



EU TECHNICAL ASSISTANCE  
TO CIVIL SOCIETY ORGANISATIONS  
IN THE WESTERN BALKANS AND TURKEY



# COMMUNITY RESILIENCE FORUM 2021

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# The Network

- **The Mission of the Drug Policy Network South East Europe is adoption of more humane and effective drug policies in SEE**
- **Formally created in October 2015 by 10 organisations**
- **Currently 26 member organisations from 11 countries**
- **Mostly harm reduction service providers, but also community organisations, preventive, therapeutic and programs of rehabilitation and re-socialisation**

# Member organisations

- Aksion Plus, Tirana, Albania
- Aliat, Bucharest, Romania
- Alliance of NGOs for Drugs and Addictions, Slovenia
- ARAS, Bucharest, Romania
- Cazas, Podgorica, Montenegro
- Centre for Humane Policy, Sofia, Bulgaria
- Centre for Life, Athens, Greece
- Coalition 'Margini', Skopje, North Macedonia
- Duga, Šabac, Serbia
- HELP, Split, Croatia
- HOPS, Skopje, North Macedonia
- Juventas, Podgorica, Montenegro
- Labyrinth, Prishtina, Kosovo\*
- Margina, Tuzla, Bosnia Herzegovina
- PeerNUPS, Greece
- Phylanthropy, Belgrade, Serbia
- Positive Voice, Greece
- Prevent, Novi Sad, Serbia
- Proi, Sarajevo, Bosnia Herzegovina
- Prometheus, Athens, Greece
- Re Generacija, Belgrade, Serbia
- RHRN, Bucharest, Romania
- SEEAN, Ljubljana, Slovenia
- Terra, Rijeka, Croatia
- Timočki omladinski centar, Zaječar, Serbia
- Viktorija, Banja Luka, Bosnia Herzegovina

# Our activities during the coronavirus pandemic in 2020

- DPNSEE Board had on-line communications already on 25 and 26 February
- Letter to member organisations on 26 February
- Public appeal to protect vulnerable groups from coronavirus on 2 March
- Intensive communication with member organisations resulting in document **Overview of the situation with coronavirus COVID-19 in SEE**
- Leaflets that may be of use when working with key populations and staff (General protective measures, instructions for cannabis users, people who take drugs snorting, who go clubbing, sex workers, people living with HIV)



# Leaflets for key populations

**Know about coronavirus? Worried?**

**Basic protective measures  
Against the new coronavirus  
For drug users**

Viruses & bacteria can be spread when people take drugs with unclean/shared equipment. Good hygiene practices are essential help prevent the spread. Info below can also help reduce the risk of passing on the common cold, flu or Hep C all year round.

Cutting down on or avoiding tobacco can also help keep your lungs prepared to fight off any illness.

Wash your hands for at least 20 seconds before and after you handle, prepare or take drugs.

Clean surfaces with alcohol wipes before preparing drugs. Crush substances down as fine as possible before use to reduce soft tissue abrasions (cuts can increase the likelihood of disease transmission).

Crush substances down as fine as possible before use to reduce soft tissue abrasions (cuts can increase the likelihood of disease transmission). Avoid using notes or keys which can harbour viruses and bacteria - use a clean straw, post-it or piece of paper and bin it after use.

Always carry condoms and use them if needed!

Keep up to date with the best health information relating to Coronavirus by following instructions by healthcare institutions.

As proposed by **CoRe**  
A harm reduction and outreach charity based in Scotland

**Basic protective measures  
Against the new coronavirus**

**Wash your hands frequently**  
Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

**Maintain social distancing**  
When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

**Avoid touching eyes, nose and mouth**  
Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

**Practice respiratory hygiene**  
This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

**If you have fever, cough and difficulty breathing, seek medical care early**  
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. This will also protect you and help prevent spread of viruses and other infections.

**Stay informed and follow advice given by your healthcare provider**  
National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

As proposed by the **World Health Organisation**

**Cannabis and coronavirus:  
Here's what you need to know**

**Stop sharing joints, blunts, and bongs while coronavirus is spreading**  
The puff and pass customs surrounding cannabis are among the greatest plagues of the plant. But passing around a joint is a good way to spread any virus, including COVID-19. For now, stick to your own supply and offer a friendly elbow bump.

**Wash your hands frequently**  
Thorough hand washing really, really, really does help prevent transmission of coronavirus, as well as other illnesses. Before you sit down for a session or dig into some munchies, make sure to wash your hands for a count of 20 seconds.

**Don't buy into unproven coronavirus remedies**  
Given the general hype around CBD, expect to hear outlandish claims about its effect on coronavirus, most likely spread via social media. These claims are not true. There is no solid research on CBD and coronavirus.

**Be cautious with cannabis around COVID-19**  
Smoking weed when you're down with a virus: Not such a great idea. Yes, THC and CBD have pain-relieving, sleep-inducing, and anti-inflammatory properties. But inhaling for smoke is the last thing your lungs need when fighting a cold or flu. Do your research before medicating.

**Take precautions about physical contact with others**  
Stop shaking hands. A wave or friendly verbal greeting helps everyone. You don't need to lock yourself in a panic room, but do consider your interactions with other people and with public surfaces when out and about.

**Leave the face masks for ill patients and healthcare providers**  
Masks are meant to prevent already infected patients from spreading the virus, and to protect healthcare professionals working in high-risk environments. Frequent hand washing is far more effective than wearing a mask.

**Be aware of COVID-19 symptoms**  
Those include:

- Have been in contact with a COVID-19 patient or travelled recently to an area with ongoing spread.
- Fever
- Cough
- Shortness of breath

**Have a self-quarantine plan**  
At this point we're talking about a spectrum, from choosing a work-at-home option (if you're fortunate enough to have that choice) to a full-on home quarantine.

As proposed by **Leafly**



# Leaflets for key populations



## Saveti za osobe koje koriste kanabis

Najmanje 20 sekundi pre pripreme džointa, pajpa ili bonga operite ruke ili ih dezinfikujte alkoholnim ili dezinfekcionim sredstvom ili maramicama kao i pakovanje sa supstancom.

Ne koristite zajedničke džointe, buksne, luče, pajpove ili bongove dok traje zaraza korona virusa

Tradicionalni običaj koji funkcioniše po principu "dodaj i подели" je jedan od uobičajenih i najčešćih načina uzimanja marihuane. Ali kada džoint krene u krug to je najbolji način da se prenese bilo koji virus pa i ovaj najnoviji COVID-19. Stoga, dok traje ova epidemija držite se svoje trave.

Ne kupujte neproverena sredstva

U poslednje vreme raspršilo se da CBD leči sve moguće. Do vas mogu stići informacije, uglavnom putem društvenih mreža, da se njime leči i korona virus. To je potpuno netačno! Nema nikakve potvrde o bilo kakvom dejstvu CBD-a na virus.

Pažljivo sa kanabisom tokom zaraze

Pušenje trave ako ste već zaraženi virusom nije baš pametno. Istina je: THC i CBD umanjuju bol, jačaju san i dobri su u borbi protiv upala, ali inhaliranje toplog dima je poslednja stvar koju treba da uradite svojim plućima dok se bore protiv prehlade ili virusa.



## Osnovne mere zaštite od novog korona virusa za osobe koje koriste drogu

Sledeći saveti su namenjeni osobama koje koriste drogu kako bi dobile važne informacije za smanjenje štete tokom trenutne pandemije Covid-19 (korona virus). Molimo da očitite i širite informacije i iznad svega, budite sigurni i pazite jedni na druge.

- **NE DELITE** pajp, bong, vaponizatore, džointe, cevčice za nazalnu upotrebu i inhaliranje (šmekanje i foliranje) i svu opremu za injekcije, uključujući i vodu za injekcije
- Ako imate novac, pokušajte da **KUPITE LEKOVE** koje koristite (da napravite zasike), pre nego što se virus širi još više i situacija pogorša
- Ako ste klijent programi supstitucione terapije (Metadon/Buprenorfin), a posebno ako ste osetljivi na respiratorne infekcije, zamolite svog lekara da **PODIŽETE TERAPIJU U APOTECI ZA DUŽI PERIOD**. Takođe, pitajte možete li da preskočite pregled lekara i ležanje urina najmanje narednih mesec dana.
- Ako je vaše telo razvilo fizičku zavisnost i trenutno koristite ilegalne supstance, budite spremni za situaciju da se vaš prodavac raspuši. Napravite **REZERVNE PLANOVE** koji uključuju povećanje broja prodavaca na koje možete računati, prestatk na supstitucijsku terapiju i proverite da li imate sve potrebne lekove, hranu i piće (posebno one na bazi proteina i za jačanje elektrolita) u slučaju da se odučite za detoksikaciju kod kuće.
- Ukoliko injektirate drogu, **NAPRAVITE ZALIHU STERILNOG PRIBORA** za ubrizgavanje za najmanje 3 - 4 nedelje.
- Kada preuzimate supstancu od svog dilera **OBRISITE PAKOVANJE ALKOHOLNIM MARAMICAMA**. Ako vaši dileri imaju običaj da nose drogu u ustima, pitajte ih mogu li promeniti ovu naviku tokom ove epidemije. Ako nećete, budite pažljivi u rukovanju sa pakovanjima i obavezno ih očistite.



## Mere zaštite od novog korona virusa za seksualne radnike i radnice

Kao i kod drugih zanimanja u kojima je prisutan neposredan bliski kontakt sa klijentima, službeni ste visokom stepenu rizika zaraze virusom. Pred problemom koji se ogleda u manjem broju osoba koje traže vaše usluge, verovatno se pitate da li i kako da nastavite sa poslom koji vam obezbeđuje možda jedini prihod. Evo nekoliko saveta koji vam mogu biti od pomoći.

Ne prihvatajte klijente sa simptomima prehlade i gripa, a ako imate klijente, tražite od njih da temeljno operu ruke i lice

Simptomi korona virusa se razlikuju od klasične prehlade ili gripa po tome što je osetljivi dužnik izuzetno verovatno da će se zaraziti prenošenjem virusa sa neke druge osobe preko neopranih ruku klijenta preča nego od klijenta koji ima virus.

Održavajte ličnu higijenu

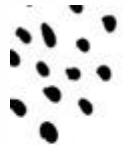
Između dva seksualna odnosa obavezno perite ruke 20 sekundi sapunom ili dezinfekcionim sredstvom između dva klijenta, prebrišite sve površine, promenite posteljinu i dezinfikujte sve predmeteljačke koje koristite tokom seksa.

Probajte alternativne načine zarade

Ako odlučite da smanjite ili u potpunosti obustavite lični/seksualni kontakt za vreme epidemije, probajte neke alternativne načine zarade vezane za seksualni rad. To može biti prikazivanje korišćenjem web kamere, telefonski seks ili prodaja slika ili video materijala za odrasle kroz internet platforme.

Imate li rezervni plan?

Da li ste možda uspešni da učinite nešto novca za iznenadne situacije kao što je ovo? Znate li nekoga ko vam može pomoći u teškim vremenima - hranom, drugim materijalima ili uslugama, smeštajem?



## Mere zaštite od novog korona virusa za klubove (barove) i klupsku populaciju

Ostanite kod kuće ukoliko nije neophodno da izlazite napolje ili ako ste bolesni - biće i drugih žurki, kašaljivo pijte sa društvom onlajn.

- Ukoliko ipak odlučite da izadete pokušajte ove savete kako bi ostali što bezbedniji
- **Ne delite** piće / flaše vode / hranu koja se jede prstima.
- Ukoliko unosite psihoaktivne supstance **pridržavajte se saveta za smanjenje štete**, baš kao i pre COVID19. Kada preuzimate supstancu od svog dilera **obrišite pakovanje alkoholnim maramicama**, a supstancu pre uzimanja pripremite sami.
- Ako nemate priliku da perete ruke sapunom i vodom, nosite sredstvo za suvo pranje ruku na bazi alkohola, i slobodno ga podelite i sa drugima.
- Oseđiviji ste na razboljevanje kada ste u stalnom pokretu, ne spavate dobro ili učestalo parirate noćima. **Koristite svaku priliku da se odmorite**, dobro jedete tako pripremite imuni sistem za festivalsku sezonu.
- Iako možda osećate da je vaš imuni sistem jak, mnogi ljudi iz party zajednice imaju podređene (i često nevidljive) zdravstvene osobine koje bi ih mogle učiniti ranjivijima. Njihov osećaj i strahovi su opravdani - ne ismejavajte ih već ih podržite.
- Ukoliko ste vlasnik bara ili kluba, a odlučili ste da radite čistije i dezinfikujte redovno predmete i površine koj se često dodiruju koristeći alkohol i sredstva za dezinfekciju u domaćinstvu.



## Mere zaštite od novog korona virusa za osobe koje koriste drogu užmrkivanjem

- Perite ruke najmanje 20 sekundi pre i posle pripreme ili uzimanja droge.
- Očistite površine sa koje užmrkavate supstancu alkoholnim maramicama ili dezinfekcionim sredstvom pre pripreme supstance.
- Ušitnite supstance što je moguće više pre nego što ih usitnite zbog zaštite skrozkože, jer ranice mogu povećati verovatnoću prenosa bolesti
- **NE DELITE** pribor i snitejke (uključujući i pribor za inhalaciju): koristite slamčice ili papirce u koji kako ih ne biste pomešali sa tuđim
- Izbegavajte upotrebu novčanica ili klučeva koji zadržavaju viruse i bakterije: koristite čist papir, stikere i bacite ih nakon što ih jednom upotrebite



# CONFERENCE ON PROTECTION OF VULNERABLE POPULATIONS IN SOUTH EAST EUROPE

## COVID-19



DRUG POLICY  
NETWORK SEE

online conference - 23 April 2020

[dpnsee.org](http://dpnsee.org)

**Social, mental and economic consequences  
of the coronavirus pandemic  
to the vulnerable populations in SEE:  
Do we know them and how to recognise and respond to them?**

**online conference  
16 July 2020  
14:00 CET**



DRUG POLICY  
NETWORK SEE

[dpnsee.org](http://dpnsee.org)



# Donor conference For vulnerable populations In South East Europe

online conference  
6 August 2020  
13:00 CET



DRUG POLICY  
NETWORK SEE

[dpnsee.org](http://dpnsee.org)

## Consequences of the coronavirus pandemic to vulnerable populations in SEE

- **Loss of jobs, inability to maintain economic independence**
- **Increased risk of homelessness**
- **Endangered or worsening mental health due to social isolation and no contact with the loved ones**
- **Increased risk of contracting corona virus due to other infections and conditions such as HIV, hepatitis B and C**

# Consequences to the vulnerable populations in SEE

- **Additional stigma and discrimination**
- **Violation of patients rights**
- **Increased risk of domestic violence incidence rise**
- **No major disturbance on the drug market**
- **Challenges in starting OST**

# Consequences to the vulnerable populations in SEE

## Mental consequences included:

- Loneliness
- Weak social networks
- Fear of the unknown
- Need for social contacts
  
- Potential for suicidal intentions and overdose
- Use of alternative substances

# The influence of COVID-19 on harm reduction services

- **The situation varied from country to country. It is very critical in Bosnia Herzegovina and Bulgaria and also in Albania and Romania**
- **Key populations are side-lined and not enough covered by health care**
- **Service interruption due to deficiencies in the supply chain**
- **Specific situation in „ghetos“ during lockdown**
- **Cut of project budgets for regular services**
- **Internal cuts and savings**

## Some good things

- **Flexibility of services in response to changes in the drug scene**
- **Maintaining of take-home OST**
- **Expansion, „personalisation“ and improved quality of harm reduction services**
- **Users behaving well and respecting all advice, taking initiative and helped organising distribution**
- **Digitalisation of harm reduction**

## Some good things

- **Proposals for regional purchase and storing harm reduction materials for emergency and solidarity purpose**
- **Partnership in organisation of services**
- **Recognition of civil society contribution**
- **Human rights protection mechanisms launched and operating**

# Thank you!

[www.dpnsee.org](http://www.dpnsee.org)

- Facebook

<https://www.facebook.com/drugpolicynetwork/>

- Twitter

[https://twitter.com/DPN\\_SEE](https://twitter.com/DPN_SEE)

- Instagram

<https://www.instagram.com/dpnsee/>