

# Web-based prevention approaches



Karsten Tögel-Lins  
EMCDDA, June 2014

## AREA FOR CONSUMERS

[More Information](#)



## AREA FOR PARENTS AND RELATIVES

[More Information](#)

## AREA FOR EXPERTS, LIKE SOCIAL WORKERS, TEACHERS OR LAWYERS

[More Information](#)



## IS ENGLISH YOUR NATIVE LANGUAGE?

yes

NO

## NEWS

02.06.2014

### U.N. SEES SOARING USE OF SYNTHETIC DRUGS AND PSYCHOACTIVE HIGHS

[More News](#)

CONSUMERS AND INTERESTED

- SAFER USE
- CREW2000
- ALICE PROJECT
- DRUG SCOUTS
- LEGAL ASPECTS
- LINKS
- ONLINECOUNSELING
- FLYER/DOWNLOADS
- MEDIA

## CONSUMERS

The use of psychoactive substances is as old as humanity itself. Besides the pleasant feelings of the use there are always risks and side effects. The idea of this page is to provide you with information before taking a decision for or against the use of a substance. Having many years of experience it is our point of view, that there is no better alternative than an objective and realistic description to support a responsible drug use. Nobody risks willingly and unnecessarily his or her own health.

Substantial for this form of information is for starters the knowledge of the different ingredients or substances in my product. Only if I am informed about the different ingredients I am able to assess the possible side effects. Therefore the folder substances offers the analysis of some of the common products. Under conditions of illegality, these tests never can be completely safe, because the ingredients of the next batch might differ. So please, simply take these tests as a point of reference. We continuously struggle with politics for more substantial spot checks for further safety increase.

If I decide to use a substance, there are a number of possibilities to reduce certain risks, the so called "safer use". In the end a completely safe use is not possible, but some risks can be reduced through proper behavior. If I notice that my use gives me trouble in my daily life, it is a sign of intelligence and maturity to question my consumption and to seek assistance. This does not necessarily mean abstinence, but experience has shown that it is reasonable to look for help early, because remedial measures are more feasible. For instance, if you hurt yourself physically you dress your wound immediately and do not wait until it becomes inflamed.

Our counseling service tool offers you the chance to address first questions completely anonymously. After sending your question, you receive a pin number; this pin number is the access code to recall your answer. This method also ensures the confidentiality of your request.

Of course you also can contact us by e-mail, if this level of security and confidentiality is sufficient for you.

We like to refer to our friendly party scene projects: the Alice project in Frankfurt and the Drug Scouts in Leipzig. There you can find a lot of information as well as the option for advice or perhaps even the possibility to participate.

If you like to contact us directly you can call the emergency phone number for drugs and addiction in Frankfurt. Just ask for a member of the Legal High team

### SEARCH

### FACEBOOK



Legal-High

Like You like this.

CREW2000

ALICE PROJECT

DRUG SCOUTS

LEGAL ASPECTS

LINKS

ONLINECOUNSELING

FLYER/DOWNLOADS

MEDIA

## ONLINE CONSULTATION TOOL

### WELCOME TO OUR ONLINE CONSULTATION.

After 2 business days you can call the answer to your question also **completely anonymous**. Retrieving is possible from anywhere. You only need the access code issued during the inquiry.

**This access code is absolutely essential. If it should be lost, there is no way to retrieve the response which belongs to your question. - Please keep the 6-digit code reference.**

## SEARCH

## FACEBOOK



Legal-High

Like You like this.

### START YOUR PERSONAL CONSULTATION NOW!

Click here to start the advice.

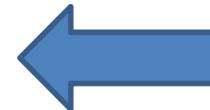
Ask a new question

### YOU HAVE ALREADY MADE A REQUEST?

To get the answer, please insert your 6-digit access code:

Code \*

Get Answer



ONLINECOUNSELING

LINKS

FLYER/DOWNLOADS

MEDIA



## PARENTS AND RELATIVES

### PARENTS

Dear parents and families,

You have observed your child with some substance or you have found anything ominous? Now you might be insecure and anxious? Ask yourself "What shall I do now?" You have already taken the first step; you already have started to inform yourself, this is a basic requirement for everything else as from now. But primarily, it shows that you have the willingness to act yourself.

Panic is a bad advisor

First of all, try not to panic. As soon as possible talk to your partner or a trusted adult person about your fears.

Talk to your child

When was the last time you had an open and candid conversation with your child? Make sure you do not start the conversation with a condemnation or disesteem of your child. Start with your concern and uncertainty, with involved tensions and conflicts.

Try to understand why your child is using drugs. What is your child looking for. The objective of the conversation should to consider the use of drugs critical but not to put the whole person in question. A conversation like an examination discourages. Get advice and help

Since the circumstances vary in every case and generalizations usually leave more questions than answers we strongly recommend to get advise in a personal counselling interview. For this, you can contact a youth and drug helpdesk in your area or call an anonymous telephone drug helpline. Via the telephone number ++49(0)1805 - 31 30 31 you can reach a nationwide drug-helpline with German speaking counsellors. Alternatively you can reach the local drug-helpline of BASIS e.V. if you dial the number ++49(0) 62 34 51. Here you also have the opportunity to speak with a representative of the „legal-high-inhaltsstoffe.de“ project team. For englishspeaking pleas follow this [Link to Knowthescore](#), a webside whith contact options.

If you have further questions or comments, please do not hesitate to send us an Email. We will answer immediately.

### SEARCH

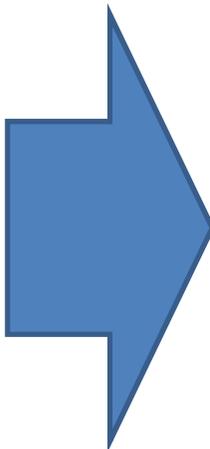
 

### FACEBOOK



Legal-High

 Like You like this.





## PROFESSIONALS

EU SPICE2+

SYNTHETIC  
CANNABINOIDS IN  
EUROPE

ENDOCANNABINOID  
SYSTEM

ONLINECOUNSELING

LINKS

FLYER/DOWNLOADS

MEDIA

### PROFESSIONALS

#### Background

Around 2004, a number of herbal incense products, first sold under the brand name 'Spice', appeared in Europe. Herbal incense or herbal blends were gaining a high degree of popularity by mid-2008 in many countries such as Germany, Poland or the UK. In December 2008, German labs identified synthetic cannabinoids in these products.

Most of the respective cannabinoids were first synthesised in the context of pharmaceutical research projects carried out in the 1980s and 1990s. They had never shown up in any commercially available product before and no human studies with these cannabinoids have been carried out, so these substances must be regarded as not safe.

The JWH series, created by the chemist John W. Huffman at Clemson University, is the most common group of synthetic cannabinoids (e.g., JWH-018, JWH-073, or JWH-210). Other names of cannabinomimetics include e.g. HU-210 (HU stands for 'Hebrew University'), AM-694 (AM stands for Alexandros Makriyannis, another cannabinoid researcher) or CP 47,497. There are hundreds of synthetic cannabinoids that may function as active compounds of herbal mixtures.

#### Prevalence/ motivation for use

In context of the above mentioned media attention for 'Spice' products, where they were called a 'legal alternative' to cannabis, these products were initially found to be popular among users of different ages and socioeconomic status. It appears to be the case that media interest and the prevalence of synthetic cannabinoids are strongly related.

Representative data on Spice use are sparse. An annual local representative students' survey in Frankfurt, Germany, shows that the number of 15- to 18-year-olds who had ever used 'herbal incense' increased from 6% in 2008 to 9% in 2010, followed by a decrease to 7% in 2011. Similar proportions could be observed among the same age group in a survey conducted 2009 in Hamburg, Germany, with 6% reporting lifetime use of Spice products. Among the German adult population (18-64 years) surveyed in 2009, the lifetime prevalence of Spice was 0.8% and the last year rate 0.4%. Results from the British Crime Survey (2010/11) show that among young adults (16-24 years) in England and Wales the last year prevalence of 'Spice' products was 0.4%. It should be emphasized that there are very few regular users of such substances.

Little is known about characteristics, types and motivations of users. An online survey in Germany showed that the largest group of users are experimental users and their primary reason for using 'Spice' products is curiosity. Since synthetic cannabinoids are used as a substitute for cannabis, the availability and quality of cannabis also seems to play a main

#### SEARCH

#### FACEBOOK



Legal-High

Like You like this.



ANALYSES

SUBSTANCES

T.E.D.I. PROJECT

ONLINECOUNSELING



## ANALYSIS

### SUBSTANCES

Dear Ladies and Gentleman,

On the following pages you will find detailed information about all the products that have been tested by the University of Freiburg so far. Please, handle the displayed information with care. The results shall give you an orientation, which substance could be included in a certain product. You have to be aware that the included substances may clearly vary. For some products we have found identical ingredients over a long period, but with others the included substances changed over time.

In several samples substances were detected, which are already covered by the German narcotics act. Unfortunately, just with the category of cannabinoids, there is very little robust information available. We are currently preparing appropriate information which will be published on this website soon. Please be aware that the consumptions of Legal High is not without danger and that you cannot compare the effects of synthetic and natural cannabinoids.

### SEARCH

### FACEBOOK



Legal-High

 Like You like this.

ANALYSEN

SUBSTANZEN

VERBOTENE  
SUBSTANZEN

ONLINEBERATUNG

T.E.D.L



## UNICORN MAGIC DUST

Wirkstoff: AB-FUBINACA

Eingestellt am: 02.06.2014

**ACHTUNG:** Alle Analyseergebnisse beziehen sich jeweils nur auf die getesteten Stichproben. Wir weisen ausdrücklich darauf hin, dass die Inhaltsstoffe und Dosierung der Produkte von Charge zu Charge sowie von Packung zu Packung variieren können.

**WARNING:** All analysis results only refer to the samples tested. We particularly point out that the ingredients and dosage of the product can vary from batch to batch as well as from packet to packet.

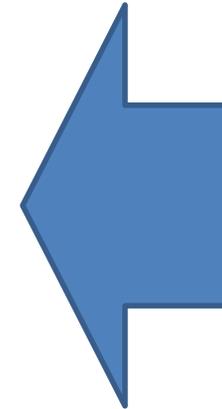
**ATENCIÓN:** Todos los resultados de los análisis sólo se refieren a las muestras analizadas. En particular, indican que los ingredientes y la dosificación del producto puede variar de un lote a otro, así como de un paquete a otro.

**ATTENTION:** Tous les résultats d'analyse ne concernent que les échantillons examinés. On a particulièrement remarqué que les ingrédients et le dosage du produit peut varier de lot en lot, ainsi que d'un paquet à un autre.

Όλα τα αποτελέσματα των αναλύσεων αναφέρονται μόνο στα δείγματα που δοκιμάστηκαν. Επισημαίνεται κατηγορηματικά ότι τα συστατικά και η δοσολογία των προϊόντων από παρτίδα σε παρτίδα ως και από πακέτο συσκευασίας σε πακέτο μπορεί να διαφέρουν.

**ATENCIÓ:** Tots els resultats de les anàlisis només es refereixen a les mostres analitzades. En particular, indiquen que els ingredients i la dosificació del producte pot variar d'un lot a un altre, així com d'un paquet a un altre.

**OHARRA:** test Emaiza guztiak erlazionatzeko aztertutako laginak bakarrik. Hain zuzen ere, produktuaren osagaiak eta dosiak dela adierazi dezake bat batch batetik bestera aldatu eta pakete bat batetik bestera.





**Tedi Project**

T.E.D.I. (Trans European Drug Information) is a European database system that collects, monitors and analyses the evolution of the various European drug scenes and reports on them on a regular basis.

[Read More](#)

**Newip**

The Nightlife Empowerment & Well-being Implementation Project (NEWIP) proposes specific responses to the new challenges in the fields of harm reduction and health promotion, using recreational settings as initial outreach locations.

[Go](#)

**Who we are**

The TEDI Project emerged from the mutual interests of several risk reduction groups that use Drug Checking as a method for making contacts with drug users.

[Read More](#)

**Partnerships**

TEDI will provide a number of partnership levels that will determine the extent of a partner's ability to consult TEDI's database.

[Read More](#)

# Association of drug checking organisations

- Early warning system
- Tool for monitoring
- Knowledgebase
- International network

Suche...



Erweiterte Suche

[Registrieren](#) | [Anmelden](#)

[Unbeantwortete Themen](#) [Aktive Themen](#)

[Foren-Übersicht](#)

Allgemeines	Themen	Beiträge	Letzter Beitrag
<b>Informationen</b> Informationen zum Forum und zum Verein findet Ihr hier.	1	3	von <a href="#">CDR2013</a> → 23.05.2014, 16:57
<b>Neuigkeiten</b> Wichtige News und Ankündigungen zum Forum und rund um Legal Highs findet Ihr hier.	0	0	Keine Beiträge
<b>Feedback &amp; Fragen</b> Fragen, Kritik und Anregungen zum Forum haben hier Platz.	0	0	Keine Beiträge

Substanzen	Themen	Beiträge	Letzter Beitrag
<b>Warnungen</b> Substanzanalysen von Pillen und Legal Highs	0	0	Keine Beiträge
<b>Synthetische Cannabinoide</b> 5F-PB-22, HU-210, THJ-2201 u.a.	0	0	Keine Beiträge
<b>Räucher- und Kräutermischungen</b> Spice, Jamaican Gold, Maya u.a.	0	0	Keine Beiträge
<b>Cathinone</b> Kath, Mephedron, Methylon, 3-MMC, MDPV u.a.	0	0	Keine Beiträge
<b>Phenethylamine</b> 2C-P, DOI, 25C-NBOMe u.a.	0	0	Keine Beiträge
<b>Tryptamine</b> 5-MeO-AMT, 5-MeO-DALT, 4-HO-DIPT u.a.	0	0	Keine Beiträge
<b>Andere Research Chemicals</b> Methoxetamin, Opioide, Benzodiazepine u.a.	0	0	Keine Beiträge
<b>Medikamente</b> DXM, Diphenhydramin, Ethylphenidat, Diazepam u.a.	0	0	Keine Beiträge

# User generated fora

Land der Träume  
your psychedelic community

Mein LdT | Drogen & Konsum | Hintergrund | Community | Goodies | Über das LdT

LdT-Forum

Ansicht aktualisieren

Alle Themen mit neuen Beiträgen

Forum	Themen	letzter Beitrag
<b>Land der Träume</b>		
<b>Informationen vom LdT</b> Aktuelle Informationen vom Webmaster und den Moderatoren. Dieses Forum ist ein reines Ankündigungsforum. Reaktionen bitte im Forum Feedback.	40	21.04. 19:48 Dado
<b>Feedback</b> Hier sind alle Meinungen, Anregungen und Kritiken am LdT aufgehoben.	123	31.05. 05:08 Chalthra
<b>Drogen</b>		
<b>Cannabis &amp; Hanf</b> Die nach Alkohol und Tabak sicherlich am häufigsten konsumierte Droge in Deutschland bietet viel Gesprächsstoff.	1.697	01.06. 21:37 Simply Complex
<b>Research Chemicals</b> Verborgene Juwelen und unbekannte Gefahren - die zumeist gänzlich unerforschten Substanzen brauchen Raum zum Diskutieren.	648	01.06. 03:19 e flect
<b>Chemische Halluzinogene</b> Halluzinogene/Entheogene/Psychedelika - ob bunte Visionen, psychedelische Gedanken oder Ego-Tod, viele Substanzen haben große Macht auf unseren Verstand.	1.065	01.06. 20:32 Simply Complex
<b>Psychoaktive Pilze</b> Sie gehören zu den ältesten Drogen der Menschheit und schon vor Jahrtausenden haben Menschen Pilze zur Bewusstseinsweiterung und spirituellen Erleuchtung genutzt. Wurden diese damals noch in Ritualen kontrolliert eingenommen, so birgt der Konsum heutzutage durch Unwissenheit im Umgang damit zahlreiche Gefahren.	1.523	31.05. 15:23 katha
<b>Biogene Halluzinogene</b> Auch biogene Halluzinogene können Symptome wie Visionen, psychedelische Gedanken oder den Ego-Tod hervorrufen, sie stehen den chemischen Halluzinogenen in der Potenz und Wirkung in nichts nach.	802	01.06. 23:52 katha
<b>Ecstasy &amp; Upper auf Amphetaminbasis</b>	1.443	01.06. 22:15 Niczie93
<b>Pharmazeutika</b> Alle Mittel in pharmazeutischer Reinheit. Ob als Droge oder Medikament, Pharmazeutika spielen oft eine große Rolle in unserem Leben.	1.622	01.06. 12:41 Nuebel90
<b>Sonstige chemische Drogen</b> Sie bereichern und gefährden uns erst seit einigen Jahrzehnten, relativ wenig Zeit in der Menschheitsgeschichte. Aber dennoch sind sie ein wichtiges Thema.	1.027	29.05. 08:54 dreamer27

Suchfunktion  
Suche  
Google™ Benutzerdefinierte Suche

Foren-Filter  
alle Foren anzeigen

Service  
die 100 letzten Beiträge  
Beiträge seit letztem Besuch  
Themen mit neuen Beiträgen seit letztem Besuch  
Abonnierte Themen mit neuen Beiträgen

Werbung  
Kraiom.eu

Wer ist online?  
Folgende LdT-Mitglieder sind gerade online:  
Agnostica, alone, Amsterdanned, Barliwurm, BastiTabletzki, blubblubb, bluesonic80, burak1111, Combine812, Daibasilea12, dbm14, dexter morgan, DonCaChillo, Double, Dr THC, Duke1990, Entakto11, flutschiez, freakquest, freeb4se, FreierDenker84, FrenchMontana, fusedfused, Gaaanjabacke,

- Three other fora
- Establish trusty relationship
- Keep community up to date with infos about the topic
- Help to overcome users inhibitions to contact us

# Basics and theories

- Client centered approach (C.Rogers)



- Four foils method (Knatz/Dodier)



- Four sides model (Schulz v. Thun)



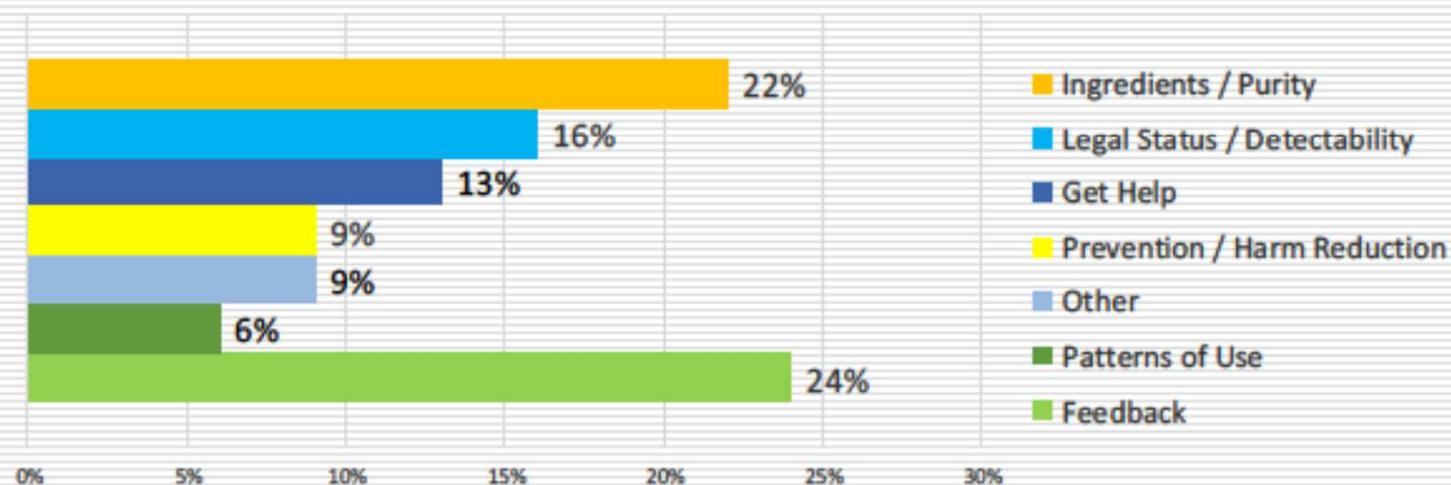
- Motivational interviewing (Miller/Rollnick)



# Evaluation of the online counselling legal-high-inhaltsstoffe.de

---

Inquiries 2. Half of 2013, n=97



Date range: From 2014-05-26 to 2014-06-01

Widgets & Dashboard

New Update: Piwik 2.3.0

### Last visits graph



### List of Keywords

Keyword	Visits
legal highs	168
inhaltsstoffe	14
jamaican gold extreme	13
apinaka	3
5-mapb	2
dutch orange	2
jungle dust	2
5f-pb/2	1

### List of external Websites

Website	Visits
drugscouts.de	195
www.drogen-info-berlin.de	22
www.land-der-traeume.de	20
www.mindzone.info	16
www.eve-rave.ch	13
www.stern.de	11
www.google.at	10
www.facebook.com	9
eve-rave.ch	8

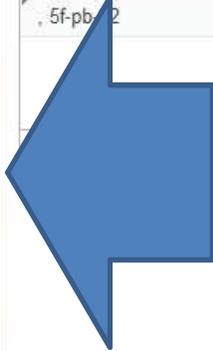
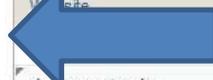
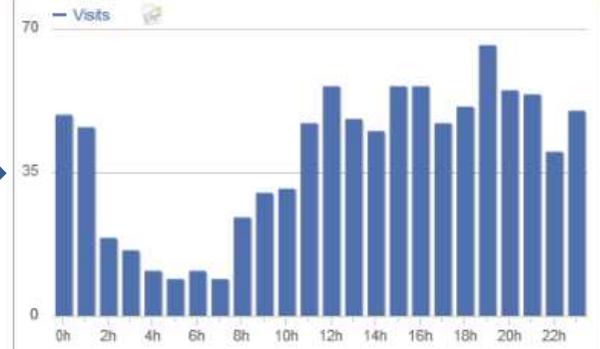
### Visitors in Real Time

Date	Visits	Pageviews
Last 24 hours	168	1457
Last 30 minutes	5	45

Mon 2 Jun - 16:10:00 (17s) - IP: 134.3.0.0	from <a href="http://www.drugscouts.de">www.drugscouts.de</a>
Mon 2 Jun - 16:08:26 (0s) - IP: 188.193.0.0	from <a href="#">Google</a> - "Keyword not defined" #5
Mon 2 Jun - 15:53:30 (1 min 45s) - IP: 77.182.0.0	from <a href="http://www.legal-highs.info">www.legal-highs.info</a>
Mon 2 Jun - 15:53:01 (4 min 26s) - IP: 46.115.0.0	Direct Entry
Mon 2 Jun - 15:49:20 (8s) - IP: 79.144.0.0	Direct Entry

### Visits by server time



# First results:

- Consumers are reachable
- They are interested in information and knowledge
- Help is required and accepted
- User fora are relevant
- Product monitoring is important



**MANY THANKS FOR YOUR  
ATTENTION**