

Challenging practice: shifting organisational
culture and practice in the post-Aids era.

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“Post-Aids” era

- NOT saying that HIV isn't important
- 80% fall in HIV related deaths in UK
- How we respond to HIV has changed
- What we respond to in gay health is changing



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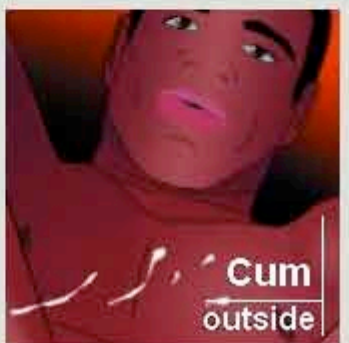



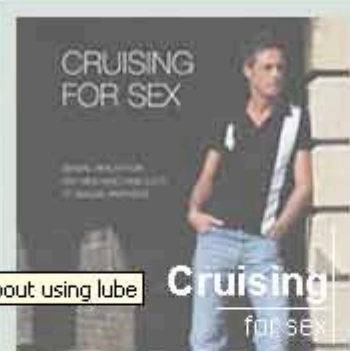
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GMFA AS BIGUP AFL

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home sex your health your life being +ve help advice & info links

Metromate

G-A-Why dont you?

World AIDS Day

London's sexual health directory for gay men

What drove our thinking?

- THT mergers
- Local 'one stop shops'
- International thinking
- Making it Count
- Evidence of gay men's health needs

Evidence of gay men's health needs

- 50% of men susceptible to hepatitis B
- 28% worried about alcohol use
- 13% worried about recreational drug use
- 7% forced to have non-consensual sex in last year

Evidence of gay men's health needs

- 34% of men experienced verbal abuse in previous year and 7% physical abuse
- 25% faced sexuality based discrimination
- 60% fear demonstrating affection in public
- 30% unhappy with their sex lives
- 65% lonely or isolated

Obstacles at THT

- ‘Dilution of HIV prevention’
- ‘Bleeding the brand’ – gay men will be confused
- THT’s mission statement

Mission statement

- Reduce the spread of HIV and promote good sexual health
- Provide services which improve the health and quality of life of those affected

The easy bit ...





ygm.org.uk
THE WEBSITE FOR YOUNG GAY MEN

Exit site
Click the button below if you want a quick exit



Health | Coming Out | Gay Scene | News & Events

> Health Professionals
Coming soon - guidelines, message boards and training ideas for professionals working with young gay men

VITAL STATISTICS 2005

Scene Survival Guide
No doubt you will have ideas and assumptions in your head about what gay pubs and clubs are like. The best way to find out is to experience it for yourself.
[Find out more about Gay Pubs and Clubs](#)

Your First Time?
Meeting another gay man or group for the first time can be very daunting either because you may be very nervous or you might have certain ideas about what gay men are like.
[Find out more about your first time](#)



FIND YOUR LOCAL YOUTH GROUP >

NEED HELP NOW?
THT DIRECT > 0845 12 21 200

THT Direct > 0845 12 21 200

Answering questions about sex, sexual health and HIV, putting you in touch with support around sex and sexuality-based issues.

www.tht.org.uk

www.chapsonline.org.uk

More info on GHB visit
www.talktofrank.com

PLEASE GET RID OF YOUR LITTER CAREFULLY

MIXING

GHB can interact with other drugs, including alcohol and HIV medication, giving bad reactions. Your HIV drugs might not work so well.

Adding GHB can make the effects of other recreational drugs unpredictable

Mixing **BOOZE** and **GHB** is a definite no-no - it knocks people out (or worse).

Querry no. 28527

The law

Since 2003 GHB has been a Class C drug, illegal to possess or sell (up to 2 years prison for possession, up to 14 years for intending to supply to others).

Clubs and saunas are cracking down on GHB use as they don't want to lose their licences. Several now ban anyone caught with GHB. If you overdose on GHB your night could end with a trip to hospital and possibly an interview with a police officer.



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GHB (gamma-hydroxy-butyrate)

IS ALSO KNOWN AS 'LIQUID ECSTASY',
'LIQUID E' OR GBH. IT'S A FAIRLY
NEW DRUG USED BY SOME MEN IN CLUBS
AND SAUNAS.

Taking it

- It's mixed with water or a soft drink, then drunk
- Less is more - a dose is usually only one capful
- The higher the dose the more chance things go wrong

Effects

Low doses can make you feel relaxed, high or horny. Larger doses can lead to slurred speech, dizziness and vomiting. Too large a dose can knock you out, cause a fit or coma. It's hard to judge the dose, with a very small difference between a safe dose and an overdose.

Although called 'liquid Ecstasy' its effects are nothing like E.

'SPIKED' DRINKS

With no colour or smell and only a slightly salty taste, someone probably wouldn't notice if their drink was 'spiked' with GHB. This is how it's been used as a 'date rape' drug.

Although drinks being spiked is rare, if you're worried about 'spiked' drinks, avoid leaving them unattended.

Drinking from bottles or cans makes it less easy for a drink to be messed with.

THT DIRECT > 0845 12 21 200

THT Direct can answer questions about sex, sexual health and HIV and put you in touch with support around sex and sexuality-based issues.

www.tht.org.uk

www.chapsonline.org.uk

Chemistry no. 383207 | Designer: THT/THT/C. Crawford and on 020 7420 0000 Ref: 2014

Crystal, sex and HIV

Crystal meth gives many people lots of energy for sex while making some less concerned about condoms.

HIV - and other infections like Hepatitis B and C and syphilis - can be picked up or passed on through:

- Sore, bleeding skin from long, rough sex sessions
- Damaged skin in the lining of the arse (from taking crystal meth anally)
- Inflamed or bleeding mouth and gums (seen in long term crystal meth users)

Risks of injecting or snorting

Injecting

When injecting (into the skin, muscle or vein) sharing syringes, needles or other equipment can let into the bloodstream bacteria and viruses like HIV and hepatitis B or C. This can also cause blood poisoning or life-threatening heart infections. Injecting anally can also allow infections into the body through the absorbent lining of the arse. As well as skin abscesses, injecting can also cause air bubbles to be injected into the blood, which go to the heart and stop it.

Snorting

Sharing snorting pipes can spread infections from one nose to another, with bacteria and viruses (e.g. hepatitis C) getting into the blood through the lining of the nose.

If you have HIV

On crystal meth you may find it harder to use condoms. You might also pass HIV on through skin damage during long, rough sex sessions or when sharing injecting equipment.

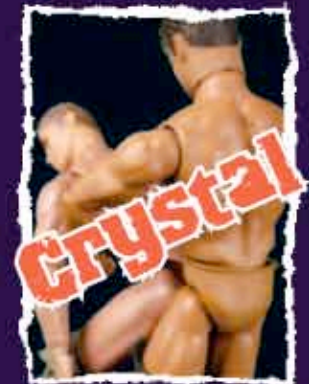
Crystal meth and going without food or sleep can weaken your immune system. People on HIV medication who use the drug tend to have higher viral loads (amount of HIV in their

body) - using crystal meth might make it easier to forget to take HIV medication. There is evidence of harmful interactions between crystal meth and some HIV medication (and poppers).

The law

Crystal meth is a Class B drug, illegal to supply or possess (up to 5 years prison for possession, up to 14 years for intending to supply to others).

If prepared for injecting crystal meth is a Class A drug (up to 7 years prison for possession, up to life imprisonment for intending to supply to others).



TEYNONE
HEALTH
TRUST

PLEASE GET RID OF YOUR LITTER CAREFULLY

Crystal meth (methamphetamine) is also known as **crystal** and **Tina**. It has been used by gay men since the 90's in the USA and Australia. It's becoming more available in the UK.

What is it?

Crystal meth comes as white or colourless crystals which can be crushed to make a white-ish powder.

Taking it

- It's usually snorted as a powder
- Smoked through a glass pipe
- Mixed with water and injected into a vein, muscle or the skin
- It can be injected up the arse with a syringe that has no needle
- It can also be in a pill

The quicker the hit, the stronger it is.

- Smoked - around 10 seconds
- Injected - 15-30 seconds
- Snorted - 3-5 minutes
- Swallowed - about half an hour

Effects

Crystal meth is a very strong stimulant - like 'speed' only more powerful. People use it to:

- Party for long periods
- Have longer, maybe 'zinkier' sex

With it people can:

- Be more confident and talkative
- Lower their inhibitions
- Act on impulse
- Feel less pain
- Be more sexually aroused
- Have more energy for long sex sessions
- Not 'come' as quickly (or not at all)

Less welcome effects can be:

- Loss of erection ('crystal dick')
- Aggression
- Anxiety
- Not eating or sleeping (often for days)

Over time more will often be needed to get the same 'high'. Some people seem able to be occasional users with no major problems. Others find themselves quickly addicted, affecting:

- Relationships with other people
- Jobs and finances
- Health (including mental health)

Effects on the body

Nose: Snorting can damage the inside of the nose.

Mouth: Long term users ('tweakers') often have teeth and gum problems and can lose their teeth.

Heart: The drug makes the heart beat fast and can push up blood pressure to dangerous levels, with a risk of irregular heart beat, heart attack or stroke. If injecting, bacteria on the needle can get into the blood, causing life-threatening infections of the heart.

Mind: The drug can cause depression, suicidal feelings, paranoia and serious mental health problems ('psychosis') - especially after long term use.

Other problems

Crystal meth can send the body's temperature to dangerous levels, leading to stroke, heart attack or coma, sometimes death. Going without food or drink for days can lead to weight loss, malnutrition, cramps, diarrhoea or constipation. The drug can also damage the kidneys and liver and, if smoked, the lungs.

STIs

Home

- Gonorrhoea
- Chlamydia/NSU
- Herpes
- Syphilis
- Other infections
- GUM clinics
- Testing for STIs

There's nothing sexy about sexually transmitted infections.

Email this page | Print this page

So get it checked. Get back out there.



Herpes

Gonorrhoea

Syphilis

Welcome

Many of us will get a sexually transmitted infection at some time - even if we have safer sex or sex with only a few men. But you're more likely to get infections the more men you have sex with - or if condoms aren't used. If you get an infection this website has information you should find helpful.



Other CHAPS sites

Downloads

eXposed! 8

Download a PDF of the latest copy of eXposed magazine [here](#)

Help THT improve services at GUM clinics - [click here](#)



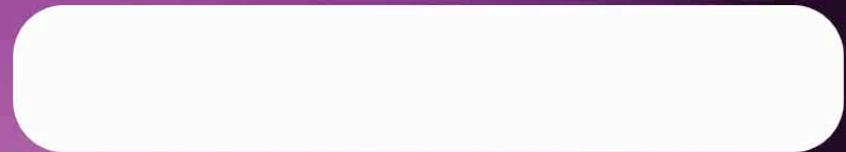
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❄️ find out about lowering your stress levels ❄️
❄️ try a LADS stress ball ❄️



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lifestyle MOT

diabetes and cholesterol testing
blood pressure and sexual health checks
lifestyle and stress advice



The harder part ...



Challenging organisational perceptions of gay health

- Organisational concepts of how to 'do' gay health
- Gay health = 'more posters'
- Individualistic approach vs structural approach
- Challenges of alliance building

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HELP ME ESCAPE
MY ISOLATION



PLEASE DON'T THROW
MY HOPE AWAY



Some of the successes ...

- Lifting the lid training
- GPs and gay men
- Improving sex and relationship education
- LGT victims of crime
- Developing, building and supporting communities

Summary

- Wider gay health doesn't have to dilute HIV education – it can improve and strengthens existing HIV education
- There are substantial challenges to shifting organisational culture – especially in long established HIV organisations
- Sustained effort with strong leadership and advocacy can make it happen

Summary

- Cultural shifts need to happen throughout organisations
- Especially when organisations influence external policy and practice environments
- Structural interventions are as important [if not more so] than individualistic ones

- www.tht.org.uk
- www.chapsonline.org.uk
- www.sigmaresearch.org.uk
- www.metromate.org.uk
- National CHAPS conference – March 6/7 2006
- www.chapsonline.org.uk/c9
- Will.nutland@tht.org.uk