

Peer Led Interventions Addressing Sexualised Drug Use, Learning from Year One of M3THOD.

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Background/Purpose:

The use of crystal methamphetamine and gamma-hydroxybutyrate in combination with sex (chemsex, PNP) among some sexuality and gender diverse communities has been extensively documented in research and media. Sexualised drug use (SDU) carries several risks associated with dependence, psychosocial wellbeing, sexual health, HIV and Hepatitis C. Despite risks, relatively few engaged in SDU seek support from services and several studies have hypothesised that peer led interventions may break down barriers to care and deliver therapeutic benefits.

Approach:

In collaboration with communities, researchers, drug and alcohol and sexual health service providers, ACON has developed a peer led brief intervention program to address SDU. Interventions founded on principles of motivational interviewing have been delivered by peers with SDU lived expertise. With peers central to clinical delivery, M3THOD aims to extend healthcare provider's reach to more clients in community settings. The service operates within a harm reduction framework to provide person centred care.

Outcomes/Impact:

Throughout the first year of M3THOD peers have worked with approximately 30 clients identified through HIV testing services, HIV support programs, online outreach, and clinical referrals. Clients to date have mostly been overseas born, HIV negative, cisgender, gay and bisexual men, with a diversity of support and educational needs relating to SDU.

Innovation and Significance:

Informed by the pioneering work of David Stuart and the 56 Dean St Clinic, M3THOD is the first program of its kind in Australia. Findings from our first year in practice highlight the acceptability and appropriateness of M3THOD and demonstrate preliminary benefits to a diversity of clients. With robust procedures in place for peer training, supervision, and support, M3THOD demonstrates a safe, innovative, and replicable model of care. M3THOD is a pragmatic initiative that reflects longstanding drug and alcohol and sexual health policy priorities around sexuality and gender diverse populations and peer led support.

Disclosure of Interest Statement:

None