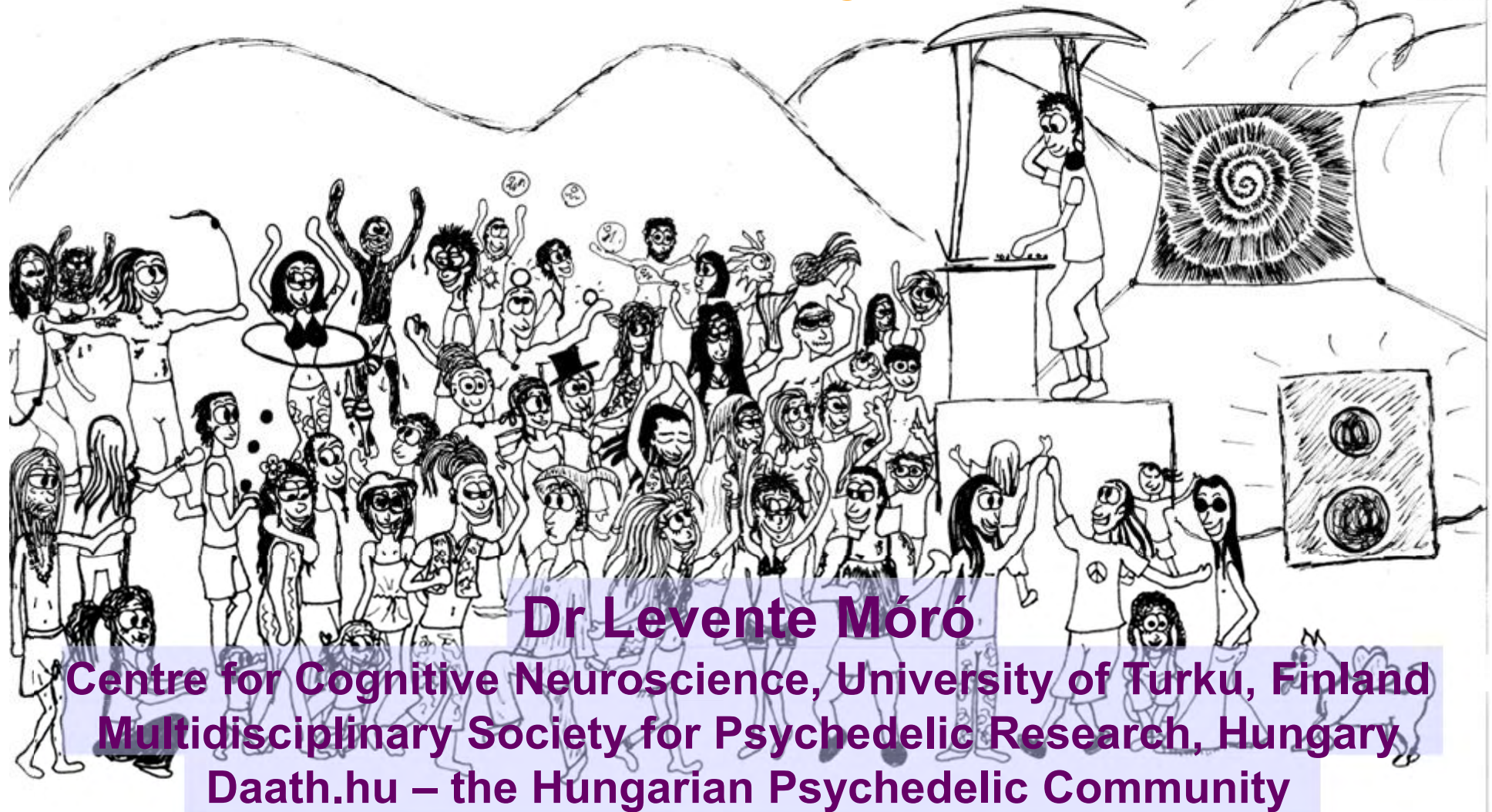


NIGHTS @ Berlin, November 10, 2017

# Crisis Intervention at Psychedelic Festivals



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Daath.hu – the Hungarian Psychedelic Community





S.U.N. festival @ Hungary, 2014



# 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/safety information
- first aid
- psychological help
- drug checking



# 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*

## **DÁT2 Psy Help team**

- *since June 2013*
- *48 volunteers (2 coordinators)*
- *120 parties and festivals*
- *international collaboration*









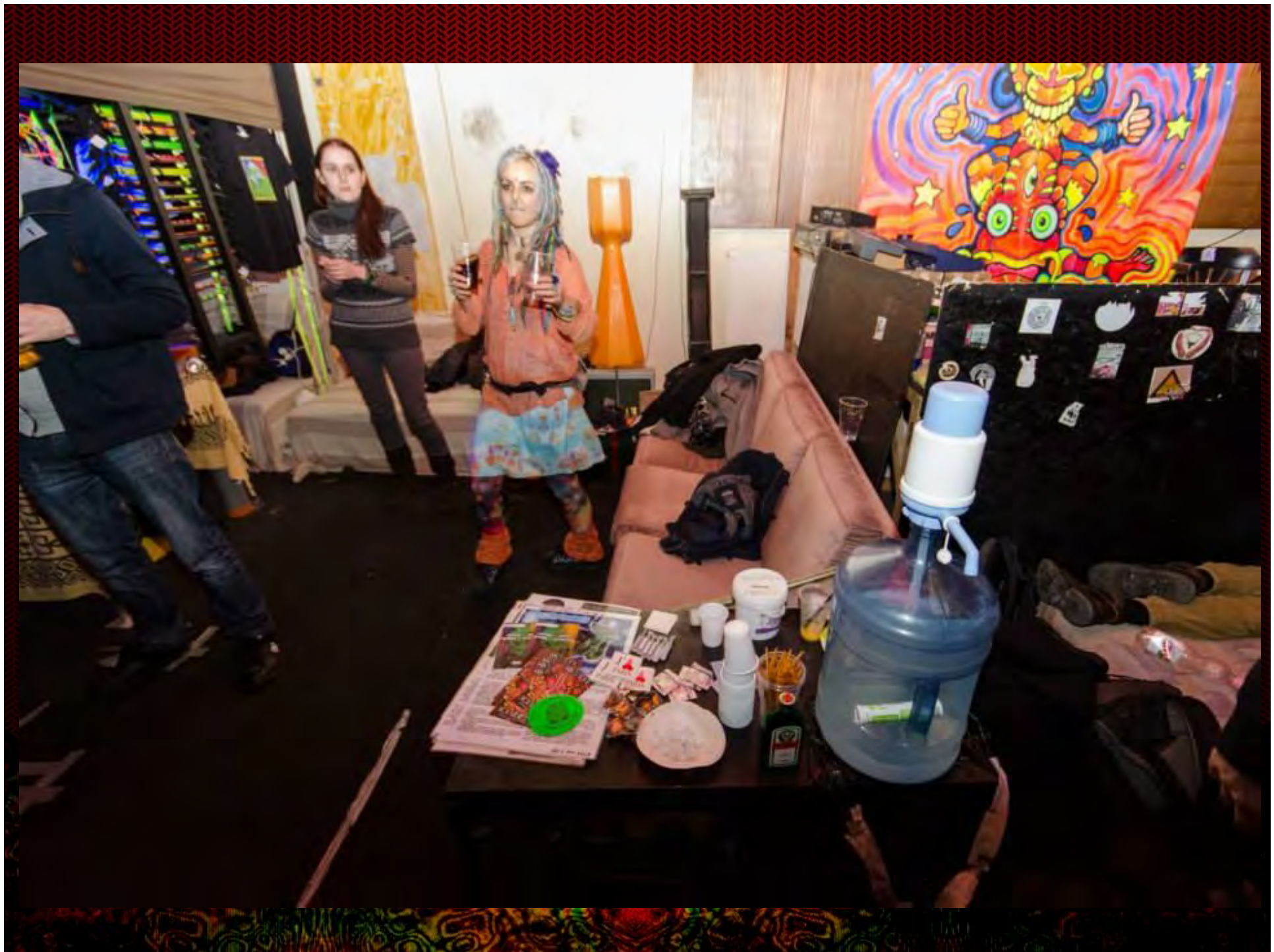


**DÁT2 Psy Help team @ S.U.N. festival 2014**











# Party harm reduction equipment





# 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 closeness*
- *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:*

- *first aid*
- *handling emergency situations*
- *psychoactive substances*
- *altered mental states*

## *Suitability:*

- *psychological*
- *teamwork*
- *clientwork*





# 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 MATTHIAS  
Country GERMANY  
Language GERMAN/ENGLISH

**ADMISSION**  
Date 30.8 Time 03:00  
Circumstances WAKED, RUNNING AND SHOUTING  
Condition NOT AWARE OF HIMSELF; NOT AGGRESSIVE

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

**CARE**  
Methods WE HELD HIM DOWN, WITH OTHERS (5 OF US). HE TRIED TO LEAVE BUT EVENTUALLY GOT TIRED OF FIGHTING AGAINST. SECURITY CALLED AMBULANCE + POLICE. HE WAS PUT INTO AMBULANCE IN HANDCUFFS. IMMOBILIZATION MADE HIM RECALM AND SELF-CONSCIOUS AGAIN. FACED TOWARD ESCORTED TO PSY CARE.  
Materials CLOTHES, WATER, BLANKET, CONTINUOUS 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 HIS TENT BY ROB THE DJ (NL)  
Condition BACK TO NORMAL  
Client's comments/feedback HE WAS THANKFUL

Contact card ☐ Yes ☐ No

**CASE #** 9 **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 here to ask for help  
Condition first confused, then started screaming, later became violent

**SUBSTANCES**  
Type, amount, route, comments MDMA, ~~KROBT~~  
IVCS-130ME (→ he intended to have LSD → turned out to be another unknown substance)

**CARE**  
Methods fixing him on the floor to save him ~~all~~ the others (Material)  
Materials \_\_\_\_\_  
Changes in condition Head Passage calmed down when medical staff arrived

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

Contact card ☐ Yes ☐ No



2015 Psy-Fi Case Documentation Forms.xls [Compatibility Mode] - Excel (Product Activation Failed)

File Home Insert Page Layout Formulas Data Review View Tell me what you want to do Share

Normal Page Break Preview Page Layout Custom Views

Workbook Views

☒ Ruler ☒ Formula Bar

☒ Gridlines ☒ Headings

Show

Zoom 100% Zoom to Selection

Zoom

New Window Arrange All Freeze Panes Unhide

Window

Split View Side by Side Synchronous Scrolling Reset Window Position

Switch Windows

Macros

Macros

A1 CASE #

	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 : counsuisness
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	sleeps
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 themself	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 truffle experience, ev
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, t
21	#20	p.24	20	Jacob Hannelore	male		Germany		2015-08-28			tripping, very confused
22	#21	p.25	-	Juulia	male		Sweden	English, Swedish	2015-08-28	22:00	fear of death, panic, looping	psychically alright
23	#22	p.26	21	Hannelore	male		Belgium	Dutch	2015-08-28	23:00	fear of flachbacks 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
											Naked, running and shouting since 1:00 from	not aware of himself, not aggressive

CDF by country by substance

Ready Average: 15542.63308 Count: 1386 Sum: 5408836.313 100%



## 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)**



# DÁT2 Psy Help Manual

- June 2013
- 30 pages
- in English, Hungarian, Finnish
- <http://daath.hu/dat2/psy-help>
- trainings:
  - Finland (Helsinki)
  - Czech Republic (Brno, Prague)
  - Slovenia
  - <your country?>





**Thank you for your attention!**



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