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Crisis Intervention at Psychedelic Festivals



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Contemporary psychedelic subculture

- *electronic dance music events*
- *Goa, Psytrance, Chillout etc.*
- *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*



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*

Party harm reduction equipment



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

Psychedelic support services

“psychedelic support”

“psycare”

“PsyEm services”

- *specialized harm reduction*
- *handling psychedelics-related emergencies & spiritual crises*
- *since June 2013*
- *47 volunteers (2 coordinators)*
- *86 parties and festivals*
- *international collaboration*



DÁT2 Psy Help team

Types of emergencies

- **Medical**

threat 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

Psychedelic consciousness alteration

- *mainly serotonergic hallucinogens*
- *temporary alteration: destabilization -> repatterning*
- *"looping" or incoherent thought processes*
- *impaired short and long term memory*
- *hallucinations and delusions may appear as real*
- *attention may turn inwards or toward unreal things*
- *repressed emotions or traumatic memories may surface*
- *diminished rational and verbal levels of interaction*

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*

Client case examples

naked people sitting, walking, running, etc.

"timeless" long trips

crashing after long usage

friends lost

epileptic seizures

reckless dosage

psychiatric patients

energetic, caught by security

spiritual crises

DOx / NBOMe instead of LSD

freeloaders

Helping in psychedelic emergencies

- *cases can be managed with somewhat similar methods*
- *metabolic activity decreases drug effects gradually by time*
- *the helping process requires active care for a few hours*
- *convince to stay at the helping premises*
- *prevent accidental injuries*
- *disadvise from taking more drugs*
- *calming presence and occasional communication*
- *no abstractions, no questions, no negative associations*
- *simple verbal instructions*
- *repeated reassurance: the trip will surely end*

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*



Psychological suitability

- *Openness*
- *Mental fitness*
- *Unselfishness*
- *Humility*
- *Self control*
- *Tolerance*
- *Altruism*
- *Attachment and detachment*
- *Discretion*
- *Coequality*
- *Pressure-handling*
- *Patience*



Psycare team at Psy-Fi festival 2015

- 15,000 visitors
- International collaboration:
 - Drug Scouts (DE)
 - Unity (NL)
 - OPEN (NL)
 - DÁT2 Psy Help (HU)
 - others (Kosmicare etc.) (int'l)





Psycare tent @ Psy-Fi Festival (NL) 2015



Psycare space @ Psy-Fi Festival (NL) 2015

83 Case Documentation Forms

CASE # 11 **DAT2 Psy Help**
Case Documentation Form
 Intervention: PSY-FI

TEAM
HELPERS #1 LEVENTE #2 ANDRÁS G. #3 MARIO

CLIENT
 Gender male female
 Name MATHIAS
 Country GERMANY
 Language GERMAN/ENGLISH

ADMISSION
 Date 30.8 Time 03:00
 Circumstances WASER, BUNNEN, AND PROTECTIVE
 Condition NOT AWARE OF HIMSELF, NOT AGGRESSIVE

SUBSTANCES
 Type, amount, route, comments LSD (AND EMOTIONAL/FAMILY PROBLEMS)

→ SINCE 4:00 FROM STAGE TO KITCHEN, FOR THE DJ (NL) REM APPEARED WITH AND HOODED ALL THE TIME, SECURITY DID NOT WANT TO HOLD HIM. A RED CROSS GUY HELPED US TO SEIZ HIM BODY, BUT HE WAS VERY STRONG. WE COULD BRING FROM 5 OF US OUTSIDE ON HIM.

WE HELD HIM DOWN WITH OTHERS (5 OF US). HE TRIED TO LEAVE BUT EVENTUALLY GOT THREE OF FIGHTING AGAIN. SECURITY CALLED AMBULANCE + POLICE. HE WAS PUT INTO AMBULANCE IN HANDBLIPS, IMMOBILIZATION MADE WITH ~~REPEATED ALL SELF CONSCIOUS AGAIN FACED TOWARD FACED TO FACED~~

CARE FIXING HIM ON THE FLOOR TO
Methods Save him ~~with~~ all the others (Material)
Materials CLOTHES, WATER, BLANKET, CUSHIONS, TALKING, CLEANING HIM UP, CHAIR
Changes in condition CALMED DOWN TOTALLY, BUT DID NOT REMEMBER WHAT HE DID EARLIER

LEAVING
 Date 31.8 Time 05:30
 Circumstances ESCORTED BACK TO VISIT BY BOB THE DJ (NL)
 Condition BACK TO NORMAL
 Client's comments/feedback HE WAS THANKFUL

Contact card Yes No

CASE # 99 **DAT2 Psy Help**
Case Documentation Form
 Intervention: _____

TEAM
HELPERS #1 Harold #2 Bas

CLIENT
 Gender male female
 Name _____
 Country Germany
 Language Deutsch/German

ADMISSION
 Date 30.08 Time 02:50
 Circumstances friends came to ask for help
 Condition first confused, then started screaming, later became violent

SUBSTANCES
 Type, amount, route, comments MDMA, ~~ROCK~~
MIS-DOSE → he intended to have LSD →
did not take another unknown substance

CARE fixing him on the floor to
Methods Save him ~~with~~ all the others (Material)
Materials _____
Changes in condition Head Passage →
calmed down when medical staff arrived

LEAVING
 Date 30.08 Time 05:00 05:00
 Circumstances friends took him with them
 Condition able to communicate
 Client's comments/feedback _____

Contact card Yes No

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Workbook Views				Show				Zoom		Window						Macros					

	A	B	C	D	E	F	G	H	I	J	K	L
11	#10	p.10	8	Wulf	male		Germany	German	2015-08-28	13:30		laying down in front of the /Alternative : consciousness
12	#11	p.11	9	Dorien Serge	male		Netherlands	Dutch	2015-08-28	16:10	walked from chillout area with help from security	hurt himself physically, unable to star
13	#12	p.12	10	Luiz Paulo Joost	female		Netherlands	Dutch	2015-08-28	16:30	Very disoriented, in front of psy-care at first, brought in by food friends	Doesn't understand, very disoriented
14	#13	p.15	12	Jannik	male		France	French, English	2015-08-28	16:35	Security bring them in, can walk alone	sloope
15	#14	p.16	13	Kai Joost	female		Netherlands	Dutch	2015-08-28	16:45	obsessive on the Festival	stressed / feared (boyfriend)
16	#15	pp.17-18	14-15	Jannik	male		Israel	Hebrew, little English	2015-08-28	18:00	by security, walk in by herself	disorientation test normal
17	#16	p.20	16	Dorien	male		Belgium	Dutch, English	2015-08-28	18:15	came in for sugar or mushroom stoppers	overwhelmed by traffic experience, ov
18	#17	p.21	17	Kai	female		Germany	German	2015-08-28	19:48		sad looking face, mind loops
19	#18	p.22	18		male		Germany	German	2015-08-28	20:00		
20	#19	p.23	19	Job	male		Netherlands	Dutch	2015-08-28	22:00	confused, has a psychotic friend who doesn't have a ticket	he seemed to be psychotic himself, ti
21	#20	p.24	20	Jacob Hamelore	male		Germany		2015-08-28			tripping, very confused
22	#21	p.25	-	Julia	male		Sweden	English, Swedish	2015-08-28	22:00	fear of death, panic, looping	psychically alright
23	#22	p.26	21	Hamelore	male		Belgium	Dutch	2015-08-28	23:00	fear of flashbacks from old bad trip	
24	#23	p.27	-	Job	female		Germany		2015-08-28	23:45		half of a xtc pill, the effects were over

CDF

by country

by substance



Psy-Fi 2015 psycare / substances

32 LSD

14 MDMA

9 amphetamines

8 ketamine

7 cannabis

5 alcohol

5 mushrooms

4 magic truffles

3 GHB

2 2C-B

2 DOC

2 Salvia divinorum

1 25x-NBOMe

1 DMT

1 Ecstasy (MDMA)

1 space cake (cannabis)

1 HBWR seeds

1 kratom

1 LSE

1 MXE (methoxetamine)

Psy-Fi 2015 psycare / cases

- yelling and running naked at night
- walking naked until Mom fetched
- kicked out from magic truffles ceremony
- amphetamine binge
- relationship breakup at the festival
- Saturday tripping, Monday HPPD
- contagious bad trip

DÁT2 Psy Help Manual

- June 2013

- 30 pages

- in English, Hungarian, Finnish

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



Thank you for your attention!



facebook.com/psy.help.team

JPS

NEW OPEN ACCESS JOURNAL JOURNAL OF PSYCHEDELIC STUDIES

CALL FOR PAPER

We are delighted to announce the launch of our new journal, *Journal of Psychedelic Studies*, dedicated exclusively to the topic of psychedelics. Editorial Board members have been chosen for their expertise in key areas related to the journal.

The journal seeks to provide an interdisciplinary forum for the exchange of information about psychedelic substances and the biological, neurochemical and psychological changes they facilitate, as well as their social implications.

The broad scope of the journal includes different approaches to the pharmacological modification of consciousness, as well as research reports on psychedelic experiences; it also examines the therapeutic potential of these substances, as well as their cultural implications. The journal accepts case reports, case series, original research, meta-analyses, reviews of the literature, and book reviews of topics ranging from psychopharmacology, neurobiology and psychology to philosophy, sociology and anthropology. The journal's philosophy is grounded in biology and psychology, but it is also open to considerations of spirituality and religion.

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