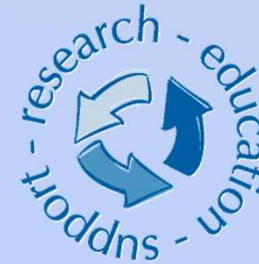


15th Annual Conference of the
National HIV Nurses Association (NHIVNA)



National HIV Nurses Association

David Stuart

Antidote Substance Use Services, London

27-28 June 2013- The International Convention Centre, Birmingham



10 year history serving the Substance Use needs of
London's LGB&T

(**L**esbian, **G**ay, **B**isexual & **T**ransgender)
communities

8,000 contacts, 800+ people in a variety of structured
treatments each year



New Drug Trends

10 years ago



TODAY



Crystal
Methamphetamine



"Club Drugs" are Problematic Drugs

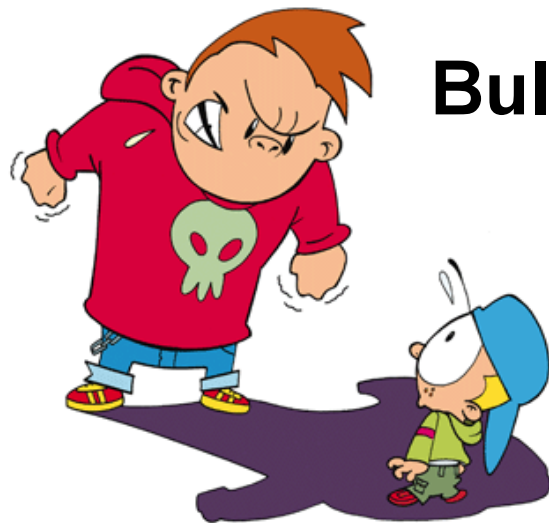
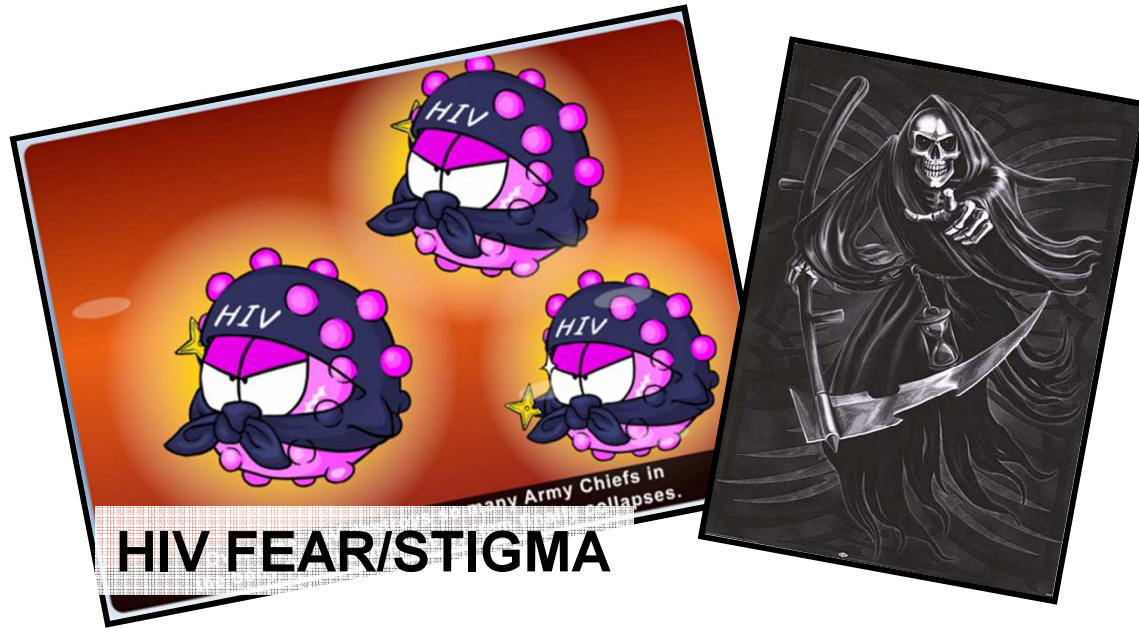
	2005	2012
Crystal Meth	0%	40%
GHB GBL	3.2%	27%
Mephedrone	0%	18%
LGB&T people poly-using these 3 drugs now account for 85% of our presentations (alcohol, marijuana, cocaine the remainder)		
Referrals from GUM clinics, A&E or statutory drug services	8%	63%

Normalised Drug/Alcohol use on our Bar and Club Scene

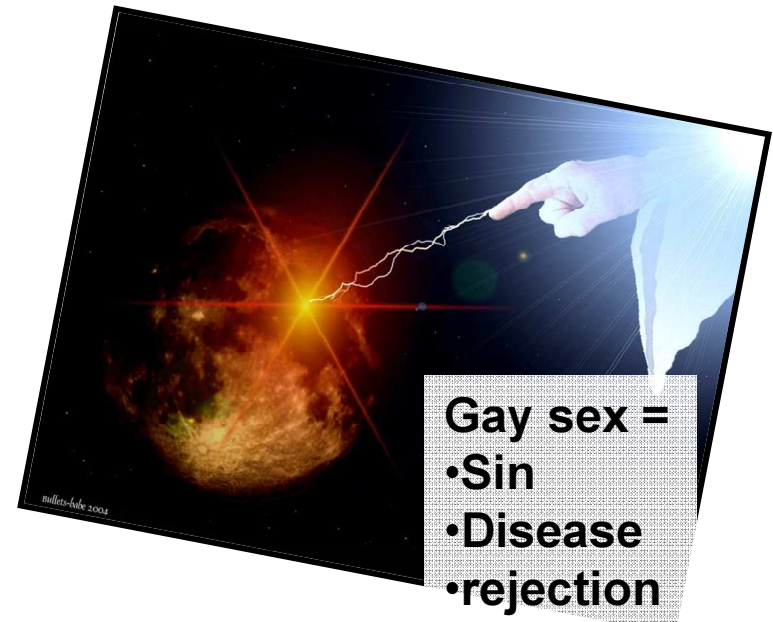


“Abstinent” based models inappropriate for this client group. 6
This is not about scoring on the street corner; online purchasing and “Hooking up”.

LGBT reasons for drug use



Bullying/Rejection



Drugs being
used to
facilitate
sex

Sober sex
can be
challenging
for this group



“HIV prevention” *includes* sexually active HIV+ people.

- Are you confident disclosing your status?
- Do you feel confident & sexy, or diseased and unclean?
- Are you comfortable discussing HIV with friends/lovers?
- Do you use Bareback sites to avoid the HIV topic?
- Do you want support in writing your online profiles/setting boundaries on line?
- Do you care about your health and others... even when high?
- Condom-less sex may be a choice... but sharing needles?

Is compulsive sexual behaviour a result of HIV+ men being out of work, benefit dependent, poorly-esteemed, isolated, in need of affirmation, ill at ease with their status?

When did you last have sober sex? _____

Are you happy with this? _____

What do you enjoy about Chem-sex? _____

Are you getting enough intimacy and closeness from your sexual encounters? _____

What do you think the advantages of sober-sex are? _____

If you were to set a boundary re **what % of your sex life is sober, what % is Chem-sex**, what would you be content with?

Circle your preferred Chem-sex percentage

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Circle your preferred Sober-sex percentage

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

How can you help yourself adhere to these percentages? What supportive measures might you put in place?

Would you like support in addressing sober-sex? **Yes** **No** (See suggestions overleaf)

If you were to set a boundary re how many weekends per month you "Played", and how many were spent sober and productively, what would you be content with?

(Circle your preference) Weekends per month spent as Chem-weekends; 0 1 2 3 4

If you're a less frequent user, circle the weekends **per year**, you'd prefer to be Chem-weekends

0 1 2 3 4 5 6 7 8 9 10 11 12 (or your number; _____)

As a boundary to work towards; how many weeks between each 'Playtime' do you see as reasonable?

0 1 2 3 4 5 6 7 8 9 10 11 12 (or your number; _____)

How can you help yourself adhere to these boundaries? What supportive measures might you put in place?

Some people struggle with these boundaries because a sober weekend might mean isolation, loneliness or boredom. A weekend spent productively, exploring interests, hobbies, and enjoying intimate friendships will help you adhere to your boundaries more successfully. (See suggestions overleaf)

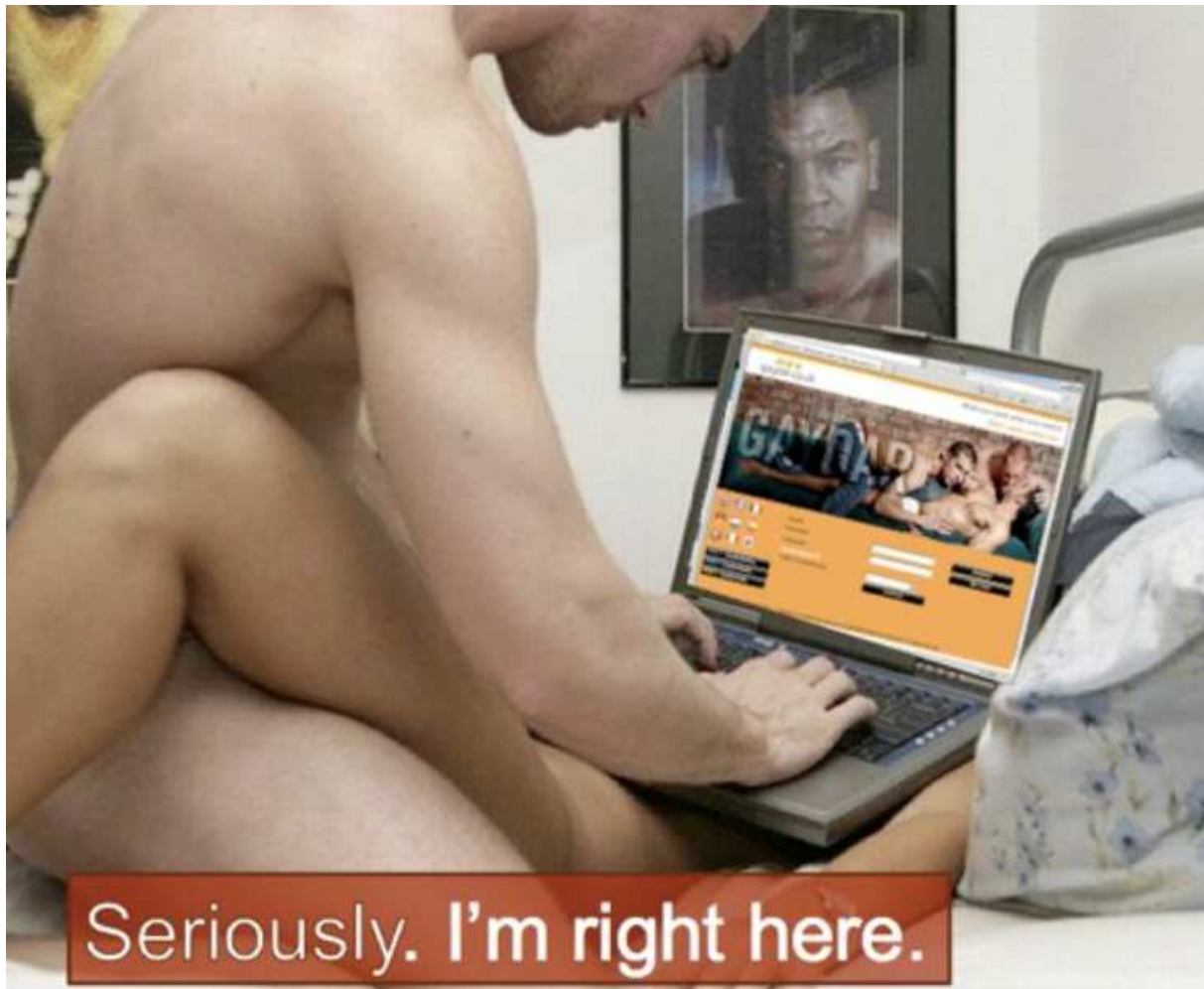
Would you like support in making your sober weekends more fulfilling/productive? **Yes** **No**

(If your sober weekends *are* enjoyable and productive; do you look forward to them as much as you look forward to your Chem weekends? **Yes** **No**)

How confident are you to adhere to these boundaries?

Not Confident 1 2 3 4 5 6 7 8 9 10 Very confident

Managing Social Networking



The popularity of "BareBacking"



CODE

**A sexual health/drug information service for
gay men who use drugs for sex**

antidote
@friend
LGBT drug and alcohol support



Tuesdays, 5pm to 7pm, 56 Dean St (3rd Floor)
Text 07786 202 243 for an appointment



or



“Equality”..
Does not mean treating
people the same.



Less than 2% LGBT people use heroin or crack
GHB/GBL Ignorance
Injecting ignorance
Sexual context ignorance
Unwelcoming waiting rooms
Historical distrust

ANTIDOTE DATA; Sexual Health Consequences

Of the Crystal Meth, and Mephedrone users at Antidote;

- 95% are using to facilitate sex
- 80% are injecting
- 70% report having shared needles to inject
- Prefer to use “Bareback” sites to find sexual partners
- Report an average of 5 sexual partners per “episode”

75% are HIV positive; of these,

- 60% report not taking HIV medicines when on drugs
- 90% attribute their HIV or Hep C diagnosis to the use of drugs or alcohol

**Of the HIV Negative clients, more than half have had
one or more courses of PEP in the last year**

