

TURNING
TINA:
HARM
REDUCTION
& HIV+ MSM

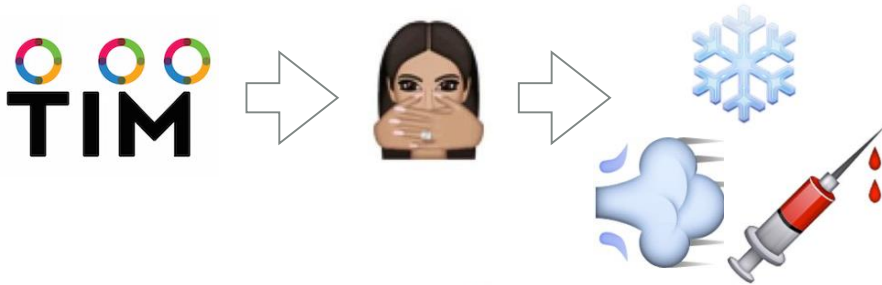
HOLAS, N; ALLAN, B

The Institute of Many (TIM) &
Living Positive Victoria



Warning: the following material may trigger and/or illicit cravings if you have, or had an issue with substance use.

METH



DR MA



The looming War on Ice
+
Divided experiences of former
& current users in TIM
+
New wave of queer men
curious/experimenting/concerned/afrai
d





Nic Holias

7 October 2014

HAVE YOUR SAY:

Hi all, I'll be presenting at the upcoming Living Positive Victoria forum, "Is Tina in Town?" about the ways in which meth is used by members of the HIV + community.

As part of that presentation, I'd love to speak with TM members who have experience in this community, whether you are a former, current, regular, or casual user. All information will be de-identified (you remain anonymous).

Interviews can be done via email, online chat, face to face (in Sydney) or over the phone. Your information (sans your name but with your age) may be used in the following outcomes of this project: op-ed article written by me, the written report of the research, the presentation at the forum, and a potential resource for the community.

Meth/Tina is currently a hot-button issue in the community, with several articles crossing over from the gay press to mainstream media in the last few weeks, and research reports being issued (or commencing) from research centres. It's important to me that positive voices are heard on this issue to get an accurate indication of how the community is responding to the issue, not just the opinion journalists, doctors, or clinicians.

Please feel free to contact me privately here on Facebook or on nic@theinstituteofmany.org.

Many thanks, Nic Holias

(Image courtesy of Tina Belcher, the internet)

Is Tina in Town?**INTRODUCTION**

Hello, thank you for taking the time to complete this survey. All of your responses will be kept confidential, and we value your honest input into this survey, as it will inform the various outcomes (presentation, articles, and ultimately a resource aimed at HIV+ men who use crystal methamphetamine (referred throughout as Tina)).

The survey is broken up into a multiple sections: firstly asking you to recall your initial impression of Tina, then your experience in using it (however brief or long-term) and finally some statistical info about you.

If during this survey you are confronted with uncomfortable memories, or experience difficulty completing it, please reach out to Nic at any time.

We greatly appreciate you taking the time to honestly respond to this survey.

PART ONE: MY FIRST TIME WITH TINA

***5. How would you characterise this first experience? Who were you with, how did it work, how did it make you feel? Tell us the story:**

PART TWO: ABOUT YOU AND TINA ONGOING

In this next section (the largest in the survey), we ask you to think about your relationship with Tina, if it has affected your life, and how you were able/unable to manage use.

***6. What is your current relationship with Tina?**

- After my initial use, I never tried it again
- I went through a period of ongoing use, but no longer use it
- I still casually use it (a handful of times per year)
- I am a regular user (6 times or more a year)



Is Tina in Town?

***8. Have you ever felt your use of Tina was getting out of hand?**

Yes

No

N/A - I never did it again

9. If Yes, what were the signs that this was happening? E.g. have you ever missed a day of work because of Tina? Missed an appointment? Cancelled plans with friends/family to prioritise use? Did it affect your employment, relationship, health, finances?



” I’VE ALWAYS THOUGHT OF MYSELF AS ONE OF THOSE ULTRA-STRONG PEOPLE WHO WAS NOT SUSCEPTIBLE TO ANY FORM OF ADDICTION. THEN YOU GET NEAR SOMETHING LIKE TINA AND YOU REALISE ACTUALLY, THERE ARE LIMITS.

- HIV POSITIVE GAY MAN, AGED 25 - 34



“ THE HIGH WAS INCREDIBLE, AND MY BRAIN SOUGHT THIS HIGH EVERY TIME I THOUGHT ABOUT IT, I WOULD HAVE PHYSICAL REACTIONS JUST THINKING ABOUT IT, MY HEART STARTS TO RACE AND THE ADRENALIN GETS GOING. I STILL HAVE THESE REACTIONS IF I START TO FANTASISE ABOUT IT AGAIN.

- HIV POSITIVE GAY MAN, AGED 25 - 34

“ I HAVEN'T REALLY WITNESSED RECREATIONAL USE WITHOUT SOME KIND OF NEGATIVE REPERCUSSIONS.

- HIV POSITIVE GAY MAN, AGED 25 - 34





Archer

[Facebook](#) [Twitter](#) [Instagram](#) [Newsletter](#) [Buy Archer](#)

[Articles](#) • [About](#) • [Submit to Archer](#) • [Work for Archer](#) • [Stockists](#) • [Buy Archer Magazine](#)



Managing crystal meth: tina and gay men

By: Nic Holan
Jan 21, 2015



DR MA



RISK



RISK



RISK



CHAPTER 1

WHAT IS TINA DOING TO YOU?

CHAPTER 2

WHEN DOES RECREATIONAL USE
BECOME PROBLEMATIC USE?



CHAPTER 3

HOW CAN I USE TINA IN
A SAFER WAY? PT.1

CHAPTER 4

HOW CAN I USE TINA IN
A SAFER WAY? PT.2





THE FIRST TIME I SHAFTED CRYSTAL WAS AT A GROUP ”
THING. THE GUY DOING IT TO ME EXPLAINED THE
WHOLE PROCESS, AND TOOK HIS TIME. MADE ME FEEL
A LOT MORE COMFORTABLE ABOUT IT.

- HIV POSITIVE GAY MAN, AGED 25-34



I KNOW THAT IF I BLAST TINA ON AN EMPTY STOMACH, ”
I AM GOING TO FEEL SICK RIGHT AWAY AND BE NO USE
TO ANYONE. IF I M GOING TO BLAST FOR A SECOND OR
THIRD TIME IN A SESSION, I ALWAYS TAKE TIME TO EAT
BEFORE I GO AGAIN.

- HIV POSITIVE GAY MAN, AGED 25 - 34



TINA
34



NOV 24 THE INSTITUTE OF MANY LAUNCHES ICE HARM REDUCTION RESOURCE

POSTED ON // TUESDAY, 24 NOVEMBER 2015
WRITTEN BY // Cec Busby



The Institute of Many (TIM) a peer run advocacy group for people living with HIV has joined forces with Living Positive Victoria to develop Turning Tina – a harm reduction resource for gay, bi and trans men with HIV who use crystal meth (aka Tina).



NATIONAL NEWS

WHY A RESOURCE IS NEEDED FOR HIV-CRYSTAL METH USERS, FROM A USER WHO KNOWS


by SHANNON POWER, DECEMBER 4, 2015



Get to the point:
+ Community voices
+ Partnerships
+ Risk
+ Design
+ Promotion



THINKS



TIM membership
Brent Allan & LPV staff
Jeremy Wiggins & VAC
Harm Reduction Victoria



Nic Holas
nic@theinstituteofmany.org
[@niceholas](#)
www.theinstituteofmany.org

