

# ACTIVITY REPORT 2011



[www.energycontrol.org](http://www.energycontrol.org)





## 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.





## 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.



## 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.



## Peer-to-Peer

- 113 volunteers
- 28 new incorporations
- 21 training sessions (59h)



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.



## Creation of informative materials on drugs

### New materials:

- *Malos Rollos (Bad Trips)*
- Alcohol-check



**Bad Trips:** informative leaflet, especially addressed to people who take alcohol and other drugs, as well as for people who are in contact with them. The aim of this leaflet is to facilitate the detection of bad trips, prevent them and approach them. It also intends to promote reflexion and provide decision making instruments.

**Alcohol-Check** is website in which, through a brief questionnaire, one may get an online assessment of their exposure to risk of developing problems with alcohol consumption, and a set of recommendations to reduce that risk. The evaluation and recommendations are offered by means of a report that can be downloaded in pdf format. One can access it through the following link:

<http://alcoholcheck.energycontrol.org>.



www.energycontrol.org



## Acción de proximidad en el ocio nocturno

- 128 interventions in party contexts
- 14 places with exhibitors
- 77.830 distributed flyers (60.715 in stands y 17.115 in exhibitors)
- 643 alcohol tests



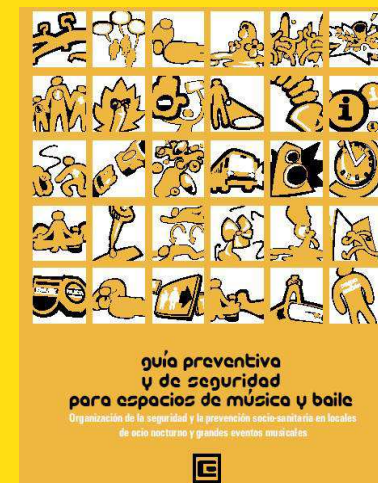
We set mobile points of information (info stands) in party contexts, where we provide information about drugs and risk reduction services (quick drug testing and alcohol level tests). We also set exhibitors with flyers containing information in bars, pubs, discos and other places of interest.





## Safer Night: working with nightlife professionals

- 49 evaluations of party spaces.
- 2 training sessions addressed to party workers.
- 52 Guide-books of Safer Party Spaces distributed.
- 52 Guide-books of responsible alcohol dispensing.



Because these professionals are in a privileged position for the detecting situations of risk and because certain type of risks associated with drug use are related to the configuration of the party places, EC works in order to achieve safer spaces.





## Personalized Attention: INFO-LINE

- 487 telephone consults
- 819 email consults
- 566 visits to EC's offices
- 427.807 visits to EC's website
- 6.134 registered people in the online forum (1.299 new ones) that left 18.590 messages (3.118 new ones).
- 832 friends in MySpace
- 3.276 friends in Facebook
- 378 followers in Twitter



Every office of EC has personalized attention spaces (out of party-contexts) – places where people can go to test their drugs, ask for information, clear doubts or problems, share experiences, etc.

At the end of the year we've started a project of interventions with minors in semi-open regimens and probation in the office of EC Madrid.

The drug-checking services are open in Barcelona (Mondays and Thursdays, 18-21h); in Madrid (Thursdays, 18h-21h) and Palma de Mallorca (Fridays, 18h-22h).





## Drug Checking Service

- 1.027 on site analysis
- 2.797 TLC analysis
- 539 visits to the drug checking services



The drug-checking service of Energy Control develops its risk reduction work by means of different types of analysis: the colorimetric tests, the thin layer chromatography and the gas chromatography associated with mass spectrometry. With all the available techniques EC provides a free service of drug checking which allows to detect several substances in a precise way, aiming that people can know the exact composition of the drugs they decide to take. With this knowledge, the team of the drug checking service can advise users to make less risky uses of drugs.

This year we've launched the campaign "*Apadrina Nuestro Cogollo* [www.apadrinanuestrocogollo.com](http://www.apadrinanuestrocogollo.com)", with the goal of getting funds to open a drug checking service addressed to cannabis users.





## External Communication

- 13 workshops (general population)
- 12 congresses
- 8 international participations
- 10 formative sessions addressed to health professionals
- 2 formative sessions addressed to nightlife workers
- 256 media appearances



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.



## Publications and Investigations

### ***Annual Drug Checking Service Report 2010***

[http://energycontrol.org/files/pdfs/Informe\\_Analisis\\_Estatal\\_2010.pdf](http://energycontrol.org/files/pdfs/Informe_Analisis_Estatal_2010.pdf)

### ***Legal Highs' Report***

[http://energycontrol.org/files/pdfs/INFORME\\_NUEVAS\\_DROGAS\\_1.pdf](http://energycontrol.org/files/pdfs/INFORME_NUEVAS_DROGAS_1.pdf)

### ***Cystitis and bladder dysfunction associated with consumption of ketamine***

García-Larrosa, A.; Castillo, C.; **Ventura, M\***; Lorente, J.A.; Bielsa, O.; Arango, O.

Published in Actas Urol Esp. 2012;36:60-4. - vol.36 num. 01

<http://www.elsevier.es/es/revistas/actas-urologicas-espa%C3%B1olas-292/cistitis-disfuncion-vesical-asociada-al-consumo-ketamina-90090716-casuistica-2012>

### ***Polysubstance use patterns in underground rave attenders: a cluster analysis.***

Fernandez-Calderón F, Lozano OM, **Vidal C\*\***, Ortega JG, Vergara E, González-Sáiz F, Bilbao I, Caluente M, Cano T, Cid F, Domínguez C, Izquierdo E, Pérez MI.

Publicado en J. DRUG EDUCATION, Vol. 41(2) 183-202, 2011

<http://www.ncbi.nlm.nih.gov/pubmed/21888000>

### ***4-Bromo-2,5-dimethoxyphenethylamine (2C-B): presence in the recreational drug market in Spain, pattern of use and subjective effects***

**Fernando Caudevilla-Gálligo\*\***, Jordi Riba, **Mireia Ventura\***, Débora González, Magí Farré, Manel J Barbanoj and José Carlos Bouso

Publicado en Journal of Psychopharmacology

<http://www.ncbi.nlm.nih.gov/pubmed/22234927>

### **Collaboration in other investigations:**

#### ***"The influence of 5-HTT and COMT genotypes on verbal fluency in ecstasy users"***

Ana B Fagundo, Elisabet Cuyas Antonio Verdejo-García, Olha Khymenets<sup>1</sup>, Klaus Langohr, Rocio Martí'n-Santos, Magí Farré and Rafael de la Torre

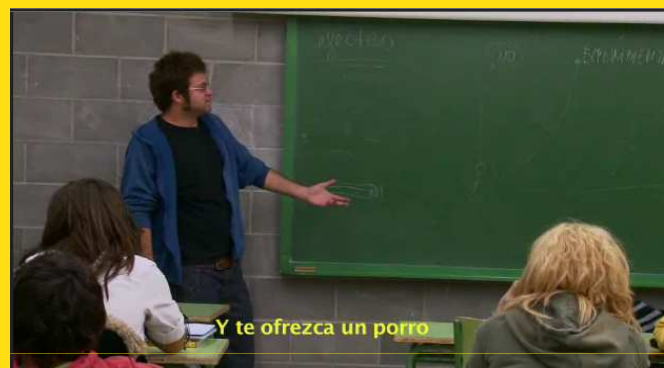
Recruitment of cases / access to population





## Educational Field

- 9 workshops addressed to parents: 87 beneficiaries
- 12 workshops addressed to social and education professionals
- 240 workshops addressed to youngsters: 3700 beneficiaries

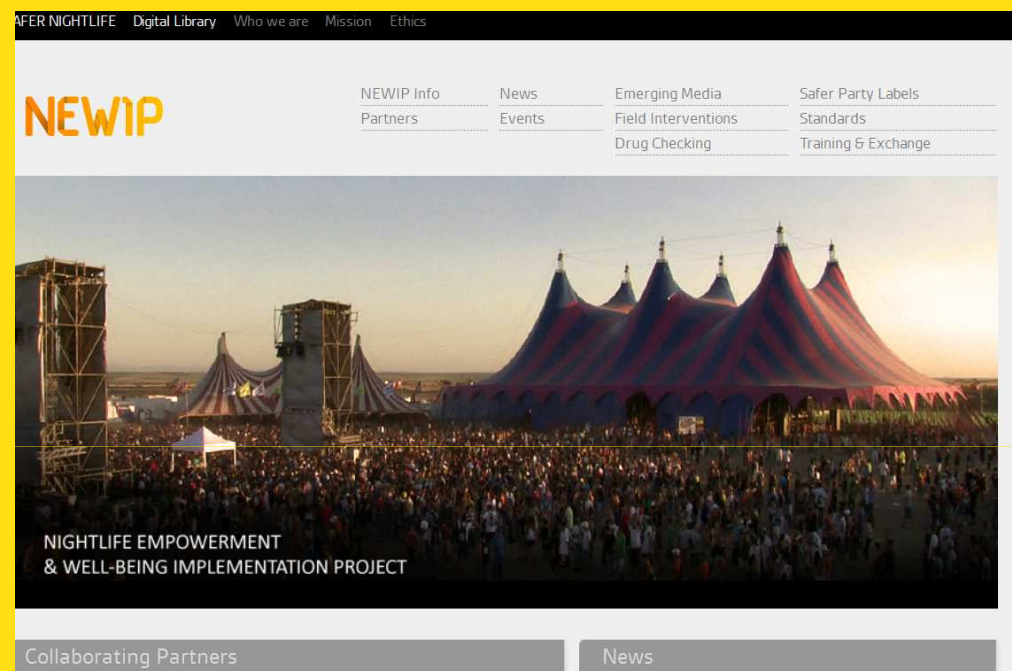


In addition to the project's activities, Energy Control also intervenes in the educational community, conceiving this concept as a universe formed by students, teachers and family. Energy Control adapts its prevention activity to the characteristics and needs of the educational community. Workshops are provided to students in formal and informal educational systems. EC also provides training to the educational professionals, informal lectures and counseling to teenagers' parents.



## International Activities

- NEWIP
- PROWFILE
- EAD
- RIOD
- *Erowid*
- *Ecstasy Data*



The European Project [Nightlife Empowerment and Well-being Implementation Project \(NEWIP\)](#) was initiated in January of 2011 and we now count on more than 50 collaborating partners. As an objective the different international groups develop actions in the field of risk reduction associated with drug use and health promotion in leisure contexts: *Emerging Media*, *Field Intervention*, *Safer Party Labels*, *Standards*, *Training*, *Drug Checking*, *the European Party Friends Night*, *Evaluation*.



## Advising local administrations

- DRAC (Prevention Plan of Osona)
- Local Plan of Prevention of Torelló
- Local Plan of Prevention of Moianés
- Local Plan of Prevention of Hospitalet de Llobregat
- Local Plan of Prevention of Mijas
- Local Plan of Prevention of Benalmádena



Energy Control offers advice and participates in the elaboration of local plans of prevention and risk reduction and also in their execution. We also perform studies and projects that respond to the needs of each city and their context.





## COLABORATIONS

- **Local Institute of Medical Investigation of Barcelona – IMIM** (Spain). Collaboration in drug analysis.
- **CAS Baluard - ABD and SAPS - Creu Roja**, (Spain). Recollection and analysis of heroin samples.
- **STOP SIDA** (Spain). Development of contents to a series of videos addressed to men who have sex with other men
- **Tips & Tricks** (Venice, Italy). Translation of EC's materials.
- **Grup Pompidou** (Strasbourg). A volunteer from EC will be part of next year's edition of the European Prevention Prize.
- **Corporación SURGIR** (Medellin/Colombia). Technical advice in the project *Development of the strategies of the "Community Pacts" of mobilization and self-regulated community, to the selective prevention of problematic use of alcohol and the mitigation of negative consequences in three Columbian cities.*
- **Échele Cabeza - ATS** (Colombia). Counselling, professional advice and follow-up.



## Collaborators and Funding

### National Administration

Department of Health, Social Policy and Equal Affairs. National Plan of Drugs

Department of Work and Social Affairs

### Local and Autonomic Administration

Catalonia Government

Andalusia Government

City of Barcelona

City of Palma de Mallorca

### Main Sponsor of the campaign *Apadrina Nuestro Cogollo*

CANNA Foundation





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