

# DART

Summer 2000

Volume 6

Issue 4

## Amphetamines

Your questions answered

## Energy Circles

High energy on the dance floor

## Users' Contributions

Your poems and stories

The Quack Issue



# 4 GOLDEN

(1) DON'T SHARE (2) DON'T INITIATE ANYONE OR SELL DRUGS TO KIDS  
(3) SUPPORT PEOPLE WHO ARE TRYING TO RECOVER THEIR HEALTH (4) DISPOSE SAFELY

# RULES





# editorial

Hello to all our readers out there. My name is Paul Stanton, and I am your new Publications Officer for Dart. I'd like to give a big thank you to all the people who have contributed to this edition and those who have proof-read the content, plus a special thank you to Peter Perry for his hand drawn artwork which has been used throughout this edition and Jeff Delandelles for the editorial assistance. Also I'd like to thank the staff and our volunteers at QuIVAA for all their help and support, to make this edition possible.

It has been a while since the last edition of Dart hit the streets in early 1999. This was the very popular young people's edition developed in conjunction with local community based youth organisations. It has taken a lot of effort to produce this edition of Dart which is themed around Amphetamines and "recreational" drug use.

The use of "recreational" drugs, particularly by young people has gone through the roof in the last couple of years. Speed, Ecstasy and Acid have been joined by a cocktail of other drugs such as Cocaine, GHB, Crystal Meth and, in particular, varieties of locally produced Base (a concentrated form of amphetamines). Quantities of all these drugs have increased dramatically, availability has improved and prices have generally come down to the point where most "recreational" drugs are as cheap (and often cheaper) than alcohol.

This edition of Dart is about putting these drugs in perspective. The safest way to use drugs is not to take them at all. If you do use "recreational" drugs you have a responsibility to yourself to know what you are doing and to make informed decisions about the risks you are willing to take. QuIVAA is here to help you in that respect, and we hope this magazine, goes some way to providing some of the information you might need.

To all clients and members at all of our services, we wish you the best in the new millennium and a happy and safe 2000.

*Stanton*

The opinions expressed in this magazine are those of the contributors, and do not necessarily reflect the opinions of QuIVAA our staff or management

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**To all current members of QuIVAA, the annual general meeting (AGM) will be held on the 30th of March, 6.00pm at 185 Brunswick St, Fortitude Valley QLD 4006. Be sure to come along so you can have a say!**

# AMPHETAMINES

## WHAT ARE THEY???

Amphetamines are powerful central nervous system stimulants. Most street speed contains amphetamine sulfate. Other amphetamines include dextroamphetamines (generally medication prescribed for attention deficit disorder) and methamphetamine (popular in both U.S.A. and south east Asia, Hong Kong particularly, because it's easily smoked).

Amphetamines are a group of drugs commonly known as 'Speed'. They are also called 'Go-ee', 'Uppers', 'Ice', 'Fast' and Whizz. In the past it's also been know by other names such as 'White Crosses', 'Dexies', 'Bennies', 'Black Beauties', 'Crystal', 'Crank', and 'Kickstart'.

Amphetamines come in many forms including tablets, capsules, red liquid or powder, (yellow, off white or brown), but is often sold as clear, yellow or brown crystals. In the powder form it is sold in grams (street grams are less than a gram weight) and in the crystal form it is sold as points (1/10th of a gram).

## WHERE DID THEY COME FROM

Amphetamines were first manufactured in 1887, but were not used medically until about 1930. Between 1930 and the early 1960's, amphetamines were prescribed to a variety of people with some experiencing no ill effects, while others showed relatively mild forms of amphetamine abuse. Other uses included diet pills like Medislim which could be brought at most shops up until the mid 1980's. Significant recreational use of the drug began to be seen in the United States in the 1960's, and they have been part of the contemporary music scene ever since.

Amphetamines can be acquired legally by prescription, although their medical uses are limited. Amphetamines obtained

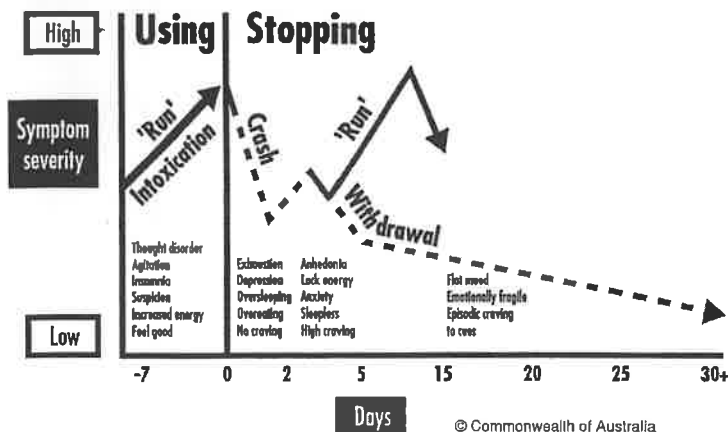
through pharmacists or doctors are either sold as is or reduced to yellowish crystals. These can be taken in a number of ways, including snorting, shafting, injecting and by swallowing.

As a result of the tighter controls placed on amphetamines, many backyard labs now manufacture and sell their own amphetamines. Some dealers have taken to selling amphetamine substitutes such as caffeine and guarana. This market has created some quality control issues for users. It is virtually impossible for a Speed user to know if a capsule, pill or powder is genuine, homemade or fake.

## HOW SPEED AFFECTS YOU

Speed can make you feel good, It can heighten your emotions (both good and bad), it makes you wanna dance, talk, drink, fuck, stay out all night and most of the next day. This is due to the fact that amphetamines are powerful stimulant drugs that increase activity in the central nervous system. The effect is similar to the body's own adrenaline. Even though amphetamines mimic the affect of adrenaline, they act for a much longer time in the body (Sometimes for hours or even days).





## Weights and Measures

|           |                                     |   |
|-----------|-------------------------------------|---|
| Points    | Unit of weight for buying Base      | \$25 - \$50<br>1/10 of a gram                     |
| Gram      | A street gram is usually            | \$45 - \$60<br>between .7 and .9 of a gram weight |
| Eightball | 1/8 of an ounce<br>approx 3.7 grams | \$150 - \$190                                     |
| Quarter   | 1/4 of an ounce<br>approx 7.5 grams | \$250 - \$300                                     |
| Half      | 1/2 of an ounce<br>approx 15 grams  | \$400 - \$500                                     |

Price depends on the quantity that you buy. The more you buy the cheaper the unit weight. Price is rarely related to quality.

## THE DOWNSIDE OF SPEED

Regular use of Speed will interrupt your sleeping patterns and eating habits. Continual use can lead to Speed Psychosis (all your worst nightmares suddenly become very real) and malnutrition. Someone who feels upset or anxious who uses speed will usually find their feelings intensified as they come down from the effects of the drug.

When speeding and drinking alcohol you will not feel the full effects of the alcohol until the speed starts to wear off. You'll still get drunk, but at the same time be wide awake and drunk. It is dangerous mixing Speed with any drugs. It may cause physical and psychological side effects.

While you are Speeding, it's more difficult to make rational decisions than normal. You will be more likely to take risks that you wouldn't take under normal circumstances (such as unsafe sex with a casual partner or picking a fight with a bouncer). Your

decisions will seem rational at the time but, remember tomorrow always comes.

**If you are pregnant using Speed can increase the risk of miscarriage, premature labor and birth complications.**

You should be wary of any illegally made amphetamines. They contain a range of dangerous chemicals in their manufacture, and are often cut with whatever's around. Also remember that the **'potency may vary from batch to batch'**.

Be safe when using a new batch of speed. It's best to take half of your normal dose to check how strong it is. This will ensure that you will be still on your feet to decide whether you need the remaining half sooner or later.



## LOOKING AFTER YOUR BODY

Amphetamines speed up your heart rate, increase your blood pressure and increase your body temperature. All these side effects cause you to dehydrate. After a night out on Speed you will recover more quickly if you've had plenty of water (don't drink caffeine drinks or soft drinks) and you are able to eat something healthy (like fruit). You should also get some proper rest and avoid the temptation to use more.

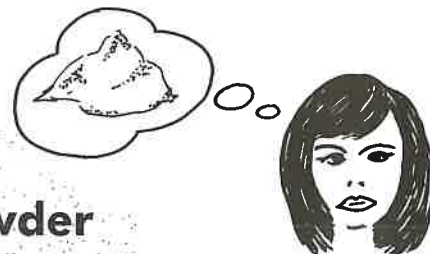
Taking speed with other stimulants like Ecstasy increases the risks of heart failure and overheating. Being taken off a dance floor by a couple of ambulance attendants in some circles is considered social suicide.

When injecting speed, remember, sharing equipment puts you at risk of getting Hepatitis or HIV. This includes all your equipment, needles, syringes, filters, swabs, hands, spoons, water & butterflies. Don't Share A Bloody Thing!





# S P E E D



## So What Do You Do With Powder Stuff If You Don't Inject?



### SWALLOWING

Swallowing is also known as bombing. It is the safest way and also provides the longest effect.

Good Speed tastes awful. If you're going to swallow, wrap it in a cigarette paper or drink

it with something that will mask the taste.

If you swallow your gear it will take between 15 to 30 minutes to take effect. It will come on quicker on an empty stomach.

When you swallow you will level out for a long time, rather than go up and come down quickly. It won't be the intense buzz that you get from booting, but you won't get the horrible crash. You will also spend a lot less money having a good time.



### SNORTING

Snorting involves sucking the drug up your nose thru a straw or a rolled up twenty bill or a pen or something similar.

It is an effective way of taking any drug that comes

in a powdered form because the effects last a relatively long time. It does however rip the guts out of your nose with regular and continued use.

A good snorter will come prepared with a flat surface (such as a mirror or coffee table), and a razor blade, credit card or something to cut it into lines with.

Nose bleeds are something to watch out for if you are a regular snorter. If you do get a nose bleed it's a good idea to at least stop snorting for a while. Some long term users have destroyed the mucous membranes in their noses to the point where they have needed surgery to correct the problem.

Snorting gives you a fairly intense rush quite quickly, and is a less dangerous alternative to injecting.



### SMOKING

Not all speed can be smoked satisfactorily. In fact smoking is the least effective way of taking speed. It is possible to put some Speed on top of a cone (snow cone) and smoke it with marijuana.

You can also heat the Speed on a piece of foil and inhale the fumes. Neither of these methods are commonly used. The way Speed is sold generally does not make smoking a viable option.

If you smoke Speed do not expect a strong rush or an intense effect. Smokers indicate that while the drug does keep them awake they do not get the 'feel good' factors.

Speed smells as bad as it tastes, so be prepared for an unpleasant lingering sensation in the nose and throat.



### SHAFTING

Shafting is about sticking the Speed up your butt. Most guys actually find this method a bit of a turn off. It is however one of the more effective ways of taking Speed. Not only does the drug come on with a rush.

It also lasts a long time compared to snorting and injecting.

Before you shaft it's a good idea to use your toilet. An empty bowel is the shafter's best friend (you want to avoid any 'TrainSpotting' toilet dives).

Speed should be wrapped in a cigarette paper and inserted as far as your finger can push it. If it's uncomfortable some water based lubricant on your finger should help.

Regular use of this method can cause some long term damage to the lining of the inside of your butt. This can cause difficulty with anal sex. Otherwise it's a fairly safe method.

# ALTERNATIVE ROUTES

## BASE

Base is the uncut form of Speed commonly available on the street at the moment. Base originally applied to the alkalinity of the drugs. However now it applies to any concentrated form of amphetamine. It is generally sold as points (1/10th gram). Base is the easiest form of amphetamine to inject however there are other ways to take it.

**Smoking-** This is the least effective way of taking Base. Not only does it leave a particularly bad after taste, it doesn't give you good value for money. The effect is limited and it doesn't give you that 'feel good' factor. You would be better off trying one of the other alternatives.

**Swallowing-** Base tastes BAD! Worse than Speed. It also has the unfortunate side effect that it can seriously upset your stomach. You should always drink something to mask the taste.

Base is like speed in so far as the effects last longest if you swallow it. Because Base is a concentrated form the effect can be more dramatic than if you had taken the powder. This can involve staying awake for days, so it is a good idea to follow the principle that less is more.

**Snorting-** Due to the nature of BASE it is not advisable to snort it. It's difficult to snort, and the crystals can do damage to the lining of your nose. Apart from the fact that it tastes and smells bad you also run the risk of serious nose bleeds as the chemicals in the drug burn into the soft tissue inside your nose and throat.  
Basically not a good idea at all!

**Shafting.** BASE definitely should not be shafted. The damage it could do to your butt is not worth the bother of a few hours out of it! Not only that, but your butt would be sore for hours or days!

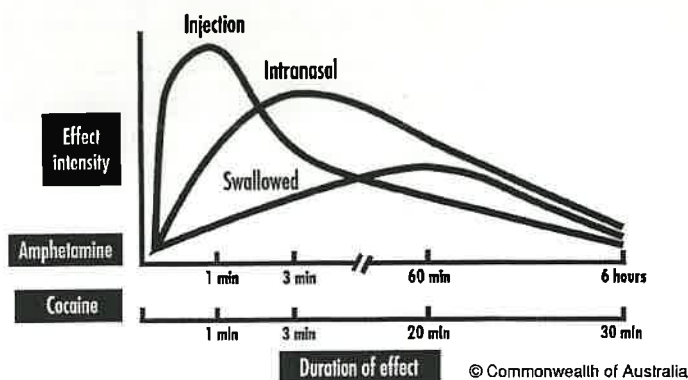
## COCAINE

Cocaine is the drug users equivalent of a natural high. It comes from the refined leaves of the coca plant and is a highly effective stimulant. Cocaine is the rich mans Speed and the price reflects this (up to \$250 a gram).

Cocaine is becoming more readily available in Australia and the price has come down significantly in the last two years. In this time the quality has also declined.

There is a trend towards injecting cocaine and some dealers sell it in injectable quantities. However there are other options.

**Smoking-** Cocaine can only be smoked in the form of crack. This is a highly refined and very addictive derivative of Cocaine. Crack is hard to come by in Australia but like most trends in the U.S.A. it is only a matter of time before it becomes readily available here. It is dangerous, and should be avoided.



**Swallowing-** Swallowing Cocaine is a waste of time. Most of the active ingredients won't survive in the stomach long enough to reach the blood stream.

**Snorting-** Snorting is the most common way to take Coke. It is also the most effective way. Snorting gives you a strong rush and the effects last for a moderately long time (though not as long as Speed).

When you are snorting you should chop the crystals finely with a razor blade and divide them into straight lines. These lines can then be snorted through a short tube into the nose. You should rotate nostrils after each line.

**Shafting-** Shafting cocaine is also not advised – basically you'd be better off snorting, as shafting will irritate your butt, and can damage the inner lining. Cocaine is also not as easily absorbed as Speed through this method.





# ENERGY CIRCLES



- First Wave of Awareness -



## ***You have been chosen***

Provided freely by: **The Frequency Matrix**  
and all those currently participating in *our*  
created energy - **Klubit**

I am always amazed at the amount of energy on the dancefloor in our scene. We've all felt it before. Sometimes I even see it. Wow! But it seems to me like many times people never do anything with this energy. Out on the dance floor people are often lost somewhere in their own little world, or absorbed in watching what other people do. There are also some who still FEAR what others may think of them if they were to fully express themselves through the music and dance, in other words, they might think they'll look like idiots.

Of course, sometimes it's fun to drift off into space and trance out in our own little worlds, inner exploration is good, so that's cool. But in terms of creating sympathetic resonance with others, have you considered this: All that energy you have flowing through you while you're dancing could be combined with other people's energy. When the energy combines, it gets multiplied, so 10 people synchronized with each other could produce the energy of 1000 people who are not synchronized! That's intense! Can you imagine the power of 100 people in-sync?! Ancient tribal rituals make use of this concept, and there's no reason we shouldn't still be utilizing this power. Hey, why not, some folks are already dancing around tribally all night. (And we love it!) ;-)

Again, sometimes it's nice to drift off individually, and much growth occurs that way. But keep in mind, if you decide to group up with people and share your energy rather than drifting off into your own world, you will not only multiply your energy, but you will create a very strong bond with the people you're dancing

with. More sympathetic resonance! Suddenly that stranger standing next to you can be on the same wavelength and you can share a wonderful bond beyond words. It doesn't really take much, just form your own little energy circle. (It doesn't have to actually be a circle per se, just a group of people.)

While you're dancing, smile at each other, make eye contact, and most importantly, direct your positive vibes into the circle and at the other people. Feel the energy in your heart, solar plexus, root sexual areas, your whole being, and feel it projecting out to the people you're dancing with. (You can visualize it, too, if that helps.) Just by doing these basic things while you're dancing ecstatically, you will create an amazing vibe and you will link-up with other people on a higher level. After being in an energy circle together, total strangers can be attuned to each other and feel a strong bond. This is beautiful – never mind our personality shells which keep us from getting to know each other, never mind stumbling all over words to communicate, just link-up and dance and see what happens!!

With the use of energy circles, you can create a great vibe on any dancefloor at any party. All you need is a group of people willing to get into it. Don't be surprised if the circle grows larger as more people realize what's going on and want to partake of the vibe! And don't forget to share! :-)

Since there is so much energy being generated by combining consciousness, another advantage to being a part of an energy circle is that an individual doesn't tire out as easily, and it's possible to re-energize people. Perfect for a long night of partying, eh? Blissful and energetic states can be achieved and sustained without the use of drugs.

Yours on the dancefloor...  
[Chuck]





## A Health Service for drug users.



- All consultations bulk billed to Medicare
- 100% confidential.

Do you experience problems confiding in your health care workers?  
Unable to discuss issues about your health and drug use?

*There is now a non discriminatory alternative*

### Clinic 191

Clinic 191 cares for ALL your health needs, as well as specialising in drug use issues.

Open Monday to Friday  
From 10.00am

Located at

191 Brunswick Street, Fortitude Valley (next to the Den)  
Phone: (07) 3257 3650

#### Services available:

Advice and help with detoxification, Advice on health matters,  
Hepatitis B immunizations, Blood testing, Sexual health advice,  
General medical care.

of your own physical attractiveness. This can be a very unfortunate combination.

These effects last for hours depending on the strength and the amount consumed. As the drug wears off and you begin to come down, these feelings are replaced by a low that often matches the high.

Common side effects of the come down are low energy, hunger and tiredness. There are also other symptoms that are more often associated with injecting such as speed tongue (ulcers on the side of the tongue), sore arms (usually above the injecting site) and obsessive scratching or picking of the face and body. The most potentially embarrassing side effect for males is often the inability to get an erection.

If you use Speed regularly or take high doses, you are likely to eventually feel anxious, irritable and, sometimes, paranoid. Large doses of amphetamines are known to cause amphetamine

## What does speed do?

The effect that Speed has on you depends on the amount that you take, but it also depends on your route of administration. If you inject Speed you are likely to use a lot more of the drug over a much shorter period than if you swallow it or shaft it. You are also likely to use more speed if you are snorting. Over time your body adapts to having Speed in your system and the more you take the more you will have to take to get the same effect. This will have a dramatic effect on your ability to have a good time. But it will also wreck your liver and kidneys and give you a cash flow problem from hell.

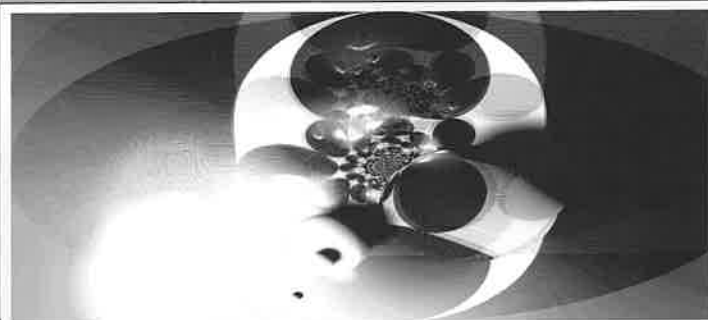
Speed is a recreational drug and provided you use it on that basis it won't do you much harm. It's when you get to the point that you use it every weekend or in the worst case every day, that the real problems associated with speed use become apparent. Most people experience increased confidence, talkativeness and sociability, increased energy, loss of appetite and insomnia. You can also get very horny, randy, hot to trot. This is sometimes associated with a heightened sense



60% of men have trouble getting or maintaining an erection.

psychosis. This is very similar to the psychotic state associated with paranoid schizophrenia.

If you're suffering from amphetamine psychosis you may feel that there is a conspiracy, and that people are out to get you. Your behaviour may become very erratic and unreasonable. This can be extremely frightening, but it will usually wear off over time if you stop using Speed for a while. The sort of behaviour associated with speed psychosis has the potential to totally disrupt your life, and if you believe that you are heading that way you really should seek some professional help.



# "Amphetamines... Thinking about detoxing???"

## HAD ENOUGH?

There is considerable uncertainty in predicting the severity of symptoms and length of time involved in the withdrawal from amphetamine use. Some of the factors that we DO know influence withdrawal are;

How much you've been using and for how long, how strong the gear is, how you've been taking it, whether you've been using other drugs as well, your individual physical make-up & general health, whether you know what to expect, how you are feeling about withdrawal and the support you have around you.

But *generally*, the pattern & types of symptoms you can expect are as follows;

### Days from Last Use      Common Symptoms

1-3 days,

This is the "come- down" or CRASH phase..

- ⌘ Fatigue/exhaustion
- ⌘ Increased sleep
- ⌘ Increased appetite
- ⌘ Agitation & restlessness
- ⌘ Depression
- ⌘ Low Craving

2-10 day,

This is the withdrawal phase...

- ⌘ Strong mental cravings & urges to use
- ⌘ Mood swings; Alternating between irritability, anxiety, restlessness and agitation, feeling tired, lacking in energy & generally run-down... These swings may be quite rapid.
- ⌘ Poor concentration, feeling scattered
- ⌘ Headaches
- ⌘ General aches, pains & stiffness
- ⌘ Increased appetite
- ⌘ Strange thoughts, maybe paranoia
- ⌘ Hallucinations
- ⌘ Emotional, easily upset.

7-28 days

- ⌘ Mood swings; Alternating between feeling anxious, irritable & agitated, feeling a little flat, depressed & generally run down.
- ⌘ Disturbed, irregular sleep
- ⌘ Cravings to use
- ⌘ Feeling bored
- ⌘ Increased appetite

One to Three Months

- ⌘ Return of normal sleep, levels of activity & mood
- Major improvements in general health & mood.

(Source: Adapted from Lintzeris, N., Dunlop, A. & Thornton, D. 1996., Getting Through Amphetamine Withdrawal, Turning Point Alcohol and Drug Centre)



One of the most important points to take notice of from this table is that the time frame for amphetamine withdrawal is not characteristic of other commonly abused drugs such as alcohol or opiates.

You probably will not feel any symptoms of withdrawal until several days after use. Symptoms generally peak at around 7 to 14 days after last use and CAN persist for weeks, or even months.

HOWEVER, they WILL finish eventually and you will start to feel better...just hang in there!!

Also, feeling very EMOTIONAL is normal when you are withdrawing from Amphetamines so prepare everyone, including yourself for this.

If you can, surround yourself with people who will hang in there through some periods of negative mood states and surround yourself with a soothing environment...

If you are feeling REALLY low don't be afraid to ask for help, find a counsellor, a doctor or someone else who can talk to you about what your options are.

### **OPTIONS..**

Your options for assistance with your detox in Brisbane are as follows;

- ⌘ Talk to your GP or find a friendly doctor such as  
Dr Peter Watson at QuIVAA's new 191 Medical Clinic, contacted on  
(07) 3257 3650, who can help you with planning medication for a home detox
- ⌘ Go to hospital for 24 hour support & assistance;  
Contact the HADS Unit at the Royal Brisbane Hospital on (07) 3253 7672 for a  
medicated in-patient detox.
- ⌘ Outpatient Detox  
Contact the Princess Alexandra Drug & Alcohol Assessment Team on  
(07) 3240 5191 OR (07) 3240 7211 for daily medication and emotional support.
- ⌘ In-patient, non medicated  
Contact Moonyah on (07) 3369 0922
- ⌘ Other community based organisations are listed on the back cover.

### **Just want to chat??**

For free counselling and an opportunity to discuss your options contact one of the Brisbane Alcohol & Drug Community Teams...

|   |                       |
|---|-----------------------|
| <u>NORTHERN SUBURBS: (CHERMSIDE &amp; BRIGHTON)</u> | <u>(07) 3350 8911</u> |
| <u>WESTERN SUBURBS: (INDOOROOPIILLY)</u>            | <u>(07) 3878 3911</u> |
| <u>NORTH WESTERN AND CENTRAL SUBURBS:</u>           | <u>(07) 3350 8911</u> |
| <u>PINE RIVERS</u>                                  | <u>(07) 3881 9999</u> |
| <u>REDCLIFFE</u>                                    | <u>(07) 3284 8333</u> |
| <u>CABOOLTURE</u>                                   | <u>(07) 5433 8300</u> |
| <u>HOT HOUSE (under 25 years):</u>                  | <u>(07) 3870 9122</u> |

# A Spotlight and My Throne

Everything keeps changing even when I'm still  
 I hazily remember a time when I was free  
 But that time slowly slips into the darkness  
 I sit alone in a place I created for myself  
 A single chair in empty blackness.

I take my throne as the spotlight shines down,  
 Looking around me I wonder if I'm really alone  
 I think I hear sounds and see movement

It's just too hazy to be sure.

I wonder how I got here, it happened so fast

Or did it, two or three years, lost, gone

The tattered remains are where I now live.

Time no longer matters, yesterday, last week?

I'm not even sure I was there.

The real me took a back seat long ago.

I've been watching this recurring movie,

The plot stays the same, only the actors change

The plot thickens, the stakes go up, a fall now imminent.

I know it happened, the details just escape me.

I take my Throne once more, the darkness now darker.

Why did I end up here? How do I get back?

Can I get back?

I don't even remember what it was like.

People won't let me be free, I stayed on the ride too long.

How can I let myself be free, look at what I've done!

Some doors were not meant to be opened,

But damn it I walked inside and lost the exit.

Curiosity got the best of me, what was in the darkness?

Confusion, Pain and it only increases

Searching for the exit uncovers more,

Sometimes I see some light,

But it is swallowed up before I can get there.

All I want is to be like all the people I see.

I wish they knew how precious freedom is.

Maybe they do, maybe that's why they look down on me.

They just can't see I'm trying as hard as I can.

I'm searching but all I uncover is more darkness.

Occasionally I'm shown myself through others eyes,

To remember a time when I had those eyes fills me with  
 hope,

Then those eyes reveal the depth of the horror I created,

Any hope is swallowed up and I retire into blackness.

My spirit occasionally gains strength to try once more,

Something fucks up and I fall further down the spiral,

I scramble as I slide down and around.

I hope one day I wake up and this was all a dream.

The constant search for somewhere to escape to,

Led me to where I am now, the place I can't escape from.

I take my Throne under my spotlight,

I sit looking into the empty darkness and search for light.

3.09.99

By Matt



## "The Blossom of Love"

Have you ever, "Been in Love"?

To truly know the meaning of the word,  
 To feel the joy you've only heard of.

Have you ever been in love?

Have you ever taken illicit drugs?

To truly know the feeling of the dark,  
 The urge, the struggle and the wait.

Have you ever felt the claws of Narc's?

The poppy grows, miles away.

To come for our fortune be it pay day (or  
 not).

To swallow the pain, to pass the blame.

A day of euphoria, for years of pain.

Like an anaconda it tightens it's grasp,

The steel slithers into the vein, the body  
 awaits the "ultimate gasp".

All shit floats to the sea they say.

But when harry comes, the Shit just stays!

Have you ever been in love?

To truly know the feeling of the dark.

To feel the joy you've only heard of.

Have you ever felt the claws of NARC'S?

Brad



## HEAR THEIR CRY

They're outcasts of society; you see them on the street,  
Stopping at the food van, just to get a bite to eat.

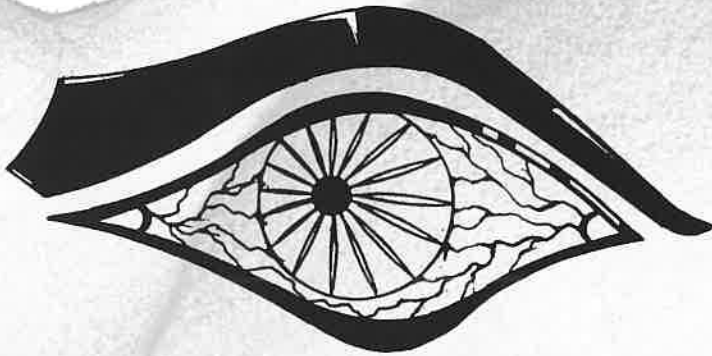
Many are truly homeless, though many, 'just can't tell,  
Sleeping on a park bench, or curled up in stairwells.

Some choose empty houses, when they've lost the plot,  
Most of the street kids congregate in what is called the squat.

Drugs and sex is common place, among the wayward kids,  
For them there is no understanding, their lives soon hit the skids.

As time goes on they've learnt the ropes, to score another point,  
A sexual favor, "she's just a girl", but it's heroin or a joint.

They drift around in mindless packs, whose attitudes are bent,  
Streetwise leaders forever scheming, to sell the "girls" for rent.



The leaders of these misled kids, who now have formed a pact,  
Don't care for their welfare, they haven't the mind for that.

He's too busy scoring drugs and dealing when he can,  
This lousy, low life creature, to them, he is "THE MAN".

"THE MAN" won't save them from confrontations,  
That face them day and night,  
Being bashed, molested, drugged and forced to fight.

It's time to strike with hell-bent force, to rid the streets of "SCUM",  
To save our children, and their future, for a better world to come.

This cannot be done single handed, united is the only way,  
Or "THEIR LIVES" will end in peril; "YOUNG LIVES" lay in decay.

So all you damned "DO-GOODERS",  
What does it take to make you understand,  
Your handouts will not cure this rising plague, it's time to make your stand.

Wipe out drugs, round up the thugs, and throw away the key,  
Don't feed them bread and water, for they have caused such misery.

Just a final message, put YOUR CHILD in the "street kids place",  
Would you feel concerned for them, and the life-style that they'd face.

By R.J. Dawson 28/8/99



A poem written on speed.

Overtired, body screaming for rest, yet ignored.

Distorted, Disturbed thoughts, I

Lying alone on a single bed.

Aware of unspoken words.

Seen the moon will be full.

Premenstrual, heightening already highlighted senses.

Sadness comes into play. . .

The depth of conversation totally honest.

Without too much consequence for fear of truths.

Needing something to counteract what

I now identify as the signs of psychosis.

Some Serapax and Valium – something,

Normal Exaggerated hearing – now toying with my 'sanity'

With words heard, yet mixed with self doubt.

Now they boarder on paranoia,

Up and out, creeping around,

needing to prove this 'could be sound',

ready for battle, the pacifist wanting to stand up to fight.

Found a self fight, the factious pimples on a flawless face.

Tomorrow it will be a disgrace.

Headaches coming on so strong new,

bones ache , must rest, 8 hrs without relaxing.

Totally wired.

Very, very tired. Why? The needle,

chasing the rush of the Cocaine days.

No way, never the same.

For another, someone close,

To communicate on a higher plane

or make false promises, believing them once again.

To clean the house like your inside, or in rehab,

slave cleaning, white graves.

Or the sexual contact – good mileage?

Or the ability to drink and dance

and party the night away.

No matter what for me the pain hangs on,

For 36 hours to remind me of why

I should keep control and stick with those I chose.

Though one lesson well learnt "in many a life"

For me no matter how 'good' or bad people perceive.

As long as I've learnt a lesson unable to be undone,

from life's lessons I grow strong,

Value and wisdom,

Come if you allow there music in the chimes of life's song.

Margi Wells

# TAKE YOUR PICK

## SPEED

If you've decided to shoot your gear, make sure that you have clean injecting equipment and enough swabs and filters and spoons for everyone in the group. No matter how well you know someone don't share their injecting equipment.

If the speed is cut with glucose, you will need a bit more water to break it down. If you are using heat to break it down, don't boil it because it loses its kick. Instead apply a small amount of warmth using a cigarette lighter (sometimes holding the spoon in the palm of your clean hand is enough). Never use a silver or silver plated spoon, (alfoil is okay) particularly if you intend to heat it, because the silver oxide will give you a dirty hit.

Filtering is really important, because it minimises the risk of large particles or contaminants entering the blood stream.

## BASE

Base is a more concentrated version of speed, so there are a few additional tips for shooting it. A common trend is to only use a bit of water (0.1 ml/10 units) when mixing up. This is actually not a good idea, as the Base needs to be more diluted (0.4 ml/10 units) to decrease the possibility of damage to your veins.

Because Base is crystal based, it is important to swab the tip of your fit after you have drawn up. You can also dip the tip of your fit into clean, sterile water, shake it about a bit, and then draw a little bit of water into the syringe. The water will not only clean the tip of the fit (thus reducing pain and scarring when you inject it) but it will also reduce the damage done to your veins by diluting it even further.

Always use a new fit, swabs, your own water, filter, tourniquet and spoon, and make sure your hands and surfaces where you are injecting are clean. Rotating injecting sites is also particularly important with Base to minimise the amount of damage to your veins.

## COCAINE

Injecting coke is pretty similar to injecting Base, and the same rules apply.

If you inject Cocaine don't expect the experience to last. Although the rush is incredible, the high does not last very long. The tendency with Cocaine is to inject very frequently (sometimes every 15 minutes or so) and very often (sometimes 15 - 20 times in a session). Injecting Cocaine can become very habit forming and if this is you, you have a real problem that may need medical attention.

Remember that rotating sites is really important to minimise vein damage. Also remember that the come down after injecting coke is quick and can be hideous.



### Injecting Health what to look out for

#### ABSCESSSES

Will first appear as a reddish swelling which may feel hot to the touch. Then they develop into a hard pus filled core of which you will need to seek medical advice. Reduce your chances of abscesses by cleaning the site with an alcohol swab.

#### ENDOCARDITIS

When you inject non-sterile water you may introduce various bacteria into your bloodstream. They are then carried through your body and gather around the valves of your heart. Although it is treatable in the early stages Endocarditis can be fatal. Symptoms include heart palpitations, chest pain and fever.

#### SEPTICAEMIA

Blood poisoning caused by bacteria in the blood stream. It is essential to seek medical attention as it is potentially fatal.

#### DIRTY HITS

Caused by injection of foreign substances into your blood stream, e.g. dirt off the filter, a loose hair in the mix, old crusties on the spoon etc. The symptoms are shakes, vomiting, sweating, severe headaches, fever and occasionally kidney pains. They are all best treated with aspirin. The best thing you can do is to rest, and drink lots of fluids. If you are nauseous, anti-nausea tablets like Stemetil or Maxalon may help.

**Never inject into 'small' veins. You will have your fingers or toes amputated if you destroy the veins.**

## CONSIDER THIS!

Inject the first time.  
*Swallow, smoke or shaft*  
when you top up after that.

**Why?** - good for veins &  
- prolongs the high

### Universal Infection Control

- ① You can not be certain of anyone's status
- ② Universal infection control precautions require you to assume that the blood and body substances of any individual are a potential source of infection and to treat all body substances as such.
- ③ Avoid exposure to blood and blood products
- ④ Cover any abrasions or weeping dermatitis and be extra careful about contact with possible blood contaminated items
- ⑤ Use gloves to clean up blood spills or to pick up articles contaminated with blood
- ⑥ Clean up blood spills with soap and cold water and dispose of cloth
- ⑦ Dispose of soiled materials safely by placing in a doubled plastic bag or, in hazardous waste container
- ⑧ Do not recap needles other peoples needles



# THE TROUBLE WITH FUCKING BENZOS

I've been addicted to benzodiazepines for 15 years. Starting off with Seconal then Serapax, Mogadon and Valium. Now I only take a few Valium a day, but it's been a long road to travel.

I'm at the tail end of pill reduction, I was surprised with the intensity of withdrawal and the lack of knowledge around it. Fifteen years of being addicted to drugs don't cost much and are easy to get from doctors. It's very different to the heroin addiction that I'm now on methadone for. Pills are an insidious drug ~ easy to become addicted to, impossible to get off.

I found out I was addicted to the pills when I stopped taking them. I started having fits ~ it was frightening way to discover that you're addicted to something that doctors give out so easily. I came to in the hospital with a Valium drip. The doctors and nurses told me to go out and get another script as soon as possible, it was sensible, if not particularly helpful advice.

I got another script, and another, and another. Every day a script

had to be found, luckily they are easy to come by. You can die from Benzo withdrawal, its not like coming off heroin. Fits, Hallucinations, Paranoia, Psychosis, it last for months ~ the fun never ends.

A selective detox in Sydney was unsuccessful because of the alcoholics who take a nicer form of drugs, or so they thought. I stayed 3 hours, just long enough to want some more pills.

I came to Canberra to get away from all the script happy doctors. I had come to know them so well, especially the one that booted me out of the surgery because I was fitting on the floor!! He rolled me out gently with his foot on to the pavement. "What's all the fuss about??"

Once in Canberra I found a great woman who was prescribing correctly ~ 35

mg. tablets a day. Then some of my new 'friends' who were locals told me of the doctors who are easy marks and it was off and running again. Soon everything fell apart.

I was back on the pills in the biggest possible way and getting nowhere fast. One day I thought, "I don't want to live like this anymore. I'm getting too old for this, its got to stop." Then I found a friend who was willing to take care of my pills and give them to me every day. They spoke to my doctor who said he thought it was a good idea and told us about the benzo withdrawal process.

This system had it's problems, my lover didn't like the fact that he couldn't play god with my pills anymore. I had huge problems with my personal life which seemed to be getting worse and worse. After a while I was given antidepressants which just send me over the top, depressed me so much that I was in tears when I woke up every morning. It was like having a head on my shoulders with nothing in it.

I broke up with my lover, moved into a supported house and started again. This time with the right support and a proper reduction schedule I worked out with a pill reduction counsellor. It's one of the few times in my life when a counsellor has been any help. It's been very hard the physical feeling of depression, the tears, and just feeling mad.

Sleep is impossible, my appetite is fragile and you don't know what you want to eat, or even if you want to eat. The mood swings are erratic and uncontrollable, you really need to be somewhere safe and supportive because you don't know what is happening to you from one day to the next. You can't handle any pressure.

Some days are great and I really feel like it's all been worthwhile and a life without pills is achievable. Other days I just want to eat a whole packet of pills and forget about everything.

ANON



# The Dilemma of Drugs

One of the things that we hear an increasing amount about in the media today is the use of drugs. There is particular concern about the use of alcohol, tobacco and other drugs, especially when consumed by young people. Learning about ways to prevent, manage and treat problematic drug use is an area in which many health workers feel that they could benefit from additional education and training. The University of Queensland's courses in Addiction Studies may be of great interest to you.

Most health care professionals, regardless of their discipline, would have received very little formal training in relation to alcohol and drugs, yet it is an area in which most workers would also find themselves trying to directly or indirectly grapple on a day-to-day basis. Understanding the nature of drug use, who uses, why they use, why it matters, how it effects the users and others and what can, and should be, done about it are all complex issues. While there are no simple solutions there is much that can be learnt about ways to understand and deal with this major area of concern in our community today. The courses offered in Addiction Studies have proved to be highly useful to many health care workers in their efforts so come to terms with this challenging area.

If you would like to find out more about undertaking studies in this area please feel free to contact the Queensland Alcohol and Drug Research and Education Centre (QADREC) at the University of Queensland and they will advise you about semester enrolments for 2000.

## **Drugs: *An Introduction***

If you would like to learn more about the use of drugs, but are not really interested in undertaking a full course of study you can take individual subjects which will provide an excellent overview of the major issues in the alcohol and drug field. Then, later if you were interested in continuing your study you would be free to do so.

## **Studying by Distance Education Mode**

Courses in Addiction Studies are offered at the level of the Graduate Certificate, Postgraduate Diploma and Masters (by either coursework or thesis). Perhaps more importantly to many prospective students all courses are offered in distance education mode. That is, you are provided with a full study package, you are not required to leave home to attend lectures (there is an optional residential), and you can tailor your learning to your own working environment and life-style.

## **Beyond Alcohol and Drugs**

Many health care workers are interested in a wide range of health issues, not just alcohol and other drugs. The advantage of UQ's courses in Addiction Studies is that at the Diploma and Masters level, you can study a range of subjects including Women's Health, Child Health, Loss and Grief and Healthy Ageing. So, you don't need to think of yourself as a specialist in alcohol and drug issues to undertake these courses.

\*This article was written and supplied by QADREC

## THE (INHOUSE) PROJECT



Hi there everyone, just writing to fill you in on the most recent update regarding QuIVAA's InHouse Project. The project has been going for almost 12 months now and has assisted in detoxing more than 40 clients in this time. Angela and Vanessa have both moved on, after doing considerable work in setting up the project. My name is Aleta Miller, I am Senior Project Officer and a Psychologist and Tanya Grant who is a Social Worker has joined us as Project Officer.

The InHouse Project is a new type of detox option that can assist some people who want to stop using heroin and who want to do it in their home. We offer emotional support and counselling and some nursing and medical care. There is a committed team of volunteers who are the lifeblood of our service. These people visit clients during their detox and can provide practical and emotional support.

We have some broad criteria for eligibility and if this service isn't suitable for your needs then we will help you find a service that is. We have opened a natural therapy clinic and can offer services such as massage, acupuncture, aromatherapy and homeopathy to our clients during and after their detox.

If you would like any information, please contact Tanya or myself on Phone: (07) 3252 5390. Take care and be safe.

Aleta Miller  
Senior Project Officer  
The InHouse Project  
QuIVAA



THE UNIVERSITY  
OF QUEENSLAND

## *Interested in* addiction studies?

The University of Queensland's Queensland Alcohol and Drug Research and Education Centre is offering addiction studies courses. As part of the Graduate Health Studies Program students can undertake a graduate certificate, postgraduate diploma, or masters.

The courses have been developed from a public health perspective and cater for a wide range of interests including treatment, prevention and policy development. Individual subjects can also be taken. Electives include subjects on smoking, indigenous people and alcohol and drug problems and counselling.

All courses are provided in distance education mode, are geared to the needs of busy, professional people and the subjects are specially tailored to the particular interests of individual students.

For further information, contact: Dr Ann M. Roche, Director, Queensland Alcohol and Drug Research and Education Centre, Department of Social and Preventive Medicine, The University of Queensland, telephone (07) 3365-5189, facsimile (07) 3365-5442.

Postal address: The University of Queensland, Department of Social and Preventive Medicine, Public Health Building, Herston Road, Herston Qld 4006.



WORLD CLASS: BE PART OF IT



# QulVAA

## RAVING IN 2000



Raving in its many different forms has changed a lot since the thumping days of the late 80's. We've seen the shift from the super trendy to the liberationist feral to the state of play today where raving is a standard part of youth culture.

Clothing, music, advertising, accessories and attitude is all influenced by the rave scene. One look at the supermarket shelves filled with high-energy 'day after' drinks or at the clothing in popular magazines will prove this to be so. What was once a fairly exclusive subculture is now a standard life-style amongst a significant proportion of our young people.

While the fashions and music have changed over the years, the one thing which hasn't changed in the rave scene is the use and abuse of drugs. Candy flipping (taking ecstasy and LSD at the same time or one on top of the other) was a regular occurrence at raves in the late eighties and early nineties. Then we moved into ecstasy, speed and to some degree trips in the mid nineties. These days the drug of choice at raves is undoubtedly speed or BASE (a concentrated version of speed), and E's when there is a good batch going around.

The more regular and commonplace use of speed/BASE at raves surfaced around the same time as the popular rise of hard-core techno. The hard, fast beat of hard-core lends itself to speed use rather than the euphoria of a good E.

It is no wonder speed had become the choice of a new generation. And along with the choice of using speed/BASE has come the growing trend to inject it.

Outdoor raves and dufts seem to attract a different type of crowd and hence a different pattern of drug use. Trips and E's are more common at outdoor events than their larger urban equivalents. However, speed/BASE still plays a large part in the outdoor rave and duft scene.

What all raves have in common is the fact that a significant proportion of participants are recreational or regular drug users. Where the line between the two is drawn is another question. Some people will consider using speed/BASE every weekend, whether there is a rave on or not, as still purely recreational. Other users will use only at major events, but will probably still inject it.

The insidious slip from a recreational user to a total speed freak can happen with the individual barely realising. Youth culture promotes a hard and fast life-style which in turn lends credibility to those who live life in the fastlane. Because the majority of ravers are recreational users who are not likely to access an exchange (or access an exchange where little or no educational intervention occurs), knowledge about safer using/injecting is usually pretty poor.

**When all your friends know as little about it as you do, it is really hard to know where to access credible information.**

Combine this with the fact that a significant proportion of ravers who do inject would rather die than admit it and you have a serious problem on your hands. On top of all this the paranoia which is associated with heavy speed/BASE use makes this a very difficult group to access.

**Peer education is the only solution here. What we are saying is that the only way to access this community is by being a credible and trusted part of it.**

Many younger ravers have a limited knowledge of safer using. Evidence to support this can be found in the high number of abscesses, 'dirty hits' and frequency of collapse due to heat exhaustion and dehydration. Couple this with the fact that most people who are using speed/BASE intravenously in the rave scene were initiated and injected the first few times by a peer, and usually continue to use within a very closed peer network, and the issue of blood borne viruses starts to raise its ugly head.

Mental health is also a huge issue. Lack of sleep, limited intake of food and liquids and

dancing for up to 6 or 7 hours nonstop can really fry not just your body but also your brain. Emotional and mood swings are a common yet frequently denied direct result of speed/BASE use. Mental effects associated with speed/BASE use can include the previously mentioned paranoia, hallucinations from sleep deprivation, disassociation (vagueness and not connecting with the world around you), and in the most extreme cases agoraphobia and psychosis.

You've got to be able to speak the lingo and show that you relate to the state of mind. No raver is going to listen to somebody who doesn't look the part and hasn't been clubbing since Barry Manilow was a hit!. Getting respected information into the scene and maintaining it there is the hard part. Being a credible and trusted part of the community allows for promoting responsible peer education/harm minimisation philosophy.

Reggie the Rave Rat



DAISY DANCE BUNNY



Hi from Reggie, Daisy & the team!

We have had a great year covering fifteen major events since May '99. Don't forget to look out for us at raves if you need help or just to say hello! All you need to do is look for our logo. All our volunteers wear it just like Daisy & Reggie do. See you in 2000! Rave on and Rave safe!



Special thanks to Jeff Delandelles of Bodyline without whom this project would not have been such a success.



# THE DEMON WITHIN

## A STRUGGLE TO SOBRIETY



Hi , My name is Michele and I'm a 30 year old recovering methamphetamine addict. Unfortunately I spent the better part of my 20s strung out. I'm gonna give you my story in short; my experiences and traumas of life on speed. Through my late teens dabbled in cocaine on and off. At 19 I carried that addiction for about a year pulling myself out cold turkey, but speed wasn't that easy. At 21 I had moved into a new apartment near where I went to high school, there I had bumped into many old school friends. So of course I had found an automatic comfort zone.

After about a month of getting reacquainted with these people I learned that dope was flying rampant. One night someone offered me a line, I asked if it was cocaine and my friend said "no, better" I didn't resist I took that line up my nose not knowing I was setting my fate for the next several years.

I never had any money but I rented living space to a dealer friend for unlimited supply or if he flaked out being a female it was always easy to charm one of the guys out of a line here and there.

Time flew by very quickly I was high for a week or 2 at a time. I didn't eat or sleep till my body cried for some, even then i'd sleep nutrient myself and go another couple weeks. My flat was a 24hr 7 days a week party. People coming in out , deals being made in my room. I can't even remember if I kept up on my hygiene during my whole addiction.

Eventually I got evicted from the apartment, I had like a week to pack and I remember burning out on my bedroom floor crying the night before I was supposed to be gone, so much work to be done.

Crashing on a friends couch my life in storage , I knew I needed help so I went to Northern California to get away from the dope. I came home a month later and within 2 month's the same friends were back in the picture and the endless supply of Dope was back. I spent the next couple years in that bind.

My trick thing was drawing. I'd keep a steady supply of art supplies and draw for days while others moved and partied around me. I remember

sitting on my easy chair forever covered in markers and led smudges. I had traded and lied for money and dope, my morals were going into the garage. All the men were stealing cars and robbing liquor stores while us girls waited at my flat for them to make it home safely, no concern for their victims. We had a couple of visits from the police. One time a friend had \$1100 worth in pot and was arrested , I was lucky not to be too.

This went on till I met my present husband and he started scaring off my loser posse. Eventually I had got pregnant and quit speed completely . I was clean for about 3 years, until I had an emotional crisis and went back into binge for another 2 years. Life got just as sleazy. I couldn't go home that way the drugs inhibited me from facing my husband.

I felt guilty and ashamed but I stole money from our checking account, stayed in sleazy motels that were swamped by prostitutes and drug dealers, sat in alleys all night drawing on the dirty comfort from a tossed old sofa. In the end I had pushed my self for 2 weeks, being not as young as I was before I flipped out from sleep deprivation and ended up an inpatient in a metal hospital.

After I got out I went to meetings still having periodic slips but few and farther between. The hospitalisation was in Jan 97, my last slip was Oct 97 almost clean two years. I had learned that a 3hr energy rush wasn't worth 2 days of total emotional despair and overwhelming guilt. I ruined our financial basis, I have emotionally damage my little boy so he has anger and abandonment issues, I destroyed my teeth from the Dope almost a decade.

Walking past art supply's in the drug store still makes me anxious and uncomfortable, so I wasted a talent too. My goal in life now is to fix what I have done, try to make up lost time with my son now 5. I am starting school to become a drug counselor . I no longer associate with people who use. I work hard at bettering myself and searching for a strong spiritual base .

Writing this thesis has made me a bit anxious , brought back a little pain but reminds me of my growth and accomplishment of being clean . I hope my experiences will help others in the struggle with sobriety

Michele



## Today/Tonight

Wacky WOW – this is wild – this is the best man – I feel Incredible!!

## Tomorrow

“Argh, hard night I see...”  
Well, truth of the matter is “you’ve got good reason to be looking as bad as you feel.” – Ya Twit!! If you’ve been out and scored some >BASE< on the weekend you’ll know just what I’m talking about.

What >BASE< is actually is the “raw form” of cut Amphetamine manufactured from oh... lots of stuff – but commonly know to us as speed. So RAW in fact, that the people involved in producing it – just pure and simply haven’t finished the PH. Process during manufacture. **And this is a necessary requirement!!!!**



The number of people that have been dropping from the drug called >BASE< would stagger you, not to mention it’s “much kinder side” which often leaves behind in the system a dirty skid mark 0- a CRASH in your stom-

ach, your throat, nasal passages or even your arm and “of course the biggest one of all.... YOUR HEAD. And some of these things via the skid mark are **Permanent!!!**

Now Boys & Girls. If you suffer from any kind of mental challenges, such as: Schizophrenia or Anxiety attacks etc. “Do yourself and all your friends a HUGE favor... Don’t Take IT!!!” “You’ll space out and cause a drama or six while the rest of us are trying to get on with our lives or simply just – Recover – and We Can All Do Without That Can’t We. MmmMMmmmmmmmm.....

ANON

I’ve had both a cocaine and heroin habit. My heroin habit lasted about 2 years. My coke habit lasted about 3 months – However I spent about the same amount of money on both. Heroin around \$100 per day, coke around \$800 per day. I still don’t know which one is worse – although you can and do spend far more on Coke, because it’s a drug you take, over and over again in a very short period. You’d be wasting money, to use ½ a hour after you had a good shot of heroin. But with Coke the more the better. I did find it easier to stop using cocaine though; so in that regard maybe a coke habit is better. I just walked away, after hitting rock bottom.

Cocaine is natural, it’s a powerful central nervous system stimulant. It increases alertness and produces an intense feeling of euphoria. It comes from the leaf of the coca bush. Speed is a stimulant also – the effects are similar to cocaine, sense of well being and increased talkativeness. Both cocaine (used in local anesthetic) and speed (used in diet pill) have medical uses. The difference, I could use \$800 worth of coke a day & still go to sleep that night. I’ve never used \$800 worth of speed, but \$100 worth kept me awake for days once.

Using cocaine, often causes coke binges where the users, keep using over and over. The user may attempt to end the binge by using a depressant drug ie. Heroin & Benziods. The

binge is followed by a crash, a period of depression. I’ve found speed causes more exhaustion, as you don’t sleep & just keep going. One problem is cocaine use can cause sudden Death (Cardiac Arrest) – Death occurs quickly – so quickly there is no time for medical assistance, unlike heroin overdoses.

### 3 WAYS TO TAKE COCAINE

- 1) Smoking (Free Basing) (Snow Cones)
- 2) Snorting
- 3) Intravenous injecting

Another telltale sign of coke is scraps or lesions. They are caused by the need to peck at blackheads or just clogged pours – these then become infected. The person then is likely to attack the skin whenever they use. These infections have become serious – often leaving scarring and unfortunately quite often it’s the face that suffers most.

Cocaine somehow magnifies everything from sounds to sight. Therefore what looks like a clogged pour or black head becomes a large pimple on coke. You then deal with this problem by picking and squeezing and infection is so easy to spread by going from one lesion to another. (Speed also encourages close ups with the mirror, but for some unknown reason cocaine breally gets those fingers going, often leaving scaring.

ANON.



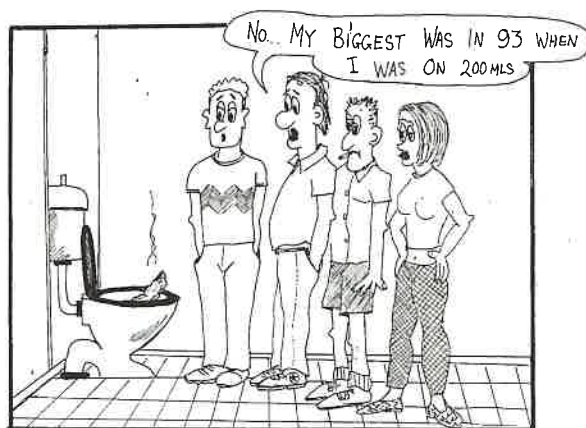
# Methadone Madness

Let me introduce myself, so you know I'm not telling you how to suck eggs without some experience. I've been on Methadone since 1982. I've been registered in Victoria, New South Wales and Queensland. All states have different policies on their dosing of Methadone. My aim is to get a uniform Methadone Policy in Australia that is fair to all.

They say Methadone is liquid handcuffs – it shouldn't be. People on done who prove they are reliable and sensible should be treated like any other person on medication. Not so long ago in Queensland – if you were on Methadone you went to Jail – you'd have to hang out – SHIT HAPPENS – but that's the pits.

In Queensland, I've been on Methadone in Cairns, Townsville and Brisbane. The Queensland Health Departments in each region all have different policies in how they dispense their methadone.

The Federal and State Governments have all been supporting Harm Minimization with I.V. Drug use (legal and illegal). We all know the purpose of the Needle Syringe Exchange Programs are to reduce harm in I.V. Drug users.



A DAY IN THE LIFE OF NORMISON NORM

Drug use (heroin, coke & speed) are illegal, but people use. People get on to Methadone as a Government supported way to deal with heroin use. On Done you should not hit-up your Methadone – but a N.U.A.A. survey found 60% of people on done in New South Wales hit up their Done. In N.S.W as a Harm Minimisation response the Health Department only dispensed straight methadone (without added fruit juice), therefore reducing the chances of a dirty hit. Yet Methadone programs have done very little to address issues of what we call 'needle fixation'.

In Queensland, to my knowledge only Cairns have a policy of straight methadone in take away doses. It seems strange that the Queensland Health Department knowing some people will hit up their Methadone – don't practise Harm Minimization, in Brisbane and Townsville.

It's not good saying "Your not supposed to hit up your Methadone". All the Queensland Health Department is doing is making it dangerous to hit up legal drugs (Methadone) with their policy of putting fruit juice in take away doses. With takeaways... a child is more likely to drink fruit juice and methadone, than straight methadone, which is very bitter, even to a 20-year veteran.

In my next column I shall address the cost of Methadone in different areas from \$7.00 per day in Sydney Private Clinics to nothing in Townsville.

The Done Man







Why is TERUMO the best?

THIS IS WHAT THE PEOPLE SAY.....

familiarity  
smooth action  
strong needle  
clear barrel  
easier to use  
great to jack and pump  
Like 'em best  
if you want the best get TERUMO

Think ahead and look after your mates  
Don't share and be blood aware!

available at your local exchange



STAY WITH THE STRENGTH





# QuIVAA's Service Directory

**SCIVAA - Sunshine Coast**  
Upstairs at 59 6th Avenue  
(Cnr. Kingsford Smith Pde)  
Maroochydore  
(07) 5443 9576  
Needle Exchange

**GAIN - Gold Coast**  
17 Lavarack Beach  
Nobby Beach  
(07) 5575 5144  
Needle Exchange

**QuIVAA - Brisbane**  
185 Brunswick St  
Fortitude Valley  
(07) 3252 5390  
Needle Exchange

**MAROOCHYDORE  
SEXUAL HEALTH CLINIC \***  
15/17 Maud Street, Maroochydore  
(07) 5478 2670

**BLACKALL TERRACE SPECIALIST  
CENTRE AND NEEDLE EXCHANGE \***  
87 Blackall Terrace, Nambour  
(07) 5476 2489

**GYMPIE COMMUNITY HEALTH CENTRE \***  
20 Alfred Street, Gympie (07) 5482 1212

**CABOOLTURE  
COMMUNITY HEALTH CENTRE \***  
McKEAN STREET (Near hospital),  
Caboolture  
(07) 5495 9300

\* Needle Exchange available at all these services,  
please phone first to confirm there  
is an authorised person available

**DRUG AND ALCOHOL  
COUNSELLING SERVICE**  
Florence Street,  
Tweed Heads  
(07) 5536 0540

**FAIRHAVEN DETOX  
AND REHAB.**  
(07) 5594 7288

**ALCOHOL & DRUG  
COUNSELLORS**  
(07) 5479 2258  
(Sunshine Coast)

**GOLDBRIDGE REHAB.**  
(07) 5591 6871

**MIRIKAI REHAB**  
Gold Coast  
(07) 5576 5111

**HEP C COUNCIL OF QLD**  
(07) 3229 3767 or  
1800 648 491

**QLD AIDS COUNCIL**  
32 Peel Street, South Brisbane  
(07) 3844 1990  
4 Carrol Street, Nambour  
(07) 5441 1222  
Needle Exchange  
Level 2 Trust House  
3070 G. Coast Hwy,  
Surfers Paradise  
(07) 5538 8922

**AIDS MEDICAL UNIT**  
2nd Floor, 270 Roma Street  
Brisbane (07) 3224 5526

**ADIS 24 HOUR INFO. SERVICE**  
(07) 3236 2414 or  
1800 177 833

**LOGAN YOUTH HEALTH SERVICE**  
2-4 Rowan Street  
Slacks Creek (07) 3208 8199

**BRISBANE YOUTH SERVICE**  
(BYS) 14 Church Street  
Fortitude Valley (07) 3252 3750

**SQWISI**  
404 Montague Road  
West End  
(07) 3844 4565  
Needle Exchange  
Level 2, Trust House  
3070 G. Coast Hwy,  
Surfers Paradise  
(07) 5531 7833

**HADS**  
Hospital Alcohol & Drug Services  
Royal Brisbane Hospital  
(07) 3253 8704

**ATODS - North**  
At the back of the Gold Coast Hosp.  
Queen Street, Southport  
(07) 5571 8777  
Needle Exchange

**ATODS - South**  
2019 Gold Coast Highway,  
Miami (07) 5576 9020

**GOLD COAST  
SEXUAL HEALTH CLINIC**  
2019 G. Coast Hwy, Miami  
(07) 5576 9033  
Needle Exchange

**BRISBANE SEXUAL HEALTH**  
484 Adelaide Street  
Brisbane (07) 3227 8666  
Needle Exchange

**MIAMI SEXUAL HEALTH**  
1922 Gold Coast Highway,  
Miami (07) 5535 6333  
Needle Exchange

**KOBI HOUSE**  
Sexual Health Clinic  
Toowoomba Base Hospital  
Wilmot Street  
(07) 4831 6446  
Needle Exchange

**BODYLINE**  
43 Ipswich Road  
Woolongabba  
(07) 3391 4285  
Needle Exchange  
(small charge applies)