



**the
Drugs Information and Monitoring
System (DIMS)
and
its impact on the Dutch drug market**

**Daan van der Gouwe
15.06.22**



Department Drugs

DIMS



MDI



REITOX National Focal Point

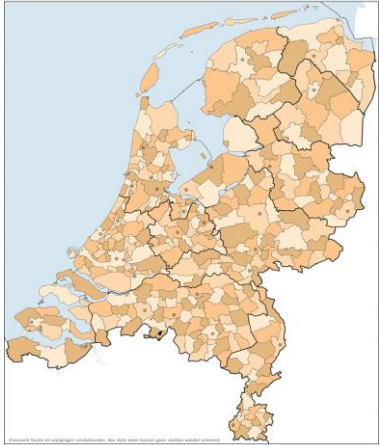
Drug policy in the Netherlands



- Ministry of Health, Welfare and Sports
 - prevention of drug use
 - harm reduction
 - addiction care

- Ministry of Justice and Security
 - maintaining the rule of law
 - prevention of production and trafficking of drugs
 - fighting drug-related crime

Local drug policy



Mayor

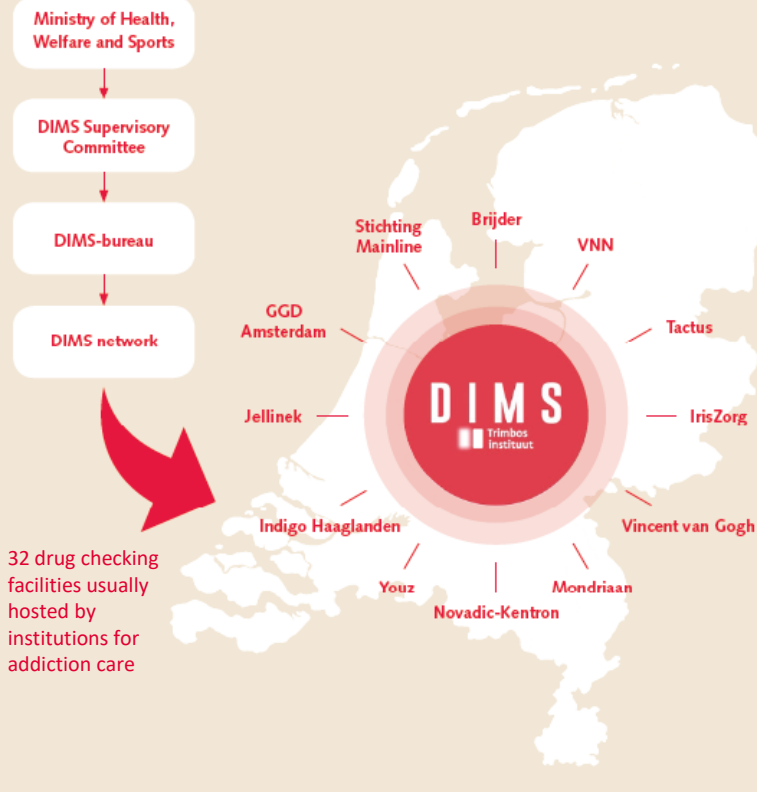


Chief prosecutor

Chief of police

DIMS organisation and goals

Organisational chart DIMS network

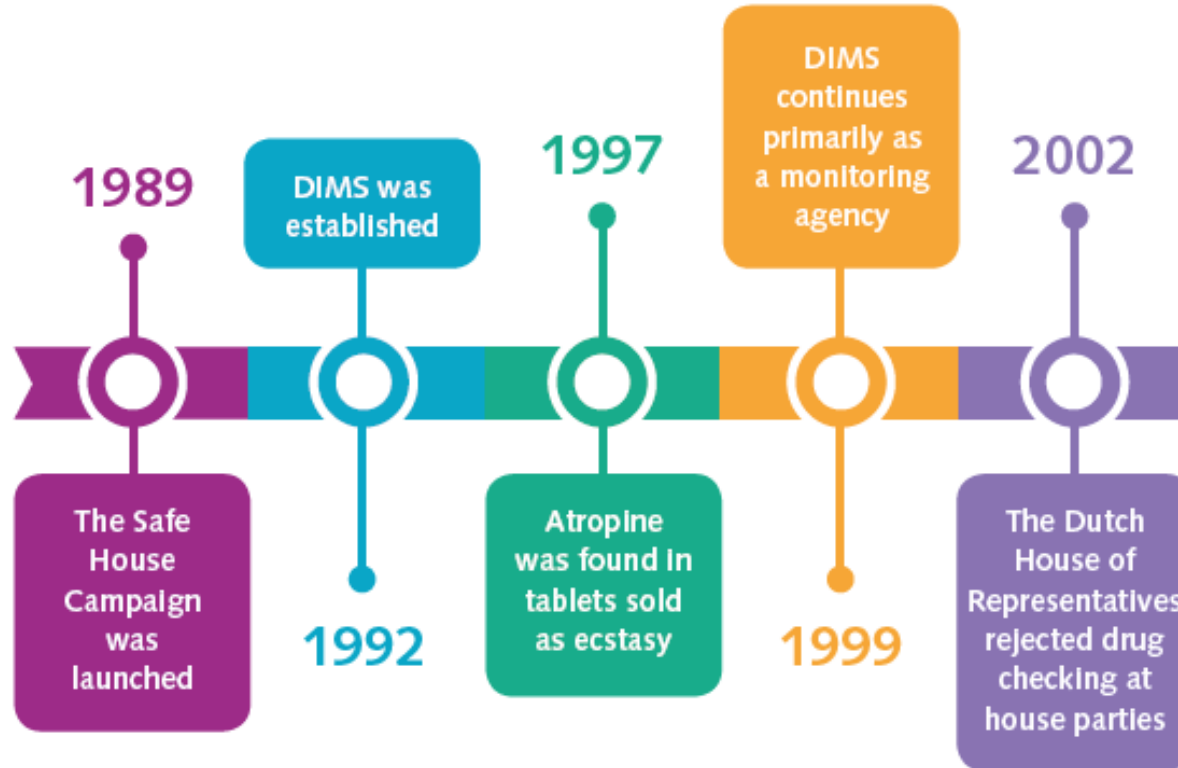


- To know which recreational drugs are currently being used and what changes in drug use are seen over time (**monitoring**).
- Identifying possible additional health risks and initiating and performing warning campaigns (**surveillance**).

Institutions of addiction care and drug prevention

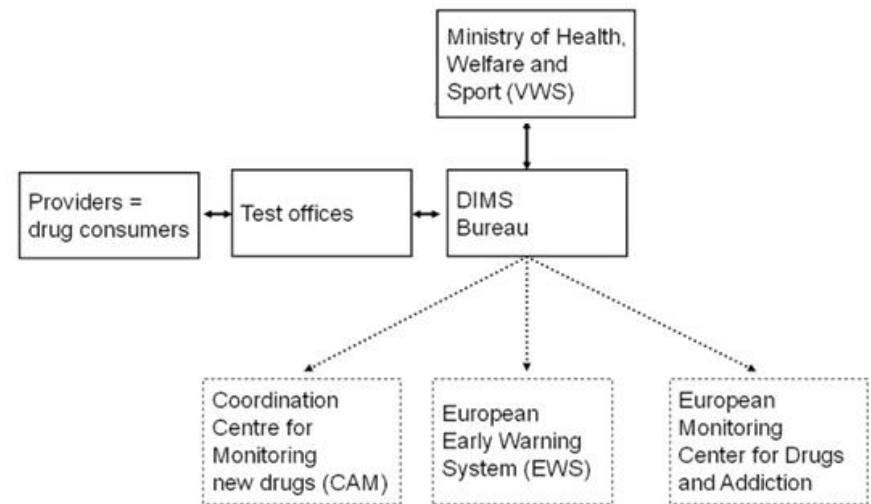
- Harm reduction towards a group of users not generally seen at other services (**prevention**).

Short history of DIMS



Dutch drug policy (1999)

- Reorganisation DIMS
 - Monitoring agency
 - Good testing practice protocols
 - Installation Supervisory Committee
 - Only office-based testing (2002)
- Initiation CAM risk assessment EWS
- Reporting desk new drugs (2012)



What is DIMS?

The Drugs Information and Monitoring System is a national network of testing facilities that aims at gaining insights into the market of controlled substances.



What does DIMS do?

Activities: DIMS examines the content of drugs and their associated health risks, and analyses trends.

Method: DIMS monitors the markets of scheduled substances by offering consumers the possibility to have their drugs tested.

Application: The data collected are being used for education, prevention and policy interventions.

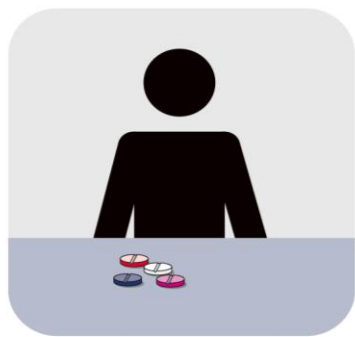
Education: The testing facilities serve a major educational purpose and provide information on effects and risks of drugs.

Warnings: DIMS occasionally warns at a national, regional or local level, or e.g. via social media for drugs involving extra risks.

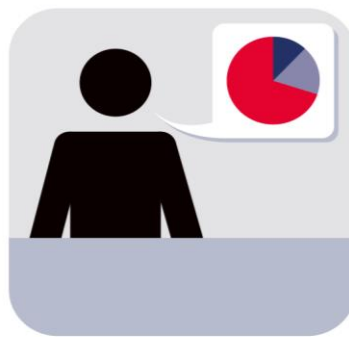
Measurements – Procedure on Location



DIMS affiliated organizations hold weekly consulting hours.



Here, users are able to hand in drugs for analysis, anonymously and discretely.



If the sample can be determined, the composition is passed on directly.



If not, the sample is sent to the laboratory for further analysis.



A week later, the drugs have been analysed and the results are communicated.



recognition list



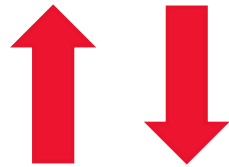
FTIR



GC-MS/LC-DAD

Exchange of information

- Date of purchase, as what substance it has been sold, whether bought online or offline, price per sample etc.



- Information on composition and dose.



Arrangements with national and local authorities

- Users attending a drug checking service will not be arrested or prosecuted, as long as they do not bring more than 3 samples!
- Testers are allowed to handle drugs for testing purposes, but not for dealers or producers!
- Officially documented by The Netherlands Public Prosecution Service



Opium Act waiver



Approval by Health Inspectorate after inspection location



CIBG
Ministerie van Volksgezondheid,
Welzijn en Sport

> Retouradres Postbus 16114 2500 BC Den Haag

Bijlage behorende bij de opiumontheffing van Stichting Trimbos-Instituut te Utrecht met registrummer 5718 07 WCO.

LOCATIE
Da Costakade 45, 3521 VS te UTRECHT
HANDELINGEN
Aanwezig hebben
Bewerken en verwerken
Vervoeren
OPIUMWETMIDDELEN VAN LIJST I
2,5-dimethoxy-4-ethylamfetamine (DOET)
2,5-dimethoxy-4-methamfetamine (STP, DOM)
2,5-dimethoxyamfetamine (DMA)
2C-B
2C-1
2C-T-2
2C-T-7
2-methoxy-4,5-methyleendioxyamfetamine (MMDA)
3,4,5-trimethoxyamfetamine (TMA)
3,4-methyleendioxymethamfetamine (MDMA)
3-methylfentanyl
3-methylthiofentanyl
4-hydroxybaterzuur
4-methylamfetamine (4-MA)
4-methylaminorex
4-methylaminorex
4-methylmethcathinon (mefedron)
4-methylthioamfetamine (4-MTA)
Acetorfine
Acetyl-alfa-methylfentanyl
Acetyldihydrocodeïne
Acetylmethadol
Alfameprodol
Alfameprodol
Alfameprodol
Alfa-methylfentanyl
Alfa-methylthiofentanyl



Pagina 5 van 16

Good Testing Practice (GTP) protocols

- Responsibilities and quality requirements
- How to ensure anonymity
- SOP's for protection and safety
- How to unroll a warning campaign
- How to deal with the media



- Manual for DIMS bureau and network!



Limited testing due to COVID

The COVID pandemic has had a noticeable influence on DIMS in 2021. While our testing sites have been open throughout the year, the varying nationwide restrictions have led to limited testing options compared to pre-COVID.

Less samples than pre-COVID

As a result of the pandemic, DIMS has received less samples in comparison to the last pre-COVID years. Still, with 10,302 samples received in 2021, DIMS has tested more than enough samples to sufficiently monitor the drug markets.

Little change in sample composition

Minor changes in samples composition: Compared to previous years, there are few noticeable changes in drug sample composition to report. There are noticeable changes in the contents of ecstasy tablets, the cause of which is as of yet unknown.

Less MDMA in ecstasy tablets

The average MDMA content per tablet has dropped from 166mg in 2020 to 148mg in 2021. While less extreme than previous years, this does mean that ecstasy tablets are still very strong.

Less party drugs due to COVID

Compared to other substances, DIMS has received less party drugs like ecstasy in 2021. This is likely due to the absence of festivals and the nightlife being closed for most of the year.

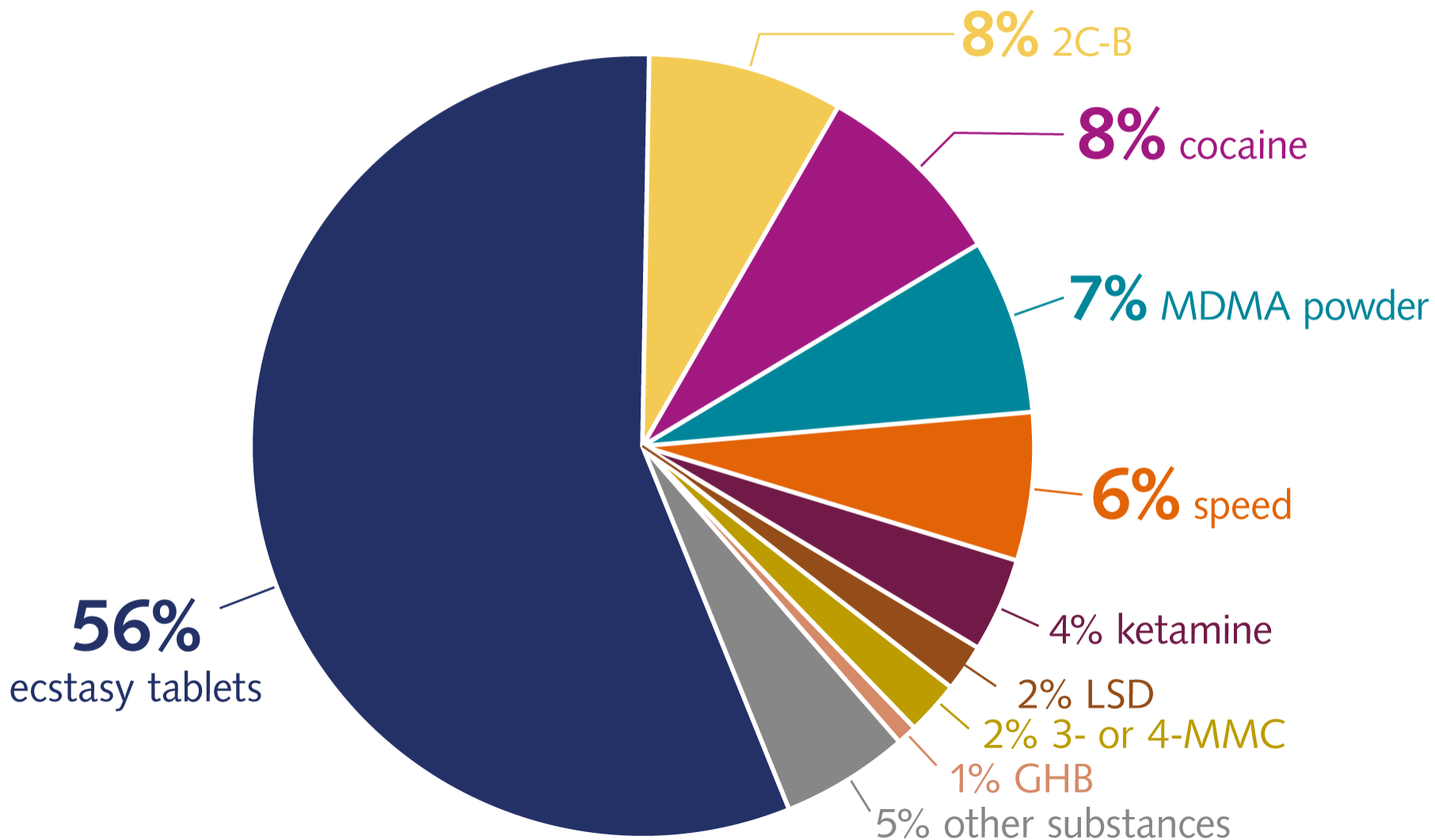
Warnings for DOC and adulterated cannabis

In 2021, DIMS has issued a warning for tablets sold as 2C-B which contained extremely high doses of the potent hallucinogenic DOC. DIMS also warned for cannabis adulterated with synthetic cannabinoids (since 2020). Normally, cannabis is not analyzed as its legal status places it outside the scope of DIMS. However, synthetic cannabinoids are of interest to DIMS.



Samples submitted (1)

In 2021, 9,257 visitors supplied DIMS with 10,302 samples, more than half of which were ecstasy tablets.



Ecstasy/MDMA in 2021 (1)

More than half of the samples submitted in 2021 were sold as ecstasy (56%). Nine out of ten ecstasy tablets contain only MDMA as active substance.



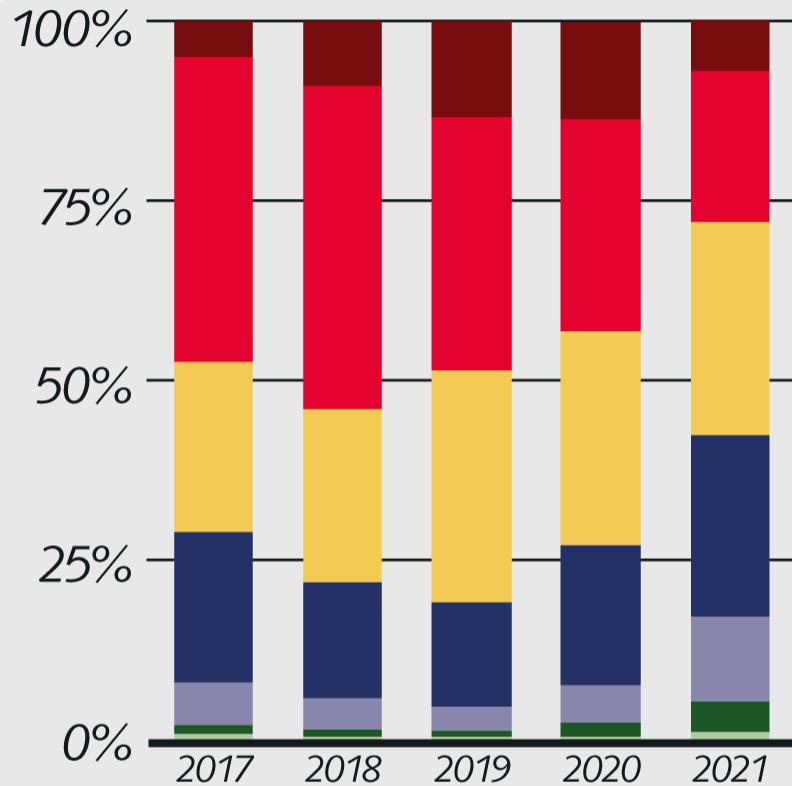
Effects

- Sense of intimacy
- Increased energy



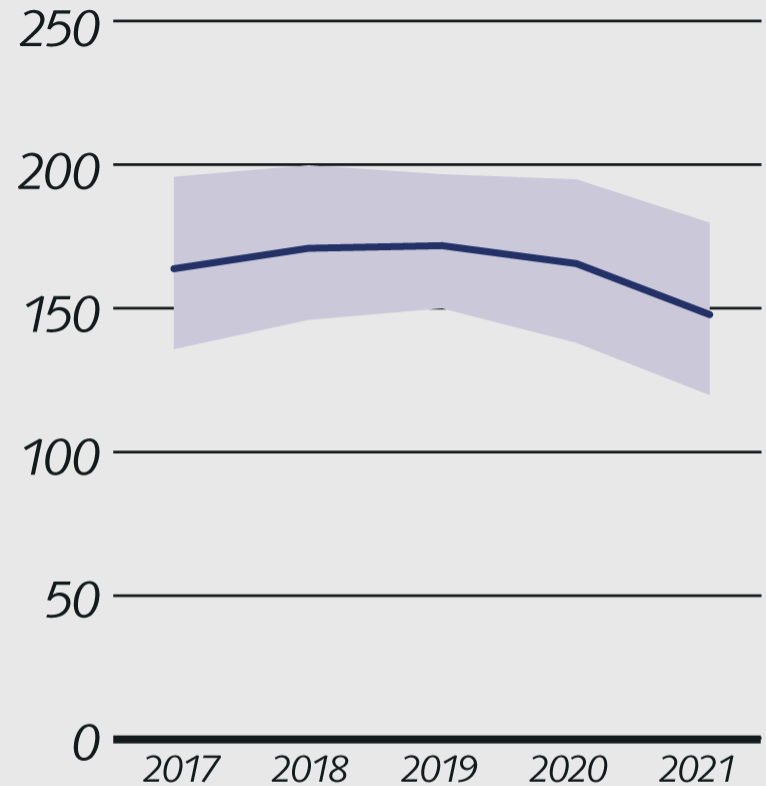
Average price per tablet: € 4.20
Half of all ecstasy tablets cost between 3 and 5 euro.

Ecstasy/MDMA in 2021 (3)



1-35 36-70 71-105 106-140
141-175 176-210 > 210 (mg MDMA)

There can be large differences in the MDMA content of ecstasy tablets.



On average, a tablet contains 148 mg MDMA (—). Half of the tablets contain between 120 and 180 mg MDMA (■), a quarter less, and a quarter more than that.

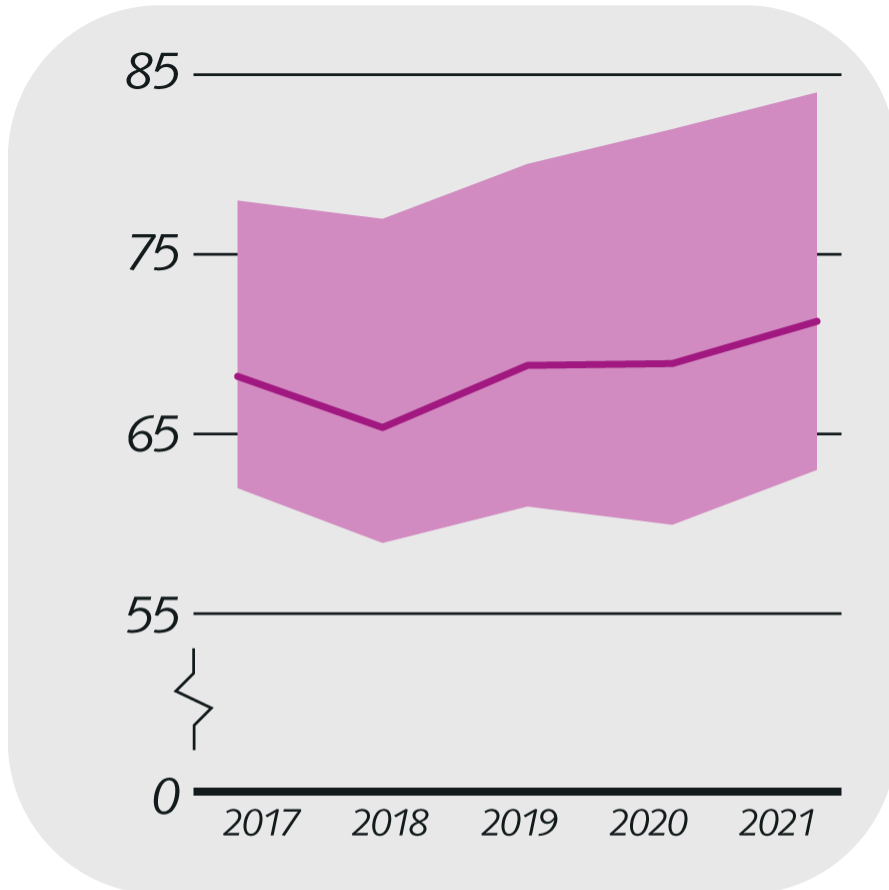
Cocaine in 2021 (1)

In 2021, 7.9% of all samples
were sold as cocaine.

Average price per gram: € 51.80.
More than half of all cocaine
costs exactly 50 euro per gram.



Cocaine in 2021 (3)



- Average cocaine concentration (%)
- Cocaine concentration covering half of the cocaine powders (%)

At 71%, the average cocaine concentration in submitted powder samples is higher than ever.



- Only cocaine
- Cocaine + cutting agents
- No cocaine

Cocaine is adulterated relatively often, usually with levamisole.

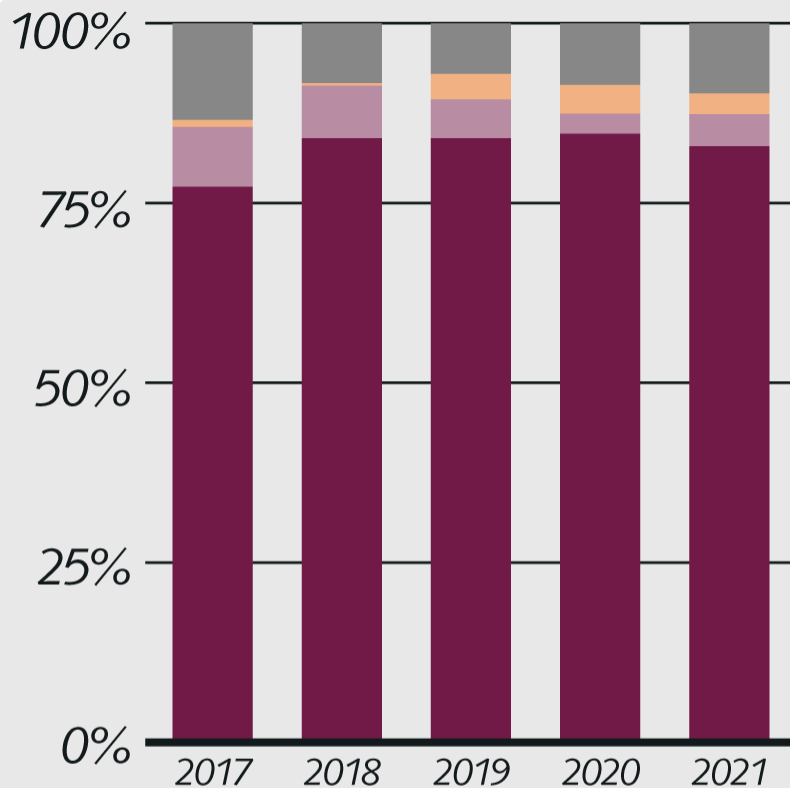
Ketamine in 2021 (1)

In 2021, 4.1% of all samples were sold as ketamine.

Average price per gram:
€ 23.80. Half of all ketamine
powders cost between
20 and 30 euro.



Ketamine in 2021 (2)



- Only ketamine
- Ketamine + levamisole
- Ketamine + adulteration
- No ketamine (and/or levamisole)

Ketamine samples are fairly pure (79% average), but sometimes contain high concentrations of levamisole (62% average).

Effects

- Mind altering
- Out-of-body experience

Risks

- Bad trip (k-hole)
- Loss of coordination
- Muscle stiffening or paralysis
- Urinary tract problems

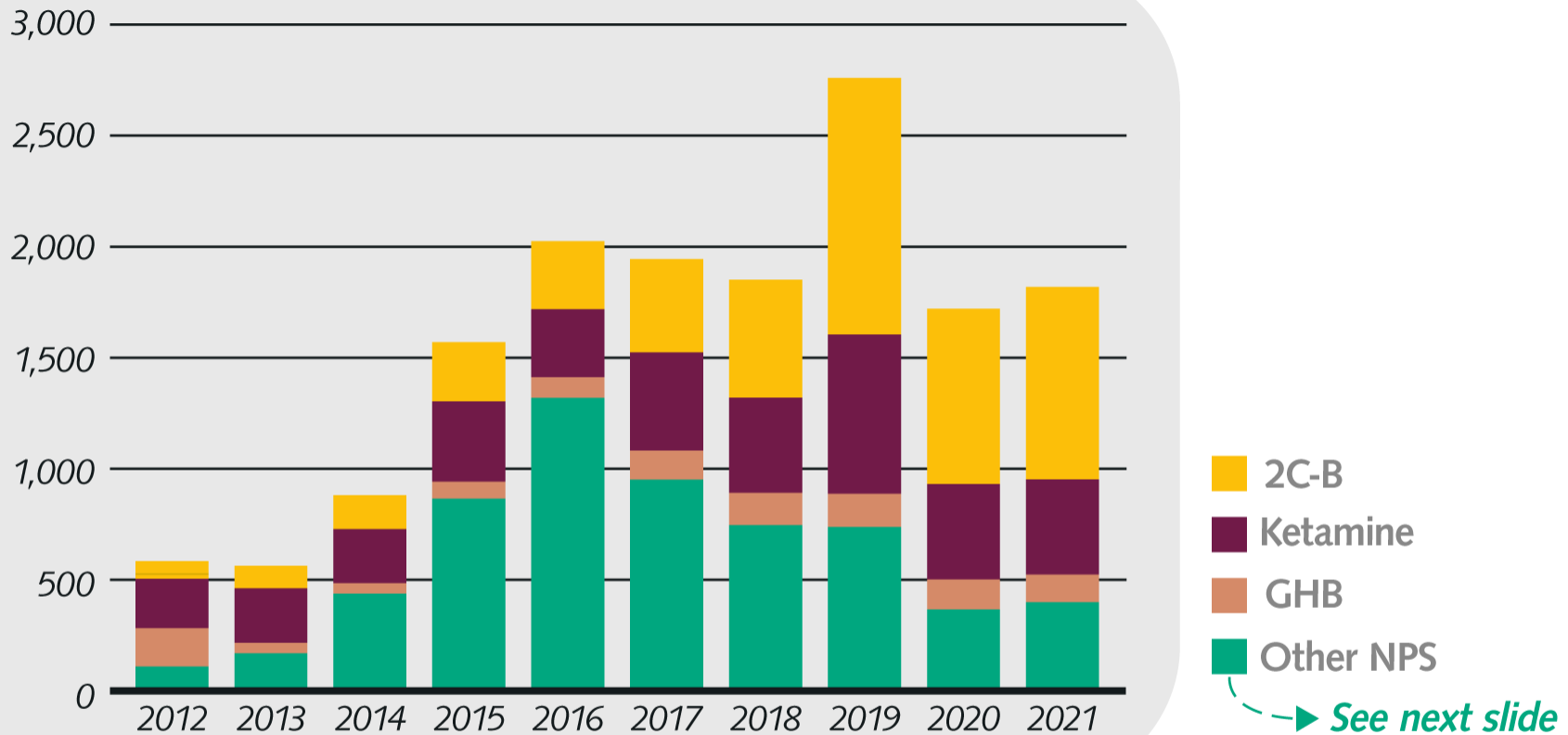


Cutting agents

- Levamisole
- Caffeine

NPS in 2021 (1)

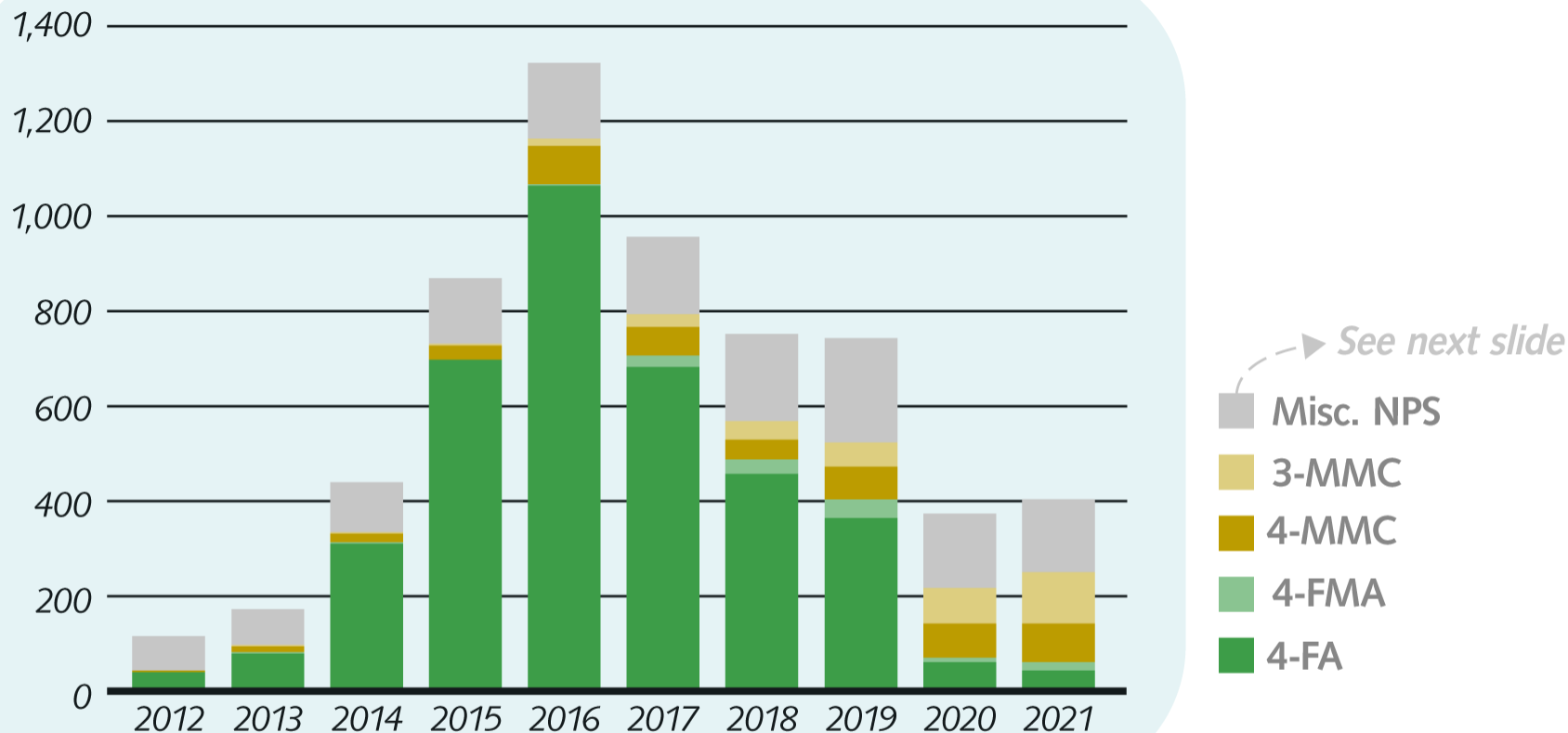
Number of NPS submitted to DIMS (total)



NPS (New Psychoactive Substances) are also known as “designer drugs” and “research chemicals”. The substances ketamine, GHB, and 2C-B have already been covered in previous paragraphs, therefore we will only focus on NPS that have not yet been discussed.

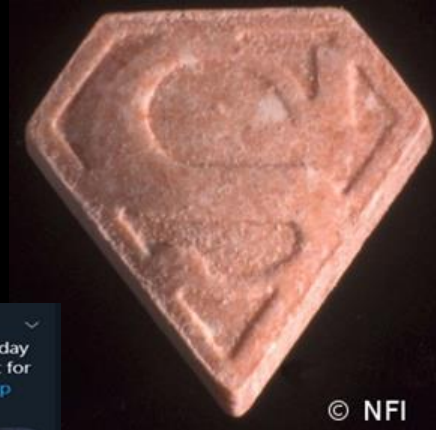
NPS in 2021 (2)

Number of NPS submitted to DIMS (not yet covered in the annual report)



These NPS are often semi-legal or recently scheduled substances that are generally being used by relatively small groups of users with an interest in NPS. Sometimes these substances become popular among a wider audience: prime examples in recent years being 4-FA and 3-MMC. 4-FA in particular showed a huge surge in popularity around 2016, before being banned in 2017.

Lessons learned



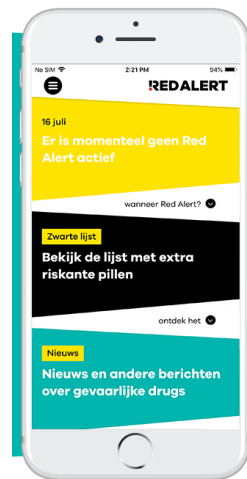
Lesson 1: Building Trust

- with PWUD
- with politicians
- with law enforcement
- with DIMS partners
- with media



Lesson 2: Be a reliable source

- Keep warning campaigns limited in number
- When you warn, be as precise as possible
- Guarantee anonymity, privacy and discreteness



GGD
Amsterdam
Public Health Service
December 19, 2014

XTC WARNING!



ORANGE-PINK ECSTASY TABLET
WITH SUPERMAN LOGO ON BOTH SIDES

This Superman pill is currently being sold as XTC. It comes in 2 forms: One contains XTC and the other contains a **very dangerous dose of PMMA!**

And because you cannot tell which one you are getting: **DO NOT TAKE THIS PILL!**

Symptoms of PMMA poisoning: Overheating, heart, liver and kidney failure.

You will not be arrested for using drugs in Amsterdam. **CALL 112** for medical assistance & ambulance.

Impact on Dutch drug market

“the strong effect or influence that something has on a situation or person”

So:

What has been the effect/influence of DIMS on the Dutch drugs market?

Aims: monitoring/ surveillance/ harm reduction

Impact drug supply

DC impacts production?

Unlikely – we *monitor* production

Impact drug supply

DC impacts production?

Unlikely – we *monitor* production

DC impacts sales/ availability?

Likely, at small scale

Case study 1: N-ethylpentylone and N-ethylhexedrone

- Since week 38 2017: ± 25 powder samples sold as 4-FA/NPS containing N-ethylpentylone or N-ethylhexedrone
- Half of the samples bought online, addresses are known.
- N-ethylpentylone: dose of 60 to 80 mg can lead to severe, if not fatal health issues [1].
- N-ethylpentylone has been linked to a great number of ODs and deaths (EMCDDA). In EU mainly in substances sold as MDMA
- For N-ethylhexedrone, a dose of 50 regarded as strong' to 'heavy' dose [2].
- Both substances found in 4-FA: common dose ± 150 mg

1 + 2 <https://psychonautwiki.org/wiki>



EASY PAYMENT VIA BITCOIN, BANK TRANSFERS & NACHNAME / CASH ON DELIVERY

EU BASED VENDOR - EU DELIVERY GUARANTEE MDPHP, RTI-111, A-PHP, HEXEDRONE, APIHP

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Orangechemicals.com Your EU Research Chemical Vendor, MDPHP, Hexedrone, A-PHP, 3-MMC

17/08/2018 NEW BANKING INFORMATION: PLEASE MAKE YOUR PAYMENT AFTER YOU RECEIVE THE NEW BANKING INFORMATION

14/06/2018: LAB NEWS [Bromadoline \(U-47931E\)](#) in stock now!

10/05/2018: LAB NEWS COMING SOON, U-47931E (BROMADOLINE)

01/05/2018: LAB NEWS Novel Opioid [MPF \(fentanyl analogue\)](#) in stock now!

Please check our updates frequently to keep yourself informed about our latest research opportunities.

Buy research chemicals online,with NACHNAHME/COD secure and safe shipping. (EU Delivery Guarantee)

We offer different payment and shipping methods:

- COD (CASH ON DELIVERY/NACHNAHME)
- BANK TRANSFER

Case study 1: N-ethylpentylone and N-ethylhexedrone

Van: orangechemicals [<mailto:orangechemicals@protonmail.com>]

Verzonden: donderdag 6 september 2018 12:00

Aan: Daan van der Gouwe <dgouwe@trimbos.nl>

Onderwerp: Re: extra risky substances in powders sold as 4-FA

Dear mr Van der Gouwe,

first of all thank you very much for your kind email.

let me be perfectly clear, ALL our compounds are definitely NOT for human consumption.

we strongly advise and recommend everyone NOT to consume any of our compounds.

never the less we have checked our stock and discontinued all of our current stock, till further notice.

all our products are within the confines of the Dutch regularoty system.

4-FA is currently illegal in the Netherlands we replaced this compound and notified our customers about this.

We never ever intend to sell illegal products for research purposes to our clients.

As soon as we have any indication that 1 of our customers is misusing our products we directly take action. Amongst other things, refuse any future sales.

Thank you once again for your email, we are always more then happy to cooperate with different institutions and especially one as renowned as the Trimbos institute. Gr, Jeff

Impact drug supply

DC impacts production?

Unlikely – we *monitor* production

DC impacts sales/ availability?

Likely, at small scale

DC impacts drug policy, i.c. legislation?

Likely – DIMS is leading actor in CAM*, influence policy making (e.g. controlling versus continuous monitoring). Controlling maybe an option if health related incidents increase (4-FA/ 3-MMC)

* = Coordination Point Assessment and Monitoring new drugs

Impact drug supply

NOS Nieuws v Sport v Uitzendingen



Sinds het verbod op 4-FA is het aantal gebruikers van de drug fors afgenomen. Maar dit komt slechts deels door het verbod; het slechtere imago speelt ook een belangrijke rol.

Zo kwamen er op het hoogtepunt van het festivalseizoen (juni) in 2016 ruim tweehonderd mensen hun 4-FA checken bij een Trimboslab. Een jaar later waren dat er niet eens 75, melden het Trimbos-instituut en het Bonger Instituut na onderzoek.

De partydrug, ook wel 4-FMP of flux genoemd, werd in mei aan de opiumlijst toegevoegd, en was dus officieel verboden in Nederland. Eerder kwamen er al

ty?

DC impacts drug policy, i.c. legislation?

Likely – DIMS is leading actor in CAM*, influence policy making (e.g. controlling versus continuous monitoring). Controlling maybe an option if health related incidents increase (4-FA/ 3-MMC)

* = Coordination Point Assessment and Monitoring new drugs

Impact drug supply



NOS op3

NOS OP3 • BINNENLAND • 18-12-2017, 07:19 • AANGEPAST 18-12-2017, 11:38

Bij drug 4-FA werkt een slecht imago beter dan een verbod

Sinds het ver
Maar dit kom
belangrijke r

Zo kwamen e
tweehonderd
waren dat er
na onderzoek

De partydrug
toegevoegd,

DC impa

Likely – D
(e.g. cont
maybe an
MMC)

* = Coordination P



- Home >
- Kennis >
- Aanbod >
- Actueel >
- Over ons >
- Contact >

Niets missen?

Trimbos Nieuwsflitsen

Ontvang zo'n 2 keer per maand nieuws, uitnodigingen voor activiteiten, nieuwe publicaties en vacatures van het Trimbos-instituut.

Uw e-mailadres

I'm not a robot

reCAPTCHA
Privacy - Terms

Inschrijven

NIEUWS | DRUGS

Designerdrug 3-MMC verboden



28 oktober 2021

Per 28 oktober 2021 staat de designerdrug 3-MMC (3-Methylmethcathinon) op lijst II van de Opiumwet. Dat betekent dat het bezit, de productie en de verkoop van 3-MMC verboden zijn.

3-MMC, ook wel 'poes' of '3m' genoemd, is een nieuwe psychoactieve stof (NPS). NPS of designerdrugs, zoals ze ook wel genoemd worden, zijn stoffen die qua werking lijken op 'traditionele' illegale drugs als bijvoorbeeld xtc en cocaïne, maar vaak zo zijn geproduceerd om de huidige drugswetgeving te omzeilen.

Waarom een verbod op 3-MMC?

3-MMC kan een risico vormen voor de gezondheid. Dat blijkt uit [recent onderzoek](#)

Impact drug demand

DC impacts consumption?

Unlikely, large scale

Likely, at individual level – specific substances

Consultative talks at drug checking services

Harm reduction messages

Skull (Silk Road January 2013)



Product: XTC Pill

Logo: Skull

Color: White

Strength: 300-310 mg pure MDMA

Tested: Yes, No other substances than pure MDMA

10X Skull 300-310mg

€2.47 add to cart

seller: X T C E X P R E S S(94)

ships from: Germany

ships to: Worldwide

category: Pills

bookmark this item

postage options:

These options are displayed here for your information only. You must choose a shipping option from your shopping cart before checking out.

Skull (Silk Road January 2013)



Product: XTC Pill

Logo: Skull

Color: White

Strength: 300-310 mg pure MDMA

Tested: Yes, No other substances than pure MDMA

Usage advise: Start of with a third, these are insanely strong

10X Skull 300-310mg

€2.47 add to cart

seller: X T C E X P R E S S(94)

ships from: Germany

ships to: Worldwide

category: Pills

bookmark this item

postage options:

These options are displayed here for your information only. You must choose a shipping option from your shopping cart before checking out.

Impact drug demand

DC impacts consumption?

Unlikely, large scale

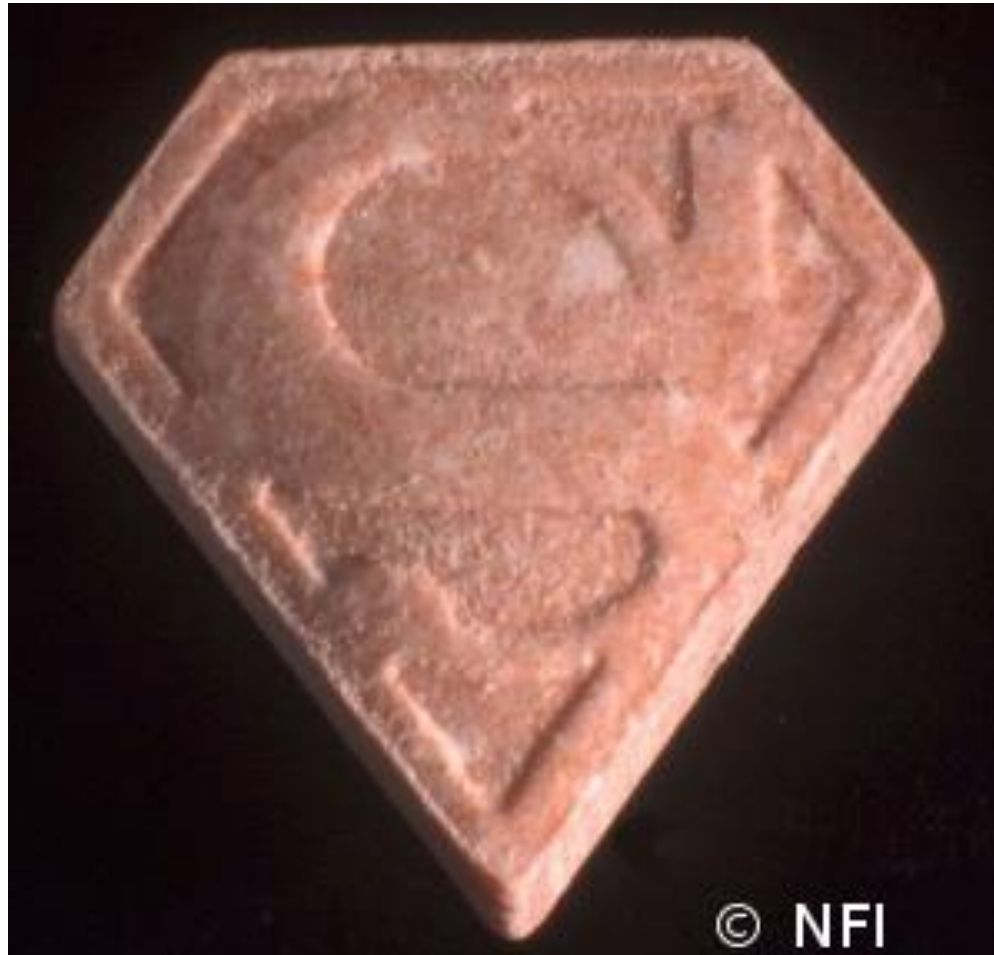
Likely, at individual level – specific substances

Consultative talks at drug checking services

Harm reduction messages

Red Alerts

Red Alert Pink Superman



Red Alert Pink Superman

19 December 2014

ecstasy tablet contains

173 mg PMMA, and no MDMA

Actions undertaken ao:

Press release/ press alarm (ANP)

News items in all news programs

radio, tv and internet

Flyers distributed at parties

Postings on specific drugs fora

<http://www.uitzendinggemist.net/aflevering/299478/Nieuwsuur.html>

<http://www.theguardian.com/society/2015/jan/16/superman-pill-deaths-dangerous-drugs-alert-system>



The screenshot shows the website of Trimbos Instituut. The main headline is "Levensgevaarlijke XTC aangetroffen!" (Dangerous XTC found!). The date is 19 december 2014. The text describes the discovery of a pink, shield-shaped tablet containing 173 mg of PMMA instead of MDMA. It mentions that the tablet was found by the DIMS (Drugs Informatie en Monitoring Systeem) and that it is a "schildvormige" (shield-shaped) tablet with a Superman logo on both sides. The article also notes that PMMA can be found in other pills and powders and that it is more dangerous than MDMA. A photo of the tablet is shown. The article concludes with a warning to users to be careful and to report any suspicious tablets to the DIMS.

Impact drug demand

DC impacts consumption?

Unlikely, large scale

Likely, at individual level – specific substances

Consultative talks at drug checking services

Harm reduction messages

Red Alert

Red Alert app

!REDALERT



Direct op de hoogte als er extra gevaarlijke drugs in omloop zijn

- Direct een melding als er een Red Alert is
- Ontdek waar je drugs kunt laten testen
- Lees hoe je de risico's van drugs kunt beperken

Download de app:





2 december

Er is momenteel geen Red Alert actief

wanneer Red Alert? ▼

Zwarte lijst

Bekijk de lijst met extra riskante pillen

ontdek het ▼

Nieuws



nu bekijken ▼

Test je drugs

Laat je drugs testen, ontdek waar en hoe je dat doet

ontdek het ▼

Eerste hulp

Ziek van XTC? Wat kun je doen



Feit of fabel? De meest gehoorde misverstanden over XTC

ontdek het ▼

Beperk de risico's

Tips om risico's te beperken

ontdek het ▼



!REDALERT



Zwarte lijst

12 nov. '19

Naam: Hulk

Groene pil zonder breuklijn in de vorm van (hoofd van) de Hulk.



!REDALERT

Naam: Hulk

Groene pil zonder breuklijn in de vorm van (hoofd van) de Hulk.

Kleur: Groen

Inhoud: 4-FMA en 2 mg 4-FA

Opmerking: 4-FMA is een variant van amfetamine. Het wordt verkocht als opvolger van 4-FA. Net als bij 4-FA is er zeer weinig bekend over de effecten en risico's. Gebruik wordt dus ontraden!





!REDALERT



Zwarte lijst

12 nov. '19

Naam: Eendje

Gele pil zonder breuklijn met een duidelijke spikkel in de vorm van een eendje.



!REDALERT

Gele pil zonder breuklijn met een duidelijke spikkel in de vorm van een eendje.

Kleur: Geel

Inhoud: Bevat 2-broom-4,5-dimethoxyfenethylamine, 2 mg methamfetamine en onbekende stoffen.

Opmerking: 2-broom-4,5-dimethoxyfenethylamine is een 2C-B variant waarvan niet bekend is wat de effecten en risico's zijn. Gebruik wordt daarom afgeraden.

Impact drug demand

DC impacts consumption?

Unlikely, large scale

Likely, at individual level – specific substances

Consultative talks at drug checking services

Harm reduction messages

Red Alert

Red Alert app

DC impacts health related incidents?

Likely – see above

What has drug checking by DIMS brought the Netherlands?

- DIMS evolved from a small scale drug checking project into a systematic nationwide monitor.
- Useful tool for public health, policy making and scientific research.
- Rapid response when a hazardous substance is detected.
- Efficient tool for harm reduction towards a group of users otherwise invisible.



Scientific impact

The Drug Information and Monitoring System (DIMS) in the Netherlands: Implementation, results, and international comparison

Tibor M. Brunt

Original Papers

The Ministry of Health
serious health hazard
information and Moni
DIMS testing facilities
drug n
halluci
briefly
the dru

Acute toxic effects related to 4-fluoroamphetamine

The Monitor Drug-related Incidents
g system
collects
resent to
Psychopharm

tachycardia, hypertension, and hyperthermia. Remarkably, patients with 4-FA intoxications often complain of severe headache. Recently, the MDI and the DPIC received several notifications of severe cardiovascular and cerebrovascular complications

Addiction

SSA SOCIETY FOR THE STUDY OF ADDICTION

Participatory evaluation of a Dutch warning campaign for substance-users

Loes Keijsers^a, Matthijs G. Bossong^{b*} and Arend Jan Waarlo^a

^aFreud
Nether
Health

ADDICTION

SSA SOCIETY FOR THE STUDY OF ADDICTION

RESEARCH REPORT

doi:10.1111/add.13559

Is online information on ecstasy tablet content safe?

Ruben Q. Vrolijk¹, Tibor M. Brunt^{1,2}, Annabel Vreeker^{1,3} & Raymond J. M. Niesink^{1,4}

Trimbos Institute, Netherlands Institute of Mental Health and Addiction, Utrecht, the Netherlands,¹ Academic Medical Centre, Department of Psychiatry, Amsterdam, the Netherlands,² Department of Psychology, Section Health, Medical and Neuropsychology, Leiden University, the Netherlands³ and Faculty of Management, Science and Technology, School of Science, Open University of the Netherlands, Heerlen, the Netherlands⁴

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Raymond J. M. Niesink · Wim van den Brink

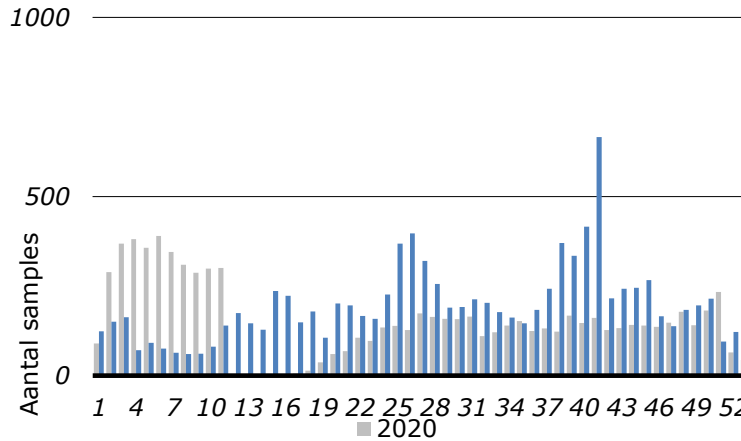
of large-scale events were related to

trimbos.nl

Current developments



number of visitors per week



Future challenges

- Generic ban NPS in the Netherlands (2023)
- Increased complexity of the drugs market
- How to attract other target groups to our drug checking services

More information?

drugs-test.nl

Red Alert App

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