

Party n Play/ Chemsex: Mental Health, Resilience, and Cultural and Clinical Competencies for Clinicians working with GBMSM

Author - Devan Nambiar, MSc.



Introduction

PnP/Chemsex is the term used in North America. There are many definitions of PnP/Chemsex, but most agree it involves the following:

- Sex between men (gay, trans, non-binary)
- Facilitate, prolong, or enhance sex (and sexual role switching)
- Use of a specific set of substances (mainly stimulant drugs such as crystal meth can prolong and enhance the sexual experience)
- Casual sexual partners, often group sex
- Events that last for an extended period
- Often facilitated by digital technology
- Related to the impact of HIV/ AIDS

Best Practices

- Use client-centered and inclusive language
- Explore the psychological roots of chemsex
- Practice harm reduction
- Apply the Good Samaritan law
- Affirm what the client is experiencing
- Explore the Zones of Engagement from GMSH for client-centered care

Learning Objectives

Describe PnP and populations that are disproportionately impacted

Demonstrate knowledge of the biopsychosocial context of PnP in the MSM community

Practice a harm reduction approach to substance use in the context of sex

Develop competencies in cultural humility, cultural safety, and clinical care

PnP & drugs: goals of use may include

- Increase acceptance from peers
- Reduce inhibitions & internalized homophobia (esp. during sex)
- Minimize rejection
- Sustain sex, create intimacy/promote closeness
- Explore sexual boundaries in queer sex
- Avoid deep-rooted issues, trauma

PnP Drugs and Effects

Depressants: Alcohol, GHB/GBL ('G')

Stimulants: Cocaine, MOMA ('ecstasy'), Crystal meth (can be a performance enhancer for sex workers, boosting energy, enhancing libido, and eliminating nerves), Mephedrone

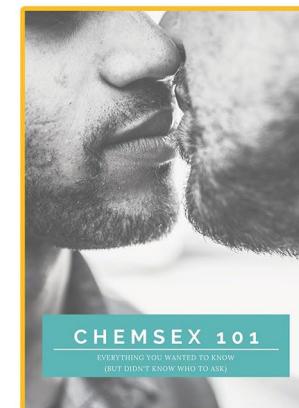
Ketamine ('K'), Poppers, Viagra (OD risk increases if you mix multiple downers)

Affects dopamine, serotonin, moods, and the brain

Routes of administration for stimulants

Snorting
Smoking
Booty bumping/Booting
Slamming/injection

- Inducers and inhibitors of drugs in the body, and drug interaction with anti-HIV meds and recreational drugs
- Some of the toolkits, and videos by health care providers, and organizations on PnP best practices



One of the best resources we have, to keep ourselves and our friends safe in chemsex environments, is each other.

Being skilled-up with harm reduction information and some First Aid skills - while remembering how vulnerable we can be under the influence of chems - can improve our chances of avoiding accidents, overdoses and deaths. It can help keep ourselves, and the people we're playing with, safer.



CME TRAINING

CME training on Intro to PnP/Chemsex is available at GMSH. Please contact Devan at, dnambiar@gmsh.ca



PnP RESOURCES & TOOLKIT

Access the PnP resources, podcast, videos, review of journal articles on PnP, and best practices at, GMSH.CA/CAMPAIGN



References

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- Plotteau, T., Pebody, R., Dunbar, N., Lebacq, T., Collins, B. (2019). The problematic chemsexjourney: a resource for prevention and harm reduction. Drugs and Alcohol Today, Vol.19 (1), p.49-54. <https://doi.org/10.1108/DAT-11-2018-0066>