



Energy Control

ACTIVITY REPORT 2009



Asociación Bienestar y Desarrollo
Entidad Declarada de Utilidad Pública



Index

1. Who are we?	3
2. Risk Reduction	3
3. Our goals	4
4. Our intervention areas	5
5. Our activities in 2009	8
6. Contacts	12
7. Partners and funding	13



1. Who are we?

Energy Control is a risk reduction project of the Asociación Bienestar y Desarrollo (ABD). It's formed by a group of people that despite of using drugs, or not, is preoccupied by drug use in party contexts. By being implied in the party scene, we provide objective information on drugs aiming to reduce the risks of its use.

Our scope of action is the country of Spain and we have offices in Catalonia, Madrid, the Balearic Islands and Andalusia.

Energy Control was founded in Barcelona in 1997 as a pioneer project in Spain in the risk reduction scene associated with recreational drug use and since then has received the recognition of numerous administrations (European, state, autonomous and local ones), from the night scene sector itself, and an excellent acceptance from our final addressees: the drug users.

In Energy Control we integrate and complement the work, experience and knowledge from professionals and volunteers, with the aim of providing a service that's close and useful to drug users.

2. Risk Reduction

Our work is based on the following key-assumptions:

- ☑ We recognize and respect the existence of recreational drug use characterized by its link to the leisure moments, predominantly during weekend nights.
- ☑ Neither using drugs is the same as having problems, nor all forms of drug use are problematic. We recognize that there are ways of using that entail few risks and others that are extremely risky.
- ☑ Drugs have effects that are highly rated by the people that use them. The pleasure experience is an inherent part of most drug uses. The other part is the risks that the person who is using them is exposed to, that can result from numerous sources: the person itself, the substance being used and the context in which that use is taking place.
- ☑ Adequate information is essential at the time of deciding whether to take drugs or not, in order to be able to avoid the risks associated to its use.
- ☑ Responsible drug use exists.



- ▣ The work with drug users and non users is necessary. To the users, the information tries to bring them useful ways to do it with fewer risks. To the non-users, it's important to reinsure their position and provide them responsible use guidelines for the event of a possible use in the future or to the ones near that may do so.

3. Our goals

Our main goal is to reduce the risks associated with drug use. To achieve this, we work with the following specific goals:

- ▣ Put together, train and coordinate a group of volunteers that make up the EC's team.
- ▣ Facilitate the access to information and advice on drugs to drug users in the party contexts.
- ▣ To raise the awareness and the implication of nightlife professionals (club owners, employees, etc.) in risk reduction associated with drug use.
- ▣ Retrieve information on the illegal market of drugs and alert users about the presence of adulterated substances that may entail a risk to their health.
- ▣ Implement personalized attention services on drugs outside the leisure context.
- ▣ Attend the demands on information, formation and advice of parents, professionals, administrations and other organizations regarding aspects of risk and harm reduction associated with drug use.
- ▣ Increase knowledge on current drug use patterns with the aim of designing and implementing actions that serve the users' needs.



4. Our intervention areas

Energy Control has 10 intervention areas:

1. **Peer-to-peer work.** EC is mainly composed by people that wish to participate in the project as a communitarian action of volunteer work. To do so, they receive training and the necessary support.
2. **Creation of informative materials on drugs.** The methodological principles that sustain the creation of the materials and the criteria used for its application and future distribution are established in a collaborative and participative way between all members of EC. Our aim is that they have acceptance and can satisfy its target group (young people that attend party contexts during the weekend), and also the recognition of other implied groups (public and private administrations, prevention professionals, existing intervention policies, etc).



3. **Proximity intervention in the night leisure scene.** We set mobile points of information on drugs (info stands) in leisure contexts, where we provide information about drugs and risk reduction services (quick drug testing and breathalyzer alcohol tests). We also set exhibitors with flyers containing information in bars, pubs, discos and other places.





4. **Safe night:** working with professionals of the nocturnal leisure contexts. Considering that these professionals are in a privileged situation to detect risk situations and several risks have to do with the contexts themselves, EC works towards the goal to make these spaces safer.

5. **Personalized attention:** INFOLINE. Any person interested can access EC throughout several communication channels: telephone (902.253.600), email (info@energycontrol.org), EC's website (www.energycontrol.org), virtual websites like <http://www.myspace.com/energycontrolspain>, online user's forums in internet and also by visiting our headquarters in Catalonia, Madrid, Baleares or Andalucía.

6. **Drug testing service.** The analysis of substances of EC consists in three different approaches: 1) the analysis on site with colorimetric tests; 2) the Thin Layer Chromatography (TLC); and 3) more exhaustive laboratory techniques. TLC is a qualitative procedure used to separate the components of a substance. This technique, along with the colorimetric tests, is the one used in the Drug Testing Service of Energy Control. The access to the IMIM's (Instituto Municipal de Investigaciones Médicas de Barcelona) laboratories has allowed validating the TLC's technique and also identifying other adulterants due to the access of much more sensitive procedures such as Gas Chromatography associated with the Mass spectrometry (GC/MS).



7. **External communication.** Energy Control is an information and advice resource settled not only in party contexts but also in other areas. It has widened its collaboration to other groups to whom the prevention perspective of risk reduction is also useful. That is why different organizations and administrations have solicited our collaboration in some of their actions and also have required training



from us. The specific training sessions provided on the methodology of prevention of drug use have been given to a wide range of professionals from different areas such as health, education, juvenile justice and other community agents.

8. **Educational context.** In addition to the project's activities, Energy Control also intervenes in the educational community, conceiving this concept as a universe formed by students, teachers and family. Energy Control adapts its prevention activity to the characteristics and needs of the educational community. Workshops are provided to students in formal and informal educational systems. EC also provides training to the educational professionals, informal lectures and counseling to teenagers' parents.
9. **International activities.** Energy Control coordinates the platform "Safer Nightlife", part of the project "Democracy, Cities and Drugs", which aims the promotion of health and security in the night leisure contexts. It's a project co-funded, from 2008-2011, by the European Comity: Health and Consumers Protection, Directorate C – Public Health and Risk Assessment. It's adressed to local administration professionals, to NGOs that work on aspects related to drugs, health or youth, and also to associations of professionals of nocturnal spaces and/or coordinators of community projects.
10. **Counselling local administrations.** Energy Control offers advice and participates in the elaboration of local plans of prevention and risk reduction and also in their execution. It also performs studies and projects that respond to the needs of each city and their context.



5. Our activities in 2009

ÁREA	RESULTADOS
Peer-to-peer work	90 volunteers
	22 new incorporations in 2009
	15 training sessions, equivalent to 111 hours of volunteers' training.

Developing new materials

- Flyer "drugs and driving"
- Kit saffer sniffing
- COCA-CHECK



Proximity actions in the nocturnal leisure contexts

- 132 interventions in party contexts:
- 36 in clubs
- 13 in rave parties
- 4 in afters
- 41 in festivals
- 10 in concerts
- 16 in municipals
- 22 in other contexts

17 spaces with exhibitors containing information on drugs.

149.748 information flyers distributed (101.810 through stand activity and 47.938 through the exhibitors).

706 alcohol tests performed.



Safe night	59 evaluations of leisure spaces to organizers and professionals in aspects of prevention and security.
	8 training sessions to professionals of party spaces.
	90 guides to safer party spaces distributed.
	68 guides of responsible alcohol dispensing distributed.
Infoline	386.422 visits to our web site.
	1.246 new registered users in the drug users' forum that left 3.216 new messages this year.
	669 queries via email.
	623 queries via telephone.
	56 personal queries in EC's offices.
	630 friends in MySpace.
	1029 friends in Facebook.
Drug testing	1.686 analyses performed <i>on site</i> of samples of MDMA, speed, cocaine, Ketamine and others.
	1.611 analyses through the TLC system, of samples of ecstasy, cocaine, speed, LSD, RC's, Ketamine and others.
	608 on-site users of the TLC's service (Barcelona).
	711 samples sent to IMIM: 381 analysed with GS/MS and 330 with UV.
External communication	18 training sessions to organizations.
	51 community interventions performed.
	90 interventions in the mass media.
Educational field	350 workshops that benefited 6525 youngsters and adolescents.
	3 workshops that benefited 60 parents.



27 training sessions that benefited 551 professionals of the educational system.

International activity

- DC&D: Project « **Democracy Cities & Drugs II** »

(2008-2011)

- Participation in the creation of a new "**European Safer Nightlife Network**".

- Communication: "**The Drug Angel: Online campaign about risk reduction related to cocaine use.**" In CLAT V. Oporto (Portugal).

(1-4 July de 2009)

- Workshop: "**Drug testing – a risk reduction approach**" in CLAT V. Oporto (Portugal).

(1-4 July de 2009)

- International counselling:

- 16 hour training on "**Social and health risks associated to synthetic drugs**". Provided in the city of La Paz, in Bolivia, within the Project DROSICAN. Organized by the Andine Community and the European Commission.

(22-23 October 2009)

- 16 hour Workshop on "**Social and health related risks associated with synthetic drugs.**" Performed in the city of Lima (Peru) within the Project DROSICAN. Organized by the Andine Community and the European Commission.

(26-27 October 2009)

- International counselling:

Exposition of "**New trends in prevention and treatment on synthetic drugs**" in the Andine meeting of experts in synthetic drugs organized by the DROSICAN Project of the General Department of the Andine Community. Cusco – Perú.



(25-27 November 2009)

- Communication: "**INFOLINE: attendance of recreational drug users**" in the International Congress of Synthetic Drugs, in Medellín (Colombia).

(3-4 December 2009)

- Communication: "**Risk Reduction from the party and to the party**" in the International Congress of Synthetic Drugs, in Medellín (Colombia).

(3-4 December 2009)

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- Program DRAC of the Consejo Comarcal de Osona (Barcelona). Support to plans, programmes and projects in 22 municipals.

Counselling and support of municipals

- Municipal plan of Torelló
- Municipal Plan of Moianés.
- Municipal Plan of Adeje.
- Municipal Plan of Benalmádena
- Government of Mijas (Málaga).

Collaborations

- Institut Municipal D'investigacions Mèdiques (IMIM)
- *Erowid Experts Network* (EEN)
- Foundation to the Attention and Social Incorporation (FADAIS) of the Autonomic Government of Andalucía.
- Collaboration in the Project "Knowledge, risks and patterns of recreacional use in Andalucia" financed by the European Fond of Regional Economic Development (FEDER).



Recognition **Award Queen Sofía. Honour mention to the** Asociación Bienestar y Desarrollo for the program Alcohol and Driving – education and communitarian prevention.

17/11/2009



6. Contacts



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7. Partners and funding

National Administrations

Ministry of Health and Social Policies. National Plan on Drugs.

Ministry of Work and Social Affairs.

Local and Autonomic Administrations

Generalitat de Catalunya

Junta de Andalucía

Diputación Provincial de Barcelona

Ayuntamiento de Barcelona

Ayuntamiento de Benalmádena (Málaga)

Consell de Mallorca

