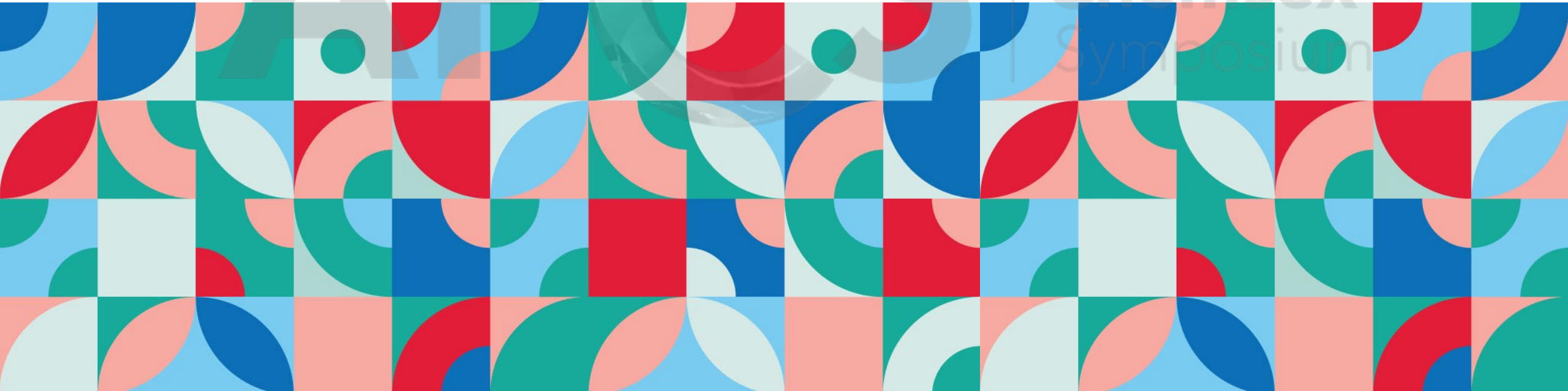


Chemsex Toolkit for Clinical Service Providers in the Asia-Pacific region

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Chemsex Toolkit

For clinical service providers
in the Asia-Pacific region



This toolkit was developed by the
Australian Society for HIV, Viral Hepatitis and Sexual
Health Medicine (**ASHM**)
on behalf of the Joint United Nations Programme on
HIV/AIDS (**UNAIDS**)
and the United Nations Office on Drugs and Crime
(**UNODC**).

Outline of presentation

Rationale and Purpose

Contents of the toolkit

Learning objectives

Harm reduction interventions for individuals engaged in chemsex

Training modules

Guides and Tools

Rationale and Purpose

Drug trend and availability

- Continuously evolving new psychoactive substances market : cheaper price and rising purity
- Methamphetamine seizures reach a new high

Estimated chemsex prevalence

- Easy availability of stimulant drugs has driven a trend of sexualized drug use
- Estimated prevalence of chemsex in East and South-East Asia range **from 3% to 31%**

Risks and impacts

- Likely low level of consistent condom use that increases the risk of HIV, STI, hepatitis B and C
- 43% of total new infections are among MSM
- Other risks: acute drug toxicity, overdose, physical harms, poor mental health outcomes and suicidal ideation

Barriers

- Limited access to healthcare services due to structural and societal barriers
- Limited knowledge on the management of chemsex

Stronger HIV prevention strategies tailored to Chemsex are needed, along with expanded, inclusive service

Contents of the toolkit

Part I: Understanding Chemsex

- What is Chemsex
- Chemsex Drugs
- Motivations for Chemsex
- Chemsex Related Harms

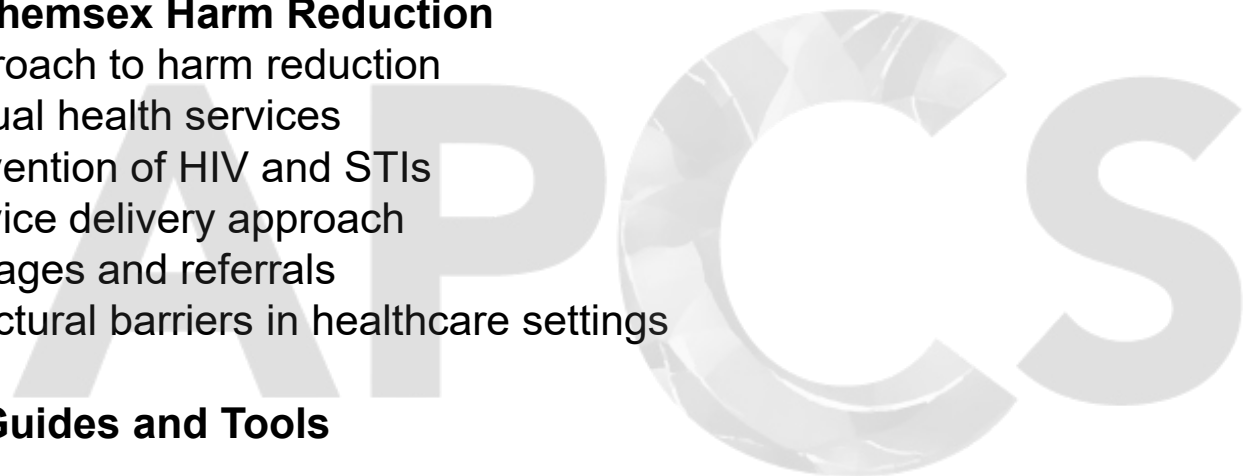
Part II: Chemsex Harm Reduction

- Approach to harm reduction
- Sexual health services
- Prevention of HIV and STIs
- Service delivery approach
- Linkages and referrals
- Structural barriers in healthcare settings

Part III: Guides and Tools

Part IV: Case studies

Part V: Chemsex training modules



Asia-Pacific
Chemsex
Symposium

Learning objectives



Awareness

- ❑ Understand chemsex practices, motivations, commonly used drugs
- ❑ Chemsex related harms (HIV, STIs, viral hepatitis)
- ❑ Educational resources, websites, and networking apps



Linkages & Referrals

- ❑ Understand how referrals to other services, community organizations, and therapeutic groups can provide additional support.



Approach

- ❑ Learn how to discuss chemsex with clients in a non-judgmental way

Structural barriers



- ❑ Understand various HIV prevention strategies including physical and psychosocial harm reduction interventions for chemsex participants

- ❑ Aware and understand the ways to overcome the structural barriers



Chemsex Harm Reduction

Prevention of HIV and STIs (Sexually Transmitted Infections)

- Regular testing
- Condoms and Lubricants
- PrEP (Pre-exposure Prophylaxis)
- PEP (Post-exposure Prophylaxis)
- Antiretroviral Therapy
- Sterile needles and syringes programmes

Service delivery approaches

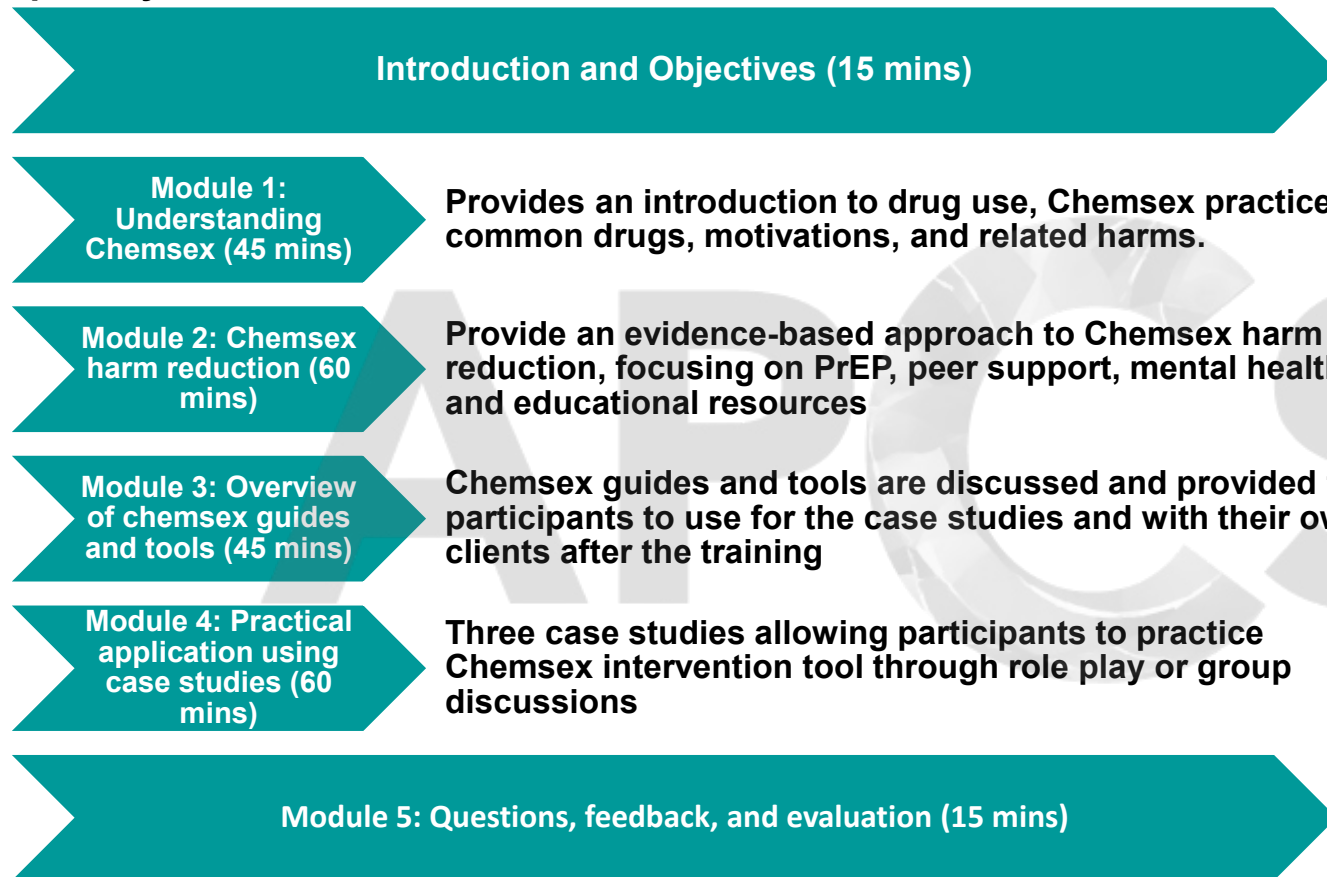
- Face-to-Face health clinics
- Community services
- Online outreach

Linkages and Referrals

- Mental health services
- Drug and Alcohol services

Training modules

Though this toolkit has been developed into a 4-hour training session for clinical service providers, but it is flexible. The overall duration and other context specific needs can be adapted by the toolkit user.



Training Outline

15 minutes		Introduction and objectives			
01	45 minutes	Module 1: Understanding Chemsex	02	60 minutes	Module 2: Chemsex Harm Reduction
		Module 1 aims to provide participants with an introduction to drug use and drug dependence, an overview of chemsex and the drugs commonly used for chemsex, motivations for use and chemsex related harms.			Module 2 aims to provide the participant with an evidence-based approach to chemsex harm reduction. A significant focus is on HIV prevention using PrEP, as this is such an effective and important asset to reduce chemsex related HIV transmission. This module also emphasises the collaborative effort that is required for chemsex harm reduction including peer support, community groups, mental health referrals and educational resources.
03	45 minutes	Module 3: Overview of Chemsex Guides and Tools	04	60 minutes	Module 4: Practical application using case studies
		Chemsex guides and tools are discussed and provided to participants to use for the case studies and with their own clients after the training.			Three case studies have been developed to provide further context to some of the issues that can arise from chemsex use, including chemsex motivations, patterns of use, potential harms, and willingness to engage and seek support. The case studies can also give participants an opportunity to practice using the chemsex guides and tools, and can be formatted as either role plays or group discussion.
15 minutes		Questions, feedback, evaluation			

Guides and Tools (Part 1)

Guides

1. Initiating non-judgemental conversations

- This guide explains the importance of non-judgmental conversations and offers some suggestions to help make clients feel relaxed, safe and more accepting of support.

2. Service Provider Guide to Addressing Chemsex

- This guide offers an overview of key topics for discussing chemsex, including HIV, sexual risk, and harm reduction strategies. Supporting individuals in chemsex requires time, patience, and a step-by-step approach; addressing all aspects in one consult may overwhelm both the patient and provider.

3. Risk Assessment for Immediate action

- Certain risks from chemsex use should be addressed immediately in order to reduce more imminent harms to clients and potentially those around them. This guide identifies some serious risks and some suggested actions to consider.

4. Client Guide to Harm Reduction

- This guide contains a list of suggestions to help mitigate some harms from chemsex.

Guides and Tools (Part 2)

Tools

1. Chemsex Boundaries Self-Assessment Tool

- ❑ Clients may be unaware of chemsex's negative impact on their lives and others'. This self-assessment tool helps them reflect and reconsider their choices.

2. Chemsex Care plan

- ❑ This care plan supports those wanting a break or abstinence from chemsex by helping them set goals and strategies to manage triggers and cravings.



**THE TOOLKIT CAN BE
ADJUSTABLE BASED ON
THE CONTEXT OF THE
COUNTRY.**

THANK YOU

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in the Asia-Pacific region



QR Code for
downloading the
toolkit.

