



DEAN
STREET
WELLBEING

56 DEAN STREET'S
CHEMSEX
RESPONSE

ChemSex; a published, working definition

ChemSex is NOT the same as recreational drug use.

It is a specific form of recreational drug use.

Associated with

Extended sex for many hours/several days.

More extreme sexual practices

Multiple partners

Extreme sexual disinhibition/extreme sexual focus

Unpredictable drug interactions (eg; GBL & alcohol)

Increased injecting use amongst an injecting-naïve population; BBV risks & injecting-related harms

Poor condom use

Poor ARV adherence

Frequent STI's (including a current Shigella outbreak), HIV infections, HCV infection/repeated re-infections

Multipile and repeated use of PEP

Psychosis

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Stuart D and Collins S, Methmephangee - ChemSex vs recreational drug use: a proposed definition for health workers. HIV Treatment Bulletin, Volume 16 Number 5/6, May/June 2015. Published online ahead of press.



Identifying ChemSex in London

Considered a small sub-population behavioral trend.

Not yet linked to HIV/GUM as a Public Health concern.

Research/data lacking

2004- 2007 trends according to

- With increased online behaviour
- With greater proliferation of drugs
- Demographic subgroups include all (sexually-active) age groups, HIV status and ethnicities



Identifying ChemSex in London

2007 – 2011; Increased ChemSex prevalence reported anecdotally in LGBT drug charity Antidote and frontline staff at sexual health/HIV clinics, as well as gay counselling services.



Reports/journals

2010; HIV & methamphetamine (sexualised) use amongst HIV+ve MSM

Thorley, Flick. "Crystal methamphetamine: an intractable problem.(Report)." *HIV Nursing*. 2010. *HighBeam Research*. (July 26, 2015). <http://www.highbeam.com/doc/1G1-252290511.html>

2013; two reports appeared in Lancet;

REF; Kirby T, Thornber-Dunwell M. High-risk drug practices tighten grip on London gay scene. *The Lancet*.2013;381(9861):100, 101

REF; Kirby T, Thornber-Dunwell M. New HIV Diagnoses in London's Gay Men Continue to Soar. *The Lancet*.2013;382(9889):295

2013; ChemSex Report, HIV Nursing Journal;

Stuart D. Sexualised drug use by MSM: background, current status and response. *HIV Nursing Journal*.2013;13.1(Spring 2013)

2013; NAT (National AIDS Trust) letter to London councils to prioritise ChemSex in GUM/HIV settings;

<http://www.nat.org.uk/media/Files/Policy/2013/letter%20to%20Councillor%20O'Neill.pdf>

2014; ChemSex Report, Sigma Research, London School of Hygiene & Tropical Medicine;

Bourne, A, Reid, D, Hickson, F, and Torres Rueda, SWP. The Chemsex study: drug use in sexual settings among gay & bisexual men in Lambeth, Southwark & Lewisham. Sigma Research, London; 2014

2014; ASTRA Study; Recreational drug use, polydrug use, and sexual behaviour in HIV-diagnosed men who have sex with men in the UK: results from the cross-sectional ASTRA study

DOI: [http://dx.doi.org/10.1016/S2352-3018\(14\)70001-3](http://dx.doi.org/10.1016/S2352-3018(14)70001-3)



ChemSex Support

Walk-in 1 to 1 chat
Here to help,
not to judge.

- ▶ Tuesday 5 - 7pm
- ▶ Thursday 1 - 4pm
- ▶ 1st & 3rd Saturday of the month 1 - 3pm



56 Dean Street, GUM/HIV clinic

- 7,000 MSM presenting each month
- 40% using recreational drugs
- 100 new presentations to ChemSex support each month



56 Dean Street data, Feb –Dec 2014

874 Unique MSM using (combinations of) Meth, Meph and GBL for sex consented to a brief intervention for drug use support.

71% were **not** specifically seeking drug use support on presentation

•ChemSex behaviour tended to accelerate;

- Immediately after an HIV diagnosis
- Immediately following the break up of a relationship
- Following migration to London, and MSM sex tourism

- 98% had never previously accessed drug use support.
- 45% reported average of between four and ten partners per episode
- 70% reported no 'chem-free' sex in previous 6 months

Injecting Drug Use

29% were injecting drug users

34% had never injected drugs

37% unanswered

Of the injecting drug users;

23% reported having shared needles

27% reported never having injected themselves (allowing others to inject them)

30% had been injected by both themselves and others



HIV

HIV Status

52% HIV-ve

32% HIV+ve

16% Unanswered

Of the HIV+ve cohort not on ARV therapy (42 individuals):

64% reported zero condom use for intercourse

10% reported using condoms for intercourse less than 50% of the time

Of the HIV+ve cohort on ARV therapy (238 individuals):

25% reported zero condom use for intercourse

51% reported using condoms for intercourse less than 50% of the time

64% reported good ARV adherence

30% poor ARV adherence

Of the HIV-ve cohort:

55% had done 1 or more courses of PEP 3rd

30% - 1 course

25% 2 or more courses

10% reported zero condom use for intercourse

40% reported using condoms for intercourse less than 50% of the time

42% expressed an interest in PrEP as an HIV prevention tool



Hepatitis C

HCV; of all screening options, MSM were {anecdotally} most reluctant to consent to an HCV test.

12% of cohort had previously tested positive for HCV

Of the 12% previously or currently HCV+ve;

- 52% were mono-infected
- 40% co-infected with HIV
- 68% had only been HCV-infected once
- 32% had been HCV infected multiple times
- 47% had never injected
- 36% were injecting drug users
- 23% were HIV-ve, non-injecting drug users



First actions

3 day survey of recreational drug use amongst all patients presenting to 56 Dean Street over a 3 day period. Scriver J, McOwan A, Stuart D (2013) *Recreational Drug Use amongst GUM Attendees – Implications for Service Delivery*. Poster presented at 19th Annual British HIV Association Conference, Manchester, 16th-19th April 2013.

ChemSex defined according to high prevalence populations/high risk behaviours/ riskiest drugs. Stuart D and Collins S, Methmephangee - ChemSex vs recreational drug use: a proposed definition for health workers. *HIV Treatment Bulletin*, Volume 16 Number 5/6, May/June 2015

Proformas/assessments changed to identify ChemSex behaviour, and to elicit honest disclosures/make effective referrals

Front line staff and health advisor teams robustly trained. Stuart D. Sexualised drug use by MSM (ChemSex): a toolkit for GUM/HIV staff. *HIV Nursing Journal*.2014;14(Summer2014):15

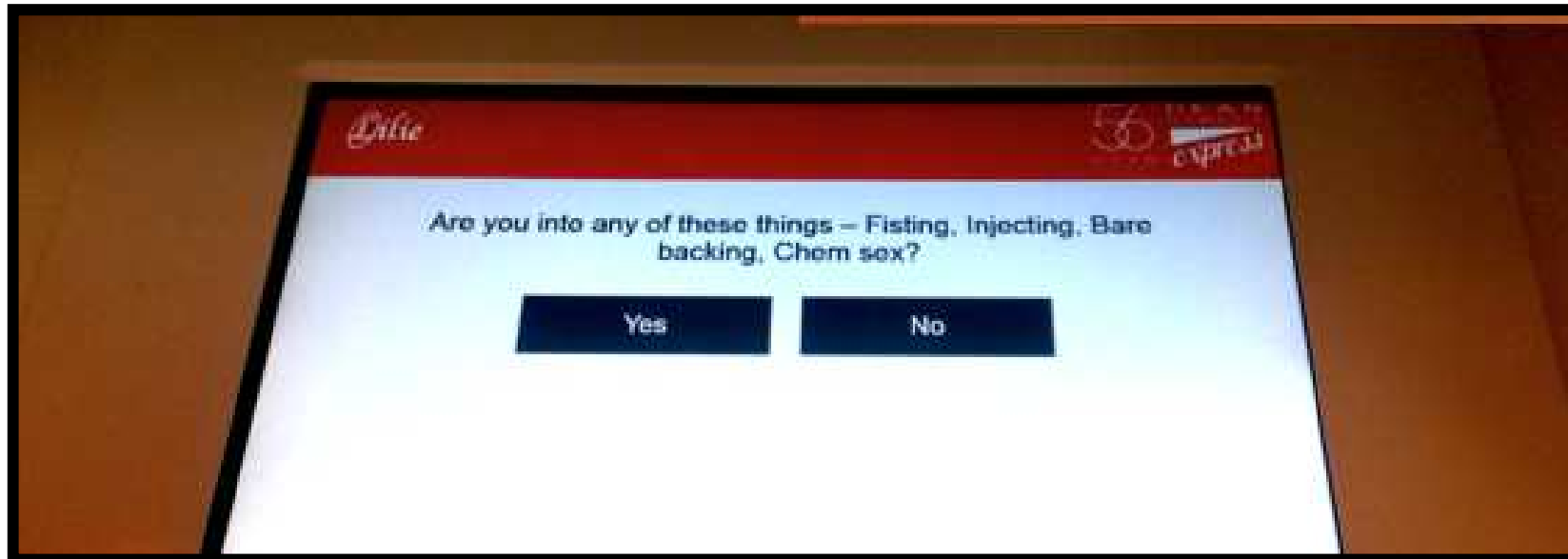
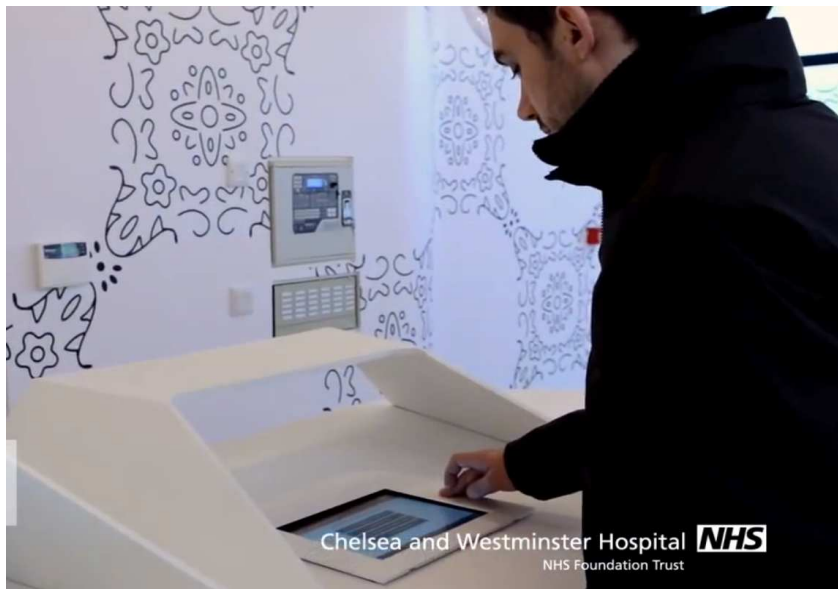
Partnerships formed with MSM charities/drug services, to inform expertise and encourage faith from MSM communities.

Targeted Tier 2 clinics established; <http://www.chemsexsupport.com>

Design of specific interventions/care plans/efficient monitoring. Stuart, David, and Johannes Weymann. "ChemSex and Care-panning: One Year in Practice." *HIV Nursing Journal* 15, no. 2 (2015): 24, 25, 26, 27, 28



Simplifying access to treatment



Identifying high risk

Drugs Used; (Crystal methamphetamine, Mephedrone, GHB/GBL being highest risk drugs (re ChemSex)

Frequency of drug-using episodes/frequency of sober sex encounters

Number of partners per drug-using episode

Prevalence of condomless sex per drug-using episode (Sorted by HIV-ve, HIV+ve, those on treatment, those undetectable)

Route of drug administration (snorted, injected, swallowed, booty-bumped/intra-anal)

Likelihood of traumatic sex during drug-using episode

Alerts for

- Seroconversion symptoms
- HIV+ve not on treatment
- Poor antiretroviral adherence (where likely to impact viral suppression)
- high number of PEP presentations/courses prescribed
- Infrequent HIV screening/GUM attendance
- Frequent GUM infections
- Frequent overdoses linked to possible drug/drug interactions
- HCV infection
- Sharing of drug use equipment
- Fisting

The Dean Street Wellbeing programme

www.deanstreetwellbeingprogramme.com



Online support

www.ChemSexSupport.com From 56 Dean Street



For chem users

Support online & how to access 1-1 support

Tips for safer use/drug info/sexual health info



Behaviour change video library (craving management, reduction tips, sober sex advice, safer play information)



List of London recreational/social alternatives to bars, clubs, saunas, chems



For professionals

- A working definition, ChemSex
- Referral information
- Video tutorials/conducting ChemSex interventions
- Resources/tools for working with ChemSexers
- Papers on adapting services to be ChemSex efficient
- ChemSex research
- Drug–drug interactions

