

## **Monitoring Outcomes**

### **Some Questions to help measure the success or failure of your ChemSex Support interventions**

Patients are generally invited to a 6 week "Take a break" programme of abstinence.

Adjusted according to degree of success or failure to achieve goals

Goals re-assessed at 6 week completion; invitation to extend programme.

#### **Outcomes monitored at 6 sessions;**

Reduced frequency of ChemSex episodes

Confidence in negotiating sexual health risks

Confidence in negotiating injecting risks

Sense of control over drug use

Experienced less sexually transmitted infections

Confidence to introduce chem-free (sober) sex into their lives.

Improvement in non-sexual/non-clubbing social life

Cessation of ChemSex

Ceased injecting use only

Referrals to structured therapy/keywork/support groups

#### **The most successful interventions included;**

Motivational Interviewing techniques

The repeated achievement of short term goals (most often, "taking a short break from chems")

Lightweight discussions focused on;

- gay life
- gay sex
- Grindr
- gay scene pressures and expectations
- sex, desire, relationships & intimacy
- HIV stigma
- pursuing sex a little differently.

Encouraged to repeat-attend on drop-in basis for an ongoing dialogue about their sexual wellbeing/Chem-use