



High and Horny? The Northern Response to Chemsex

Rebecca Evans

The Hathersage Integrated Contraception,
Sexual Health and HIV Service





Objectives

- What is Chemsex?
- How big is the issue?
- REACH clinic
- Holistic nursing
- Consent
- Breaking down barriers
- Moving forward



What is Chemsex?

- Sexualised use of drugs amongst men who have sex with other men (MSM) typically involving methamphetamine (crystal meth), mephedrone (MCAT) and gammahydroxybutrate/gammabutyrolactone (GHB, GBL, G)
- EMIS study 2010
- Crime Survey England and Wales 2011/2012 and 2013/2014
- Neptune Clinical Guidance 2016



REACH Manchester

- Set up in response following local HCV risk factor audit in HIV positive MSM in 2014-15 and increasing reports of drug use/chemsex in GUM.
- Collaboration with drugs services and voluntary sector
- 3 pronged approach: sexual healthcare and treatments, psychosocial interventions, harm reduction



REACH Manchester

- **53** men seen since April 2015
- **55%** HIV positive
- **24.5%** HCV positive
- **40%** diagnosed with an STI at first engagement with services
- **46.3%** report current injecting drug use
- **44%** report non-consensual sex

Worried about
slamming?

Unable to have
sober sex?

Want to gain
control over
your drug use?



Holistic Nursing

- **Physical**

Sexual healthcare and treatments, woundcare, HIV/HCV care

- **Emotional**

Self esteem, self worth, motivational interviewing/behaviour change

- **Intellectual**

Education, harm reduction, does this impact on their daily life

- **Sexual**

Sober sex, intimacy



Consent

- Implied consent by attending a **sex** party
- **Ongoing** consent
- Disinhibition
- Coercion
- Loss of awareness
- Deliberate actions



Breaking Down Barriers

- Goal orientated targets
- Relapse management
- Fear of misunderstanding
- Moralistic response
- Charges of drug offences
- Self esteem/self worth
- Empowerment



Moving Forward

- Feedback forms
- Easier access to clinic
- Expanding the clinic
- Spotting signs earlier



Conclusions

- What is Chemsex?
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ChemSex
support

Any Questions?



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Want to gain control over your drug use?

For free confidential advice and one-to-one support visit the:

Reach Clinic
Hathersage Centre,
Upper Brook Street,
Manchester, M13 0FH

We're open Wednesdays
3.30–6pm. Walk in or
make an appointment.

Speak to us on 0161 276 5204
or email reach@cmft.nhs.uk

ChemSex support

manchestersexualhealth.org

Logos:  ADS  