

Grassroots Harm Reduction Program Development: Results from DanceSafe Denver Community Survey

Club Health San Francisco

May 28-30, 2013

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What is DanceSafe?

Safe



What is DanceSafe?

DanceSafe 

SUBSTANCE	STEP 1: WHITE TEST				STEP 2: RED TEST				STEP 3: BLUE TEST				STEP 4: YELLOW & GREEN TESTS			
	MARQUIS				MECKE				MANDELIN				SIMON			
	5	10	15	20	5	10	15	20	5	10	15	20	5	10	15	20
MDMA	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
MDE	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
MDA	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Methamphetamine	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Amphetamine	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
2C-B	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
2C-I	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
2C-E	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
2C-T-2	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
2C-T-4	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
2C-T-7	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
DOB	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
DOI	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
MDPV	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Methylone	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Butylone	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Mephedrone	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Ketamine	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Methoxetamine	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
LSD	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Mescaline	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
PMA	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
PMMA	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
DXM	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Codeine	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Morphine	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Oxycodone	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Heroin	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Cocaine	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Ritalin	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Aspirin	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White
Sugar	Black	Black	Black	Black	Red	Red	Red	Red	Blue	Blue	Blue	Blue	White	White	White	White

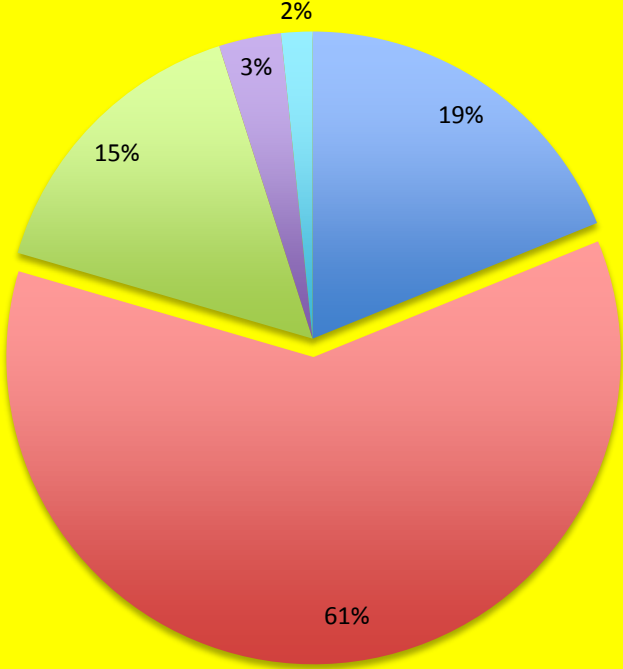
DanceSafe Denver Community Health Survey (2012)

- Purpose
- Administered June, 2012- September, 2012
- Nature of Questions
 - Demographics
 - Access to DanceSafe services
 - Drug use
 - Perceptions of self efficacy
 - Water consumption
 - Hearing loss prevention
 - Sexual health practices
- Anonymous and Confidential
- 123 Total Surveys Collected



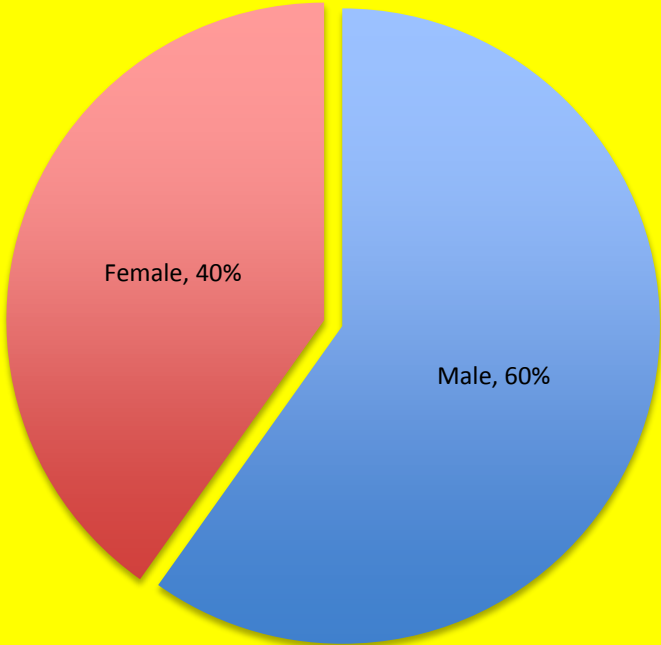
Findings

Age (n= 122)



- 13-18
- 19-25
- 26-32
- 33-39
- 40 and Older

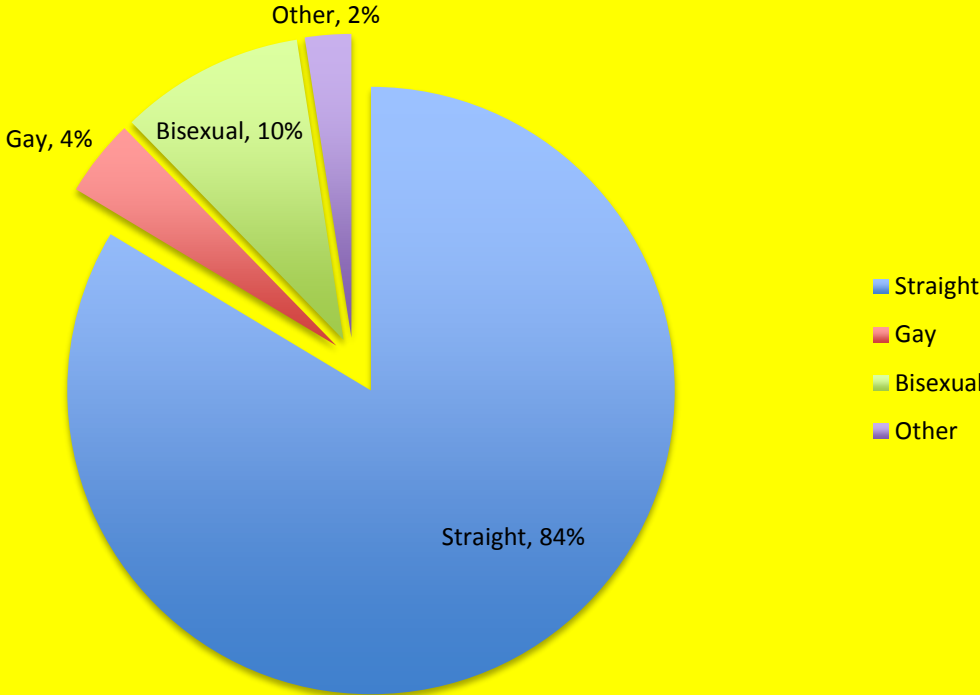
Gender (n= 122)



- Male
- Female

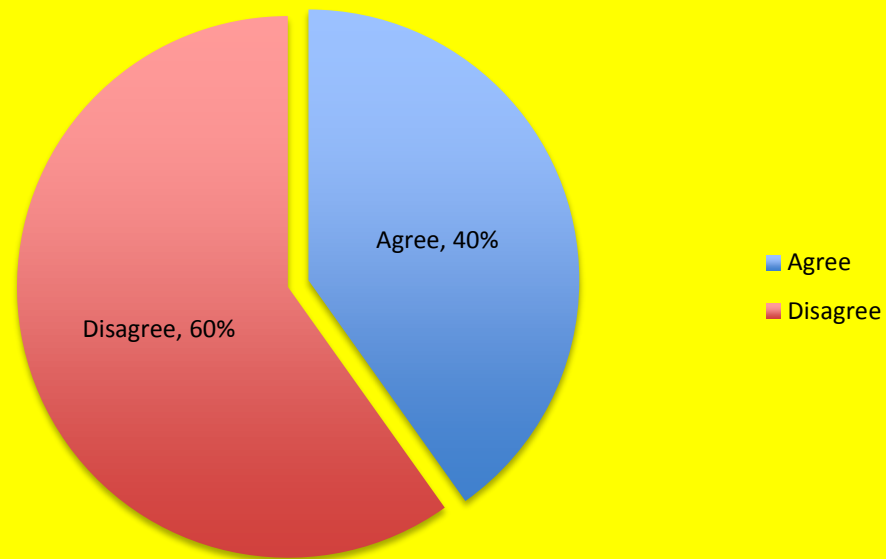
Findings

Sexual Orientation (n= 122)



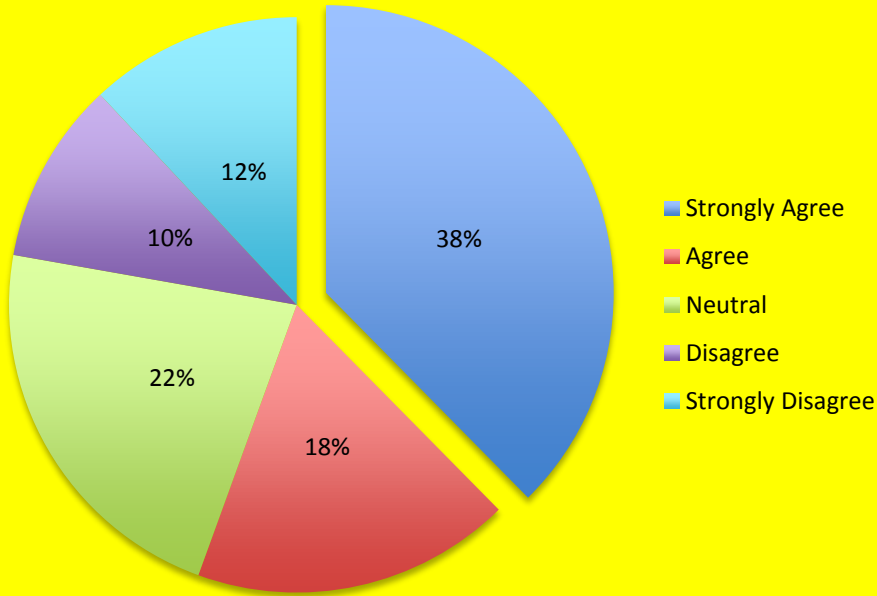
Findings

In the past 10 years, I have used services provided by DanceSafe.
(n= 122)

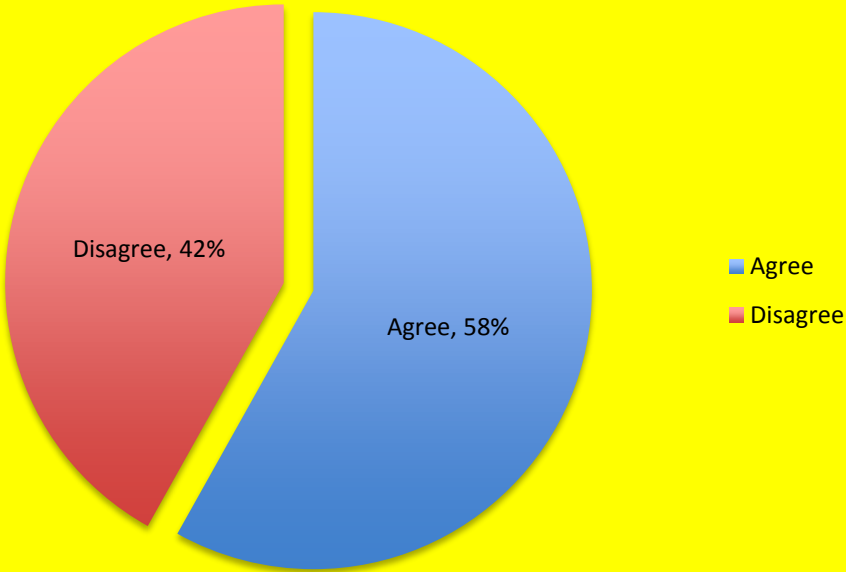


Findings

When engaging in sexual intercourse, during or after an electronic music event, I always use protection. (n= 117)

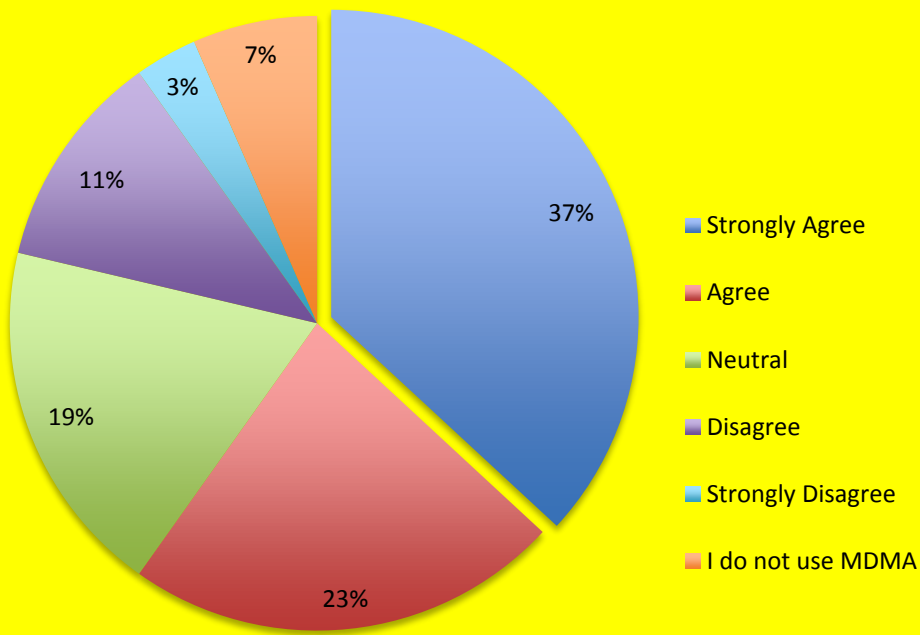


In the past year, I have been tested for STD's/STI's. (n= 117)

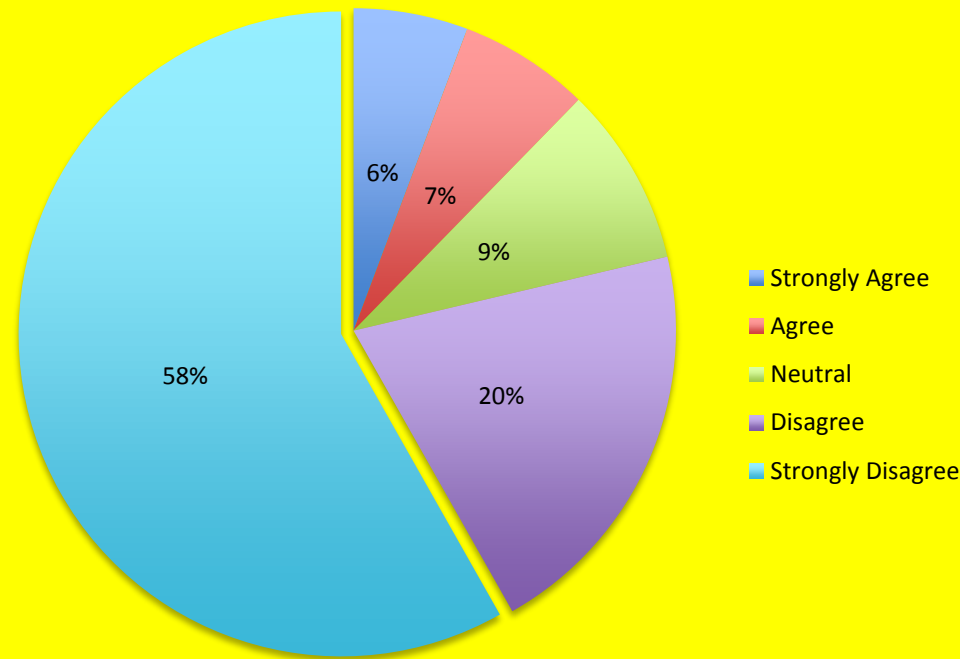


Findings

When attending an electronic music event and using MDMA, I always drink at least one ml bottle of water per hour. (n= 122)



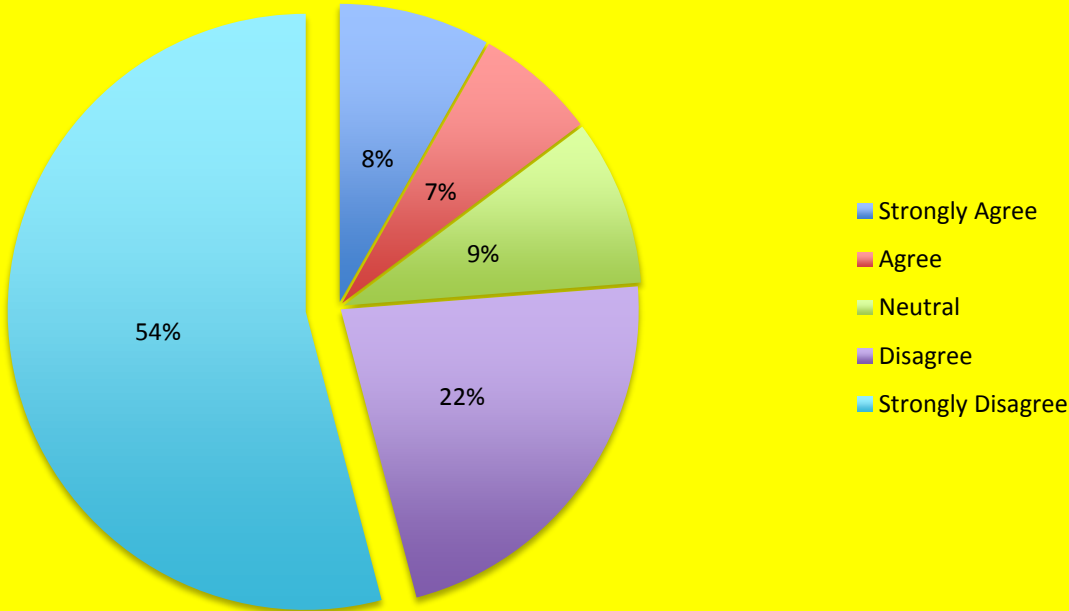
When attending an electronic music event, I always wear earplugs to prevent hearing loss. (n= 122)



Findings

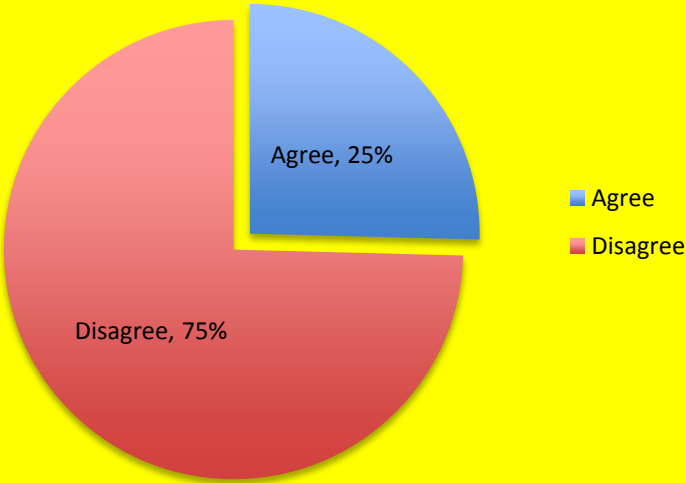
I have confidence in my ability to assist another individual if they were experiencing severe negative side effects of a drug and/or overdose.

(n= 122)

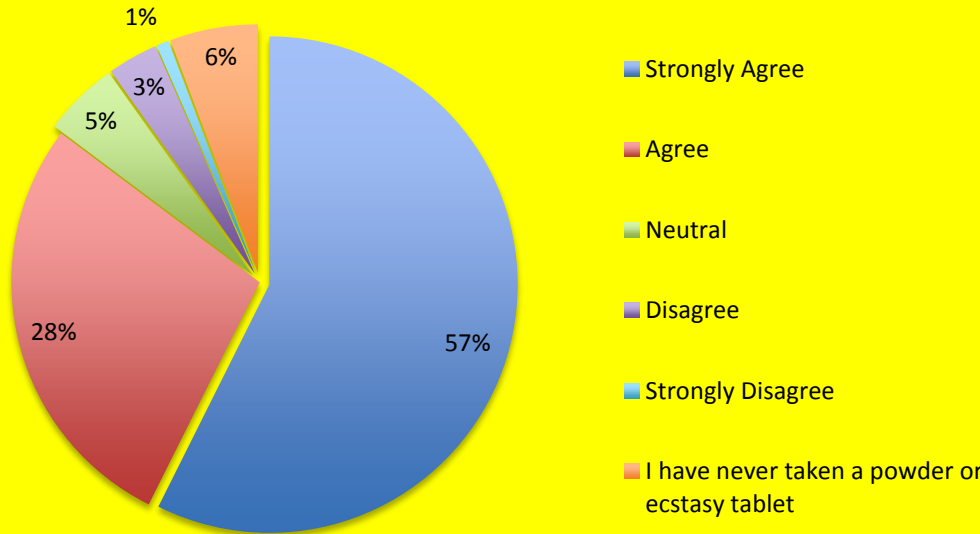


Findings

In the past 10 years, I have used a DanceSafe testing kit to identify adulterants in powders or ecstasy tablets. (n= 122)



In the past 10 years, I have taken a powder or ecstasy tablet without knowing all of the substances it contains. (n= 122)



Findings

Figure. 1

Currently, I feel the most common drug of choice among my immediate group of friends within the electronic music scene is:

(n= 86)

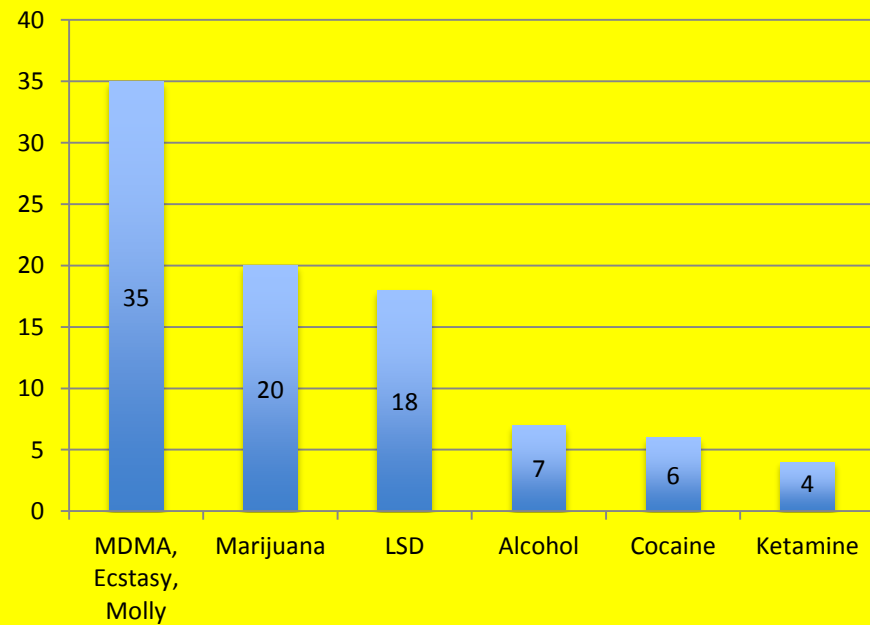
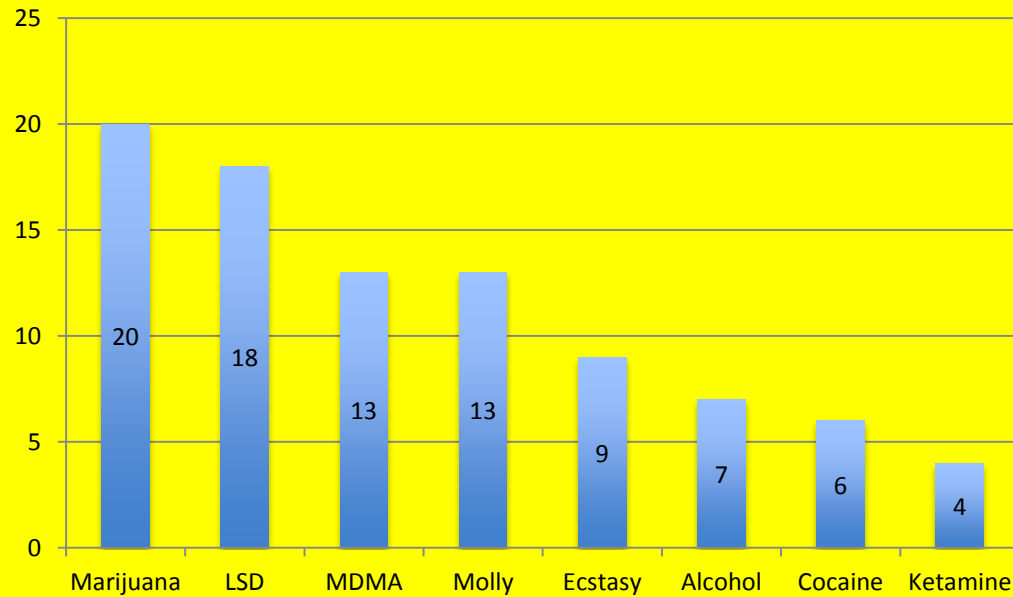


Figure. 2

Currently, I feel the most common drug of choice among my immediate group of friends within the electronic music scene is: (n= 86)



Findings

RANK	Drugs/Substances used in the LAST 3 MONTHS	Drugs/Substances used at least ONCE in your LIFETIME	Drugs/Substances you intend to use in the NEXT 3 MONTHS
1	MDMA, MDA, Ecstasy, Molly, or Sass (n= 81)	MDMA, MDA, Ecstasy, Molly, or Sass (n= 88)	MDMA, MDA, Ecstasy, Molly, or Sass (n= 55)
2	Marijuana (n= 71)	LSD (n= 85)	LSD (n= 49)
3	LSD (n= 59)	Marijuana (n= 72)	Marijuana (n= 46)
4	Cocaine (n= 40)	Mushrooms (n= 59)	Alcohol (n= 26)
5	Alcohol (n= 31)	Cocaine (n= 59)	Mushrooms (n= 24)



Findings

Other Drugs Reported	LAST 3 MONTHS	ONCE in your LIFETIME	NEXT 3 MONTHS
Pills, Medications, Pharmaceuticals	N= 16	N=36	N= 8
DMT	N= 13	N= 22	N= 11
Ketamine, MXE	N= 15	N= 22	N= 10
2C (x)	N= 6	N= 27	N= 4
Tobacco, Nicotine	N= 6	N= 8	N= 3
Speed, Meth, Amphetamines	N= 3	N= 11	N= 0
Mescaline, Peyote, San Pedro	N= 4	N= 9	N= 5
Nitrous, Whippets	N= 1	N= 8	N= 2

Limitations

- Memory Bias
- Participant Bias
- Sampling Bias
- Underreporting
- Multiple responses
- Legibility
- 'Under the Influence'

Discussion of Findings: Need for Evidence-Based Peer Education Training Program

- Poly drug users
- Research chemicals
- Lack the self efficacy to assist with overdose or negative side effects from drug use
- Poor sexual health practices
- 80% of participants are not taking preventative measures to prevent hearing loss
- Issues with proper hydration
- No one else is providing harm reduction services to this community
- Electronic music community is mainstream
- DanceSafe Denver vs. DanceSafe National



“Rage Right!”

Program Goal: To reduce negative health consequences associated with attending electronic music events

Objectives:

- **Process/Administrative:** By the end of 2013, 20 individuals from the electronic music community will complete the program.
- **Learning/Knowledge:** After completing the program, all participants will be able to define ALL principles of harm reduction.
- **Learning/Awareness:** After completing the program, all participants will be able to identify 3 risk and protective factors associated with the harms drug use.



“Rage Right!”

Objectives:

- **Learning/Skill Development:** After completing the program, all participants will be able to assist with a difficult drug-related situation and/or overdose.
- **Learning/Attitude:** After completing the program, all participants will be able to defend two of their reasons for engaging in safe sex.
- **Action/Behavioral:** One year after the program has been completed, all participants will test their substances prior to consumption.
- **Environmental:** By the end of 2013, 1 new venue in the Denver-metro area will allow DanceSafe to provide adulterant screening services.



“Rage Right!”

Methods: Six- 1.5 hour Interactive Sessions

- **Session 1:** The Basics: “Boothng 101” and Principles of Harm Reduction and Popular Education
- **Session 2:** Promoting Health Behaviors: Safer Sex and Healthy Relationships, Proper Nutrition, and Preventing Hearing Loss, Heatstroke, Dehydration, and Violence
- **Session 3:** Poly Drug Use: Harms, Risks, and Protective Factors
- **Session 4:** Adulterant Screening: Know your Mind, Body, and What you are Putting into It
- **Session 5:** Crisis Intervention and Management: First Aid/CPR and Assisting with Difficult Psychedelic Experiences
- **Session 6:** Our Environment, Policies, and Procedures: Understanding and Advocating for Change



A Multi-Theory Approach

- Community Level and Individual Level Theoretical Constructs
- Natural Helper Intervention Model: An Environmental-Oriented Theory and Social Support Intervention
 - 3 Outcomes of these interventions include:
 - Improved health practice
 - Improved coordination of services
 - Improved community competence



A Multi-Theory Approach

- Individual behavioral strategies used to guide the program's methods (sessions)
 - Raise Awareness!!!
 - Conscious Raising
 - Increase Self Efficacy
 - Increase Knowledge and Skills
 - Counter Conditioning
 - Mobilize Social Support
 - Empowerment
 - Perceived Social Norms



Acknowledgements

Miss Shauna DeRemus

DanceSafe Intern, Summer 2012



Questions?

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