

Webinar Safe 'n Sound

Introduction to harm reduction at your event 🖐️



Topics of the day 📢

- What is harm reduction?
- Quick wins with Quality Nights
- Your point(s) of contact
- What is Safe 'n Sound?
- Your drug policy
- 5 takeaways from the early adopters

Hi, I'm Tom! 🖐️

Prevention worker

- Supporting organisations & local government
- Addiction → drugs, gambling and gaming
- CGG Vagga in Antwerp → Centre for mental healthcare
- Safe 'n Sound 🌂 VAD: Flemish centre of expertise on alcohol and other drugs
 - Principle of harm reduction

The reality of events



What is harm reduction?

“**Harm reduction** is an evidence-based approach that aims to minimise the negative health, social and legal impacts associated with drug use, drug policies and drug laws by focusing on positive change and on working with people without judgement, discrimination, or requiring that people stop using drugs as a precondition of support.”

→ But why?





Quick wins with Quality Nights

= Toolkit of structural measures

- 1) Trained (bar) staff
- 2) Spreading health promotion info
- 3) Initiatives for safer transport

4-15) Availability of condoms, drinking water, chill-out space, earplugs, ...



vad.be/preventie-en-hulpverlening/uitgaan/quality-nights/
<https://www.qualitynights.be/fr/>



1) Trained (bar) staff

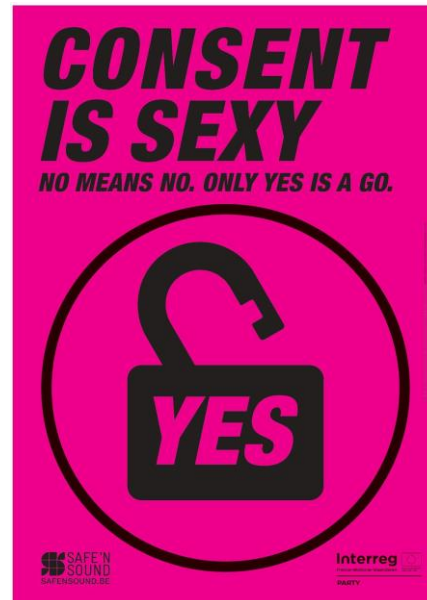
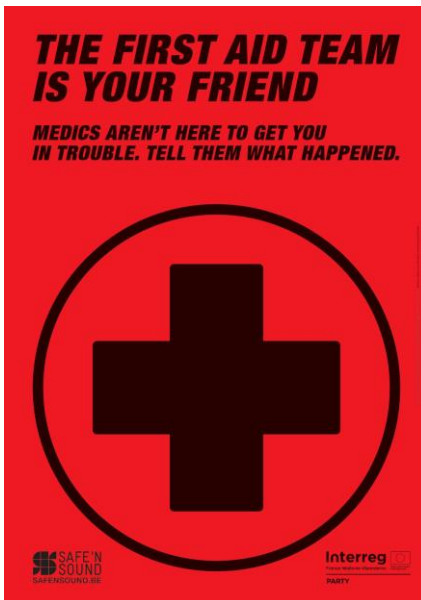
Such as:

- Serving alcohol responsibly
- First aid with drug related incidents (EHBDu)
- ...

Either:

- Face-to-face by a local prevention worker
- Online training (→ vormingen.vad.be/vormingen/training-barpersoneel)

2) Spreading health promotion info



3) Initiatives for safer transport

- Putting Taxi information on screens
- Info on bike sharing system
- Event hours vs. public transport
- Alcohol testing → fline-group.com
- ...





Your point(s) of contact 🧐

→ VAD: Flemish centre of expertise on alcohol and other drugs ☂️

→ In Wallonia & Brussels: EuroTox.org

→ Your local prevention worker 📌

→ CGG: Centre for mental healthcare

→ CAW: Centre for well-being

→ In Wallonia & Brussels: more fragmented

www.enseignement.be/index.php?page=24462#programme

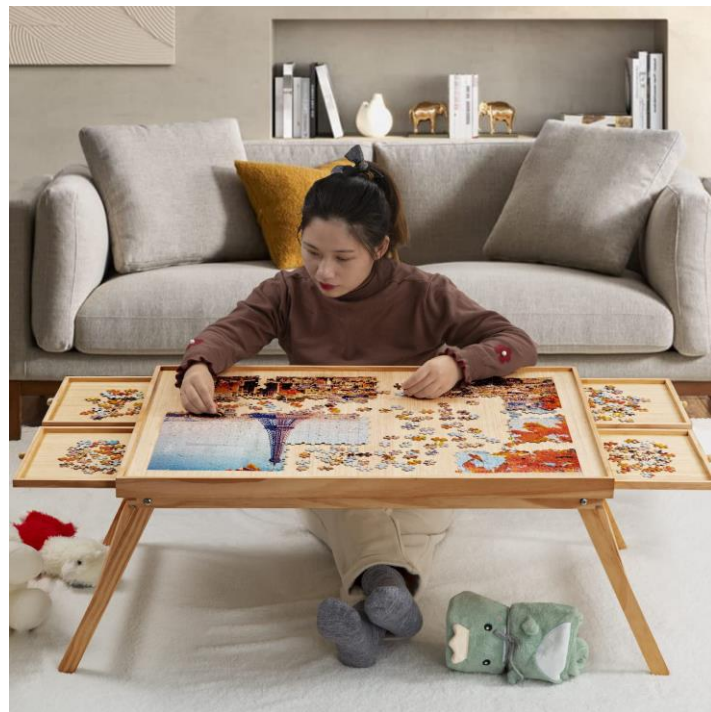
→ Safe 'n Sound 💡

What is Safe 'n Sound?

- From theory to practice ❤️
- Peer-support
- Nightlife setting
- Trained and educated
- Product information, lending an ear, HR materials, ...
- Relax zone, mobile teams, ...

= Informing & raising awareness
= Accessible

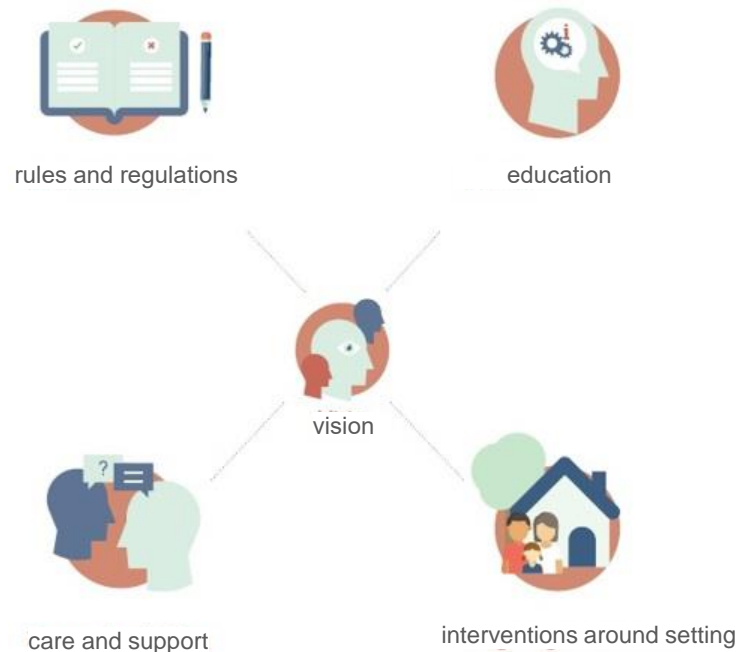




Your drug policy 📄

- Integrated 🤝
- Custom
- Never a finished product

→ Focus group
coached by your point(s) of contact



But ... what works for you?



So many options! ✨

- Infostand
- Chill out room
- Relax zone
- Trained staff
- Awareness / mobile teams
- Integrated drug policy
- Harm reduction messages
- Alcohol tests
- Info on public transport
- Accessibility of condoms
- Earplugs
- Taxi/train/bus promo codes
- Accessibility of drinking water
- Alcohol free alternatives
- Healthy food
- EHBO
- ...



5 takeaways from the early adopters

- 1) Take some distance, step outside your bubble.
- 2) Be open about your plans.
- 3) Be curious, but don't let others dictate your policy.
- 4) Dare to try, and fail (a little).
- 5) Find common ground.

Thank you & good luck! 🧐

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