identities are created and performed have recently entered online environments. Within such online spaces young people are exposed to and interact with new forms of innovative online alcohol marketing from both alcohol brands and venues situated within the night time economy. Moreover, SNS provide an additional space in which young people communicate about alcohol and night life, and an environment in which they create and interact with peer generated content related to alcohol which reflects and reinforces peer group drinking norms.

Using friendship group interviews with young people (16-21 years), an analysis of young people's Facebook profiles and SNS alcohol marketing, the research aimed to gain a better understanding of the role and place of SNS in young people's drinking culture, and in the construction of alcohol-related identities in a peer group context. The theoretical concept of social, cultural, symbolic and economic capital was applied in order to understand the importance of drinking and alcohol marketing in young peoples' friendship groups and the significant role of SNS in symbolising valued drinking practices within and between peer groups. This paper will present key findings to highlight the increasing significance of SNS in young people's drinking culture and how SNS have become an extension of the physical nightlife space in which young people craft and perform alcohol-related identities.

## **Monica J. Barratt**

National Drug and Alcohol Research Centre, University of New South Wales; Centre for Population Health, Burnet Institute and National Drug Research Institute, Faculty of Health Sciences, Curtin University, Australia

### **Healthier nightlife settings in digitally connected contexts: Challenges and opportunities**

Psychoactive drug use, to enhance experiences and increase sociability, is a ubiquitous practice within clubbing cultures. Also now ubiquitous in these scenes are digital technologies that support social and informational interconnectedness, most notably smartphones. Clubs, drugs and digital technologies work together as integral elements in the formation of the experiences and meanings of club culture. Accepting that such drug-enhanced experiences and digital technologies are inextricable parts of nightlife settings, how can we best support healthier nightlife settings so that drug-related adverse events (health, social, criminal) are significantly reduced? To work towards healthier settings for club-goers, it is critical to examine how we think about digital connectivity. Drawing on Annette Markham's three metaphors of the internet as tool, place and way of being, this paper outlines the challenges and opportunities of digital connectivity for reducing drug-related harms within clubbing cultures and broader nightlife settings. The overall finding is that increasing digital connectivity facilitates 'more of everything': more opportunities for wider varieties of drug supply, more opportunities for information dissemination and production, more opportunities for social network formation and reformation, more opportunities for wide-reaching surveillance by the state. The digital is so enmeshed within our lives that ignoring it or treating it as an add-on is no longer a viable option.

## Emma Begley

Centre for Public Health, Liverpool John Moores University, UK

### The Internet Tools for Research in Europe on New Drugs (ITREND) Project

The growth in online retailing and the development of synthetic psychoactive substances has had a major impact on the patterns of drug use and associated behaviours of those who use Novel Psychoactive Substances (NPS). Commonly used club drugs such as Mephedrone introduced a new era of “legal highs” and synthetic substances mimicking the effects of traditional drugs. As the internet has increasingly become a popular source of information about drugs and a route for purchasing them, it has also emerged as a powerful point of observation of the clandestine NPS markets.

Through monitoring and observation of NPS activity, ITREND aims to consolidate sources of evidence that will identify trends and establish up-to-date information regarding emerging NPS. Supported by the EU commission, ITREND consists of four work streams; analysing online drug forums, monitoring online marketing strategies, a web-based survey of NPS use and toxicological substance analysis. The project aims to triangulate such data to provide practitioners and policy makers with comprehensive information on popular NPS.

This paper will highlight the methods used and findings from a detailed case study analysis of UK drugs forums. It will also discuss the value and limitations of drug forum analysis. The results will provide an insight into user attitudes and perspectives on a range of issues including: specific drug prevalence, patterns of use and the common effects. The findings will be examined in the context of their public health implications to the night time economy.

## **Mark Bellis**

Public Health Wales, UK

### **Destination Drunk and Dangerous? Special occasion drinking – its impact on the health of drinkers and safety of nightlife destinations**

Whether staying in or going out alcohol remains the predominant social drug for much of the world. Special occasions such as holidays, celebrations, weddings and festivals are associated with increases in alcohol consumption. However, such changes are often not captured in national alcohol surveys. As special occasion drinking can include heavy drinking episodes it is also associated with harms from injury and overdose to the drinker and potentially harms to others around them (e.g. violence). Using new finding from a national survey designed to measure both typical and special occasion drinking this presentation explores the importance of factoring in special occasion drinking into measures of alcohol harms. Using the Global Drugs Survey the presentation will also consider harms individuals suffer from other people's drinking and how such harms relate to individuals' own drinking patterns and feelings of safety in nightlife environments. Use these data together the presentation will consider how measures of drinking patterns must capture special occasion drinking, how individual harms from alcohol relate to their own consumption and its interaction with those around them and, why policy makers and night life businesses should tackle drunkenness in order to create nightlife settings in which people feel safe.

## **Nessim Ben Salah**

Swiss Alcohol Board, Switzerland

**Cecilia Paschoud**, Swiss Alcohol Board, Switzerland

### **Mystery shopping and alcohol sales in the evenings: law enforcement and collaborative work**

The Swiss alcohol board (the federal institution in charge of law enforcement of illicit alcohol sales to minors in Switzerland) uses a model combining aspects of law enforcement (without sanctions) and a collaborative approach resulting in an actual decrease of illicit sales and the raising of the awareness on youth protection.

For several years the SAB has been collecting data from different mystery shopping campaigns conducted in order to measure the illicit alcohol sales rates to minors in Switzerland. Over the years a decrease could be identified on various points of sale such as stadiums, retail shops etc. However, specific POS that are open in the evening remain problematic and are more difficult to test due to a restricting legislation.

Legislative barriers: In fact, neither does the current legislation permits legal sanctions consecutive to mystery shopping, nor are minors allowed to be committed as mystery shoppers after 22:00.

Project: Mystery shopping having proven to be a successful tool in raising awareness, the SAB decided to run an evening campaign (19: 00-22: 00), in these POS in accordance with the legal framework. Once the mystery shopping campaign completed, the SAB provided counselling and staff trainings to problematic POS. This way, the SAB was able to reach a relevant category of POS and work in close collaboration with these to their improvement of the illicit alcohol sale.

Conclusion: Despite a limited space left by the legal framework, the SAB was able to develop an effective and adaptable mixed methodology allowing improvement of illicit alcohol rates in the evening.

## **Irma Brito**

Escola Superior de Enfermagem de Coimbra, Portugal

### **Citizen participation in knowledge production: can partygoers improve knowledge about safety and security in nightlife?**

Knowledge about safety and security in nightlife is often based on data collected and analysed by researchers, based on rigorous scientific criteria. But the typology of citizen participation can be used across the range of research activities. For example, in exploratory projects most of the partygoers will be at the bottom level (crowdsourcing, or citizens as sensors), while participants that become committed to the project might move to the second level (distributed intelligence, or basic interpreters) and assist other participants, sometime engaging others to act as sensors. However, some projects promote highly committed participants that might move to a higher level (participatory research) and communicate with the researchers, discuss the results of the analysis and suggest new research directions. This level increases co-creation of knowledge; improves quality and validity of research, increases knowledge translation and transferability and influences public policies and/or community mobilization over better safe and secure nightlife. Some case studies will be presented.



**Irma Brito**

Escola Superior de Enfermagem de Coimbra, Portugal

**Fernando Mendes**, Irefrea, Portugal

**Filipa Homem**, PEER, Portugal

**Veronica Coutinho**, Escola Superior de Enfermagem de Coimbra, Portugal

**Before you get burnt: 7 years of health promotion and harm reduction with students in night festivities**

Twice a year, in Coimbra, students organize a big festival during 8/9 consecutive day and nights with around 180 000 persons attending. The majority of those students (some of them underage) drink alcohol beverages and a great number become drunk. These festivities last all night and the local authorities organise harm reduction activities such as first aid, distribution of condoms and information materials. Preventive measures bump with strong marketing around alcohol beverages because of academic associations, student's organisations and the city's profits from this party. Before You Get Burnt has provided peer led outreach since 2007, in recreational settings that aim to reduce risks and harm related with binge drinking by promoting critical literacy among students. Peer Educators provide peer-to-peer counselling during the student's festivals of Coimbra conveying the message: "Act responsibly before you get burned" in order to promote fun without risk. With supervision of registered nurses or doctors, they also deliver "first aid" to drunken students, avoiding sleeping on streets and being victim of assaults or sexual violence. Over the seven years we have advised 5481 young people. The data collected with the peer-to-peer script from 7 years of outreach intervention shows that there are differences between gender and increased vulnerability in students at first and last year of university courses.

## Alexander Bücheli

Safer Nightlife Switzerland/Youth Advisory Service Streetwork Zurich, Switzerland

### Safe the Parade – Prevention and Harm Reduction at big events

After a decade of clubbing, big events and raves become more and more popular in Europe and in the United States. This Electronic Dance Music (EDM) movement is comparable to the raves and techno culture in the nineties. People who attend those events are primarily young and aim to party hard and excessively. However, there are some differences: XTC is now called Molly or MD'i, and a small group of DJ's are declared as rockstars. In Switzerland EDM is not as big as elsewhere, but there are large psy-trance events in the mountains and the biggest rave in the world, the Street Parade in Zurich. The Street Parade was established in 1992, since 2000 around one-million participants have visited the parade every year. Since 1995 prevention and since 2001 harm reduction intervention have been present during the parade. Based on its experience the Youth Advisory Service, Streetwork has developed an overall prevention-concept for festivals. This overall approach might be one of the reasons that the last drug-related death during the parade was in 2008 and the number of people who seek medical support is declining every year. This success has encouraged other local nightlife-prevention-institutions to create Safer Dance Swiss, a multi-language and disciplinary association for providing prevention and harm reduction interventions at big events.

This contribution will focus on the developing process of an overall prevention concept at festivals. The aim is to share the strengths and doubts and to talk about the limits of prevention at big festivals.

## Minda Burgos-Lukes

National Union of Students, UK

### **Lad Culture in Higher Education: challenges and opportunities in nightlife and social settings**

Following NUS' research into women students' experiences of harassment, stalking, violence and sexual assault (Hidden Marks, 2010), NUS have continued to look at behaviours and cultures that are exclusive and damaging to the Student Movement and Higher Education Sector. In 2013, NUS commissioned further research and launched the report 'That's What She Said', which looked at women students' experiences of 'lad culture' in higher education. Lad culture was defined by participants in the research as "group or 'pack' mentality residing in activities such as sport and heavy alcohol consumption, and 'banter', which was often sexist, misogynist and homophobic." 'Lad culture' was thought to be particularly influential in the social side of university, particularly nightlife.

NUS have continued to look at how we can further challenge lad culture and make university and campus life more safe, positive and inclusive for all and believe that all concerned should work towards a responsibility culture, rather than ignoring this issue. To create this cultural change, we need to work together and identify the many platforms and opportunities that students, those in the Higher Education Sector and in the wider community have to do this. This presentation will focus on:

- What is Lad Culture? A background on the work NUS have done on identifying Lad Culture and how it affects students in nightlife and other settings.
- Working together to challenge Lad Culture – An introduction to the National Strategy on Tackling Lad Culture in Higher Education and other initiatives
- What can we do to challenge Lad Culture in nightlife settings and other settings?
- Moving forward with the strategy and working together to tackle Lad Culture, making nightlife and other settings inclusive for all.

## **Nicoleta-Elena Buzatu**

University of Bucharest, Faculty of Law, Romania

### **The current situation of trafficking and consumption of new psychoactive substances in Romania**

Beginning in 2008, new types of narcotics have been registered in Romania; they are nothing but substances having psychoactive properties, obtained in various corners of the world, or synthetic substances whose production have certainly an illegal aim in view. They have been commercialised under the name of “ethnobotanic plants” – being substances that have similar effects with those narcotics which are not nationally controlled.

The media has reported numerous cases where young people, some of them minors, have come to be hospitalised due to overdoses of ethnobotanical. The Directorate for Combating Organized Crime cannot take action in this regard, as not all hallucinogenic substances and greenhouse plants are controlled and prohibited.

## Amador Calafat

IREFREA, Spain

### **Nightlife related problems in Mediterranean tourist resorts: a brief introduction**

Millions of young people holiday abroad in the Mediterranean tourist resorts each year. Many of these young people choose their holidays depending on the nightlife. Historically, we know that young people's experience and the leisure industry influence nightlife both at home and abroad and vice versa. All this has become a major cultural and economic phenomenon of great importance to the socialisation of young people. However, there is not always an appropriate balance between having fun and protecting health and keeping safe.

Studies show that there are a number of problems including violence and anti-social behaviour, which are closely linked to the use of alcohol and other drugs. At times there seems to be little interest in solving problems – the actual 'problems' may end up becoming formal or informal advertising for certain tourist resorts, which try to look more attractive to potential consumers.

It is important to know more about how to handle the different stakeholders involved. We are no longer confronted just with a local issue – already with many competing interests – but also with a phenomenon that should be seen from an international perspective. The development of international safer nightlife quality standards would be an important step forward.

## **Lisa Campbell**

Canadian Students for Sensible Drug Policy, Canada  
with

## **Julie-Soleil Meeson**

GRIP Montreal, Canada

### **Drug checking as a population health intervention**

Drug checking is an evidence-based public health intervention that allows people who use drugs to screen their substances for adulterants before being consumed. Drug checking is proven to increase safety in nightlife settings across the European Union, and exists in Canada on a grassroots level. While public health units are involved in screening and monitoring substances in Europe, there is no intergovernmental drug monitoring system in place in North America. In order to increase knowledge exchange among public health units it is imperative that drug checking is implemented as a drug monitoring tool in Canada and that information is shared across borders. This form of knowledge exchange has been well established, with advanced methodologies being used for the past 15 years in Europe, partnering nightlife harm reduction services with public health to monitor the quality of drugs, and alert both drug users and health services when bad batches arise. Canadian Students for Sensible Drug Policy is advocating nationally for drug checking services, and is partnering with researchers and knowledge users to bring European drug monitoring systems to Canada in order to increase knowledge on emerging substances and save lives through accessible drug checking services in nightlife settings.

## **Martha Canfield**

University of Roehampton, UK

**Catherine Gilvarry**, University of Roehampton, UK

**Marcia Worrell**, University of West London, UK

### **Changes in patterns of substance use among Brazilian immigrants in the UK**

The overall aim of this study was to investigate to what extent the changes that occur under the adaptation process to the UK is placing Brazilian immigrants at risk of alcohol substance misuse. To meet this aim an in depth investigation was carried out examining whether the increase of substance use is caused by the immigrants' individual characteristics, a combination of variables under the influence of immigrants' values or norms with their mainstream culture, by the interplay of variables in front of the interaction with the receiving culture, or by the experience of being a migrant and a member of a minority ethnic group in the UK by itself. A combination of quantitative and qualitative methods was adopted in a cross-national research sample comprised of Brazilian participants residing in the UK and Brazilian participants residing in Brazil. Results show that there are some differences and similarities in patterns of substance use across both samples. Specifically, Brazilians in the UK reported using significantly more recreational drugs than their counterparts in Brazil, as well as binge drinking more frequently and being poly-substance users. Among the predictor factors for substance use in Brazilian immigrants in the UK is the stress caused by dealing with more than one set of cultural values and norms. From this study, findings suggest that psychological changes resulting from the migratory process to the UK should be further explored as this presents a promising path for addressing the high susceptibility to alcohol and substance misuse in those people who migrate to another country.

## **Claudia Carlini**

Universidade Federal de São Paulo, Brazil

**Solange Andreoni**, Universidade Federal de São Paulo, Brazil

**Zila Sanchez**, Universidade Federal de São Paulo, Brazil

### **Environmental factors associated with patterns of psychotropic drug use in Brazilian nightclubs**

The aim of this study was to identify different environmental factors associated with patterns of psychotropic drug use in nightclubs in São Paulo, Brazil. A mixed method design was used to investigate 31 nightclubs in the year of 2013. Observational data was collected through 307 hours of ethnographic observation, using a structured guide to register environmental measures. Simultaneously, individual level data was collected by a portal survey from 1832 patrons at the entrance and exit. Dependent variable was the self-report of drug use inside the nightclub grouped classified into three categories (1 – no drug; 2 – alcohol and/or tobacco; 3 – at least one illicit drug). Weighted data were analysed through cluster (venue) correlated multinomial logistic regression models adjusted for sociodemographic factors and pre-drinking. Environmental variables associated with the use of illicit drugs were: open-bar fee ( $aOR=11.84$ ,  $p<0.001$ ) and light effects ( $aOR=24.49$ ,  $p<0.001$ ). On the other hand, the number of bouncers per capita\*100 and two or more dance floors were shown to be inversely associated with the use of illicit drug ( $aOR=0.26$ ,  $p<0.004$  and  $aOR=0.13$ ,  $p<0.001$ ) respectively. Alcohol use inside the nightclub was associated with open-bar fee ( $aOR=2.17$ ,  $p<0.002$ ), two or more dance floors ( $aOR=2.06$ ,  $p<0.001$ ), number of security professionals per capita\*100 ( $aOR=1.39$ ,  $p<0.001$ ) and the presence of light effects ( $aOR=0.83$ ,  $p<0.047$ ). Public policy should focus on environmental factors in nightclubs, since some of them are strongly associated with drug use in these venues.



## **Amelia Carneiro**

Ponto P: Câmara Municipal S.M.Feira, Portugal

### **Ponto P: harnessing networks to promote risk reduction in recreational contexts**

Ponto P aims to prevent and reduce risk behaviour in the fields of sexuality and substance abuse in recreational and nightlife contexts, through an effective network intervention methodology for the promotion of healthy lifestyles.

This article describes Ponto P as an innovative project in network intervention, based on the combination of contributions from several institutions of Santa Maria da Feira, Portugal. Ponto P brings together professionals with technical knowledge and practical experience in the field of prevention and risk reduction, and also includes a group of volunteers. It develops a participatory strategy through peer education by training members of the target community in the fields of knowledge that are relevant to the intervention, as well as in health education, and in the development of communication skills and interpersonal skills, in order to empower them to promote healthy behaviours among their peers.

The project activity which has greater impact in the community is "Ponto P' Night" based on the creation of dynamic and innovative intervention synergies, which will also be described.

This gathering of efforts and mobilization of human resources is the project's added value, since it has been developed with some limitations in terms of financial resources. The article concludes by emphasizing Ponto P as a cost-effective project, which boosts partnerships and networking in the field of risk reduction in recreational contexts.

## **Kim Carrasco**

Rel'ier-Fondation Le Relais, Switzerland

### **Nightlife Vaud: a research-action in prevention/risk reduction in the party scene in Lausanne, Switzerland (2012-2013)**

Lausanne is the fourth city of Switzerland with 140000 inhabitants; its party scene is one of the most developed, welcoming more than 20000 night owls on the weekends. Risks like over consumption of alcohol, drugs or unprotected sex occur. For now, it still lacks a comprehensive policy in the party scene, and if some structural measures exist, there is nothing in the behavioural prevention (except for alcohol when driving).

During twelve months, peers and professionals working with drug addicts or street workers approached people in public spaces to provide prevention/risk reductions items and advice. They also proposed to fulfil a survey to know better the party goes and their behaviour in regard to consumption, sexual and driving risks. A qualitative investigation was completed with key actors as club's owners, police and emergency units.

The results show that, if a majority has never taken any illicit drugs, except cannabis, the consumption of alcohol and drugs is clearly higher than in the general population. During the last party night, they consumed alcohol (91%), tobacco (69.3%), cannabis (30.2%), cocaine (5.8%) and ecstasy (3.6%). The consumption of cannabis lowers with age, this of cocaine increases. The use of condom with occasional partners is not systematic: ¼ did not use it. 20% tend to drive even under alcohol or drug influence or share the car with somebody under such influence.

A report with several recommendations (generalistic approach, work with various partners...) was deposited to the authorities in order to develop an effective device of prevention/risk reduction in the party scene.

## **Félix Carvalho**

UCIBIO-REQUIMTE, Department of Biological Sciences, Faculty of Pharmacy, University of Porto, Portugal

### **Pharmacology and toxicology of the new psychoactive substances**

The world's status quo on recreational drugs has dramatically changed with the emergence of hundreds of new psychoactive substances (NPS) over the past few years. These NPS, also known as 'legal highs' or 'smart drugs', are typically sold via internet, or available in "smartshops" in some countries as legal alternatives to controlled substances. Many of the NPS result from small modifications in the chemical structure of traditional drugs, but the use of new chemical entities and plants or fungi with psychoactive effects are also on the rise. Supplier's information on the purity and safety of NPS are frequently misleading or absent and the unprecedented speed of appearance and distribution of these drugs worldwide brings further technical difficulties in the development of analytical procedures and timely risk assessment. This presentation will address this new challenge for health professionals, especially concerning the expected Pharmacology and Toxicology of NPS.

## **Vicki Craik**

Crew 2000, UK

### **A national agency's response to new psychoactive substances**

Crew is an Edinburgh-based charity established in 1992, to provide informative and culturally credible information for users of psychostimulant and club drugs in Scotland. We do not condemn or condone the use of drugs but believe their use is a public health concern and that lives can be improved through education and support.

New Psychoactive Substances (NPS including "legal highs") are substances which don't fall under current drug legislation and which can therefore be bought legally. However, they have not gone through clinical trials and despite their availability, some can have considerable negative health effects. Only a few years ago Crew dealt mainly with alcohol, cocaine, ecstasy and cannabis related issues. Now, in line with other services, our users are reporting increasing use of these new drugs, whose use can quickly become problematic.

This presentation discusses Crew's response to emerging NPS at all levels, including development, practice and policy. We will present up to date statistics from our outreach work in clubs and festivals and put this into the context of our role as a national agency that gathers and disseminates drug trends information and provides education.

We aim to provide an up to date picture of the current use and distribution of NPS in Scotland and indicate how we provide education and support to reduce the harm caused by these substances.

## Rebecca Crook

Centre for Public Health, Liverpool John Moores University, UK

### **An exploration of the concept of 'identity' in non-dependent drug users and their substance related decision making**

There are different ways of trying to respond to the potential harmful effects of drug use. Obtaining a greater understanding of the meanings of, and motivation for consumption of drugs is an important part of this, particularly in order to understand why people continue to use drugs after initial experimentation or where there may be a high probability of harm.

This paper will present an overview of PhD research which explores 'what it means' to be a drug taker and how people may gain a sense of identity from non-dependent drug use. This is multiphase research; in the first phase, random, and web based respondent-driven sampling techniques are used to recruit participants in order to invite them to complete an online questionnaire. In the next phase of research participants drawn from identified sub-groups will be invited to take part in qualitative work (focus groups or individual interviews) which will explore identity formation and its implications in more detail. In particular, the project will assess the role of health in the construction of drug user identities and how users negotiate problems and risks associated with drug-identity related behaviour.

The first phase of research has been active since December 2014, and for the Club Health 2015 conference, I will present initial findings from the online survey and discuss how these findings will then shape the subsequent data collection. By exploring the concept of identity in recreational drug users, it may be possible to broaden understandings of use and develop more relevant and responsive interventions, including those applicable to the nightlife environment. For example, although media and policy has often historically focused on drug dependency and problematic drug use(rs), a shift in focus in recent years has seen more attention being paid to more 'recreational' drug use and related lifestyles practices. When discussing the initial findings of this research, where the focus is non-dependent drug use; considerations will be made to current discussion of recreational drug testing in the context of public health and how a better understanding of the identities of drug users and the diverse reasons for their drug use could assist in promoting and protecting health in nightlife environments.

## **Edmundo De Almeida**

Higher Institute of Health Sciences of Agostinho Neto University, Angola

**Irma Brito**, Coimbra Nursing School, Portugal

### **Night recreational settings in Luanda: profile and risk behaviour associated with health**

Attending recreational settings assiduously is already part of the day-to-day lives of young Angolan's. The city of Luanda has a huge movement as nightlife recreational settings that take multiple features beyond the formal events. This research aims to analyse the profile and health risk behaviour of partygoers in Luanda's recreational settings and to analyse if there is independence between gender and consumption alcohol or the average spending per night. This is an exploratory descriptive study with a quantitative approach and the population is 115 partygoers, accidentally chosen and who accepted to be interviewed. The sample age ranged between 18 and 45 years old (mean  $25 \pm 5.3$  years); 60% are males, mostly 23-27 years old. Regarding marital status, it was found that 43.5% were single individuals. For the profile and health risk and to analyse the similarity / dissimilarity, we use clusters, allowing the subjects into uniform groups: if alcohol and drugs influenced the decision to have sex without condoms, casual sex without a condom, taking into account that sexual behaviour was considered at risk of being infected by HIV / AIDS, the marital status, sex under the influence of alcohol. Rather gender variable and the educational level bit discriminate between clusters. Clusters were classified according to risk. The study allowed us to identify the profile of high-risk individuals to guide health promotion strategy aimed at recreational contexts and adapt to the segment of the characteristics of groups of individuals at high risk and intermediate risk.

## **Paul Dillon**

DARTA, Australia

### **An ecstasy-related death: the response and its impact on nightlife and harm reduction**

Ecstasy deaths are rare but when they do occur they often receive a great deal of attention. In 1995 the death of a 15 year-old Australian schoolgirl and the subsequent media storm that followed resulted in harm reduction coming under the media microscope, with a number of resources being withdrawn, including a drug education program developed for schools. In November 2014 a 19 year-old young woman died after taking what was believed to be ecstasy at a dance festival and once again the response, particularly from the media, brought the issue of harm reduction under the spotlight, as well as impacting significantly on nightlife culture, particularly in regards to greater policing. This presentation will examine the media response to the incident, much of which occurred well before there was any evidence to indicate what actually caused the young woman's death, as well as the polarised debate that followed between advocates of harm reduction and the prohibition lobby. It will also discuss the challenges faced by educators when dealing with ecstasy and how we can possibly use such case studies most effectively to inform users and potential users about the risks associated with ecstasy use.

## Špela Dovžan

DrogArt, Slovenia

### **“Choose Yourself” program: street-based youth work and alcohol related harm reduction**

While youth drinking in nightlife settings (clubs, open public spaces, festivals etc.), especially binge drinking, appears chaotic and reckless, it actually consists of a variety of norms, rituals and social dynamics that present an important basis for successful peer intervention planning and therefore need to be properly examined and taken into consideration.

“Choose Yourself” is a program that specialises in alcohol related harm reduction among youth. We want to encourage youngsters to make more responsible and informed choices. Our trained peer workers are present in nightlife environments and provide basic first aid, advice youngsters on how to party with less risk, talk to them about their needs and distribute informative materials. In 2014 we carried out 94 actions in open public spaces and 57 actions in clubs, reaching over 4.000 youngsters. We also upgraded our peer interventions in open public spaces where young people hang out and drink. In cooperation with different organisations that offer activities for young people we began to develop special interventions with the elements of street-based youth work and alcohol related harm reduction. Users themselves have expressed both the need and wish to have the possibility of talking to a youth worker about their problems, questions and topics important to them. We have also started to cooperate with event organisers who host teen parties with the aim to plan, create and manage safer nightlife venues where our specialised peer interventions play an important part. In 2013 we organized a conference on youth drinking in open public spaces. 84 participants (both professionals and youngsters) discussed the topic and concluded among other things that it is necessary to provide a suitable infrastructure, offer youngsters enough possibilities and spaces to express themselves, inform them of risks related with alcohol, encourage active participation and work together in the community and wider (governmental and non-governmental organizations, city council, event organizers, youngsters...) to ensure a long lasting and better impact.

Considering the conclusions of the conference, our previous experience and youngsters’ responses we plan to further develop our alcohol harm reduction interventions in 2015. In this process, understanding the dynamics of socialising in nightlife environments and including young people in planning and executing activities, based on their actual needs, is a must for success.



## **Katia Duscherer**

CePT, Luxembourg

**Carlos Paulos**, CePT, Luxembourg

### **Implementing a drug checking service in a (very) small country – one year later**

In April 2014, we launched a drug checking service, named D.U.C.K., in the party scene of the Grand Duchy of Luxembourg.

We will present the collaborations and agreements that were necessary to make this happen, summarise the difficulties we encountered and the solutions we found (or not), as well as a summary of the testing results from the last 12 months.

## **Altamir Trevisan Dutra**

Unochapecó, Brazil

**Ana Carolina Duering**, Unochapecó, Brazil

**Daiane Moreto**, Unochapecó, Brazil

**Augusto Cezar Schmidt**, Unochapecó, Brazil

### **Establishments with recreational activities: information about Chapecó city (Brazil) nightlife**

This research gathers information on night recreation activities in Chapecó city (southern Brazil), state of Santa Catarina. A city with its economy based on agro-industrial culture, with an estimated population of two hundred thousand inhabitants. The document that guided the research was provided by the tax department of the municipal government. Based on it, we characterise the number and type of facilities that promote activities related to recreational nightlife. Chapecó is divided into fifty quarters having a higher concentration of recreational establishments in its central region. Three hundred forty-four establishments were identified, which were organised in forty-six categories described in the document. The research team selected three categories, which deemed appropriate for the continuation of studies on night recreational settings, as follows: two hundred fifty-three "Bars and other establishments specializing in serving drinks"; fourteen "Nightclubs, discos, dance halls and similar" and two "Wiskerias". Other studies will be conducted in order to portray the reality of this city nightlife. It is important to point this is a first set of information, which will help to diagnose the night time recreational spaces, with regard to risk behaviours and preventive needs, creating risk indicators and safety issues related to the activities of nightlife located in Chapecó.

**Robert H. DuVall**

Las Vegas Metropolitan Police Department, USA

**Tourist Based Policing – A Demand for Change**

The American economic downturn in 2008 effected Las Vegas harder than most other cities. After all, tourism, vacations and many conventions tend to fall into the category of discretionary spending and are among the first items cut from family and business budgets when things get tight. The business men and women who make the Las Vegas Strip what it is had to change the way things were done to survive the great depression our country endured. They were very successful in this change and brought our city through some very tough economic times. But the changes we went through also brought further changes as to how the Las Vegas Strip was policed. The change in policing style was not only brought on by the different mindset of the Strip tycoons, but also by many events occurring in our country such as the happenings in Ferguson, Missouri.

## **Roger Staub** on behalf of **Stefan Enggist**

Federal Office of Public Health, Switzerland

**Steven Derendinger**, Federal Office of Public Health, Switzerland

### **Establishments offering activities that increase risks of HIV/STI transmission are now responsible for prevention with the new Swiss Epidemics Act**

Over the last decade, the Swiss HIV epidemic has mainly concentrated on men who have sex with men (MSM). Between 2003 and 2008, the number of new cases of HIV among MSM tripled. It reached, in 2008, 327 (43%) of a total 766 new cases. In 2003, the gay organization VEGAS was founded in order to prevent transmissions of HIV/STI in gay sex clubs, saunas and other establishments. In collaboration with the Swiss Government, VEGAS created a Charter of Prevention for Gay Establishments. It commits its members to a number of prevention measures: compliance with legal standards of hygiene, food, security and drugs; free provision of condoms and lubricants as well as information on prevention; allowing regular audits. Today, more than 50 establishments have signed the charter. Combined with other prevention measures targeting MSM, this led to a significant decrease of new cases of HIV among MSM. In 2013, 224 (39%) of a total 575 new cases concerned MSM.

Switzerland started to revise simultaneously its Epidemics Act when VEGAS was launched. Approved in 2013 by the Swiss people, this Act will be carried out in 2016. It integrates the structural approach pioneered by VEGAS and stretches it out to the general population. It commits all establishments offering activities that increase the risk of HIV/STI transmissions to provide condoms and lubricants as well as information on prevention.

## **Nadine Ezard**

Alcohol and Drug Service, St Vincent's Hospital Sydney, Australia

### **Stimulant check-up clinic in Sydney, an innovative model**

Australia has one of the highest rates of stimulant use in the world. In particular, problems due to the use of crystalline methamphetamine use are increasing in many parts of the country. The majority of recent methamphetamine use is linked to night life culture and is recreational and intermittent, and may risk mental and physical health problems, social problems, sexual and injecting risk behaviours and dependence. Despite reporting problems associated with use, most people who use methamphetamine do not seek professional help. In New South Wales, stimulant use is prevalent among some groups who are treatment naïve and who may not otherwise attend services for drug treatment, including members of the gay, lesbian, bisexual, transgender, and queer communities. We present here our S-Check model of a low-threshold early intervention designed to attract recreational and occasional stimulant users into contact with health care services, to promote safer using and minimise harm before severe consequences emerge. The model provides brief person-to-person interventions with a counsellor and medical officer followed by referral as indicated. The service is delivered either as a stand-alone service through a specialist clinic or in partnership with free HIV rapid testing programs designed to attract at-risk gay men.

## **Fernanda Ferreira**

Escola Superior de Enfermagem da Cruz Vermelha Portuguesa de Oliveira de Azeméis, Portugal

**Irma Brito**, Escola Superior de Enfermagem de Coimbra, Portugal

**António Ferreira**, Escola Superior de Enfermagem da Cruz Vermelha Portuguesa de Oliveira de Azeméis, Portugal

**Fernando Mendes**, IREFREA Portugal

## **Before you Burn**

The project "Before you burn", implemented during academic festivities in Oliveira de Azeméis, has allowed peer-to-peer counselling interventions with the objective to reduce damage associated with alcohol abuse and risky sexual behaviour.

**Objectives:** Describe the student's alcohol consumption and sexual behaviour during academic festivities.

**Methodology:** A descriptive-correlational study was used, with a random sample of 210 students. For data collection, a questionnaire and a breath-tester were used.

**Results:** Within the inquired, 50% claim to never or only sometimes use condoms. 16.7% refer to having 2 or more sexual partners in the last 6 months and 80% only 1 or none. Among the students in relationships, 17.9% would have casual sex. Data also reveals that 29.7% would have casual sex, even without condoms. From the students who consider not being at risk of contracting HIV/AIDS or other STI's, 19.1% never use condoms, 11% have never done the HIV/AIDS test and 31.1% already took the test. Within the students who have done the test, 43% are male and 25.8% are female. Regarding alcohol consumption, 67.7% male and 38.7% female students were inebriated in their last academic festivity. 63.4% of male and 36.6% of female students drove after alcohol consumption.

**Conclusions:** A significant percentage of the enquired presents risky sexual behaviours by not using condoms. There is also a low awareness of the risks of STI transmission and low literacy about abusive alcohol consumption in both sexes. It is necessary to increase awareness activities.

**Sandra Golpe Ferreiro**

University of Santiago de Compostela, Spain

**Carmen Barreiro Couto**, University of Santiago de Compostela, Spain

**Teresa Braña Tobío**, University of Santiago de Compostela, Spain

**Manuel Isorna Folgar**, University of Vigo, Spain

**The practice of “botellón” among adolescents in Galicia: descriptive analysis and related variables**

The abusive use of alcohol in minors is today one of the major socio-health problems in Spain. 81.9% of a school population between 14 and 18 years old have used alcohol in the last 12 months, and 62.2% have participated in “botellón” in this period (Government Delegation for the National Plan on Drugs, 2013). The widespread practice of the “botellón” phenomenon and the consolidation of a heavy and intermittent alcohol use pattern (binge drinking), that involves negative social, behavioural and brain consequences, have alarmed professionals, researchers and institutions, who have been making considerable efforts on prevention. Given the growing social concern generated by this topic, the aim of this study was to analyse the nightlife habits of the adolescents in Galicia, with particular emphasis on the alcohol or any other drug use during the “botellón”. The empirical work included carrying out a survey of 2,965 Secondary School students from Galicia. The results obtained show a significant decrease in the prevalence of “botellón”, a sign of the effectiveness of the legal measures adopted in recent years. However, those who participate in it show a harmful and hazardous alcohol consumption pattern and the percentage of polysubstance users is very high. On the other hand, the prevalence rate of this practice does not depend on gender, although it does correlate with the age, the money available, the curfew, and the peer alcohol use.

## **Kat Ford**

Centre for Public Health, Liverpool John Moores University, UK

**Karen Hughes**, Centre for Public Health, Liverpool John Moores University, UK

**Kirsty Leatherbarrow**, Liverpool John Moores University, UK

### **An exploration of “the constant hangover”: Understanding the role of alcohol in the student identity**

Emphasis on the effects of binge drinking and pre-loading has led to a renewed focus in the drinking behaviour of undergraduate students at UK Universities. Concern exists over the culture of intoxication within this setting, where drinking to excess appears to be the social norm amongst many students.

This concern has been emphasized by the Home Office funded Alcohol Impact Programme being run by the National Union of Students (NUS), the aim of which is to shape attitudes within this population towards the responsible consumption of alcohol. This study explored the role of alcohol within the student identity examining how the culture of excessive alcohol consumption can be tackled.

Findings with focus groups held with undergraduate students at a University in the North West of England are explored to critically examine the impact that alcohol has within life at university. The focus groups examined the role of alcohol at university, specifically during fresher’s week, a time commonly associated with excessive alcohol consumption, pub crawls and increased harm.

Themes explored in the presentation include student attitudes towards intoxication and the acceptability of drunkenness within the student experience: the “because you can” mentality. Discourses around the normalisation of alcohol within the UK will also be examined, and how abstinence from alcohol is often perceived as boring. Consideration is given to the implications of this research for UK Universities looking to encourage students to drink more responsibly such as highlighting the importance of individual choice and the promotion of alcohol free events.



## **Kat Ford**

Centre for Public Health, Liverpool John Moores University, UK

### **Exploring the reality of conducting nightlife research**

Nightlife research presents a unique opportunity to explore behaviour within distinctive settings. Research within this field can cover a variety of issues including: how health within these sites can be promoted; the use of alcohol, tobacco and other drugs; and violence. Nightlife research also allows interventions aimed at making the nightlife a safer environment for patrons to be identified and evaluated. While emphasis is given to the benefits this research can bring, little discussion is given to the methodology behind nightlife research, its technicalities and the reality of conducting it.

Drawing upon four different nightlife research projects conducted within the United Kingdom, this presentation will examine the reality of nightlife research. It will focus upon experiences from conception to completion of nightlife research, including: conducting surveys with nightlife patrons, door supervisors and bar staff, breath testing and observations of the nightlife area. Attention will be paid towards the differing methodologies used and the many issues that researchers need to navigate when in the field.

Considerations will be given to the ethical issues present in conducting this research, how risks are negotiated within a sometimes volatile environment, the art of approaching people for inclusion, and the importance of teamwork to ensure the safety of the research team and the participant.

Discussion will also be given to the development of new tools to understand how the nightlife area is used, so that it can be better understood.

## **Alasdair Forsyth**

Glasgow Caledonian University, UK

### **'Working for the man': Entertainers' experiences of nightlife, marketing and intoxication**

Entertainment provision is vital to nightlife. Despite this, studies investigating patterns of risk and/or pleasure in the night-time economy more often focus only on alcohol/other drugs. This is surprising given that the type of entertainment offered after dark (e.g. music genre) dictates venue-types, clienteles and their intoxicated behaviours, including, dancing, violence and sexual activity. This paper builds upon previous Club Health presentations by the research team (2006/08) which involved participant observations in pubs/nightclubs in Glasgow, Scotland. These noted how entertainment shaped the night (e.g. levels of intoxicated disorder). However, missing from that work were the views of the entertainers themselves. Do they purposively use their skills to control crowds, such as promoting bar-sales or 'soft-policing' aggressive audiences?

This research fills that knowledge gap by conducting 24 in-depth interviews with pub/club entertainers: comprising 8 DJs, 8 musicians/band members and 8 other/variety acts (e.g. cabaret, comedy, karaoke). Participants were aged 20-49 and had experiences of working across a range of settings from local pubs/nightclubs to major international festivals/arenas. Few had ever played venues that did not sell alcohol, nor to a 'sober' audience. They raised concerns about their links to the drinks industry, audience manipulation, and their own risks working in such environments (e.g. where drinking on-the-job is encouraged). The longstanding intersect between entertainment and substance use in nightlife contexts will be discussed, and it is asked whether live entertainment risks becoming a mere tool for alcohol marketing, or whether both need each other to flourish.

**Kirsten Frazer**

Columbia University Department of Psychology, USA

**Carl Hart**, Columbia University Department of Psychology, USA**Acute effects of 3,4-methylenedioxymethamphetamine (MDMA) on mood and psychomotor performance in humans**

Despite the fact that the recreational use of 3,4-methylenedioxymethamphetamine (MDMA) has increased since the mid-1990s, much of our knowledge about its effects in humans is anecdotal because only a few laboratory studies have evaluated MDMA-related effects. Thus, the purpose of this study was to examine the effects of MDMA on measures of mood and psychomotor performance. Twelve experienced MDMA users (3F, 9M) completed this 15-day residential laboratory study, which consisted of 3 five-day blocks of sessions; they received MDMA (0, 50, 100 mg) and completed psychomotor tasks and subjective-effect questionnaires. MDMA dose-dependently increased "positive" subjective-effect ratings (e.g., "Good Drug Effect" and willingness to take the drug again), as well as "negative" ratings (e.g., "Nauseous" and "Forgetful"). Performance on tasks requiring sustained concentration or vigilance was significantly disrupted by the 100-mg dose. In addition, both active doses disrupted performance on an immediate memory task. The data demonstrate that MDMA produces a pattern of effects that overlap and differ from effects observed with oral d-amphetamine and methamphetamine. The underlying mechanisms of action for the observed effects remain unknown.

## Patricia Ros Garcia

City Hall of Tarragona, Spain

### Platform Nits Q. Quality nights in Tarragona

Platform Nits Q is a participative process that includes all the collectives and stakeholders involved in nightlife with the objective of working together for a healthier, safer and good quality environment for everybody. We started in 2008, with the support of the Health Department of the Government of Catalonia.

#### Activities

- Campaign Party and Rest Coexist.

There were many problems and complaints by neighbours due to the noise in the streets, so a group of young theatre actors enacted several street performances in the city, trying to harmonize the interests of both parties, the partygoers and the neighbours.

- Quality label "Q de festa!"

It is a quality label for discos and clubs. Nowadays 12 venues have the label.

- Komando Nits Q

It is a group of young agents of health. They go on a tour through all the venues and clubs that are members of the platform and distribute the "Pleasure Kit" to partygoers.

The group has been shortlisted with the feedback from the jury, and the certificated of recognition for the effective work, by the Group Pompidou, Council of Europe in 2014.

- Quality label for Local Festivities

The Health Department of the Generalitat of Catalonia, has awarded the Local Parties of Tarragona: Festes de Santa Tecla, with the quality label 'Q de festa!'. Tarragona is the first city with this label for local parties.

Platform Nits Q has been awarded with the first prize in good practices by the Spanish Government, Delegación para el Plan Nacional sobre drogas, in 2014

**Patricia Gómez Salgado**

University of Santiago de Compostela, Spain

**Manuel Araujo Gallego**, University of Santiago de Compostela, Spain

**Jesús Varela Mallou**, University of Santiago de Compostela, Spain

**Antonio Rial Boubeta**, University of Santiago de Compostela, Spain

**Heavy alcohol use and drunkenness in adolescents: prevalence, related problems, and risky behaviours**

It is well known that alcohol abuse, and so-called binge drinking among adolescents, results in harmful impacts at different levels. Street fighting, young deaths because of traffic accidents or drug use are some of the worst consequences. All these problems have translated into a great concern for families, ordinary citizens, professionals and institutions. According to the school survey of the Spanish Monitoring Centre on Drugs, in Spain 53.3% of the school population between 14 and 18 use alcohol some weekends a month (1, 2 or 3), 18.2% drink every weekend, and 30.8% have been drunk during the month prior to the survey (Government Delegation for the National Plan on Drugs, 2013). The main aims of this paper were to determine what the current prevalence of heavy alcohol use and drunkenness among adolescents is, establish the extent to which they are involved in problems related to their alcohol use, and know what risky behaviours are more frequent. The possible differences were analysed, according to different variables such as gender or age. Moreover the relations among these patterns of alcohol use and other variables such as available money, curfew or peer alcohol use were proved. A selective methodology was used, carrying out a survey of 2,965 Secondary School students from Galicia. The results obtained reveal a significant decrease in terms of prevalence of alcohol use, but the figures related to risky behaviours remain a concern. These results are of great interest both at a descriptive and applied level, as they could lead to a better fit of risky behaviours prevention programs in adolescents.

## **Anabela Gonçalves**

ARS Centro, ACES Baixo Mondego, UCSP Norton de Matos, Portugal

**Irma Brito**, Escola Superior de Enfermagem de Coimbra, Portugal

**Fernando Mendes**, IREFREA, Portugal

### **Knowledge of parents about teenager's night life**

Adolescence is a stage during which people generally start risky behaviours, namely psychoactive substances consumption (PSC). The family has a key influence in the lifestyles adolescents adopt because it is the first structure to influence the socialisation process. To learn about the experiences of parents, in order to understand their needs and define strategies to empower families in relation to the prevention of drugs, there was a qualitative exploratory study to answer the question "how parents experience the problem of PSC by the children?" using a focus group as a data collection method. Eight parents with children aged between ten and eighteen took part in the study. The ethical and legal procedures have been met. The transcription from the recorded discussion to written support was followed by the content analysis process (Bardin, 2004).

From this analysis, we highlight the theme "External influences that encourage the PSC by children", the subcategory "Parental control on night outs" and in the theme "reaction/response to external influences" the category "Family Interventions in view of external influences to the same" and the category "Supervision of nights away from home".

All parents agree that the family has an important role in preventing the use of psychoactive substances. However, their knowledge, attitudes and beliefs in addressing these issues are not always the most current and consistent.

This study provides strong evidence of the important role the Community Health Nurse plays in the development of intervention programmes in the family, school and community, stressing that adolescents have to be partners in this prevention.

**Luisa Gonçalves**

Escola Superior de Enfermagem São José de Cluny, Portugal

**Tânia Lourenço**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Maria Sousa**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Lisandra Oliveira**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Lifestyle and addictive behaviours in nursing students**

**Introduction:** transition to higher education leads to multiple changes in young people's lives. Their lifestyles assume specific characteristics, an increase in takeover decision and autonomy. Addictive behaviours related to alcohol, smoking and illicit drugs tend to be a reality.

**Methodology:** a multicentre exploratory-correlational type study (Peer-Education Engagement and Evaluation Research – Network) was developed to identify lifestyles of the Nursing Degree students relating to other variables. For data collection (fev. 2013) we used self-report instruments: FANTASTIC questionnaire ( $\alpha = 0.714$ ), Psychological Well-being Scale ( $\alpha = 0.854$ ) and Auto-esteem Scale ( $\alpha = 0.882$ ). For data processing we used SPSS 17.0.

**Results:** we obtained responses from 105 students with an average age of 21.8 years (SD: 2.3), where 68.6% had a very good or excellent lifestyle. Students with higher levels of psychological well-being and self-esteem have a healthier lifestyle ( $p \leq 0.01$ ). Those who had higher levels of self-esteem consumed less alcohol and other drugs ( $p=0.031$ ). Students who do more physical activity and sleep better experience less stress ( $p=0.046$ ;  $p \leq 0.01$ ).

**Conclusion:** It was found that the lifestyle is related with other variables. Based on these results, we intend to develop an intervention project that aims to enable students to control determinant aspects of their health.

## **Brun Gonzalez**

Espelea, Mexico

### **Kicking the door open with the first substance analysis program in Mexico**

The history of harm reduction services in Mexico is not a bright one filled with innovation and development, but one of ambiguity and false promises. In our country we don't face a large scale prevalence of injected drug use, thus the classic harm reduction services around injected drugs are barely needed and non-existent.

Since 2010, Espelea has been developing harm reduction materials for non-injected drug use in Spanish and focused on young people. Since Club Health 2013 in San Francisco, we're collaborating with different partners around the world, doing thin layer chromatography and colorimetric tests of our own, going to festivals, doing on-site pill testing and working to build a public service in a physical place available for people who use drugs outside the nightlife/party contexts.

By now we have almost two years of field research, substance analysis and pill testing results, providing us with a sample of the quality of the drugs that are being used within our country, the kind of drugs and specially New Psychoactive Substances that are beginning to arrive, information about the users themselves and the impact this is having on the party culture and the individuals.

This presentation will provide valuable insights on the process of negotiation with our government and other counterparts within Mexico towards the development of a conjoined harm reduction service that could work both as an on-site pill testing harm reduction stand inside festivals but also as a health-related clinical service for people who use non-injected drugs in other environments.



## Brun Gonzalez

Espolea, Mexico

### **Broadening the Map of Psychoactive Substances: the Universe of Drugs v.2.0**

A few years back, as part of the Harm Reduction program of our youth-led Mexican organisation, Espolea, we developed a poster/infographic called The Universe of Drugs, in which we attempted to gather all of the popular and not-so-popular psychoactive substances, including legal, illegal, natural, synthetic, pharmaceutical and many other different types of substances and placed them on a map so that people could have a general perspective on the broad spectrum of different families and different types of substances.

We are now seeing very clearly a change in the patterns of consumption worldwide, the introduction of the ever-growing internet market and the alarming number of New Psychoactive Substances has led us to update our poster and develop a new Universe of Drugs, now including a small part of this newer branch of psychoactives and refining our clusters of affinity.

The Universe of Drugs 2.0 includes 97 different substances and a description for each, besides it includes different molecular families like tryptamines and opiates but the main axis is still related to the effects of the substances, in general terms.

With this poster people will develop a better understanding on what does the word and concept of "Drugs" imply in a vast sense, going beyond our programmed notion of illegal substances and helping to break the stigma that tries systematically to separate substances such as alcohol or caffeine from that definition, but seeing them all together in their interactions and how they correlate with one another chemically and effects wise.

## **Elena González**

Federación Estatal de Lesbianas, Gays, Transexuales y Bisexuales, Spain, Funded by the National Drugs Programme

**Alberto Martín-Pérez**, Spain

**Bruno Rodolfo Ribeiro**, Spain

**Antonio Vidal**, Spain

**Jennifer Rebollo**, Spain

**Richard Rawson**, UCLA, USA

## **Substance involvement among Men who have Sex with Men: ASSIST test**

**Introduction:** In the context of a broader study about 'Prevention of substance use and HIV among Men who have Sex with Men (MSM) using the SBIRT program (Screening, Brief Intervention and Referral to Treatment) within non medical context', the ASSIST (*Alcohol, Smoking and Substance Involvement Screening Test*) has been applied. The ASSIST test was developed to detect and manage substance use and related problems in primary and general medical care settings. This is an innovative study using ASSIST test among MSM within non medical settings.

**Methods:** 25 semi-structured interviews using ASSIST 3.0 with MSM carried out at the office of an NGO (Spanish Federation of Lesbians, Gays, Transgenders and Bisexuals). The inclusion criteria were being a gay or bisexual man and the use of substances.

**Results:** The substances most frequently used during the nightlife were poppers, mephedrone and GHB. Also within the context of sex parties (among those who reported to attend these parties). However, the ASSIST test does not ask for the GHB and mephedrone substances specifically. The test also asks for a 'strong desire or urge to use the substances' which does not necessarily happen when the substance use takes place mainly associated with sex. Moreover, most of the polled reported that they never 'had failing to do what was normally expected of them' or a 'friend or relative had ever expressed concern' because of their substance use. Although the results are not generalised, among certain groups of MSM the use of poppers, mephedrone or GHB is becoming the "normality" and their perception is that it does not interfere in their daily lives, which might be because the majority of participants were at "moderate" risk level according to the ASSIST test, even if the substance use was quite high.

**Conclusion:** It is needed to adapt ASSIST test to the type of substance involvement among MSM during the nightlife and particularly to the substance use during sex.

**María T. González**

Miguel Hernandez University, Spain

**José P. Espada**, Miguel Hernandez University, Spain**Mireia Orgilés**, Miguel Hernandez University, Spain**Steve Sussman**, University of Southern California, USA**Alcohol and tobacco consumption and peer group identification in a sample of Spanish adolescents**

Adolescents tend to name and segregate themselves into different types of peer groups, which delineate lifestyle characteristics. Several studies have found that peer group identification is related to problem prone behaviours, such as substance use. One notable limitation is that group self-identification cannot operate the same way in all countries, but there are no studies that have been conducted in Spanish adolescents. The aim of the present study was to assess the universality of group self-identification and to explore the relation between self-identification and tobacco use. The sample consisted of 711 Spanish adolescents from nine secondary schools, aged between 14 and 19 years old ( $M=15.28$ ;  $SD=1.20$ ). The evaluation was conducted through a self-identification item with an open-ended response, and items to assess alcohol and tobacco consumption were included. Non-smoker's ( $n=494$ ) highest percentage belonged to the Athletes (37.45%), and, to a lesser extent, to the Emos (0.4%). Regarding smokers ( $n=217$ ), the highest percentage was identified with Regular group (38.7%), and lower identifying groups were Goths, Heavy metals (rockers), and Grunges (0.46%). Those who had never consumed alcohol ( $n=183$ ) were identified in a greater percentage with Athletes (34.25%), and a lower identifying group was Goths (0%). Those who have ever used alcohol ( $n=528$ ) were identified with Regular group (38.63%), and a lower identifying group was Grunges (0.37%). This study supports the use of group self-identification as a construct to understand adolescent risky behaviour in Spain.

This research was supported by the Spanish Ministry of Economy and Competitiveness (PSI2011-26819).

## Ferry Goossens

Trimbos Institute, Netherlands

**Marloes Van Goor**, Trimbos Institute, Netherlands

### **Facing the challenges of ecstasy use in The Netherlands in 2015**

The Netherlands is currently facing a challenging mix of developments in nightlife settings, which have led to more problems with ecstasy (MDMA).

- Large dance events have become increasingly popular.
- The number of young people using drugs in nightlife settings, especially at large dance events, seems to be increasing.
- The risk perception of drug use among young people, in particular of ecstasy, seems to be decreasing.
- The mean dosage of MDMA in ecstasy tablets has increased and is around 150mg per tablet currently, roughly twice the dose that is needed for the 'desired' effect, leading to an increasing risk of overdosing.
- The percentage of serious health problems (as seen on first aids posts) due to ecstasy use, mild to severe health problems, is increasing.

These developments raise some questions: Has the Dutch climate become too liberal, leading to low(er) levels of risk perception, more drugs use, and a high(er) level of serious health problems? Is this situation unique for the Netherlands or do other Western countries face the same problems? And how to respond to these developments?

In this presentation we will present five solutions, varying from more drug education to clubbers, to a closer collaboration between nightlife industry and governments. And varying from the development of local government guidelines for safer (dance-) events to more advice and tips for parents in preparing their children to the challenges of nightlife settings.

## João Goulão

Service for the Intervention on Addictive Behaviours and Dependencies, Portugal

### Youth, alcohol and the law

This talk presents the results of a study sponsored by SICAD conducted in 2014, and follows the implementation of recent legal changes to regulate young people's access to alcohol. The changes ban drinking alcohol in the street after 2.00 am and the sale of any kind of alcohol to young people under the age of 18. 1501 young people aged 10-24 years were surveyed, and another 25 respondents completed semi-structured interviews in five Portuguese cities.

According to the findings most young people are unaware of changes in the legal regime, particularly the minimum legal age of access to alcohol and have little knowledge of its implementation. Responsibility of fulfilling the new legal regulations falls upon those who sell alcohol. Young people themselves are not the target of surveillance. Nor will they suffer the consequences of non-compliance. It is assumed that alcohol consumption is to be expected, especially among young people aged 10-15 years. It becomes particularly common in transition periods for 16 year olds and progresses with age due to family and peer group influences. Alcohol intake is associated with social contexts, occurring mainly in clubs, bars and cafes and is instrumental in promoting fun, along with a reduced perception of harmfulness. The relationship with alcohol is recognized as a learning process.

It is therefore important to adopt comprehensive and preventative approaches that influence the factors of alcohol consumption among young people, bearing in mind the consumption as a collective social practice.

## **Johanna Gripenberg** on behalf of **Trond Nordfjærn**

Norwegian Institute for Alcohol and Drug Research, Norway

**Anne Line Bretteville-Jensen**, Norwegian Institute for Alcohol and Drug Research, Norway

**Marit Edland-Gryt**, Norwegian Institute for Alcohol and Drug Research, Norway

### **Prevalence of club drug use and correlates in the Oslo nightlife setting**

**Objective:** Few studies have examined the prevalence of club drug use among patrons using both self-report and biological markers. The aim of this study is to investigate the prevalence and predictors of club drug use among night club patrons in Oslo.

**Methods:** A sample (n = 1099, response rate 76%) was established outside 12 popular nightclubs centrally located in Oslo, Norway. Respondents provided a saliva test and Blood Alcohol Concentration (BAC) was measured with a breathalyser. The patrons also completed a questionnaire which included demographics and drug use during their life time, the last year, last month and last 48 hours.

**Results:** Data collection has been completed, however the oral fluid tests are currently being analysed and their results will be presented at the conference. The average BAC in the current sample was 0.92‰ for males and 0.85‰ for females. Self-reported use of illicit substances was substantial as 40% reported to have used cannabis the last year, 14% cocaine, 11% ecstasy/MDMA and 6% amphetamines. A total of 7% reported to have ever used new psychoactive substances. Alcohol intoxication of 2-3 times a month or more and BAC exceeding 0.50‰ were the most important factors associated with an increased risk of club drug use. Female gender and alcohol intoxication onset at 15 years or above were related to a reduced risk of club drug use.

**Conclusion:** Drug use is substantial in the night life setting. Consequently, this specific context should to a larger extent be subject to prevention strategies.

## **Tessa-Virginia Hannemann**

Institut für Therapieforschung, Germany

**Daniela Piontek**, Institut für Therapieforschung, Germany

### **Patterns of psychoactive substance use in German nightlife**

**Background:** With the number of new psychoactive substances having tripled between 2009 and 2012 and the emergence of new substances is ever present, the population that primarily consumes these substances is of growing interest. In cooperation with prevention projects involved in harm-reduction targeted towards young people in the party-scene, the following study succeeded in gathering information on the pattern of substance use within this notoriously hard to reach population at dance events.

**Methods:** Data was collected via pen and paper questionnaires at 23 events in Munich, Münster and Erfurt between April 2013 and August 2014. A total of 1264 party-goers answered questions regarding their own substance use and the emergence of new psychoactive substances as well as their experience with these substances.

**Results:** Descriptive results will include the 12-month prevalence rates of various psychoactive substances, as well as the rates at which new psychoactive substances were consumed. In addition a latent class analysis (LCA) will investigate the different consumption patterns of known as well as novel psychoactive substance use.

**Discussion:** The data collected from a large sample over the course of 18 months provides an insight not only to substance use in the nightlife scene, but also into the emergence and use of novel psychoactive substances. Further implications for policy and health practices will be discussed.

## **Katherine Hardcastle**

Centre for Public Health, Liverpool John Moores University, UK

**Karen Hughes**, Centre for Public Health, Liverpool John Moores University, UK

**Zara Quigg**, Centre for Public Health, Liverpool John Moores University, UK

### **Unwanted sexual touching in the night time economy: A survey exploring nightlife users' experiences, attitudes and understanding of the law**

**Background:** There is growing evidence of nightlife venues as locations of increased risk of unwanted sexual touching (UST), with behaviours such as groping and fondling often seen as 'normal' on nights out. However, reporting of these incidents is rare, therefore the true scale and nature of this problem in UK cities remains largely unknown.

**Methods:** A survey exploring experiences and opinions of UST was conducted with 159 nightlife users on a Thursday and Saturday night in a UK city.

**Results:** Experiencing UST is a common occurrence for female nightlife users: 70% have experienced UST at least once on a night out, with a quarter experiencing UST on the night they were surveyed. Not exclusive to women, 41.8% of male nightlife users also reported UST at least once. Although respondents were clear in their personal views that UST is unacceptable, many perceived that men in general hold different views. Clear gender differences emerged in perceptions of the frequency and impacts of UST. Respondents lacked understanding of the current laws concerning this offence, and although many felt they would step in if they saw it happening in a venue, there was a widespread belief that staff would not intervene.

**Discussion:** Interventions for UST should address the perceptions and helping behaviours of both patrons and staff, embedding commitments within venues' existing safety policies and providing clear pathways for reporting and support. Further research exploring the risk and protective factors for UST in nightlife could inform the development of targeted prevention strategies.



## Kimberley Hill

University of Northampton, UK

Michael Pilling, Oxford Brookes University, UK

David Foxcroft, Oxford Brookes University, UK

### **Understanding the functional characteristics of drinking environments: An alternative approach for making nightlife healthier**

Alcohol misuse is a public health concern. Many dominant social cognition models aimed at understanding drinking behaviour are based upon a representational model of cognition. For example, many approaches view cognitive attributes as the primary mediator of behaviour. Although research suggests that the environmental features of nightlife settings influence drinking behaviour, much research is contradictory. In addition to this, a focus is often on how the environment influences cognitive attributes, before influencing behaviour. Instead of taking behaviour which occurs in complex settings back to be explained in terms of brain functioning, an Ecological approach suggests behaviour emerges from the direct and unmediated relationship between an individual and their environment. Affordances reflect directly perceived action potentials which can be taken up by an individual in certain contexts. A non-participant observational study conducted in seven different UK licensed premises illustrated how affordances can be used to highlight action opportunities which promote or inhibit excessive alcohol consumption. Practical examples of alcohol-related affordances will be provided, including access to alcohol, payment and security regulations, furniture to sit or place drinks upon, opportunities for action other than drinking, such as food availability and entertainment features to play, watch or listen to, décor and lighting; the availability of drinks and drinks containers, and opportunities for action provided by others. It will be argued that research which uses a function-based taxonomy to understand drinking behaviour in nightlife settings provides a more robust theoretical perspective on behavioural determinants, while contributing to policy initiatives which aim to help make nightlife healthier.

## **Caroline Jones**

SAFE Place Merseyside, UK

**Michelle Stoops**, SAFE Place, UK

### **Harm reduction: working in the darkness. Perceptions, practice and prevention – rape and alcohol in the night time economy**

In our paper, we explore how perception of alcohol intake increases levels of risk and how this can be modified in order to reduce the incidence of sexual offences and what, in practice, can be offered to support the victims of such crimes.

Perceptions:

- 1) A comparison clients' perception of their alcohol and drug ingestion, prior to sexual assault, and their conviction that their drinks "must have been spiked" to account for their level of intoxication.
- 2) How safe is a taxi home? Given a series of sexual assaults in Merseyside perpetrated by taxi drivers what can we do to ensure safety?

Practice:

- 1) A review of 6 months (April-September 2014) of victims of sexual assault attending Safe Place Merseyside where there is a link with entertainment venues (pubs and clubs) or where a taxi driver is the alleged offender.
- 2) A comparison of clients' reported alcohol or drug ingestion prior to rape or sexual assault

Prevention:

- 1) A description of community engagement work undertaken
- 2) An account of work at Fresher's Fairs, where new students are engaged in discussion of harm reduction strategies
- 3) The work done with licensed doormen at clubs

## Stefanie Jones

Drug Policy Alliance, USA

### Drug Checking: Clearing the Way Globally for a Crucial Harm Reduction Intervention

Drug checking (also known as “drug testing” or “pill testing”) allows people who use drugs to find out if the substance they intend to take actually is what he or she was told it was, or if it may contain other, more harmful adulterants. It is often offered in connection with harm reduction advice from drug counsellors or trained volunteers.

Despite being one of the best ways people who use drugs have to actively look out for their own safety, and with many ongoing programs in Europe, the UK and elsewhere, drug checking has struggled for acceptance as a harm reduction intervention. How have successful programs kept their funding and support? What political alliances have allowed new ones to get started? What are the latest reports from the field and best practices in terms of the technology used? How can individuals working in different countries support each other’s work? Is now the right time to include a drug policy analysis in the rationale for drug checking? Representatives from programs around the world will discuss some of their successes, challenges and debate the way forward.

Alex Bucheli, Safer Nightlife Switzerland

Fiona Measham, The Loop (England)

Judith Noijen, Unity (Netherlands)

Helena Valente, Check In (Portugal)

Missi Wooldridge, DanceSafe (US)

Vendula Belackova (Czech Republic)

+ Other representatives, from Cept (Luxembourg) and CheckIt! (Austria)

## **Brian Kelly**

Purdue University, USA

**Mark Pawson**, Graduate Center, City University of New York, USA

**Brooke Wells**, Hunter College, City University of New York, USA

**Jeffrey Parsons**, Hunter College, City University of New York, USA

## **Pharmaceuticalization, the normalization of prescription drug misuse, and the integration of pills into polydrug use repertoires in nightlife scenes**

Expanding the scope of the normalization thesis through the integration of concepts of pharmaceuticalization, we address the increasing prevalence of prescription drug misuse and its incorporation into polydrug use repertoires among young adults active in nightlife scenes. The paper presented relies upon data from team-based ethnographic participant-observation in six nightlife scenes in New York City over the course of 12 months and a qualitative interview database of 214 semi-structured qualitative interviews with nightlife-involved young adults who misuse prescription drugs. Findings from 70 randomly sampled interviews highlight how the wide availability, lax attitudes regarding misuse, and cultural accommodations surrounding prescription drugs not only normalizes their misuse, but also informs and influences their integration into polydrug routines. Young adults active in nightlife scenes rely on them to modulate the effects of illicit drugs and their considerations of these practices are influenced by broader trends in pharmaceuticalization within Western societies. The normalization of prescription drug misuse and their incorporation into polydrug use repertoires presents challenges for both public health professionals and related policy makers. Greater consideration of prescription drugs in the promotion of harm reduction practices among nightlife-involved young adults is needed, as well as the generation of harm reduction strategies that specifically account for the potential harms and unique challenges of prescription drugs.

**Danielle Kelly**

Centre for Public Health, Liverpool John Moores University, UK

**Karen Hughes**, Centre for Public Health, Liverpool John Moores University, UK

**The involvement of young British casual workers in drug dealing activities in San Antonio, Ibiza**

**Background:** Young British workers travel to Mediterranean holiday resorts every summer to take part in temporary casual employment. Previous studies have identified high levels of drug use within casual worker populations, however little is known about their involvement in existing drug markets operating in Ibiza.

**Methods:** Ethnographic fieldwork took place in San Antonio, Ibiza, over a one week period in July 2012. The research is based on participant observation and informal conversations held with young British casual workers living and working in the resort.

**Findings:** Low wages and competitive employment markets mean that individuals are increasingly becoming involved in low level drug dealing to fund their stay. High levels of inherent drug use in these environments, and pressure from peers, contribute to a permissive atmosphere whereby such deviant acts become normalised and acceptable.

**Conclusion:** Young British casual workers are a key target for intervention measures to prevent their involvement in illegal drug markets. Further research is needed to investigate the utilisation of casual workers for criminal means, and the extent to which casual workers are part of the wider network of drug dealing in Ibiza. Relevant criminal justice stakeholders and potential harm reduction services must be identified both locally in Ibiza and in the UK in order to provide adequate policy and active interventions.

## Jacqueline Krouwel

Jellinek, Netherlands

### **Antenna: Trends in use at clubs and raves in Amsterdam**

The Amsterdam 'party economy' steadily attracts new groups, including growing numbers of tourists and the yearly influx of first-year students. These groups visit the regular clubs, in- and outdoor festivals, also young entrepreneurs organise their own events at alternative locations. They like to call the parties 'illegal' but that may be more of an advertising ploy. This club and rave scene was a topic of research for Antenna 2013.

Antenna has been reporting on trends in the Amsterdam drugs market since 1993. Every year it collects qualitative and quantitative data to document substance use among Amsterdam adolescents and young adults. Antenna is a mixed-method monitoring scheme with three ongoing components: the panel study, the survey and the prevention indicators. Altogether, the information obtained from those components produces a diversified picture of trends and patterns in Amsterdam's world of recreational substances.

In this presentation we will present the research model of Antenna. We will also show the results of Antenna 2013; Alcohol and drugs use in the clubs and rave scene in Amsterdam. Which among others show that ecstasy is bigger and stronger than ever, amphetamine is now fully rehabilitated and laughing gas explodes, but also that cocaine lags behind and there is only modest interest in novel psychoactive substances.

## Lori Kufner

Central Toronto Community Health Centres, Canada

### **Sex and Drugs: Navigating Consent in Nightlife**

Since humans have been around, we have been doing drugs, dancing and having sex – not necessarily at the same time, but in our current nightlife and partying communities these three things come together often. It is a complex issue though when people are out drinking and using other drugs and want to have sex (in some communities this is called “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) 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

Central Toronto Community Health Centres, Canada

### **Chronic ketamine use: balancing mental and physical health**

Ketamine is relatively widely used as a recreational drug in Canada, the US, Europe and Asia and many also use it to self-medicate and manage mental health issues including depression and anxiety, with effects being seen within hours of taking the substance rather than weeks or longer as seen with conventional antidepressants. This has been mirrored in recent clinical studies, with Yale University researchers being cited by Fox News as it being the “biggest breakthrough against depression in the past half-century”. With this in mind, it’s no surprise that many people chose to self-medicate with K and self-medicate regularly, even multiple times per day. As service providers who work with marginalized and partying youth, we’re noticing a correlation with long-term, chronic ketamine use and bladder issues, dubbed “Ketamine Cystitis” or “Ketamine Bladder Syndrome” with specific symptoms, most often seen in teenagers and young adults. Here in Toronto, the Trip! Project is working with youth in recreational drug using communities to educate youth in high schools and other youth agencies as well as public health and doctors around the risks, signs, symptoms and treatments (both from the community and medically), particularly as Ketamine Cystitis/Ketamine Bladder Syndrome is often undiagnosed as an STI or UTI. This presentation aims to highlight the peer-led youth work we do while sharing information about Ketamine Cystitis/Ketamine Bladder Syndrome.



**Florian Labhart**

Addiction Switzerland, Reserach Institute, Switzerland

**Jasmine Truong**, University of Zurich, Switzerland

**Sara Landolt**, University of Zurich, Switzerland

**Emmanuel Kuntsche**, Addiction Switzerland, Research Institute, Switzerland

**Development and evaluation of an innovative method to recruit representative samples in the urban nightlife**

**Background:** Various methods for studying the behaviour of nightlife users have been developed, such as observations in pubs/clubs, pubs/clubs entrance and exit surveys, surveys with by-passers or in emergency rooms. However, these generally suffer from selection bias and fail to recruit representative samples. This study aims to describe and evaluate an innovative recruitment strategy that combines a random street intercept method with a selection of recruitment sites based on their popularity among nightlife users.

**Methods:** In the two major nightlife cities in Switzerland, recruitment sites were identified based on their popularity on FourSquare and on local expert's knowledge. Teams of 2 to 4 recruiters approached young adults by-passers, using the 'fixed line method' principles, to pre-register volunteers for a 7-weekends study on their nightlife habits with a cellphone app.

**Results:** The selection of popular areas using FourSquare was judged accurate by local experts, although adjustments were needed to account for changes in nightlife trends (e.g. new clubs) or imprecise geotags (e.g. lakeside). Among the 3092 young adults approached, 896 agreed to pre-register, 629 signed the online consent form and 263 installed the app. The sample composition remained comparable though the selection steps, those who signed the consent form and those who installed the app being similar to those approached in the street in terms of gender, although being slightly younger.

**Conclusion:** The developed method appears promising in recruiting representative samples of urban nightlife populations. However, involvement of young adults for a 7-weeks study required intensive support for the investigators.

## **Toby Lea**

UNSW, Australia

### **Exploring the convergence of gay and straight nightlife subcultures and the implications for harm reduction**

As a consequence of the liberalisation of social attitudes towards sexual minorities in recent years, distinctions between homosexual and heterosexual lifestyles have become increasingly blurred. This has contributed to the “structural decline” of gay neighbourhoods and nightlife subcultures, characterised by reduced patronage of same-sex attracted people in traditionally gay bars and nightclubs, an increased presence of straight people in these licensed venues, and the closure of longstanding gay venues. In Sydney, many gay men expressed concern that Oxford Street, widely considered to be the cultural epicentre of Australian gay life, had become “de-gayed”. This paper aims to explore the potential impact of these social changes on patterns of alcohol and other drug use among same-sex attracted and heterosexual people in nightclub settings. Improving our understanding of substance use in these settings is essential to improve harm reduction responses, while advancing knowledge of the broader social changes that underpin the convergence of gay and straight nightlife subcultures.

## David MacKintosh

Greater London Authority, UK

**Charlotte Gagne**, London Ambulance Service, UK

**Gaulle Douglas**, London Ambulance Service, UK

**Sasha Delaney**, London Ambulance Service, UK

### Party people – reducing the harm of alcohol at Christmas

The London Ambulance Service deals with over 71000 alcohol related incidents per year. These place a significant burden on Ambulance and Emergency department resources. The Christmas/New Year festive period sees a particular spike of such incidents, many associated with workplace parties.

Party People sought to reduce calls to the ambulance service over this period and to demonstrate the benefits of a collaborative approach that would engage key London agencies and local authorities. Workplaces in central London were identified as being a key target.

The campaign adopted a positive message to encourage a safer night out rather than messages explicitly telling people not to drink or get drunk. This reflected both political considerations and the wish to engage positively with the target audiences. An electronic toolkit (which allowed for local adaptation), 400 posters on the transport network, 3,000 Party People Packs and direct public facing contacts were the key elements of the campaign. The Party People Packs were aimed at those organising workplace parties. Messages about safer drinking, which included the use of IBA scratch cards, and alcohol unit wheels, were accompanied by advice about travel, avoiding being a victim of crime and other focused information. Blister plasters and sweets were also included to encourage people to value and explore the packs.

Engagement with the public and businesses (including bars and other venues) proved very successful. Employers proved happy to support and promote the campaign. Party People encouraged further activity and ongoing engagement. It has provided a strong basis for future work and increased the political appetite to undertake such work. Initial data shows a drop in ambulance related calls over the period of the campaign.

## **Larissa Maier**

Swiss Research Institute for Public Health and Addiction, Switzerland

**Adam Winstock**, King's College London, UK

### **Does harm reduction matter? A cross-cultural perspective on the use of MDMA and harm reduction strategies**

The return of good quality MDMA since 2011 has coincided with widespread marketing of MDMA crystal and an increase in PMMA related deaths across Europe. More than ever the promotion of harm reduction strategies among users of MDMA is important. However, the question arises whether cross-cultural differences in drug policy and harm reduction may impact user's risk reflection and behaviour. Using data from the Global Drug Survey (GDS) 2014 this presentation will explore the cross-cultural use of MDMA and variations in the adoption of harm reduction strategies. It will also seek to determine if we can relate such differences to the wide variation in those seeking emergency medical treatment. Moreover, we will report the GDS safer using limits for MDMA which will be launched on June 8, 2015 and accompany the GDS Highway Code which has been downloaded over 50,000 times. Finally, the Swiss approach of information desks and drug checking facilities in nightlife settings will be discussed in terms of early detection of problematic substance use behaviour and harm reduction.

## Jem Masters

Sydney Gay & Lesbian Mardi Gras, St Vincent's Hospital Sydney

### **Safe Partying: 30 years of the Sydney Gay & Lesbian Mardi Gras Medical**

Sydney's Gay and Lesbian Mardi Gras medical team has been providing front-line medical care at events and venues for over three decades. Born out of the HIV and AIDS epidemic of the 1980's and 1990's it now provides comprehensive emergency pre-hospital front-line medical care. Events covered range from a community family orientated fair day, a parade with over 500,000 participants and spectators to large and smaller dance parties.

This paper outlines the team's development from a small collection of friends supporting friends in the end stages of AIDS to attend their last Mardi Gras Party. Data will be presented on the type of medical emergencies seen ranging from costume malfunctions to unconscious patrons requiring advanced medical support. Key components of the program are: round-the-clock rostering of a team of volunteer experienced medical and nursing professionals from the community; a sense of fun, creating a safe, lively and happy place at events; a non-judgemental approach; and good working relationship with ambulance, local health care providers, police, and the team of roving community volunteers providing support on dance floors and public spaces. As a harm reduction service, patrons are aware that confidentiality is maintained and that the medical tent is not linked to police surveillance of illicit drug use.

Through a team of volunteers, Mardi Gras Medical promotes a safe and healthy GLBTQI community through emergency medicine. More than a first aid tent, the experience of Mardi Gras Medical shows how health care can become an essential part of the community's celebration.

## **Nicolas Matenot**

Bus 31/32, France

**Léa Palmesani**, Bus 31/32, France

### **Creating a mixed team for health promotion in Marseille and the implication of its members at different levels**

“Plus Belle La Nuit” is a structuring project created in 2010 in answer to the request of public institutions in view of Marseille Provence, 2013 European Cultural Capital. The Bus 31/32 is now its organizer and performer. Several phases and research, as well as the possibility to rely on reference associations have enabled adapting this innovating project according to the local context and the economic realities.

Facing the importance of the electronic music scene in Marseille, a staff composed of concerned professionals and peers has progressively been developed. In 2013, PBLN’s first optimal working year, only one coordinator and voluntary workers were developing the actions. Since then, an informal hierarchy and secondary projects have been set up by this team. In 2014 the group was enriched with volunteers to “Service Civique” and trainees having diverse and complementary missions (research-action on festive drinking trajectories in Marseille: « Trajectoires d’Alcoolisations Festives », communication, radio programme, methodological help, volunteers roaming the streets...). These people were already involved in festive harm reduction. It is a presentation of the progressive and strategic growing importance of this inter-associative project that is proposed here. That is an example of how to apply the principles of team building up and communal actions at different levels.

**Fiona Measham**  
Durham University, UK

## **A new era for drug testing? Exploring the challenges of on-site forensic analysis for harm reduction at nightclubs and festivals**

In the aftermath of the four recent 'Superman' PMMA deaths in the UK, Fiona will reconsider the potential value of different models of drug testing including 'back of house' police seizure and laboratory testing, 'front of house' drug checking for individual users, and the 'halfway house' testing that she has piloted at nightclubs and festivals in the UK. Fiona will discuss user perspectives on high profile drug-related deaths and on testing itself, as well as the challenges to such multi agency partnerships.

## **Fernando Mendes**

IREFREA, Portugal

**Irma Brito**, Escola Superior de Enfermagem de Coimbra, Portugal

### **Vulnerability in recreational settings: comparing 10 Portuguese-speaking cities**

Vulnerability in recreational settings has not been a concern of local authorities but there is evidence of impact on the partygoer's health. A multicentre and multidimensional ethnographic study involving 10 Portuguese speaking cities in 3 different countries: Angola, Brazil and Portugal, was done in 2014-15. It aims to compare the security situation in recreational settings and partygoers risk behaviour.

Vulnerability in recreational settings was evaluated in two stages: observational process in the recreational areas of each city to map recreational nightlife spaces and access security measures; then we carried out semi-structured interviews with some of the regular partygoers. The most frequented areas were subject to collecting information about the environment (physical and social), security and safety conditions. Partygoers risk behaviour was evaluated by an online questionnaire sent through social networks and snow-ball method, using the following inclusion criteria: 16-30 years and attend recreational settings regularly. All the cities have central areas with crowds of various ages in some weekdays. In University City's the busiest day is on Thursday and in others weekends. In all cities recreational settings have environment, security and safety failures. 1078 interviews were analysed and show that partygoers spend more than 8 hours away from home and attend more than 3 cafes/bars/clubs. On average of money spent per night, there are substantial differences between cities. People are not aware with partygoers risk behaviour such as: binge drinking; not-consented or regretted sex; traffic-road accidents; personal injuries. This study shows the need to improve safety in recreational settings and how important is to be aware when choosing a location to party.



## **Maria do Rosário Mendes**

IREFREA, Portugal

**Irma Brito**, Escola Superior de Enfermagem de Coimbra, Portugal

**Fernando Mendes**, IREFREA, Portugal

### **Training of recreational staff to respond to the health needs of communities through participative approach: theoretical and practical implications**

Nightlife and other recreational contexts play a key role in modern life. They are a critical aspect of youth recreation and are increasingly a major source of employment, economic development and tourism for communities. Nightlife activities, however, also create a wide range of health and social problems including alcohol and drug misuse, anti-social behaviour and crime. The development of safe nightlife environments is a concern and a growing priority throughout Europe. Effectively managing nightlife settings is essential to effectively protect youth health and also to reduce the different burdens that problematic situations (e.g. those produced by night-time and anti-social behaviour) can place on public services (e.g. health and justice) and wider society. IREFREA produces a manual to be a practical and useful instrument for training nightlife and other recreational professionals. It aims to empower staff and improve their interpersonal skills and abilities so that they can take the best and wisest decisions to reduce and prevent problematic situations. But does the training of professionals respond to the health needs of communities? Applying participative approach in the training of several groups we realize that the successful implementation of this preventive instrument it is necessary (and our priority) to involve the community, relevant actors (public and private), politicians, and local, regional and national stakeholders. Only by sharing and involving other community partners can this manual, and it's associated training, produce the desired effects.

## **Peter Menzig**

Infodrog/Safer Nightlife, Switzerland

**Alexander Bücheli**, Safer Nightlife Switzerland/Youth Advisory Service Streetwork Zurich

### **Meta-analyses of different recreational drug use study results in Switzerland**

Since 2012 Safer Nightlife Switzerland has coordinated nightlife related research topics on a national level. The responsible institution, Infodrog, is assisted by a core and several sub-groups of experts with harm reduction, prevention, market control (repression) and research backgrounds. The sub-groups evaluation and research decided last year to conduct a supplementary analysis of the existent results concerning drug use behaviours in the nightlife setting. The aim of this so called data triangulation was to compare and to discuss the different results originating from drug surveys conducted in Switzerland during the last years. Researchers representing the different existing Swiss drug surveys were invited to a workshop. These experts represented waste water analyses, drug analyses, national, local or specific drugs use surveys, the national police and nightlife-prevention institutions.

This group decided to focus on the use of cocaine, ecstasy and amphetamine in Switzerland, specifically related to the recreational nightlife setting. The existing studies were sub classified in to general population, specific population and other data sources. Afterwards the different study results were briefly described in a table with the criteria of representativeness, strength and limitations. In the next step, the results will be discussed with the workgroup members with the aim to point out the comparisons and to understand the differences between results gathered by the different studies.

This contribution will focus on the triangulation process and present the first results of this supplementary nightlife-consumption data analysis.

**Sarah Morton**

University College Dublin, Ireland

**Laura O'Reilly**, Ballymun Youth Action, Ireland**Karl O'Brien**, Ballymun Youth Action, Ireland**Harm reduction, education and boxing skills: Addressing personal, community and drug related violence for individuals within a disadvantaged community**

A number of disadvantaged urban areas within cities in Ireland are characterised by high levels of drug use, crime and social disorder. Many substance using individuals within these communities are also at risk of significant personal, community and drug related violence, particularly in the nightlife environment. This paper considers the impacts and outcomes of an innovative programme that utilises harm reduction strategies, education and boxing skills to manage risk in the lives of stable and current drug users. The programme, based in a community where there are high levels of poverty, social exclusion and inter-generational patterns of drug use, is run in partnership by a number of community and statutory stakeholders including a local drug service. The nightlife environment can be typified by on street alcohol consumption, poly-drug use, intimidation and violence. This paper will explore how boxing skills training aided participants in negotiating and reducing the drug related, personal and community violence in their lives, primarily through increasing elements of personal and social capital. Understanding the use of violence through boxing skills training changed how participants thought about and reacted to violence in their lives, thus impacting on the local nightlife environment. The paper will also explore how community leadership, in terms of peer mentors and boxing coaches, positively impacted on how programme participants thought about, and engaged with, the nightlife environment. Implications for practitioners, policy makers and researchers will be discussed, with particular reference to understanding and addressing the dynamics of violence and drug use in the night life environment within disadvantaged communities.

## **Constanze Nagy**

Checkit!, part of Suchthilfe gGmbH, Austria  
with

## **Anton Luf**

Medical University of Vienna, Austria

### **Integrated Drug checking (IDC) up to date: How to adapt chemical analysis and psychosocial services to latest European drug trends**

Just a few weeks before the beginning of 2015 PMMA warnings (B, NL) and supposedly related death cases (UK), reminded Europe of the necessity of effective harm-reduction tools. New psychoactive substances continue to emerge and many stay on the market as cutting agents or substitutes. At the same time classical recreational drugs like MDMA and other amphetamines are having a comeback on the EU's drug-market. Across Europe XTC-tablets containing very high doses of MDMA have been detected.

Most of these trends would be unknown without drug checking facilities. Drug checking is a powerful harm-reduction tool, especially if it is integrated in a range of harm reduction services (IDC). IDC is extremely attractive for recreational drug users, and therefore owns a unique potential to reach out to this target group, which would not access support services otherwise. Furthermore it provides credible and relevant information that people need to make more informed choices about their health. Integrated Drug Checking is addressing acute risks of consumption as well as long term risks like problematic using patterns (including addiction) in a balanced way.

The Viennese organisation checkit! has provided information and support for drug users for almost two decades. Throughout the time checkit! gathered experience in promoting health and safety in the nightlife scene. Constanze Nagy (Psychosocial Research Officer) and Anton Luf (Chemical Research Fellow) will share practical experiences and provide insights into the latest developments of the two crucial aspects of IDC, the chemical analysis and the psychosocial services.

**Judith Noijen**

Jellinek, Netherlands  
with

**Sjoerd Wynia**

ID&T, Netherlands

**Celebrate safe, a campaign from the dance industry**

In the summer of 2014 the biggest Dutch dance promoter ID&T and peer intervention Unity joined hands in developing a campaign directed to visitors of their events. It is through this campaign called celebrate safe, that visitors are made aware of the risks related to nightlife. The focus is on ten key messages that will be brought to the attention by using online communication as well as offline at the events themselves. The messages range from use of alcohol and drugs, to safe sex and driving and ear protection. The messages are given in a non-judgemental manor and give visitors practical tips and advice about safe partying. The language will be in English and will also specifically be directed to party tourists. Due to 6 drug related deaths in Amsterdam in the fall of 2014 ID&T and Unity decided to open up the campaign to all dance promoters in Amsterdam, to make this into an industry-wide campaign. In December 2014 about thirty promoters joined the campaign and started to promote celebrate safe to their following. With this public private cooperation a much bigger amount of the nightlife population can be reached. Also the promoters will add to the credibility of the messages.

This presentation talks about how the initiators developed their plans and how they gained the support of other promoters. It will explain the difficulties and the success factors in such an approach. It will also talk about the plans of making it a nationwide or even global campaign

## **Johan Osté**

GGD Amsterdam, Netherlands

### **Health promotion campaign addressing GHB-overdose in nightlife settings**

After a dramatic increase in GHB-related ambulance rides the Public Health Service of Amsterdam developed and launched a health promotion campaign addressing GHB use among partygoers.

Goal: to better inform GHB users in nightlife settings, in order to prevent passing out as a consequence of a GHB overdose.

Method: the campaign is developed in close collaboration with numerous nightlife stakeholders. Focus groups among e.g. GHB users and thorough analysis on the (ambulance) data served as input for the development of the campaign.

Intervention: The campaign consists of a website and flyer on which the user-tips are presented. To target the specific groups with our website and flyers, we used specific channels through which this audience communicates. To lure the target audience to the website, and to raise awareness about the problem of overdosing, a video clip and a video documentary were presented on the Internet that could be liked, shared and commented.

Results: Within five months' time, the website has been visited by over 8000 unique visitors. The video clip was viewed nearly 2600 times and the video documentary attracted over 8800 unique individuals. The number of successfully completed GHB screening-tests had increased with fifty percent after the first month. Finally, we found a slight decrease of GHB-related ambulance rides after the campaign launch date.

Conclusions: Our findings give us confidence in the success of our campaign. The unique collaboration between health professionals, club-owners, party organizers, and DJ's might prove a fruitful approach for future campaigns.

## **Ghazaleh Pashmi**

Safe Sociable London Partnership, UK

**Matthew Andrews**, Safe Sociable London Partnership, UK

**Stephan Forgan**, Greater London Authority, UK

### **Public Health & Licensing: Using new powers in London**

Managing availability is one of the most effective ways to reduce alcohol related harm. New arrangements in Licensing have brought Public Health into the sphere as responsible authorities, where there is huge scope for making an impact on the health of the population. It is all about prevention and there is a lot of scope to improve the effectiveness of licensing through data and partnerships, which is where Public Health can excel.

We spoke to many Directors of Public Health in London and they told us that they wanted an easy process to be able to respond consistently and effectively to licensing applications, without taking up too much time and resource.

We developed a 5 step process consisting of selecting local criteria, developing localised data scanning tools to gather evidence, partnership engagement, decision matrix and making appropriate representations under the four licensing objectives.

Our presentation will show the audience details of the licensing process, the data scanning tools, and examples of applications and representations we made.

## **Carlos Paulos**

CePT, Luxembourg

**Katia Duscherer**, CePT, Luxembourg

### **Party MAG-Net: Recreational drug use in a (very) small country**

Based on a peer approach project, Party MAG-Net was implemented during the festival season of 2010 in the Grand-Duchy of Luxembourg. Since then, a survey has been conducted to characterize the partygoers present at the different events, including their recent consumption of psychoactive substances.

Over the last 4 years, more than 10000 partygoers participated in our survey, and the results remain remarkably stable and conservative over the years and the events. We will present the most commonly consumed drugs in our party scene; discuss whether gender, age or legislation influence drug consumption, and present recent trends.



## Yoan Pesesse

Modus Vivendi, Belgium

### **New communication strategies for health promotion in recreational settings**

During the last decade safer labels and charters enhanced the nightlife experience by insuring harm reduction standards among nightlife venues. These labels and charters developed participative and integrated approaches with all nightlife stakeholders, promoting community empowerment and setting up actions for a responsible party's culture. By connecting all cities' actors (security, mobility, tourism, health, culture, partygoers, neighbours...) these networks created new communication opportunities to raise partygoers' awareness on risky behaviours and to promote a positive and responsible party culture.

With such a big variety of information sources and contents (campaigns, web and m-sites, leaflets, apps, surveys) how can we be sure the public knows where to find the appropriate information? What are the most relevant messages? What could be the best way to leverage partnerships with all party actors in order to optimize the transmission of information through their distribution networks?

Based on the good practice of safer party labels and charters an analysis will be made with some propositions on

- How to define a communication strategy involving those actors?
- How to reach our health promotion goals using new information and communication technologies?
- How to invest the promoters' (clubs, festivals) channels to provide health information?
- How to improve the accessibility and attractiveness of the information on risky behaviours and the supply of health related services?
- How to engage the public in the nightlife debate?

## **Alessandro Pirona**

European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), Portugal

**Alessandra Bo**, EMCDDA, Portugal

**Marica Ferri**, EMCDDA, Portugal

### **Handling emergent topics without solid evidence: the case of NPS**

In the last year, new psychoactive substances have gained significant traction in the European drug scene. The rise of cathinones and synthetic cannabinoids marked a new area which rapidly boomed into a wide range of new molecules being frequently reported by national early warning systems across Europe to the EMCDDA. The legal response to this growing phenomenon was swift, yet various epidemiological drug indicators indicate that 'legal highs' remain relevant among younger groups, especially in nightlife settings. A growing concern is also the move of NPS into the problematic drug using scene, where injected opioids are being substituted with cathinones. In this context, the question arises on how to manage NPS-related harms and problem use. Numerous EC funded projects are carrying out research on assessing the scale of the NPS problem and develop targeted interventions. However, we are now at a crossroad where we need to maximise the impact of interventions using the current evidence and expertise. A cornerstone of this strategy should be an evidence-based approach grounded in the exchange of best practice and knowledge transfer from existing areas of addiction. The need to provide a prompt answer to NPS breaks the traditional separation between "Prevention, Treatment and Harm Reduction" and represents a challenge to the traditional methods to identify and classify evidence. We will be presenting how, according to the most innovative methods to gather evidence for interventions, knowledge can be transferred by analogy between areas and lessons learned from similar settings and target groups can be applied.

**Zara Quigg**

Centre for Public Health, Liverpool John Moores University, UK

**Karen Hughes**, Centre for Public Health, Liverpool John Moores University, UK

**Kat Ford**, Centre for Public Health, Liverpool John Moores University, UK

**Anna Hunt**, Centre for Public Health, Liverpool John Moores University, UK

**Say no to drunks: evaluation of a campaign to reduce levels of drunkenness in a UK nightlife area**

In the UK the sale of alcohol to drunk people is illegal; however drunkenness remains common in nightlife environments. To address drunkenness in a UK nightlife area, a campaign was implemented to increase awareness of legislation preventing sales of alcohol to drunks among bar staff and the public, and to support bar staff compliance with the law. The campaign included: bar staff training; use of breathalysers by door staff to assist in entry refusal; and a social marketing campaign to raise awareness of the law.

Findings from a pre-intervention nightlife user survey show that the majority (89.6%) agreed that getting drunk was socially accepted in the city's nightlife. Nearly half (46.9%) thought that it was legal for a bar server to sell alcohol to someone who was drunk. The majority had consumed alcohol, of which 65% reported pre-loading and 20% on-route loading. The total expected number of alcohol units to be consumed over the full night out was 16 (males, 22; females, 12:  $p < 0.001$ ).

The presentation will provide an overview of the campaign and present the full findings from the campaign evaluation. The evaluation included two methods implemented pre and post-intervention. The nightlife patron survey which aimed to: identify drinking patterns, tolerance of drunkenness and knowledge of the law; and systematic observations of the nightlife area which aimed to assess the environment and its users (e.g. drunkenness/atmosphere). At the end of the intervention, surveys were also conducted with bar and door staff to gauge their views on the campaigns impact.

## John Ramsey

St. George's University of London and TICTAC, UK

### **Twenty five years of dance drugs: fact, fiction and myth busting**

The drugs favoured by clubbers vary depending on the venue and the music. While stimulants drugs predominate, depressants such as GHB/GBL are common in some clubs particularly on the gay scene.

When Ecstasy in its various incarnations (MDMA, MDEA, MBDB) hit the dance scene in the 1990's it provoked as much hysteria amongst the law and healthcare professionals as it did among the millions of enthusiastic clubbers who revelled its warm glow. It was already a Class A controlled drug in the UK because of our generic legislation. Subsequently its classification has been challenged most notably by Professor David Nutt who got himself sacked as chair of ACMD by equating the dangers of taking MDMA with riding a horse. However at the peak of its popularity about 40 young people each year died from Ecstasy use in the UK. Almost certainly none of these deaths were from "contaminated ecstasy" but were mostly the result of "malignant hyperthermia" caused by the unfortunate association of high doses of MDMA and a hot and humid environment.

MDMA virtually disappeared from ecstasy tablets for a number of contentious reasons. The coincidence of the scarcity of the precursors required to make MDMA and the rise of the piperazine "legal highs" (notably BZP and TFMP) probably accounts for it. The response was to abandon the largely ineffective tablets in favour of Crystal MDMA. This brought with it its own problems, as it is almost indistinguishable for Crystal Meth and brown sugar! There were a number of deaths in young inexperienced users at illegal raves who had bought and consumed 1g of essentially pure crystalline MDMA hydrochloride. In recent years MDMA has reappeared in ecstasy tablets.

The rise of "legal highs" (New Psychoactive Substances – NPS) has resulted in over 450 new compounds reported to EMCDDA and mephedrone becoming an established club drug in the UK despite being controlled Class B. We now need to constantly monitor the appearance of NPS by repeated test purchases from online vendors and high street "head" shops. The analysis of drugs discarded in club amnesty bins and seizures by door staff provide valuable data on trends in the use of club drugs. A similar strategy at music festivals combined with the analysis of pooled urine collected from male urinals confirms the widespread use of new and emerging drugs. The analysis of drugs in the public sewage system has the potential to provide valuable data on whole population consumption of prescription and the more mainstream illicit drugs.

**João Redondo**

Center for Prevention and Treatment of Psychological Trauma, Psychiatry and Mental Health Department, Coimbra Hospital and University Centre, Portugal

**Fernando Mendes**, IREFREA, Portugal

**Paulo Anjos**, Associação Existências, Portugal

**Paulo Simões**, Center for Prevention and Treatment of Psychological Trauma, Portugal

**Healthy Night in Coimbra: A multidisciplinary, multi sectoral, network approach**

Coimbra is certainly among the Portuguese university cities with more nightlife-oriented towards students. Recreation nightlife plays an important role in their lives but also has an intrinsic association to a multitude of risk factors in areas such as sexuality, violence, alcohol and other substances and road driving.

The Center for Prevention and Treatment of Psychologic Trauma (Coimbra Hospital and University Centre) and IREFREA – Portugal are investing, in partnership with other organizations of our city, in primary, secondary, and tertiary prevention in nightlife settings.

This initiative, we call Coimbra Healthy Night Project, aims to contribute: to identify and eliminate the risk factors associated with (potentially) traumatic situations (intentional and unintentional); to identify and enhance protective factors; to strengthen community resilience.

## **Alice Reis** on behalf of **Gabriel Bonfim**

ResPire, Brazil

### **ResPire and the S.O.S. BadTrip – Harm Reduction and Care experiences in São Paulo – Brazil**

The Brazilian project called “ResPire” (Breathe) has been working with harm reduction in different party and music events since 2010. This kind of health action, seeking to open a dialogue regarding drug use and abuse, is relatively new and unexplored in Brazil, especially in São Paulo where we have many party events taking place in various locations. During the past 5 years, “ResPire” carried out more than 30 harm reduction activities. Organizers of different types of events increasingly request the presence of “ResPire”, in parties ranging from Electronic Dance Festivals, to “Pancadões”, which typically take place in the middle of the Favelas. We have a very diversified team, ranging from health care professionals to journalists, biologists, lawyers and social scientists. We can separate the project’s field activities into two main focuses: (1) The InfoStand, where the main goal is to inform users and non-users regarding drug use, its implications, risks, reflection on set/setting, etc. (2) S.O.S. BadTrip, the more intense part of the project, where we provide support and care to people who have taken psychoactive substances and are going through difficult psychological experiences. For such, we rely on collaborative work with the health team(s) in the festival, for situations that require clinical/pharmacological interventions. It’s objective is to provide a safe environment so that this difficult experience may be as well availed as possible, not necessarily being a “bad trip”, but serving both as an opportunity for personal and spiritual growth as well as an incentive to reflect on the context of drug use and abuse in each one’s lives. Along these years, the S.O.S. has prevented the need for grave medical interventions in several occasions.

**Karen Renner**

Faculty of Medical and Health Sciences, University of Auckland, New Zealand

**Ross McCormick**, General Practice & Primary Health Care, University of Auckland, New Zealand

**Natalie Walker**, General Practice & Primary Health Care, University of Auckland, New Zealand

**Engaging Participants in Creating their Personal Safe Drinking Text Message Intervention with their Subsequent Evaluation**

**Introduction:** An RCT was undertaken to empower participants to keep safe when out socialising by providing safe drinking text messages. Participants who signed up to the RCT were asked for feedback once they had answered the post intervention drinking and harms questions.

**Background:** From knowledge gained in two feasibility studies, an RCT was designed and implemented in 2014. This was an alcohol intervention which included web and mobile phone text elements enabling participants to either create personal alcohol harm reduction messages or to receive pre-designed safe drinking messages.

**Objectives:** To undertake an alcohol harm reduction study with two objectives in mind: to reduce the dropout rate experienced in two feasibility studies by providing both the active and passive group with harm reduction text messages and to assess whether personalised messages, which could be created by those in the active group, were more effective than standardised messages sent to those in the passive group. To assess the acceptability of this design, participants were asked for feedback at the conclusion of the study.

**Methods:** The active group could create and schedule their own messages without researcher involvement. The passive group received pre-designed and pre-scheduled text messages which focused on quantity of drinking, blood alcohol levels, and safety tips. The intervention website, [www.spillitnz.co.nz](http://www.spillitnz.co.nz), provided the sign-up point for both groups, administered demographic, drinking, and harms questions, assigned participants randomly to the two study groups and enabled personally designed messages to be created by the active participants.

**Results:** Recruiting was completed in September 2014 with the required 110 participants assigned equally to the passive and active groups and receiving safe drinking text messages for three months. The reduction in alcohol consumption and/or in associated harms from both arms will be discussed. In addition, insights from participant feedback on the intervention and on factors related to the excessive consumption of alcohol will be discussed.

## **Janine Roderick**

South Wales Police and Crime Commissioner, UK

### **Vulnerable; Assaulted; Injured – the development of the Help Point in Swansea, South Wales**

The development of the Help Point in Swansea's night-time economy is a result of the South Wales Police and Crime Commissioner's commitment to partnership working to tackle violent crime. The approach has involved 3 key elements, understanding violence holistically, intervening in an efficient and effective way, preventing violence and repeat violence.

The evidence from health and police data showed a huge demand on police and health within Swansea's busy night time economy. Feedback from Police Officers was also telling us they were taken from their duties of preventing violence whilst they waited for help to deal with highly intoxicated individuals.

The Help Point is an innovative response to the demand placed on police and others by severe alcohol intoxication. It successfully diverts individuals from the Emergency Department and through the use of a St John paramedic and student volunteers retrieves casualties from the NTE without the need for calling an ambulance, relieving police quickly to return to their duties.

Training door staff and police on how to recognise sexual predators and deal with someone vulnerable has also been an integral part of the approach, resulting in positive action towards potential sexual predators and protection of vulnerable people.

In the first 3 months of operation (September – December 2014), the Help Point saw over 300 people in the facility, 80% of whom would have previously required admission to hospital. This demonstrates the efficient and effective use of partnership resources by the provision of a service based on the evidence.



## Paul Rodwell

Foreign & Commonwealth Office, UK

### **From Ayia Napa to Zante via Ibiza – our experience of preventing incidents abroad**

Helping British nationals stay safe abroad is one of the key priorities of the UK's Foreign & Commonwealth Office. This talk will provide a behind-the-scenes glimpse of what British consulates do and how the FCO approaches health and crime issues.

The talk will focus on young British nationals holidaying in resort hotspots in Spain, Greece, Cyprus and Bulgaria and reveal how the FCO strives to reduce the number of incidents every summer. Cases range from lost passports to detentions, and hospitalisations to tragic death. Anecdotally, it is evident that alcohol and drugs play a major role in many of these incidents.

The FCO works in partnership with a wide range of stakeholders and firmly believes that collaboration is key to making difference. A variety of tools such as lobbying and partnership are used to influence the nightlife environment on the ground, thus making it safer. At the same time social media and other communications tools are used to proactively engage with young Brits, thus changing behaviours.

Based on in-depth evaluation, campaigns and methods have been fine-tuned over the years, culminating in an innovative new campaign for 2015 called #TakeyourPic.

## **Kimberley May Ross**

Centre for Public Health, Liverpool John Moores University, UK

**Amanda Atkinson**, Centre for Public Health, Liverpool John Moores University, UK

**Emma Begley**, Centre for Public Health, Liverpool John Moores University, UK

**Harry Sumnall**, Centre for Public Health, Liverpool John Moores University, UK

## **Constructing alcohol identities: online alcohol marketing and young peoples' drinking cultures**

In recent years, Social Network Sites (SNS) have become an important aspect of young people's leisure and friendship networks, including peer drinking culture. SNS now also provide alcohol brands with new innovative ways to engage with potential consumers, with an increasing amount of industry investment being spent on such social media marketing. Due to the global scale of SNS, users can interact with both global as well as local brands, resulting in them being exposed to a wider variety of marketing messages.

Research conducted by the Centre for Public Health at Liverpool John Moores University has investigated the role and place of SNS alcohol marketing in young people's drinking culture. The research involved three stages of data collection and analysis. Firstly, a content analysis of SNS (Facebook, Twitter) alcohol marketing and user interaction with brands (N=5) popular among young people was conducted. This was then compared to the use of SNS by UK based alcohol health promotion campaigns. Following this, focus groups with young people and analysis of their Facebook profiles were carried out to investigate how they interacted with such marketing. The paper will draw on key findings to demonstrate the variety of ways that alcohol brands market their products via SNS and how this differs from traditional marketing and the presence of alcohol health promotion campaigns on SNS. The role of such SNS marketing in young people's own creation and performance of alcohol-related identities will also be discussed and policy implications will be reported.

**Simona Šabić**

Association DrugArt, Slovenia

**Research about use of new psychoactive substances (NPS) among young people in Slovenia**

Research was carried out in 2014 as a combination of qualitative (19 interviews with 26 persons, 15-32 years old, 18 male and 8 female) and quantitative research (on-line questionnaire with 249 completed responses; respondents were 15-40 years old, 51.8 % male and 48.2 % female).

Aim of the research was to: (1) identify new patterns of drug use among young people using NPS in Slovenia, (2) identify risks connected with NPS use and (3) identify users' needs in order to adapt and develop professional help and support addressing those needs. Special focus was put on 3-MMC use, because this drug is the most commonly used NPS in Slovenia and became the drug of choice among some younger users. In qualitative research 67.9 % of respondents reported use of 3-MMC (among them 26.8 % have been using it for more than a year and 20.7 % used it more than 40 times), followed by methylone (43.0 %) and mephedrone (37.3 %). The most important findings of the research provide insight into health, psychological and social consequences connected with NPS use reported by users, harm reduction strategies practiced among users and assessment of needs and risks connected to NPS use in order to adapt established programs in the harm reduction field. During the qualitative research we approached a group of young NPS users representing a high risk group of users, who were difficult to include in previously established harm reduction interventions within our programs, which called for adaptations in our outreach work and counselling.

## **Simona Šabić**

Association DragArt, Slovenia

### **Integrative outreach interventions for high risk groups in the nightlife settings**

During our outreach work with young alcohol and drug users, counselling and research of NPS use among young people in Slovenia, we detected users' needs which demanded an upgrade of our peer interventions in the nightlife settings in order to create a more integrative and relevant response to the issue. Peer work, which is mostly focused on giving out harm reduction information regarding alcohol and drugs to users, needed to be supplemented with other types of interventions carried out by professional workers (for example social workers and social pedagogues), knowledge upgrade (for example about risks and harm reduction connected with chemsex) and co-working with other youth and harm reduction organizations. Field interventions, where high risk groups are approached are a combination of youth work, psychosocial interventions and harm reduction consulting, depending on detected risks and needs of a specific target group and environment.

Integrated interventions are addressing the needs of highly risky groups, like underage drug and alcohol users and young users with psychosocial problems associated with drug use (for example school dropouts, young people with difficult social situations or developed psychological problems) and users engaged in 'chemsex'. In our experience those young people are difficult to include in a counselling program, if needed. Nightlife settings, where they socialize, relax and also learn from each other and others around them are places where it's possible to make an effective contact with them and enhance the possibility that they will turn to us for professional advice and help, in case they need it.

## Ahmad Saleh

Skoun Lebanese Addictions Centre, Lebanon

### **Promoting harm reduction and public safety in Beirut nightlife**

This presentation will give an overview of the creation and implementation of a safer nightlife initiative, the first of its kind in Beirut-Lebanon. Beirut has a lively nightlife scene. However, alcohol safety policies and laws such as legal age drinking and driving under the influence are not reinforced and threatening public safety. In addition, illegal drug use is highly criminalized. In 2011, Skoun initiated in partnership with pubs and bars in Lebanon a safety campaign implemented during the Christmas holiday seasons. Following this, Skoun initiated a safer nightlife outreach program. In collaboration with IREFREA-Portugal and with the support of MedNET Group Pompidou, a series of training workshops were also initiated to sensitise professionals and stakeholders on the risks associated with alcohol and drug use in bars and events and effective ways to address them. This presentation will highlight the successes and the challenges faced in implementing safer nightlife programs in Lebanon.

## **Zila M. Sanchez**

Department of Preventive Medicine, Escola Paulista de Medicina, Universidade Federal de São Paulo, Brazil

### **The nightlife recreational context in Brazil: binge drinking and other risky behaviours**

Brazil is internationally recognized for its parties and its varied and lively evening entertainment. However, despite evidence of the need to develop a healthy recreational environment by reducing the impact of alcohol and other drugs abuse, Brazil does still not have a tradition on assessments, policies and interventions that address the safety of patrons of these venues. This presentation will aim to describe the reality of the nightlife scene of São Paulo, the largest city in the southern hemisphere, with an emphasis on the identification of risk behaviours. In this context, the practice of binge drinking appears to be the main risk behaviour in the nightclubs; however, ecstasy, marijuana and ketamine are the illicit drugs most consumed within the premises. "All you can drink service", characterized by the payment of a fee, usually low, that allow the patron to drink as much as he/she wants, is the environmental variable most associated with alcohol intoxication in the nightclubs. Drinking and driving, taking a ride with a drunk driver and blackout episodes (to forget what happened during the event) are the most prevalent risks to which patrons are exposed to after a binge drinking episode in these establishments. In addition, there was a higher prevalence of alcohol use disorders among nightclub patrons when compared to the general population. Preventive measures, emphasizing alcohol harm reduction, must be disclosed in these nightclubs in order to reduce the risks of alcohol intoxication and associated behaviours.

**Adriana Sanudo**

UNIFESP-EPM, Brazil

**Solange Andreoni**, UNIFESP-EPM, Brazil**Claudia Carlini**, UNIFESP-EPM, Brazil**Zila Sanchez**, UNIFESP-EPM, Brazil**Latent class analysis of patterns of alcohol and other drugs consumption in the nightclubs of São Paulo, Brazil**

The aim of this study is to evaluate polydrug use among patrons in the city of São Paulo (Brazil). Latent class analysis (LCA) was used to identify binge drinking and other drug use in the past 12 month among 2420 patrons in 31 nightclubs. A three class solution was considered the most appropriate to describe polydrug use patterns: "severe polydrug use", "moderate polydrug use" and "binge drinking (BD)". Hierarchical multinomial logistic regression was performed highlighting associations between classes. Men and young adults were more likely to belong to the "polydrug use" class compared to the "BD" class. Individuals who had attended the nightclub three times or more in the past 30 days were more likely to belong to the classes of "severe polydrug use" and "moderate polydrug use":  $OR=3.5$  ( $95\%CI=2.0-6.3$ ) and  $1.8$  ( $95\%CI=1.5-2.2$ ), respectively, when compared to the "BD" class. Patrons who are in the "severe polydrug use" class were more likely to attend electronic nightclubs ( $OR=9.9, 95\%CI=5.4-18.1$ ), rock nightclubs ( $OR=2.3, 95\%CI=1.3-4.0$ ) and hip-hop nightclubs ( $OR=10.1, 95\%CI=6.2-16.5$ ) than the eclectic ones. Individuals in the "moderate polydrug use" class were more likely to attend rock ( $OR=1.9, 95\%CI=1.4-2.8$ ) and hip-hop ( $OR=1.9, 95\%CI=1.4-2.8$ ) than eclectic nightclubs. Those who attended country music nightclubs were, respectively, 58% and 94% less likely to belong to the classes "moderate polydrug use" and "severe polydrug use" when compared to eclectic nightclub patrons. Polydrug use in Brazilian patrons can be expressed as three distinct classes. Frequency of nightclub attendance and nightclub musical style were highly associated with polydrug classes.

## **Illia Sarkissiane**

Modus Vivendi, Belgium

### **The questions raised by the evolution of relationship between a music festival and a service to reduce risks after twenty years of collaboration**

20 years of collaboration between harm reduction services and a festival raises many questions and adaptation of services as well as methods of intervention.

In 1994 Modus Vivendi did a research action in Dour Music Festival to set up a stand dedicated to AIDS prevention and risk reduction related to drug use.

The next year, a needle exchange site was opened during the tree days of the festival together with an information stand in partnership with ASUD (Autosupport of drugs users).

Over the years, a Relax Zone was installed and a few years later, we implemented an on-site drug testing analysis service. The latter was subsequently refused by the festival organizer following the publication of an article in the national press and the fear of the organizer that it gave an image of a festival open to drug use.

Later, tensions between our services and the festival's security services will lead us to be involved in meetings for the festival's preparation. The Relax Zone was to be moved next to the services of the Red Cross; that, and many other episodes have punctuated our collaborations over a 20-year period.

Based on this historical perspective and various developments, we would like to raise different issues that intermix: militancy and professionalization; concessions necessary for communication of a festival and real needs in terms of harm reduction; growing needs and a necessary limit of the subsidized action; collaboration and integration, etc.



**Michael Schaub**

Swiss Research Institute for Public Health and Addiction and University of Zurich, Switzerland

**Oliver Berg**, Arud – Centres for Addiction Research, Switzerland

**Andreas Wenger**, Swiss Research Institute for Public Health and Addiction, Switzerland

**Lars Stark**, Arud – Centres for Addiction Research, Switzerland

**Can Reduce – The Comparison of Chat-Counselling and Web-Based Self-Help on Cannabis Users Who Aim to Reduce Their Use**

This presentation will report the final outcomes of a just finished three-armed randomised control trial that tested the effectiveness of a web-based self-help intervention in combination with, or independent of, tailored chat counselling compared to a waiting list in reducing cannabis use in problematic users. The primary outcome is the weekly quantity of cannabis used. Secondary outcome measures include the number of days per week on which cannabis is used, the severity of cannabis use disorder, the severity of cannabis dependence, cannabis withdrawal symptoms, cannabis craving, the use of alcohol, tobacco, and other non-cannabis illicit drugs, changes in mental health symptoms, and treatment retention. The self-help intervention consists of eight modules designed to reduce cannabis use based on the principles of motivational interviewing, self-control practices, and methods of cognitive behavioural therapy. The two additional individual chat-counselling sessions in the additional chat condition are based on the same therapy approaches and tailored to participants' self-help information data and personal problems.

To the best of our knowledge, this is the first randomized controlled trial to test the effectiveness of online self-help therapy in combination or without chat counselling in reducing or enabling the abstinence from cannabis use. This trial is registered at Current Controlled Trials and is traceable as ISRCTN59948178.

## **Augusto Cezar Schmidt**

Unochapecó, Brazil

**Myriam Aldana**, Unochapecó, Brazil

**Altamir Trevisan**, Unochapecó, Brazil

### **Alcohol consumption, nightlife and its relation to masculinity among Brazilian college men**

Alcohol consumption is a national act for the public in general, and mostly for men its use is highly encouraged and naturalised, especially at social events. Our research, conducted with interviews among male students from Regional University of Chapecó (South of Brazil) and participant observation of festive events, found that usually their moments of leisure happen in the night period and the presence of alcohol is regarded as practically mandatory. "I've never seen a party without alcohol" says one of the respondents; the idea is repeated in other interviews as well. Our research focus is in masculinity issues, seen as a possible reason why its use is accepted and encouraged; also, we analyse the meanings of alcohol consumption in this group of people. In order to think about prevention and treatment, it is necessary to understand the symbolism that alcohol assumes in our society. We found one of the reasons alcohol is so important for masculinity is the expression of masculine power: the student's alcohol helps in appropriation of space, courage, security, "loosen up", authority to speak and express themselves. All these elements are related to power, according to gender authors. It could be also observed that alcohol consumption and going out at night is highly naturalised behaviour and is part of the personal scheme of identity; not consuming alcohol might be seen as a deviation from normality, and therefore, might be associated with aspects of femininity – which for the hegemonic masculine universe has a deprecating character.

**Axel Schmidt**

London School of Hygiene & Tropical Medicine, UK

**Adam Bourne**, Sigma Research, LSHTM, UK

**Peter Weatherburn**, Sigma Research, LSHTM, UK

**Ford Hickson**, Sigma Research, LSHTM, UK

**Use of drugs associated with chemsex among gay and bisexual men across 44 cities. Results from the European MSM Internet Survey (EMIS)**

**Background:** Anecdotal evidence has been reported that the use of recreational drugs such as GBL/GHB, Mephedrone, Crystal Methamphetamine, and Ketamine is increasingly prevalent in sexual encounters of men who have sex with men (MSM); a behaviour referred to as 'chemsex'. Excessive use of such drugs has been associated with harms to mental and sexual health. We aim at comparing patterns of chemsex drug use across 44 major European gay urban centres.

**Methods:** In 2010, EMIS recruited 174,209 men from 38 countries to an anonymous online questionnaire in 25 languages. As harm reduction services for drug use and sexual health services for MSM are organised at a local level, we chose cities for comparison. We defined 44 cities based on region/postal code and settlement size. For multivariable regression analyses, three control groups of MSM not living in these cities were applied: MSM living in Germany, the UK, and elsewhere in Europe.

**Results:** Data from 55,446 MSM living in 44 gay urban centres were included. Consumption of chemsex drugs (past 4 weeks) varied from 0.4% of MSM residing in Sofia to 16.3% in Brighton. The ranking order was largely consistent when controlling for age, HIV testing history, and the number of sexual partners. City of residence was the strongest demographic predictor of chemsex drug use.

**Conclusion:** Chemsex drug use varies substantially across European cities. Effective interventions addressing sexual health and drug harm reduction among MSM using drugs in sexual settings need to be identified and scaled-up in high prevalence cities.

## Jochen Schrooten

VAD, Belgium

### **Development of an online training module for festival crew**

Training modules for staff of nightlife premises have been developed in different countries and on different levels (e.g. European level – Club Health project). Although training for festival crew could be an important service to prevent health risks at festivals we notice two difficulties in this intervention type. First, there is a lack of training materials for this specific target group. Second: face to face training courses for crew working at festivals is very difficult to implement. Our experiences in the field show that it is really difficult to gather so many people before the event and keep their attention on the training course.

Within the confines of the Quality Nights label for clubs and events in Flanders (Belgium), we developed an online training module for crew that is integrated in an online learning management system (LMS). This online training module makes it possible to inform the crew before the festival starts about the implementation of different health services at the event and improves knowledge and attitudes of festival crew in preventing drunkenness and other health related problems. The LMS provides us real time info on the learning path of all the crew members and provides those who passed the test with a certificate.

The e-learning module was developed in cooperation with local dance event promoters and local prevention workers and will be tested in a few dance events in May and June 2015. During the Club Health conference we will present the online training and the first evaluation results.

**Berta Segura**

Agencia Dmentes, Spain

**Gemma Altell**, Fundación Salud y Comunidad, Spain

**Otger Amatller**, Fundación Salud y Comunidad, Spain

**Laura Macaya**, Fundación Salud y Comunidad, Spain

**Mercè Martí**, Fundación Salud y Comunidad, Spain

**Aura Roig**, Fundación Salud y Comunidad, Spain

**Marta Carrasco**, Fundación Salud y Comunidad, Spain

**Noctambul@s Observatory on sexual abuse and drug use in nightlife settings**

In this presentation we will explain the results of the first phase of the project. The project's main objective is to explore the relationship between drug abuse, harassment and sexual abuse in the contexts of nightlife. The study is part of a line of prevention and risk reduction, based on a share-based universal and selective intervention approach.

The observatory aims to deepen the relationship between drug use, harassment and sexual abuse in nightlife settings. The study is part of a research-action that contributes to the prevention and risk reduction. In this presentation we will explain the results of the first phase of the project. It was intended to provide a general, introductory look at the phenomenon. Each of the elements, settings, situations described, among others, requires deepening, to be held in the following stages.

## **Olivia Sharples**

Centre for Public Health, Liverpool John Moores University, UK

**Karen Hughes**, Centre for Public Health, Liverpool John Moores University, UK

**Mark Bellis**, Centre for Public Health, Liverpool John Moores University, UK

**Zara Quigg**, Centre for Public Health, Liverpool John Moores University, UK

### **Does legislation to prevent alcohol sales to drunk individuals work? Measuring night-time sales to drunks in a UK city**

**Background:** By measuring alcohol retailers' propensity to illegally sell alcohol to young people who appear highly intoxicated, we examine whether UK legislation is effective at preventing health harms resulting from drunk individuals continuing to access alcohol.

**Methods:** 73 randomly selected pubs, bars and nightclubs in a city in North West England were subjected to an alcohol purchase test by pseudo-drunk actors. Observers recorded venue characteristics to identify poorly managed and problematic (PMP) bars.

**Results:** 83.6% of purchase attempts resulted in a sale of alcohol to a pseudo-intoxicated actor. Alcohol sales increased with the number of PMP markers bars had, yet even in those with no markers, 66.7% of purchase attempts resulted in a sale. Bar servers often recognised signs of drunkenness in actors, but still served them. In 18% of alcohol sales, servers attempted to up-sell by suggesting actors purchase double rather than single vodkas.

**Conclusions:** UK law preventing sales of alcohol to drunks is routinely broken in nightlife environments, yet prosecutions are rare. Nightlife drunkenness places enormous burdens on health and health services. Preventing alcohol sales to drunks should be a public health priority, while policy failures on issues, such as alcohol pricing, are revisited.

**Armando Silva**

Escola Superior de Enfermagem de Coimbra, Portugal

**Liliana Loureiro**, Portugal

**Irma Brito**, Escola Superior de Enfermagem de Coimbra, Portugal

**Fernando Mendes**, IREFREA, Portugal

**Psychoactive Substances Consumption and Lifestyles in Higher Education Students**

The consumption of psychoactive substances (ATOD) by young people in the academic context has become a matter of concern for community health, because of its harmful consequences, as well as changes in their lifestyles. This study has a main objective to characterize the ATOD consumption and lifestyles of students in higher education. A descriptive-correlational study was accomplished where two self-report questionnaires were applied (via paper and via email): "Fantastic Lifestyle" (Silva, A., Brito, I., and Amado, J., 2011) and "The recreational culture as a tool for the prevention of risk behaviour" adapted to Portuguese Study of Culture Recreation as a Tool for Prevention (Calafat et al., 2008). The sample is 177 students, 16 males and 161 females ( $=19.66$  years,  $S = 1.815$ ). Results shows that the most substances consumed are alcohol ( $=3.16 \pm 0.81$ ), tobacco ( $=1.76 \pm 0.84$ ) and cannabis ( $=1.12 \pm 0.369$ ), considering the frequency of almost never (0) and almost ever (4). It was observed that the intake of ATOD tend to be larger, the higher number of times out at night per week, the more money is spent by students during nightlife, the longer they last and the larger number of places are frequented. 96.61% of students have a healthy lifestyle ( $92.6 \pm 10.001$ ) and more healthy lifestyles tend towards lower ATOD consumption ( $r = -0,127$ ,  $p = 0.095$ ). This study which is part of the PEER network studies (Brito and Mendes, 2009) will contribute to the planning of health promotion programs, including prevention and harm reduction.

## **Eva Sousa**

Escola Superior de Enfermagem São José de Cluny, Portugal

**Rita Abreu-Figueiredo**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Clara Martins**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Ester Ramos**, Escola Superior de Enfermagem São José de Cluny, Portugal

## **Intervention in the community to promote healthy development of skills in nursing students**

The Tuning Project classifies the skills as generic (common to the various higher education courses for example the ability to learn, the capacity for analysis and synthesis) and specifics (related to specific knowledge in a particular field of study, what gives identity and consistency to the course program).

The generic and specific skills are acquired / developed by the students throughout the course, in the different curricular unit.

Under the Plan of Studies of Nursing Degree in ESESJC, at the Clinical Practice Intervention in the Community, it is intended that students acquire a set of generic and specific powers to: Provide nursing care to a community group, based on the needs / problems diagnosed using the design methodology.

In the present study we intend to compare the perspective of students and teachers regarding the skills developed during the stage with those described in the study plan. An online form was administered to students and teachers with open questions, then we made content analysis.

We found that the skills that students report having developed were beyond those described in the syllabus, and that allows them to adopt a research attitude and update knowledge for the practice of community nursing. They recognize that health promotion experience in a student population community was highly enriching.



**Eva Sousa**

Escola Superior de Enfermagem São José de Cluny, Portugal

**Rita Abreu-Figueiredo**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Clara Martins**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Ester Ramos**, Escola Superior de Enfermagem São José de Cluny, Portugal

**Adolescents' health promotion: diagnosis and intervention in a school in Madeira Island, Portugal**

In the first stage of the Community Intervention Project we did a transversal, analytical and descriptive study. The purpose of this was to describe lifestyles and health results of the students involved, and to identify relevant factors associated with these. A questionnaire was used for this purpose, done by the students with teacher supervision. This questionnaire population consisted in 1558 students of all years and grades. A significant sample of 887 student's questionnaires was obtained, and these students were all present at the time of the data gathering and their parents had filled in an informed consent.

We concluded that these students have sedentary lifestyles, exceeding the recommended daily hours of screen-based media, and doing less than 7 hours of exercise per week. Regarding food, we concluded that 52% do less than 5 daily meals, and that these meals have high animal products content and low vegetables content. The water intake was also very low. We also noted the need for a hygiene intervention (oral and hand wash) and the use of dangerous substances (alcohol, tobacco and drugs).

In the second stage, we implemented four intervention projects, to tackle the problems detected before: "To the Rhythm of Health"; "Don't consume your Health"; "Living with Hygiene"; and "Eat Healthy".

The following strategies were used: Health promotion education sessions; Health event, which consisted of four workshops and one Zumba lesson. It is essential to give importance to the relationship between pairs since early adolescence, include young people in the intervention programs and directing to health promotion. These programs should be included in school settings where the inclusion of friends is favourable so we can influence the sense of belonging and safety of young people, thus contributing to a responsible and informed decision-making and to raise awareness about healthy lifestyles, this way, we will be promoting in an integrated manner the health of students involved in nightlife contexts and in preventing risky behaviours.

## **Flavio Tarsetti**

Idiap Research Institute, Switzerland

**Florian Labhart**, Addiction Switzerland

**Olivier Bornet**, Idiap Research Institute, Switzerland

**Emmanuel Kuntsche**, Addiction Switzerland

### **A step ahead: Development and evaluation of a cell phone application for collecting event-level data on young adults' urban nightlife behaviours**

**Background:** Young adults' partying activities and alcohol consumption usually peak on Friday and Saturday nights. Because this behaviour can take place in various environments (outdoors, on-premise, in private, etc.), ubiquitous data collection techniques are needed. This study aims to describe and evaluate a cell phone application, designed to capture young adults' real life behaviour on weekend nights.

**Methods:** The application was developed for Android 4.0.3+. Data on alcohol use, location and social environment were recorded using various surveys types, pictures, videos, GPS, Bluetooth, accelerometers, WiFi and communication logs through the night. Particular attention was given to decrease response burden, recall bias and assessment reactivity. 263 young adults aged 16 to 25 years old, recruited in the two major nightlife cities in Switzerland, installed the application with the aim of documenting their nightlife activities on at least 10 Friday and Saturday nights over 7 weeks. Data was uploaded automatically on a custom server.

**Results:** 241 participants provided data on at least one evening, 202 on at least 5 and 168 on at least 10. In total, 8.5 million data points and 2,500 pictures of drinks were collected. Most participants (80.6%) 'agreed' or 'strongly agreed' that the application was intuitive and easy to use. Furthermore, 77.6% and 84.2% indicated that the application has 'never' or 'rarely' incited them to drink respectively less or more.

**Conclusion:** The app successfully gathered a large variety of data in the event. Future developments should pay attention to enhance compliance rate and communication support to the participants.

## Fátima Trigueiros

SICAD – General-Directorate for Intervention on Addictive Behaviours and Dependencies, Portugal

### **Significance of public policy on nightlife economy and drugs and the harmful use of alcohol related public expenditures**

Why should a subject such as public expenditures be addressed at a conference on nightlife, substance use and related health issues?

Nightlife economy plays a key role on the capacity of cities to attract businesses and tourists. Nightlife associations from major cities have been commissioning studies of the economic impact of their activities, which show how the industry spills over to fashion industry, restaurant and beverage businesses, print and broadcast media and other tertiary industries.

There are not, however, only positive externalities. The effects of nightlife are also visible in individual and public health, creating public nuisances and fostering petty crime that can harm businesses and patrons.

Policies to prevent and reduce drugs and associated crime, as well as the harmful use of alcohol are complex and implemented by a vast array of public and non-profit institutions, traditionally organized in two areas, demand and supply. Some institutions, in particular those in the area of demand, pursue an array of activities that largely exceeds drug or the harmful use of alcohol policies.

Establishing successful partnerships is vital to manage safe nightlife environments. Knowing each other's impact, nightlife economy and the value of public expenditures in the areas of prevention, harm reduction, treatment and supply, is very important to creating and maintaining safe nightlife environments.

This key speech will present research on the night life economy comparing to drugs and the harmful use of alcohol related public expenditures, its significance to public policy and its relation to public and private institutions, including NGO's, and citizens.

The Merriam-Webster dictionary defines SIGNIFICANCE as "something that is conveyed as a meaning often obscurely or indirectly". Drug and the harmful use of alcohol related public expenditures are difficult to assess, especially if they are unlabelled. The effects of drug use and alcohol abuse need to be evaluated in conjunction with public expenditures and the nightlife economy in order to agree on safe nightlife environments and the development of local, national and international activities to convey effective interventions.

## **Jasmine Truong**

University of Zurich, Dept. of Geography, Switzerland

**Sara Landolt**, University of Zurich, Dept. of Geography, Switzerland

### **Feeling connected on- and offline in the urban night out experience of young people**

Youth studies show that the weekend's night out is a crucial social arena for young people. In the "digital age" with the increasing use of smart phones and the low costs for data transmissions, social networking sites and services have become additionally an important social platform for young people (boyd 2014), also relating to shared night out experiences (e.g. Niland 2014).

This paper argues that young people's night out experiences go beyond the face-to-face dimension: In fact, young adults extend their night-time experiences via social networking sites and services. In this paper, I particularly shed light upon the use of the social networking service whatsapp in the context of the urban night out. Drawing on the concept of augmented reality, this paper explores the online activities as part of the nightlife and approaches these cyberspace practices as augmented night out and social experiences. In doing so, I examine how these online practices extend young people's desire to belong, to connect, to care for and to share night out experiences with others. Finally, the paper asks what meanings and implications augmented night out practices have on young people's nightlife and beyond.

The paper is based on 20 in-depths interviews with male and female young adults aged between 16 and 25 years. They spend their weekend's night out in an urban environment and use actively social networking sites and services. The paper focuses on the social networking service whatsapp, because of its growing popularity in contrast to earlier social networking sites investigated by the research community.

**Sebastien Tutenges**

Center for Alcohol and Drug Research, Denmark

**Sveining Sandberg**, Oslo University, Norway

**Transgressive Glories and Intoxicating Stories**

This paper explores the characteristics, uses and implications of drinking stories told among young Danish tourists at the Bulgarian nightlife resort, Sunny Beach. The stories were recorded through ethnographic methods, including observation and in-depth interviews. The participants in the study generally placed high value on being able to recount personal drinking stories, which we here identify as stories that involve the act of alcohol consumption combined with one or several acts of transgression such as stripping, fighting or vomiting. The participants usually told the stories with amusement or pride. However, some stories were told in a critical tone and focused on negative experiences. The data suggest that many participants engaged in heavy drinking and drunken transgressions, in part because they wanted to get good stories out of it. Their drinking behaviour was subtly motivated, inspired and guided by the drinking stories that they heard from others, as well as the drinking stories that they themselves wanted to create. The paper is part of a wider ongoing study of storytelling among youth. The focus of the paper is on drinking stories, but comments will also be made on other similar narrative genres, including drug stories and violent stories.

## **Stephanie Tzanetis**

Harm Reduction Victoria, Australia

**Dan Burns**, Harm Reduction Victoria, Australia

### **DanceWize: harm reduction peer education downunder**

In 1995 DanceWize began as an informal tent full of caring ravers, now it's a government-funded program that advocates for the health rights and human rights of people who use drugs in order to promote harm reduction as a philosophy and practice.

Based in the Australian state of Victoria DanceWize is a harm reduction-focused, peer education program providing information about safer partying and drug use, and hosts a chill space at a range of indoor and outdoor events; categorised as club, commercial, or community events, ranging in size from 500 to 45,000 attendees and in length from a single day or night to a week open 24/7.

The DanceWize team—comprising staff employed by Harm Reduction Victoria (HRV), voluntary Key Peer Educators (KPEs) and Roving Crowd Care Crew members (Rovers)—provides a unique service at events. We work in collaboration with an event's medical team as part of the Emergency Management Team (EMT), hosting our chill space that serves as a centre-point for party-goers to access up to date and relevant information about safer drug use and related issues, general health supplies (e.g. sexual health supplies, sunscreen, and earplugs) and individual support and assistance (we are first aid and mental health first aid trained, but also practice unaccredited techniques too such as 'Trip Sitting').

DanceWize have published 13 substance-specific harm reduction educational resources that are highly sought after by healthcare professionals and peers alike, and at present we are battling to introduce pill testing services in parties down under.

**Helena Valente**

APDES, Portugal

**Daniel Martins**, APDES, Portugal**José Queiroz**, APDES, Portugal**New psychoactive substances in Europe**

New Psychoactive Substances (NPS) are becoming a major challenge to public health and drug policies in Europe and have become a high priority in Europe.

Recent reports from the EMCDDA, Early Warning Systems and national focal points note sharp rises in availability and consumption of an ever-increasing number of and variation in notably NPS, as well as synthetic opiates, stimulants and non-medical use of prescription drugs. This illustrates the current changing and interweaving drug markets of irregular/recreational and problematic drug use, including risky drug taking patterns, injecting, polydrug use and related (mental) health issues. The reports emphasise health concerns and stress the need to identify effective health policies in the fields of prevention, demand reduction and harm reduction policies as well as adequate health services.

This project – ‘New Psychoactive Substances among People Who Use Drugs Heavily – Towards Effective and Comprehensive Health Responses in Europe’ – contributes to the development of innovative and effective health promotion interventions regarding emerging NPS use in Europe by bringing together quality research capacity (Charles University in Prague) and a selected group of experienced service providers in the field of health promotion and harm reduction (APDES, FRG, Praksis, Sananim, Carusel and Monar).

## Helena Valente

APDES, Portugal

Daniel Martins, APDES, Portugal

### Drug checking: shedding light on the 'black market'

For the past 60 years the LSD market has been fairly stable, barely suffering adulterations due to the fact that almost no other psychoactive substance was active enough to be presented in blotter. Recently, due to a variety of factors like the internet revolution of the 90's an enormous flow of knowledge about new substances and how to synthesise them has surfaced. This phenomena has brought a rising number of New Psychoactive Substances (NPS) to the market like for example the highly potent N-benzyl-phenethylamines (NBOMe's) that have been sold in blotters as LSD. Although the pharmacology and level of toxicity of these substances is still unknown there are reports of severe intoxication and fatalities related with the overdose of these substances.

In this context it is of the utmost importance to provide users with the possibility to chemically analyse their substances, Drug Checking is in fact a crucial harm reduction strategy. Since 2009, the Portuguese NGO, Agência Piaget para o Desenvolvimento (APDES) offers a Thin Layer Chromatography (TLC) Drug Checking Service integrated in an extended harm reduction Project working in party settings. In the summer of 2014, APDES has offered the service in a big summer festival, analysing over 600 samples, where a substantial number of NBOMe's being detected as misrepresentations of LSD. In this presentation the results of these analyses will be presented and discussed as well as the pertinence of offering this type of service.



## Floor van Bakkum

Jellinek, Netherlands

### Drugsalert, what a sane drug policy looks like

In the fall of 2015 there were three drug-related fatalities, in addition to at least 14 tourists who become seriously unwell after using heroin that they believed to be cocaine in Amsterdam. Due to the use of such extremely dangerous drugs, the victims suffered respiratory distress.

The City of Amsterdam tackled this issue in close cooperation with the Public Prosecution Service, the police, the Public Health Service of Amsterdam (GGD), local hospitals, the advisory body Adviesbureau Drugs, Ambulance Amsterdam and the drug research and information centre Jellinek.

Thirty-five public information displays showing the 'drugs alert' warning were set-up at locations popular with tourists. In addition, leaflets were distributed, both on the streets and in cafés, bars and clubs. The initiative reached out to various Amsterdam-based businesses such as coffee shops, smartshops, hotels, hostels, cafés, bars and restaurants. They were asked to issue warnings to their customers by clearly displaying posters and distributing leaflets. The campaign communicated with young tourists since they were most at risk of falling victim to the so-called 'white heroin'. A widespread international news media and social media campaign reached out to tourists, to warn them about the situation before they entered Amsterdam. In cooperation with smartshops, Amsterdam also made available a quick test kit to determine if powder bought was heroin.

The presentation will describe the intervention and explain why Amsterdam took such a pragmatic and proactive approach to warning young tourists.

## **Marloes van Goor**

Trimbos institute, Netherlands

### **Dilemmas in water**

Due to the current high dosages of ecstasy the preventive advice on water intake is increasingly important.

Severe acute health problems caused by ecstasy use are rare but can be fatal. The combination of ecstasy use, a warm environment, extensive dancing and poor fluid intake can cause overheating. This is one of the most common causes for severe and fatal ecstasy incidents. Therefore over the past 20 years ecstasy users have been advised to “drink sufficient amounts of water” to prevent overheating.

Another cause for serious and at times fatal incidents related to ecstasy use is water intoxication, or hyponatremia. This condition is caused by drinking too much water, resulting in a disturbance of the salt-water balance in the body. Therefore ecstasy users are also advised not to drink too much water (or other fluids which contain little or no salt).

Discussed in this presentation will be:

- Which are the acute risks of ecstasy use and what is the role of water intake in ecstasy incidents?
- Is the provision of (free) water a solution to prevent (moderate and severe) health problems involving ecstasy, or does it contribute to the misperception that one should drink a lot of water to decrease the risks of ecstasy?
- What should organizations of dance events be advised when it comes to providing free water?

**Claudio Vidal Giné**

ABD – Energy Control, Spain

**Fermín Fernández Calderón**, Department of Clinical, Experimental and Social Psychology, University of Huelva, Spain**José López Guerrero**, ABD – Energy Control, Spain**Patterns of use, harm reduction strategies and its relationship with harms and risk behaviours in recreational ketamine users**

Despite the growing interest in ketamine use-related harms, research on the users profile and patterns of use have been anecdotal and no studies have focused on what users do to prevent or minimise harms when using ketamine. A cross-sectional anonymous web-based survey was developed to collect information about socio-demographics, profiles of ketamine use, risk behaviours, harms and harm reduction strategies (HRS). 469 ketamine users participated in the study last year. A recreational pattern of ketamine use was observed. Several harms were reported by a substantial part of the sample. Recreational users of ketamine carry out HRS, mainly, they space out the occasions of consumption, space out the doses in a consumption session and set a limit to the quantity and do not exceed it. The use of HRS is related to less harm reported, although some strategies show a stronger relationship with less harms reported than others. This study provides empirical evidence about which are the best strategies that help recreational ketamine users to minimise their substance-related harms and may be useful for harm reduction projects working with this population.

## **Aurélien Vitiello**

Haute Ecole Paul-Henry SPAAK, Belgium

### **Pleasures, sex, drugs and risk in gay festive settings**

Students in the first year Master Social Engineering, I did a questionnaire for franco-phone MSM and I'll make some interviews to talk about the gay festive environment.

This will be a first step in writing a longer memory but I'd like to introduce and discuss with some of those present the methodology and show them my first Results.

## Aurélien Vitiello

AFR, France

Nicolas Matenot, Bus 31/32, France

Léa Palmesani, Bus 31/32, France

### The first French meetings of actors in festive harm reduction

The AFR's (French association for harm reduction) festive section is a national gathering of associations involved in the promotion of health in festive settings in France. Since 2009 we have been conducting several actions in France and across Europe (common interventions, organization of the festive workshops at the AFR's symposiums, participation in the Newip and in the "Federation Addiction" days, maintenance of a national referential record of the actions conducted in festive settings) with partners such as ASUD, Bus 31/32, Ensemble Limitons les Risques, Fêtez Clairs, Les Wads, L'Orange Bleue, Techno +, Spiritek...

In October 2014, the AFR's festive section organized a weekend of practice sharing destined to the activists for healthy nightlife in France. The aim was to gather the various faces of festive harm reduction, be they voluntary workers, volunteers to the "Service Civique" or paid workers, young or old, coming from reference projects on the alternative festive scenes or from innovating actions through musical labels, non-communal actions or directed towards new kinds of festive public. This diversity is based on the differences and singularities of our practices, intervention places, our respective communities, our personal experience as merrymakers and activists.

Thus, nearly 50 persons originating from 15 associations met for two days. The creation of this national gathering enabled to impel a positive dynamic among the AFR's festive section. It also allowed us to demonstrate that in spite of our differences, the interest in working with heterogeneous kinds of public is the same. Indeed, to the question "why are you an activist?" the participants answered that commitment, social evolving and the defence of free will are the reasons why they take part in festive harm reduction. What stands out from this gathering is that activism is at the heart of our projects.

## Mike Vuolo

Purdue University, USA

Brian C. Kelly, Purdue University, USA

Joy Kadowaki, Purdue University, USA

### **Nightlife-Related Clean Air Policies and Smoking among a Nationally Representative Longitudinal Panel of U.S. Young Adults**

Restrictions on smoking within bars and nightclubs are a recent global public health initiative. We examine the effect of comprehensive clean air policies, which restrict smoking in bars and nightclubs, on the probability of young adult cigarette use from ages 19-32 in cities across the U.S. We combine a database of every tobacco policy across state, county, and city level and geocoded National Longitudinal Survey of Youth 1997, an annual nationally representative survey of adolescents aged 12-16 during 1997 ( $n=8,984$ ). In this respect, we can trace the impact of these clean-air policies over the course of young adulthood. Using a multilevel panel model, we find that such policies lower the odds of last 30 day any ( $OR=0.797$ ,  $p<.05$ ), daily ( $OR=0.776$ ,  $p<.05$ ), and pack per day ( $OR=0.625$ ,  $p<.01$ ) smoking, while controlling for numerous other factors at the city and individual levels. After decomposing policy into within- and between-person effects, the effect on any smoking has a within-person effect, such that a clean air policy affects a specific person's odds of any smoking ( $OR=0.780$ ,  $p<.05$ ). By contrast, we see a between-person effect on daily pack smoking, such that policies distinguish between individuals who smoke at this level ( $OR=0.421$ ,  $p<.01$ ), but do not affect a specific person's use. We demonstrate that policies restricting smoking within nightlife venues influence tobacco use even in the face of proximal constraints. This highlights the efficacy of clean air policies, such that participation in nightclubs in locations with such policies may alter patterns of smoking among young adults.

**Gabriela Wagner**

Department of Preventive Medicine, Universidade Federal de São Paulo, Brazil

**Zila Sanchez**, Department of Preventive Medicine, Universidade Federal de São Paulo, Brazil

**Risk behaviours associated with breath alcohol concentration in the “Balada com Ciência” portal survey study, Brazil**

**Background:** Alcohol abuse among young people is associated with violence, traffic accidents, risky sexual behaviours and higher propensity to abuse other drugs.

**Aims:** To analyse potential associations between different levels of breath alcohol concentration with risk behaviours after leaving nightclubs in a representative sample of Brazilian nightclubs' patrons of São Paulo, Brazil.

**Methods:** A portal survey study (Balada com Ciência) conducted in 2013 in São Paulo, Brazil, used a two-stage cluster sampling survey design. Individual-level data were collected from 2422 subjects at the entrance and 1822 subjects at the exit of 31 nightclubs. On the day after, a follow-up of 1222 subjects answered an online survey including questions about types of beverages, drug use and risk behaviours (driving; drug use after leaving; new alcohol use; violence behaviour; physical complications; sexual risk behaviour; sexual assault; physical discomfort; police involvement and “blackout”). Breath alcohol concentration (BrAC) was measured with a breathalyser test after each interview. Logistic regression was used for analysing risk behaviours associated with levels of breath alcohol concentration incorporating the sample weights.

**Results:** New alcohol use [OR 3.72 (CI95% 1.50-9.24;  $p=0.006$ )]; physical discomfort [OR 5.01 (CI95% 1.47-17.05;  $p=0.012$ )] and “blackout” [OR 17.70 (CI95% 8.70-36.1;  $p<0.001$ )] were substantially associated with de increased of BrAC. Drive [OR 0.09 (CI95% 0.03-0.25;  $p<0.001$ )] were negatively associated with the increased of BrAC.

**Conclusion:** There was a tendency to continue use of alcohol even after intoxication. Prevention strategies must consider that risk behaviours can be practiced by patrons just after leaving a nightclub and are associated to the BrAC level at the exit.

## Adam Winstock

South London and Maudsley NHS Trust and London and Global Drug Survey, UK

### **What 100,000 people told us about drug use around the world-headline findings from Global Drug Survey 2015**

Translated into 10 languages, GDS2015 was the biggest survey of drug use ever conducted. With a focus on new drug trends and markets, the use of drugs to make us smarter and faster, GDS2015 also focused on the reinvention of cannabis as 'butane hash oil' and the persistence of synthetic cannabinoid preparations. With a mission to help people use drugs more safely regardless of their legal status, this presentation will also review trends in seeking emergency medical treatment associated with the use of MDMA and highlight the importance of peer to peer education in the *GDS HighWay Code* (<http://www.globaldrugsurvey.com/brand/the-highway-code/>) – the first harm reduction guide voted for by drug users, which has been downloaded over 50,000 times. We will also launch the world's first *safer drug use limit guide* based on data from GDS2015. Finally we won't forget that alcohol remains the world's most popular intoxicant, so we will report on the global state of drunkenness – answering the question – which country needs to drink the most to get drunk and which one most often drinks past their tipping point. Oh yes and we will also give you a sneak preview of what GDS2016 will be looking at. And if you want to help us – please come and say hello.



## Missi Wooldridge

DanceSafe, USA

Emma Jacobson, DanceSafe, USA

### **“DanceSafe Visionaries”: A New Approach to Harm Reduction Outreach**

Objectives:

Provide overview of DanceSafe

Provide rationale for DanceSafe’s “Three- Tier Community Engagement Model”

Discuss DanceSafe Visionaries Program

Discuss early program evaluation findings

DanceSafe 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. DanceSafe has two fundamental operating principles: harm reduction and peer-based, popular education. Combining these two principles has enabled the organisation to create successful, peer-based educational programs to reduce drug misuse and empower young people to make healthy, informed lifestyle choices. DanceSafe has adopted a new “Three- Tier Community Engagement Model” as an approach to volunteerism and peer-to-peer outreach. Tier One is comprised of DanceSafe Visionaries. Using the music industry’s street team approach, DanceSafe Visionaries act as the official support and promotion team for the organization. This presentation will focus on the program’s framework, objectives, challenges, and successes! Learn about the role this group of young harm reductions and activists play in the organisation’s sustainability and success.

## **Filippo Zimbile**

Soa Aids, Netherlands  
with

## **Marianne Cense**

Rutgers WPF, Netherlands

### **Can You Fix It? Online serious video game to increase sexual assertiveness: presentation of strategy, development, implementation and results**

In The Netherlands, 17% of girls and 4% of boys (aged 12 – 25) experience sexual victimisation. Nightlife is a high risk situation for sexual transgressive behaviour because of factors such as peer pressure, double standards (norms, values) for boys and girls, alcohol and drugs abuse. Adolescents who are trained to recognise sexual risk situations and prepared effective responses for these situations are more capable in preventing sexual victimisation. We developed and implemented an online serious video game 'Can You Fix It?' (CYFI) to train these skills among adolescents.

Method: CYFI provides a safe environment for the target group to learn about the consequences of sexual transgressive behaviour and train their skills to prevent it. Players of the game view short video's (2-3 minutes per video, 14 video's available) in which their peers wind up in a risk situation. How this situation will end can be determined by the player by pressing the 'Fix It' button at the right moment. The game is based on social learning and modelling theory (McAlister, Perry & Parcel, 2008). Gamification principles (Werbach & Hunter, 2012) are used to keep the attention of the players and to increase their involvement with the educational objectives.

Results: Since 2011 about 350.000 adolescents played the serious game. The average playing time in 2014 was 12 minutes. Usability and effect studies show that the players highly appreciate the game and that their skills to recognise risk situations and prevent sexual transgressive behaviour can be positively affected. CYFI has been adopted by an increasing number of health professionals and teachers.

## **Flavia Zimmermann**

Three Cities Foundation, Malta

### **Service provision for victims of crime on holiday in Malta**

Malta is a popular and affordable holiday destination, with a prevalence of clubbing teens, language students and the over-60s as visitors. Each demographic presents distinct vulnerabilities and experiences crime accordingly.

Multi-sectoral challenges and shortcomings in the country include lack of specialist training for police, the absence of adequate cultural mediation for victims or standard operating procedures, minimisation/normalisation of crimes by frontline service providers and a pervasive victim-blaming culture.

This presentation will highlight and contextualise the above, concluding with proposed solutions.

## **Flavia Zimmermann**

Three Cities Foundation, Malta

### **Interventions for Underage Gay Victims of Sexual Assault in Malta**

The adult clubbing scene in Malta defines much of the country's appeal for young budget travellers. Easy access to venues for local and foreign minors (including under-14s), ease of purchase and relatively low cost of alcoholic drinks, combined with a desire for rebellion in a strongly patriarchal and heterocentric country, are factors that can leave minors vulnerable to aggression and predatory behaviour. Gay male minors face distinct threats and hurdles in recovering from assaults. This presentation will provide illustrative case histories and respective bespoke interventions adopted by TCF to assist survivors.



- Abreu-Figueiredo, Rita – 5, 103, 104  
 Acreman, Dean – 6, 7  
 Aldana, Myriam – 97  
 Altell, Gemma – 100  
 Amattler, Otger – 100  
 Andreoni, Solange – 23, 94  
 Andrews, Matthew – 78  
 Anjos, Paulo – 8, 84  
 Askew, Rebecca – 9  
 Atkinson, Amanda – 10, 89  
  
 Bakkum, Floor van – 112  
 Begley, Emma – 10, 12, 89  
 Belackova, Vendula – 58  
 Bellis, Mark – 13, 101  
 Ben Salah, Nessim – 14  
 Berg, Oliver – 96  
 Bo, Alessandra – 81  
 Bonfim, Gabriel – 85  
 Bornet, Olivier – 105  
 Boubeta, Antonio Rial – 44  
 Bourne, Adam – 98  
 Braña, Teresa Tobío – 38  
 Bretteville-Jensen, Anne Line – 53  
 Brito, Irma – 15, 16, 29, 37, 45, 71, 72, 102  
 Bucheli, Alex – 58  
 Bücheli, Alexander – 17, 73  
 Burgos-Lukes, Minda – 18  
 Burns, Dan – 109  
 Buzatu, Nicoleta-Elena – 19  
  
 Calafat, Amador – 20  
 Campbell, Lisa – 21  
 Canfield, Martha – 22  
 Carlini, Claudia – 23, 94  
 Carneiro, Amelia – 24  
 Carrasco, Kim – 25  
 Carrasco, Marta – 100  
 Carvalho, Félix – 26  
  
 Cense, Marianne – 121  
 Coutinho, Veronica – 16  
 Couto, Carmen Barreiro – 38  
 Craik, Vicki – 27  
 Crook, Rebecca – 28  
  
 De Almeida, Edmundo – 29  
 Delaney, Sasha – 66  
 Derendinger, Steven – 35  
 Dillon, Paul – 30  
 Douglas, Gaulle – 66  
 Dovžan, Špela – 31  
 Duering, Ana Carolina – 33  
 Duscherer, Katia – 32, 79  
 Dutra, Altamir Trevisan – 33  
 DuVall, Robert H. – 34  
  
 Edland-Gryt, Marit – 53  
 Enggist, Stefan – 35  
 Espada, José P. – 50  
 Ezard, Nadine – 36  
  
 Ferreira, António – 37  
 Ferreira, Fernanda – 37  
 Ferreira, Sandra Golpe – 38  
 Ferri, Marica – 81  
 Folgar, Manuel Isorna – 38  
 Ford, Kat – 39, 40, 82  
 Forgan, Stephan – 78  
 Forsyth, Alasdair – 41  
 Foxcroft, David – 56  
 Frazer, Kirsten – 42  
  
 Gagne, Charlotte – 66  
 Gallego, Manuel Araujo – 44  
 Garcia, Patricia Ros – 43  
 Gilvarry, Catherine – 22  
 Gómez Salgado, Patricia – 44  
 Gonçalves, Anabela – 45  
 Gonçalves, Luisa – 46  
 Gonzalez, Brun – 47, 48  
  
 González, Elena – 49  
 González, María T. – 50  
 Goossens, Ferry – 51  
 Goulão, João – 52  
 Gripenberg, Johanna – 53  
  
 Hannemann, Tessa-Virginia – 54  
 Hardcastle, Katherine – 55  
 Hart, Carl – 42  
 Hickson, Ford – 98  
 Hill, Kimberley – 56  
 Homem, Filipa – 16  
 Hughes, Karen – 39, 55, 60, 82, 101  
 Hunt, Anna – 82  
 Hutchings, Alun – 6, 7  
  
 Jones, Caroline – 57  
 Jones, Stephanie – 58  
  
 Kadowaki, Joy – 117  
 Kelly, Brian – 59  
 Kelly, Brian C. – 117  
 Kelly, Danielle – 60  
 Krouwel, Jacqueline – 61  
 Kufner, Lori – 62, 63  
 Kuntsche, Emmanuel – 64, 105  
  
 Labhart, Florian – 64, 105  
 Landolt, Sara – 64, 107  
 Leatherbarrow, Kirsty – 39  
 Lea, Toby – 65  
 Lobo, Maria – 8  
 Loureiro, Liliana – 102  
 Lourenço, Tânia – 46  
 Luf, Anton – 75  
  
 Macaya, Laura – 100  
 MacKintosh, David – 66  
 Maier, Larissa – 67  
 Mallou, Jesús Varela – 44

- Martí, Mercè – 100  
 Martín-Pérez, Alberto – 49  
 Martins, Clara – 5, 103, 104  
 Martins, Daniel – 110, 111  
 Masters, Jem – 68  
 Matenot, Nicolas – 69, 116  
 McCormick, Ross – 86  
 Measham, Fiona – 58, 70  
 Mendes, Fernando – 16, 37, 45, 71, 72, 84, 102  
 Mendes, Maria do Rosário – 72  
 Menzig, Peter – 73  
 Moreto, Daiane – 33  
 Morton, Sarah – 74
- Nagy, Constanze – 75  
 Noijen, Judith – 58, 76  
 Nordfjærn, Trond – 53
- O'Brien, Karl – 74  
 Oliveira, Lisandra – 46  
 O'Reilly, Laura – 74  
 Orgilés, Mireia – 50  
 Osté, Johan – 77
- Palmesani, Léa – 69, 116  
 Parsons, Jeffrey – 59  
 Paschoud, Cecilia – 14  
 Pashmi, Ghazaleh – 78  
 Paulos, Carlos – 32, 79  
 Pawson, Mark – 59  
 Pesesse, Yoan – 80  
 Pilling, Michael – 56  
 Piontek, Daniela – 54
- Pirona, Allesandro – 81  
 Queiroz, José – 110  
 Quigg, Zara – 55, 82, 101
- Ramos, Ester – 5, 103, 104  
 Ramsey, John – 83  
 Rebollo, Jennifer – 49  
 Redondo, João – 84  
 Reis, Alice – 85  
 Renner, Karen – 86  
 Ribeiro, Bruno Rodolfo – 49  
 Roderick, Janine – 87  
 Rodwell, Paul – 88  
 Roig, Aura – 100  
 Ross, Kimberley May – 10, 89
- Šabić, Simona – 90, 91  
 Saleh, Ahmad – 92  
 Sanchez, Zila – 23, 94, 118  
 Sanchez, Zila M. – 93  
 Sandberg, Sveining – 108  
 Sanudo, Adriana – 94  
 Sarkissiane, Illia – 95  
 Schaub, Michael – 96  
 Schmidt, Augusto Cezar – 33  
 Schmidt, Axel – 98  
 Schrooten, Jochen – 99  
 Segura, Berta – 100  
 Sharples, Olivia – 101  
 Silva, Armando – 102  
 Simões, Paulo – 84  
 Smith, Josie – 6, 7  
 Sousa, Eva – 5, 103, 104  
 Sousa, Maria – 46  
 Stark, Lars – 96
- Stoops, Michelle – 57  
 Sumnall, Harry – 10, 89  
 Sussman, Steve – 50
- Tarsetti, Flavio – 105  
 Trevisan, Altamir – 33, 97  
 Trigueiros, Fátima – 106  
 Truong, Jasmine – 64, 107  
 Tutenges, Sebastien – 108  
 Tzanetis, Stephanie – 109
- Valente, Helena – 58, 110, 111  
 van Bakkum, Floor – 112  
 van Goor, Marloes – 113  
 Van Goor, Marloes – 51  
 Vidal, Antonio – 49  
 Vidal Giné, Claudio – 114  
 Vitiello, Aurélien – 115, 116  
 Vuolo, Mike – 117
- Wagner, Gabriela – 118  
 Walker, Natalie – 86  
 Weatherburn, Peter – 98  
 Wells, Brooke – 59  
 Wenger, Andreas – 96  
 Westwell, Andrew – 6, 7  
 Winstock, Adam – 67, 119  
 Wooldridge, Missi – 58, 120  
 Worrell, Marcia – 22  
 Wynia, Sjoerd – 76
- Zimbile, Filippo – 121  
 Zimmermann, Flavia – 122, 123

## Club Health Lisbon 2015

### International Steering Committee members | Comité Internacional

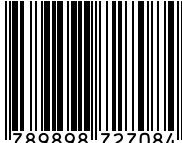
Mark Bellis, United Kingdom  
Andrew Bennett, United Kingdom  
Alex Buchell, Switzerland  
Gregor Burkhart, EMCDDA  
Amador Calafat, Spain  
Paul Dillon, Australia  
Karen Hughes, United Kingdom  
Stefanie Jones, USA  
Matej Kosir, Slovenia  
Chris Luke, Ireland  
Ninette van Hasselt, Netherlands  
Fernando Mendes, Portugal  
Zila Sanchez, Brazil  
Adam Winstock, United Kingdom

### Portuguese Speaking Steering Committee members | Comité de Língua Portuguesa

Fernando Mendes, Portugal  
Maria do Rosário Mendes, Portugal  
António Major, Portugal  
Irma Brito, Portugal  
Sérgio Oliveira, Portugal  
Altamir Dutra, Brasil  
Amélia Carneiro, Portugal  
Margarida Amorim, Portugal  
Catarina Canário, Portugal  
Catarina Tomás Cardoso, Portugal  
Edmundo Silvestre de Almeida, Angola  
Fernanda Príncipe, Portugal  
Hélder Luíz Santos, Portugal  
João Redondo, Portugal  
Jorge Bonito, Portugal  
Leopoldina Araújo M., Angola  
Manuel Duarte, Portugal  
Maria Carmo de Azevedo Carvalho, Portugal  
Maria da Conceição Martins da Silva, Angola  
Maria João Pinto Monteiro, Portugal  
Maria Olívia Barcelos, Portugal  
Lourenço Tavares (Maruka), Cabo Verde  
Miguel Ricou, Portugal  
Paulo Anjos, Portugal  
José Rocha Almeida, Portugal  
Rosa Godinho Andrade, Portugal



ISBN: 978-989-8727-08-4



9 789898 727084

