







Jellinek

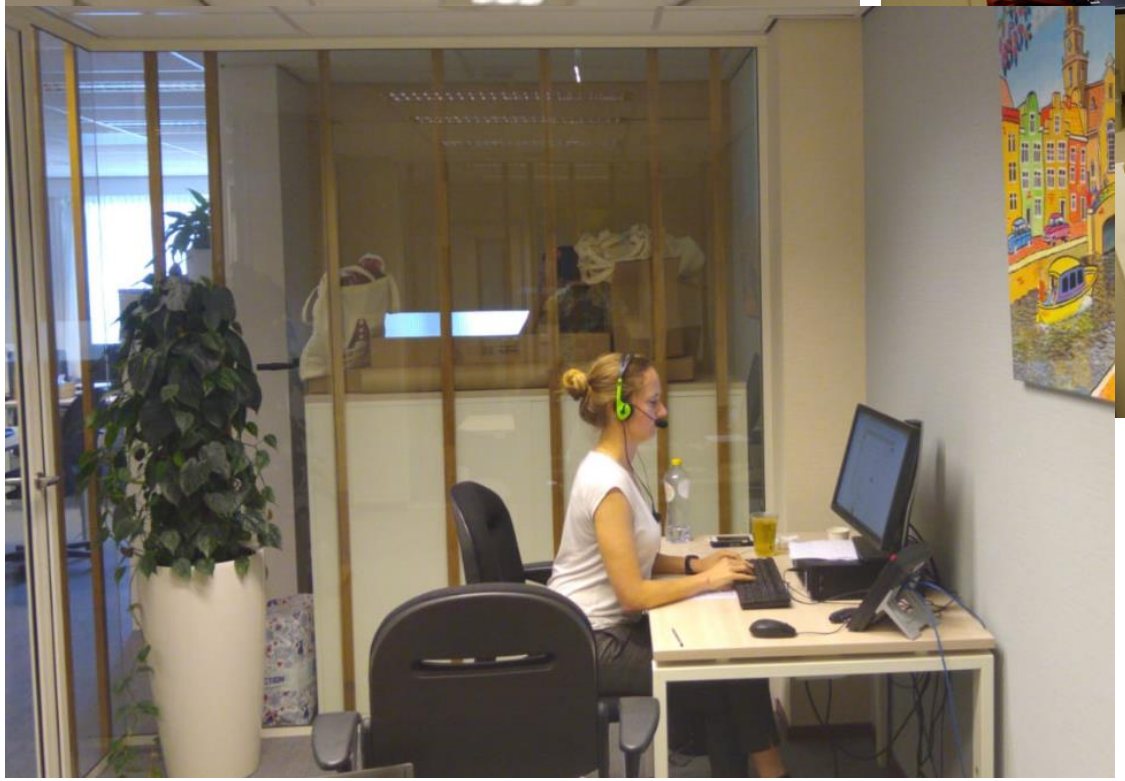
Raoul Koning (MSc)

DIMS, 30 years of experience with consultation

Drugs Information Monitoring System (DIMS)

- Nationwide network
  - Ministry of Health
  - Trimbos Institute
  - 23 services and 10 hand in points
  - Laboratory
  - Visitors
  - Jellinek: Amsterdam, Utrecht, Hilversum, Amersfoort

Process



Conversation/consultation evolution

Usual layout

- Rules
- Sample determination
- Result/lab
- Harm reduction conversation

Conversation/consultation evolution

In the 90’s:

- Lots of time per visitor
- Effects
- Short and longterm risks
- Tips
- Not so much known yet

Conversation/consultation evolution

Developments:

- New insights
- Type of visitors
- Number of visitors

Conversation/consultation evolution

New insights 2000-2010

- Dose: 1-1,5 mg/kg
- Look after eachother (important factor to reduce first aid visits)
- Use of peers

Conversation/consultation evolution

New insights after 2010

- Motivational interviewing
- Education has to fit like a glove
- How to make sure you have the perfect party/festival
  - Right dose: euforic, connection, music appreciation, contact
  - High dose: less connection, introvert, time flies, hallucinate
- Hardly focus on longterm risks

Conversation/consultation evolution

New insights after 2010

- Focus points:
  - MDMA (overheating, waterpoisoning, dose)
  - Cocaine (alcohol, frequency, addiction)
- Social map (signposting, refer to colleagues)
  - Parents
  - Addiction care
  - General practitioner
  - Nationwide medical consultation partydrugs
  - Chemsex consultation (peer education)
  - Unity (peer eduction)

Conversation/consultation evolution

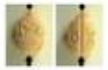
New insights after 2010

- More focus on the visitor (very diverse group)
  - Learning difficulties → one topic
  - First time → peer pressure, not using is ok, basics
  - 18- → peer pressure, not using is ok
  - 50+ → heart, blood circulation issues
  - Chemsex → limits, consent, habituation
  - Self medication → other treatments, no magical bullet, addiction, tripsitter

Conversation starters

- Being able to give the results immediately really helps

- Is there something that you did not enjoy from previous experiences?
- How will you be dosing this now that you know the content?
- Are you going to combine drugs?
- Where will you be using?

Logo		Hoofdcomponent
5-kroon-vorm-2		MDMA 200
aap-vorm-6		MDMA 145
Aap-vorm-8		MDMA 135
Aapje-no-hear		MDMA 185

Conversation/consultation evolution

Difficulties

- Taking the time vs helping as many visitors as you can
- What is the minimum you want to talk about?

- Giving the results by phone limits the harm reduction conversation

What else?

- Extensive info on website
- Video with rules and harm reduction information in waiting room
- Extra info on notice board
- ‘Classroom’ introduction

Drugstestservice

Welkom bij de drugstestservice van de Jellinek

Het gebruik van drugs is niet zonder risico’s. Het is daarom goed om jezelf te informeren over de werking en gezondheidsrisico’s van een middel. In Nederland is het mogelijk om je drugs te laten testen. Doe dat. In het filmpje van drugslab zie je hoe we testen.

Anoniem

Bij de drugstestservice kun je je drugs anoniem laten testen. Door te testen weet je wát er in je drugs zit, en hoe sterk je drugs zijn. Testen is gratis in Amersfoort, Hilversum en Utrecht. In Amsterdam vragen we 2,50 (cash) per drugssample dat je wilt laten testen.

Alleen voor consumenten

We testen alleen voor consumenten. We kunnen helaas niet testen voor ouders en andere niet-consumenten. Lees hier alle voorwaarden voor het testen.

Aanhoudende klachten na gebruik?

Heb je aanhoudende klachten na het gebruik van drugs? Bel dan met de artsen van het Medisch Spreekuur Partydrugs. Gesprekken zijn gratis en er is geen verwijzing van je huisarts nodig.

Openingstijden Testservice

Amsterdam: wo, do en vr 17.00 – 20.30 uur
GGD Amsterdam is tijdens ADE: ook open op wo, do en vr: 17:30-20:30 uur (GGD).
Amersfoort*: do 18.00 – 20.00 uur
Hilversum: do 17.00 – 19.30 uur
Utrecht*: di en do 18.00 – 20.00 uur
**Wegens drukte sluiten deze locaties soms eerder*

Uitslagenlijn Jellinek testservice

088 161 7550 elke donderdag (17.00-20.30 uur)

Improvements

- Suggestions from audience?

Conversation

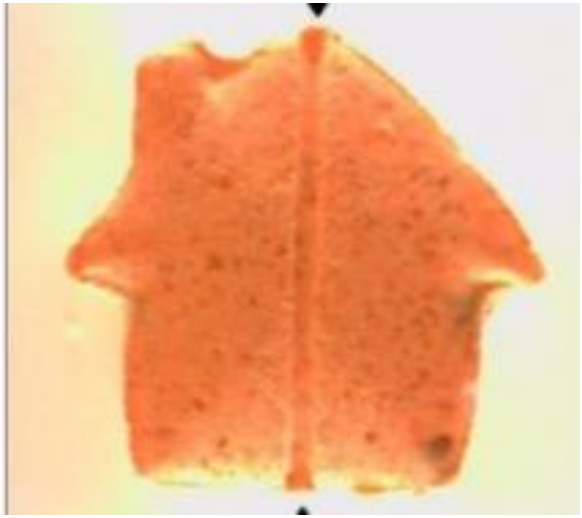
- Train staff
- More money (lab capacity and opening hours)

Accessibility

- Target specific audience (chemsex, immigration background, practically educated)

Take away?

- Seize the moment with the visitor
- Fit like a glove
  - Topics
  - Experience
- Focus, you can’t discuss everything
- Talk about the short term
- Refer (flyers, colleagues, video’s)

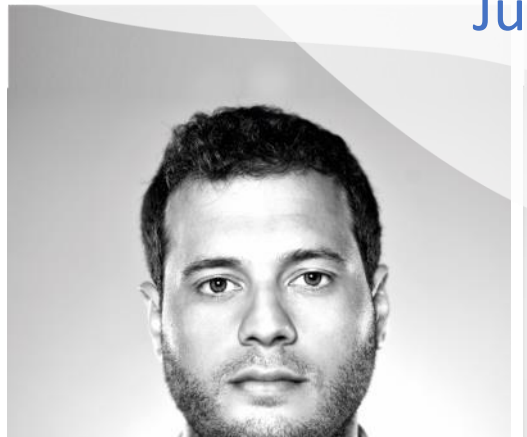








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Thanks for your attention

Raoul.koning@jellinek.nl

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Vivian Schipper
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