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# Psychedelic Harm Reduction: DÁT2 Psy Help Team

„Specific practices from an Hungarian organization”



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**Daath.hu – the Hungarian Psychedelic Community**



[www.daath.hu](http://www.daath.hu)

- „Hungarian Psychedelic Community” (2001-)
- harm reduction, drug information, peer help
- psychedelic and related substances
- 9000+ registered members (entry test)
- Forum: 1000-1200 daily readers
- moderated, no trading
- Ecstasy pill database: ~3000 pill descriptions

**Informed and responsible drug use!**

# Contemporary psychedelic subculture

- *electronic dance music events*
- *Goa, Psytrance, Chillout*  
(+ *Full-On · Darkpsy · Progressive*  
*· Psycore · Psy Dub · Suomi · ...*)
- *manifold higher prevalence of hallucinogenic drug use among visitors of these events*
- *hallucinogens, such as LSD, DMT, psilocybin, and mescaline*
- *„set” & „setting” ideal for drug use*
- *life-enriching experiences in a supportive environment*
- *substantial risks associated with the ingestion of psychoactives*





# DÁT2 - Psy Help

*“psychedelic support”*

*“psycare”*

*“PsyEm services”*

- *specialized harm reduction*
- *handling psychedelics-related emergencies & spiritual crises*
- *from June 2013*
- *42 volunteers (2 coordinators)*
- *in 2014: 24 (+5) interventions*
- *Hungary (in Budapest: 70%)*



**DÁT2 Psy Help team**



**DÁT2 Psy Help team @ S.U.N. festival 2014**

# Harm reduction at parties and festivals



## ***Increased safety risks:***

- *isolated location*
- *harsh environmental condition*
- *outdoor phenomena*
- *psychoactive substance use*

*-> harm reduction interventions!*

## ***Help services:***

- *distributing drinking water*
- *substance information*
- *first aid*
- *psychological help*
- *analyzing drugs*

# Risks of psychoactive drug use



*Impurities, dosing errors, misidentifications, drug interactions, pre-existing medical conditions, and/or a reckless attitude toward substance use*

*...may cause physical and/or mental discomfort*

*...with serious health consequences or accidents*

# Types of emergencies

- **Medical**  
*threat to the integrity of the biological body as a system*
- **Psychological**  
*difficult processing of emotional content and life problems*
- **Psychiatric**  
*pre-existing disorders or drug-triggered acute psychosis*
- **Psychedelic** ('bad trip')  
*hallucinatory & delusional perceptions of world / body / mind*
- **Spiritual** ('crisis')  
*religious-mystical pondering of life / universe / existence*



# What is the client like?



- *anxiety and fear*
- *difficult to access verbally*
- *may not tolerate proximity*
- *unpredictable behaviour*
- *no ethical norms and social roles*
- *paranoia, catatonia, stupor*
- *disorientation*

# Special requirements for helpers

- *Knowledge of first aid and handling emergency situations*
- *Knowledge of psychoactive substances*
- *Knowledge of altered mental states*
- *Psychological suitability*
- *Teamwork suitability*
- *Clientwork suitability*



# Harm reduction equipment





PSYHELP

187

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A wooden table with various items on it, including a water dispenser, a candle, a glass of sticks, a stack of white cups, a small container, and several playing cards. There are also some papers and a bag of snacks on the table.

A large blue and white water dispenser with a blue handle and a blue spout, sitting on the table.

A small white plate containing several white pills or capsules.

A clear glass filled with wooden sticks, possibly Q-tips or cotton swabs.

A stack of white disposable plastic cups.

A large, thick, white candle in a glass holder.

A small white plastic container with a blue label.

Several playing cards, including aces and kings, scattered on the table.

A black plastic bin or trash can under the table.

A black plastic bag or trash can under the table.



# DÁT2 Psy Help Manual

- *Written by: Levente Móró*
- *Idea by: Aidis Stukas*
- *Illustrations by: Virág Tarnai*
- *June 2013*
- *30 pages*
- *in English and Hungarian*

<http://daath.hu/dat2/psy-help>



## Köszönetnyilvánítás

A szerzők köszönik a DÁT2 Psy Help (Magyarország), Kosmicare (Portugália & UK), MAPS (USA), NEWIP (EU), Safer Festival (Olaszország) és Kék Pont Party Service (Magyarország) szervezeteinek a parti- és fesztivál-értelmosköntés elméleti tudásának és gyakorlati tapasztalatainak megszerzését elősegítő részvételi lehetőségeket.

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A DÁT2 Psy Help kézikönyv magyar és angol nyelven elérhető itt: <http://daath.hu/d2/psy-help>

Kérjük, LÁJKOLD és OSZD MEG a DÁT2 Psy Help csapat oldalát: <https://facebook.com/psy.help.hu>

# DÁT2 Psy Help Manual - TOC

## Aim and scope

1. Introduction
2. Planning an Intervention
3. Psychological Suitability
4. The Team
5. The Venue
6. The Intervention
7. Emergency Handling
8. The Interaction
9. Ethical Considerations

## *Appendices:*

- (A) Approximate Timetable for the Intervention*
- (B) Recommended Items for Helping Teams*
- (C) List of Required Skills*
- (D) Case Documentation Form*
- (E) Drug Information*
- (F) Emergency Procedures*

**Thank you for your attention!**

**DÁT<sup>2</sup>**



[facebook.com/psy.help.team](https://facebook.com/psy.help.team)

**PSY HELP**