



KONTAKT- UND ANLAUFSTELLE DES CONTACT NETZ



Contact Netz - DCR

- Contact Netz: non-profit organisation in the canton Berne with different services for drug addicts
- **D**rug **C**onsumption **R**oom since 1986
- Substances in the beginning: mostly heroine.

Users of DCR Berne

- Drug addicts from the canton Berne
- About 900 registered users
- Average age: 38 years
- $\frac{3}{4}$ are coming every day or several times a week
- $\frac{3}{4}$ men, $\frac{1}{4}$ women

Consumption forms



Last years challenges

- Change from intravenous to smoking consumption
- Mix of substances
- Bad purity and/or heroine shortages → increasingly use to not prescribed benzodiazepine and/or alcohol to fill the vacuum
- Confrontation with new substances like Crystal Meth
- High propensity towards violence because of new substances and their combination

Reasons for changing from i.v. to inhalation form

Answers clients and monitoring

- Can take more without risk of overdose
- Less elaborating and stress, can smoke everywhere
- Need less material
- Disgust, bad experiences with i.v. consumption
- Inhibitions to shoot
- “Don’t need the kick anymore”
- “People who shoot are afraid of high purity, smokers like good stuff”
- “Who shoots is broken or dead more quickly”
- Damaged veins

The «typical» smokers

- Rather young people
 - Appearance/look «better» than i.v. consumers
 - Smokers think to be less addicted, more healthy users, better...
 - Normally little awareness concerning risks
 - Smoking room is less supervised by the staff – for this reason formation of clans, sharing pipes
- Although: different humans with different social and health situations

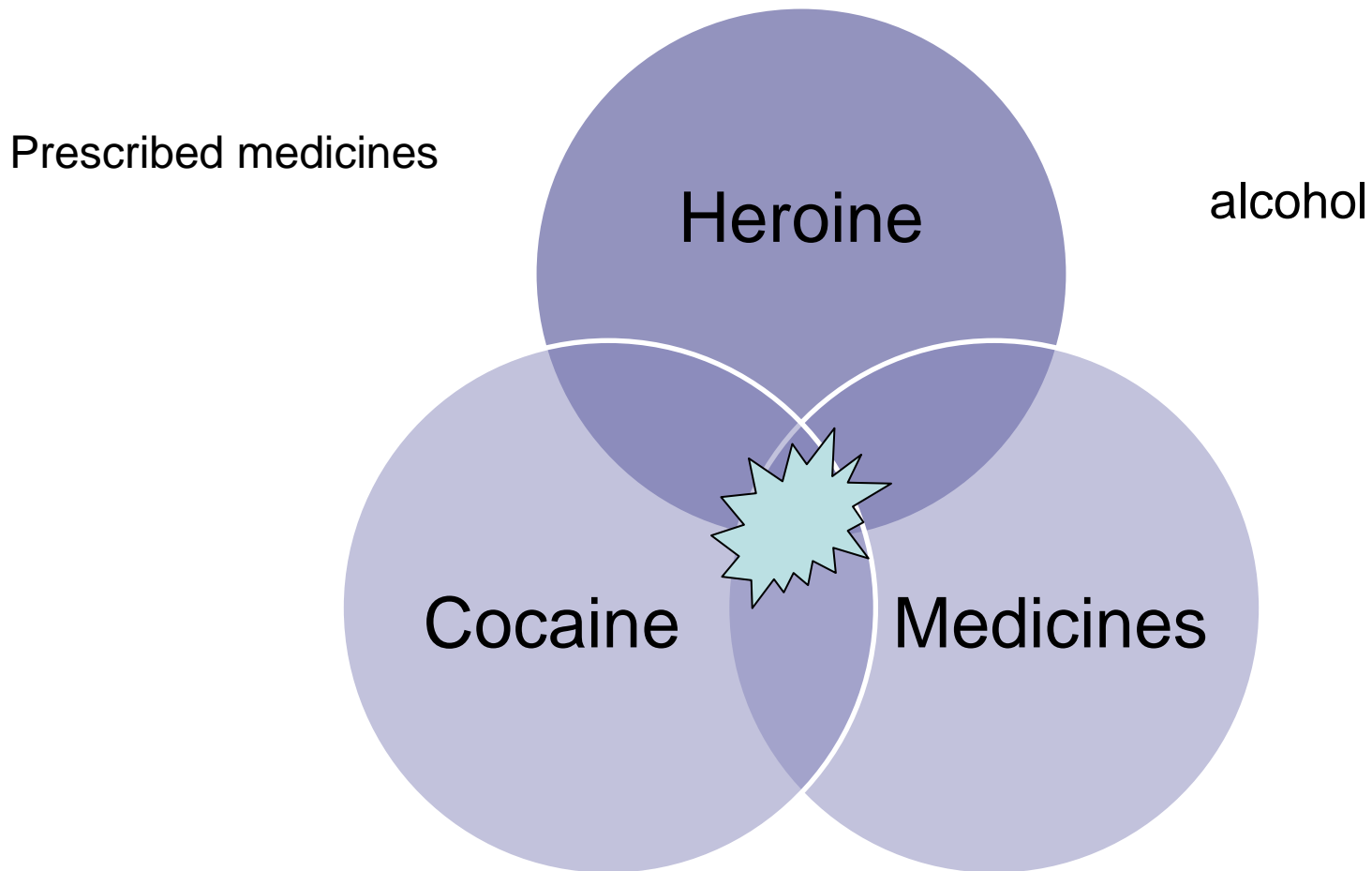
Consequences for the DCR

■ Installation of smoking rooms



- Smoking rooms should be more controlled (stronger rules)
- More attention concerning risk behaviour of smokers
- More specific prevention interventions
- Focus to the resource (appearance, look, youth,...)

What's going on?



Interaction of drugs

Opiats: coma, breath paralysis; **Cocaine**: psychoses, stroke (heart, brain), epilepsies; **Benzodiazepine**: coma, breath paralysis (mix intoxication!); **Alcohol**: coma, collapse of circuitry

- Similar impacts are enforcing (tranquillizer, enhancement)
- Opposed impacts are producing conditions which are difficult to classify – like «high speed» and «brake» at the same time
- Symptoms of overdoses are complex
- Psychoses and extreme disorders in behaviour

Facts

- Smokers: use of substances with high risk like ammoniac
- High risk of dangerous ways to consume because of mix consumption (no control)
- Very complex interventions in case of overdoses
- More aggressions, violence, danger
- Incalculable situations
- Clients are depending on the unpredictable black market
- No direct influence on most trends by professional system

Consequences

- Smokers should be trained to use bicarbonate instead of ammoniac
- need of regular and frequent trainings for staff
- well educated and professional employees
- focus on the relationship to improve interactions in extreme situations
- expenditure at the moment, but not subsidiary
- no investment in education, more oncost and bad impacts for clients

Thank you for your attention!

