

An Introduction to Ecstasy, Electronic Music Festivals, and Policy Recommendations in Los Angeles County



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Presentation Purpose

The purpose of this presentation is to provide balanced education about electronic music events/festivals occurring in select venues in Los Angeles County, the association between electronic music and ecstasy use, and what should be done to make these events safer (including efforts already in progress) so that individuals, families, and communities can make informed decisions about whether to support and/or attend similar events.



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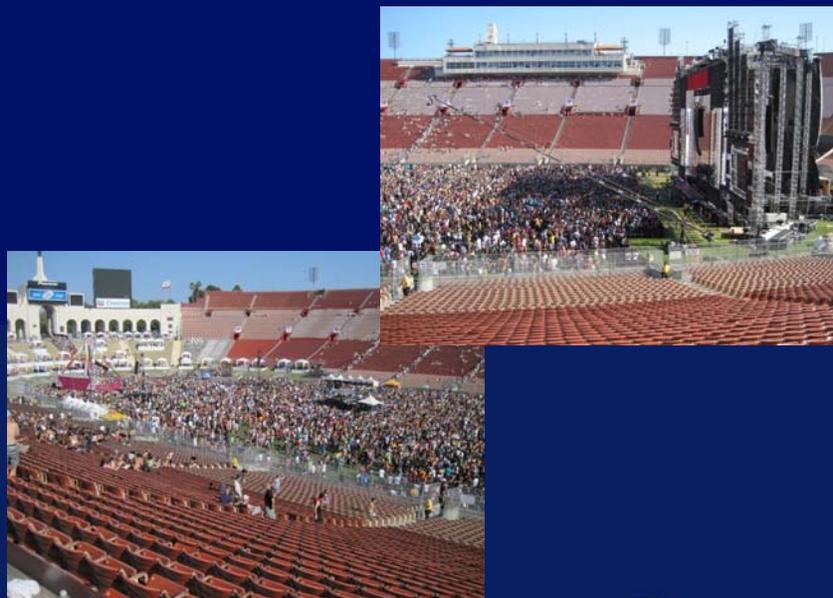
Raves? Electronic Music Events?

Popularized in the USA in the 1990's, raves were often underground events held in temporary venues such as abandoned warehouses or buildings and open fields.

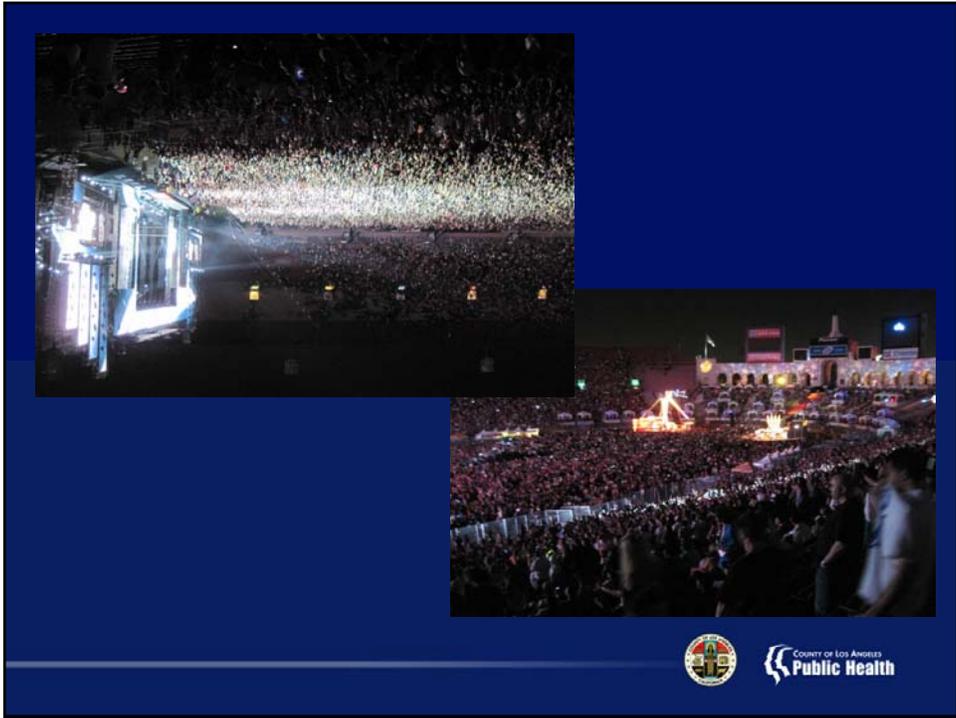
As electronic music moved mainstream, promoters began to hold these events at permanent venues such as dance clubs, sports stadiums, and open fields.



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Is there a connection
between electronic music
events/festivals (or raves)
and ecstasy/MDMA use?

What does ecstasy
really do?

What is Ecstasy/MDMA?

- MDMA (3, 4 methylenedioxymethamphetamine) or ecstasy (E, X, XTC, Molly, Thizz, Rolls, Adam, Lover's Speed) is a Schedule 1 drug (illegal to use or sell, no approved medical use).
- It is a synthetic and psychoactive "club" drug; similar chemically to methamphetamine & mescaline
- Ecstasy is almost always swallowed/ingested in pill form, but can be snorted, smoked or injected. Pills usually contain 80-125 mg of MDMA
- Pills are usually the size of an aspirin, of varying colors and shapes; and generally have some sort of logos/motifs/designer symbols on them



"Ecstasy" pills tested in 2010 and posted on www.ecstasyinfo.org – other pictures available.
They don't always contain what you'd think!



Monster Massive 2010



EDC 2010



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What is Ecstasy/MDMA?

- Ecstasy causes the release of serotonin, dopamine (both involved in mood & pleasure) and norepinephrine
- Onset approximately 20 to 40 minutes after ingestion
- Effects peak within 60 to 90 minutes
- Duration of effect can last from 3 to 8 hours (or longer)



Initial Effects

- Nausea
- Anxiety, agitation, panic & distortion of senses
- Elevated mood & energy
- Empathogenesis – feeling of emotional closeness to others, increased empathy and compassion
- Entactogenesis (touching within) - feelings of well-being and happiness
- Increased self-confidence
- Sensory Enhancement – senses are enhanced



Physical Effects

- Increased heart rate (norepinephrine release)
- Increased blood pressure
- Increased body temperature
- Nausea
- Teeth grinding/clenching; jaw muscle spasms
- Blurred vision
- Increased sweating
- Loss of appetite
- Muscle spasms
- Dry throat and mouth



After & Long-term Effects

- Depression
- Anxiety, irritability, and panic attacks
- Insomnia
- Concentration difficulties
- Muscle fatigue
- Brain damage (to cells that produce serotonin used to regulate mood, sleeping and eating habits, pain, learning, and memory (“E-Tards”))
- Liver and kidney damage





Warning Signs of Overdose

- Feeling hot and having a fever
- Dilated pupils
- Confusion and difficulty talking
- Headache
- Vomiting
- Racing heart rate when resting
- Fainting/collapsing
- Seizures, tremors, convulsions, stroke



Death

- HYPERTHERMIA
(increased body temperature which can lead to seizures and kidney failure)
- HYPONATREMIA
(electrolyte imbalance due to **drinking too much water** which can lead to the swelling of the brain)
- HEART PROBLEMS



Ecstasy Related Paraphernalia

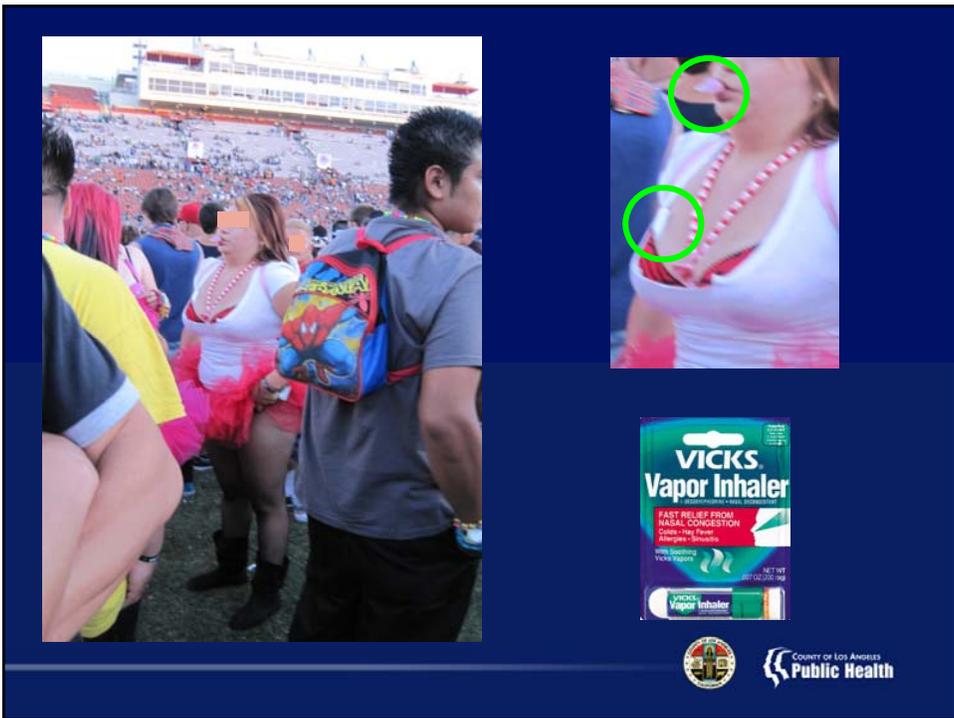
- Kandi Kids (or Candy Raver)
 - Bracelets and /or necklaces made from beads or candy to hide pills
 - Tootsie rolls/ blow pops, lollipops, ring pops; as well as baby pacifiers and mouth guards to alleviate teeth grinding
 - Bags of candy (e.g., Skittles and M&Ms to hide pills)
- Glow sticks, glowing jewelry, clothing and gloves with lights; and fluorescent paints to enhance sensory experience



Ecstasy Related Paraphernalia

- Vicks inhalants and rubs, Tiger Balm; and other mentholated (and mint) products including Newport cigarettes, and gum
- Clothing:
 - Butterfly 'wings' and emblems
 - Face masks, including surgical or painters masks and bandanas
 - Soft and interesting clothing, including 'furry' boots
 - Child-like backpacks (e.g., Elmo, Hello Kitty)
 - Dealers may wear hats, shirts with butterfly emblems, or clothing with "E" or "X" displayed







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Los Angeles Times Article 8/31/10:
Coroner confirms ecstasy overdose caused death of 15-year-old who attended massive rave. By Sarah Ardalani

Official cause of death: Complications of ischemic encephalopathy due to MDMA intoxication

Youth attended the Electric Daisy Carnival on June 27, 2010 and was transported from the event at 2:15 AM.



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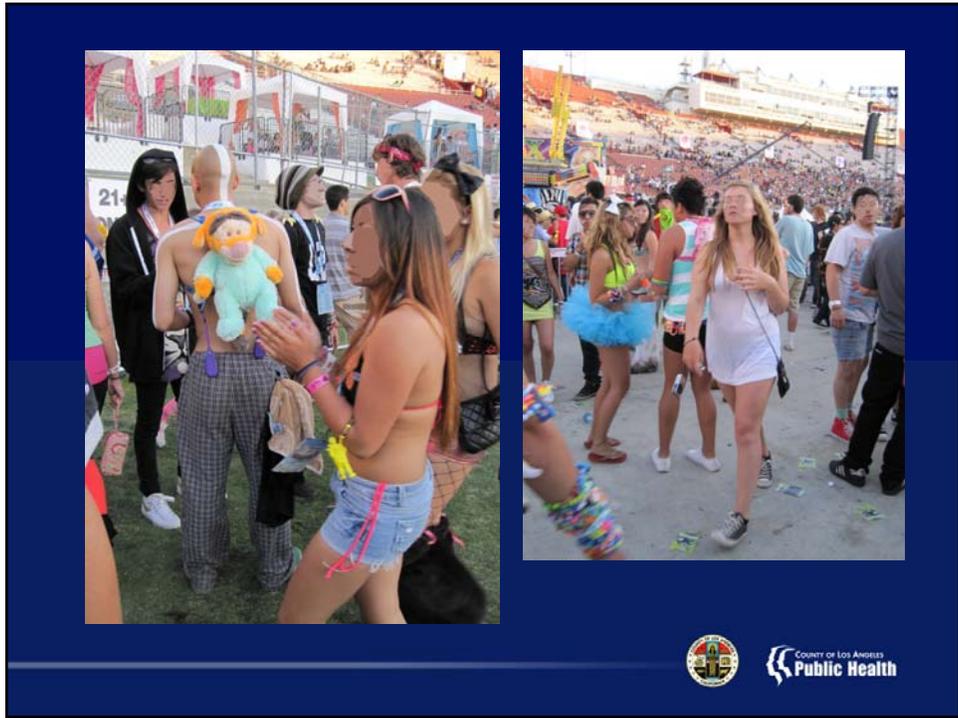


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purchase selection			
THERE IS A 10 TICKET LIMIT PER ORDER. SERVICE FEES ARE NON-REFUNDABLE.			
G.A. Two Day Tickets	Qty : <input type="text"/>	Price \$149.00	16+ Pass Service Fee \$13.22
<small>(Fri + Sat) Ticket Does Not Guarantee Coliseum Floor Access - Min Age 16 or must be with legal guardian</small>			
21+ VIP Two Day Tickets	Qty : <input type="text"/>	Price \$250.00	21+ Pass Service Fee \$16.76
<small>(Fri + Sat)</small>			
G.A. Friday Ticket	Qty : <input type="text"/>	Price \$75.00	16+ Service Fee \$6.63
<small>Ticket Does Not Guarantee Coliseum Floor Access - Min Age 16 or must be with legal guardian</small>			
21+ VIP Friday Ticket	Qty : <input type="text"/>	Price \$150.00	21+ Service Fee \$9.25
Friday Cabana Package	Qty : <input type="text"/>	Price \$2,500.00	21+ Service Fee \$91.50
<small>Insomniac is happy to announce the availability of uniquely situated VIP Cabanas placed directly overlooking the Kinetic Field that offer an intimate yet upclose festival experience.</small>			
Cabana Two Day Package	Qty : <input type="text"/>	Price \$4,900.00	21+ Pass Service Fee \$179.50
<small>(Fri + Sat) Insomniac is happy to announce the availability of uniquely situated VIP Cabanas placed directly overlooking the Kinetic Field that offer an intimate yet upclose festival experience.</small>			
G.A. Two Day Tickets + After		Price \$210.00	21+ Pass Service Fee \$23.36





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Resulting Rave Task Force

As a result of “numerous youths and adults to hospital emergency departments, primarily to be treated for drug intoxication [and] one teenager who reportedly attended the event and died from an apparent drug overdose,” On July 6, 2010 Supervisors Zev Yaroslavsky and Don Knabe moved that DPH and DHS convene a task force of key departments to “identify the public health concerns associated with rave parties...and develop countywide recommendations...within 120 days”



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LAC Rave Task Force Committees

- Harm Reduction
- Medical Response
- Public Education
- Site Safety
 - Capacity
 - Narcotics & Search
 - Communications



Rave Task Force Recommendations Venue Related

- All events to be planned and managed using the Incident Command System (ICS) and the National Incident Management System (NIMS) Model.^{ii,v}
- Determine the threat assessment of each event and develop an Event Action Plan (EAP) to address safety, medical and health issues.^{ii,v}
- Complete an after action report following each event.
- Attendance to be limited to individuals 18+ years old, where the venue is responsible for enforcing strict identification and age checks at all entrances to the event (including the use of automated age-checking equipment).^{i,ii,iii}



Rave Task Force Recommendations Venue Related

- Recommend developing a policy to enforce the 18+ age limit and conclude the music performances no later than 02:00 AM at all electronic music festivals in Los Angeles County, including un-incorporated areas.ⁱⁱ
- Limit capacity to approved space requirements determined by the jurisdictional fire departmentⁱⁱ
 - Determine occupant loads for stadium/arena areas and open areas
 - Assure emergency egress from interior of the event venue i.e., no excess density in interior routes needed for emergency medical and public safety.



Rave Task Force Recommendations Venue Related

- Allowable hours and duration of event:^{ii,iii}
 - Conclude music sets/performances no later than 02:00 AM
 - Cease alcohol sales at least 30 minutes before the scheduled conclusion of the last music set/performance (excluding cool down time)
 - Allow attendees to remain in the venue for at least 60 minutes after the scheduled conclusion of the event for a cool down/sober up period with soft music, house lights on, and food/non-alcoholic beverages available
- Require appropriate stage protection and security (e.g., concert barricade, standard security compound) as determined by public safety and security personnel.ⁱⁱ
- Require appropriate perimeter fencing (to prevent fence jumpers and gate crashers, and for the safety of attendees) as determined by public safety personnel.ⁱⁱ



Rave Task Force Recommendations Venue Related

- Require appropriate interior fencing (e.g., to separate General Admission, seating, and VIP areas) as determined by public safety and security personnel.ⁱⁱ
- Remove (and arrest) any fence jumpers or gate crashers.ⁱⁱ
- Ensure access to safe transportation (e.g., taxicab service or parental pick-up) for attendees leaving the venue due to substance use intoxication or invalid identification.ⁱⁱⁱ



Rave Task Force Recommendations Safety & Law Enforcement Related

- Recommend placing an “amnesty box” (contracted for by the promoter or venue) at locations near admission/entrance for discarding any illegal drugs or weapons.ⁱⁱ
- Require thorough searches (and wandings) of all individuals and their bags entering the venue to limit illegal narcotics and weapons.ⁱ
- No backpacks or large purses; items attendee may bring limited to a jacket, and a single bag or purse, not to exceed 8” x 8”.ⁱⁱ
- Recommend law enforcement and searches outside and inside the venue, targeting sales of illegal drugs.ⁱⁱ



Rave Task Force Recommendations Safety & Law Enforcement Related

- Recommend DUI Sobriety Checkpoints to be conducted and prioritized over ease of exit. Include signage on DUI Checkpoints and/or the importance of identifying a designated driver.ⁱⁱⁱ
- Recommend providing messaging to encourage attendees who are feeling sick or intoxicated (or whose friends are feeling sick or intoxicated) to ask law enforcement or medical staff for help without fear of being arrested.ⁱⁱⁱ
- Require an appropriate ratio of law enforcement to private security based on the venue and threat assessment of the event.ⁱⁱ



Rave Task Force Recommendations Safety & Law Enforcement Related

- Recommend monitoring of Twitter and other relevant social networking sites to maintain awareness of potential threats to safety and health.ⁱⁱⁱ
- Ensure that public safety and medical personnel have compatible communication equipment, including full head gear for all public safety supervisors inside the venue.^{ii,v}
- Establish conditions and a plan where the promoter in conjunction with public safety and medical personnel can announce or play pre-recorded messages on safety or health issues to the attendees.^{ii,iii,iv}



Rave Task Force Recommendations Alcohol Related

- Require use of easily identifiable plastic/vinyl wristbands for those attendees aged 21 and older.ⁱⁱⁱ
- Ensure that the facility and any concessionaires have current and valid ABC licenses, abide by ABC operation conditions, and must petition for a conditional license to add conditions.ⁱⁱ
- Restrict alcohol consumption to certain locations only (e.g., no alcohol in parking lots unless venue has a special event permit).^{ii,iii}
- Restrict the number of alcohol sales points.ⁱⁱⁱ



Rave Task Force Recommendations Education Related

- Develop a public service announcement regarding the dangers of drugs – and especially ecstasy – that can be viewed by every ticket purchaser and attendee, and is displayed on the event promoter's website.^{i,iv}
- Require promoter's website to display information on the health effects (including symptoms requiring medical aid) of ecstasy and other illegal drugs commonly associated with electronic music events.^{iv}
- Provide educational/harm reduction materials and information to the attendees at the venue.^{iii,iv}



Rave Task Force Recommendations Education Related

- Increase the effectiveness and visibility of warnings about illegal drug use outside and inside the facility, electronically and through signage.^{i,iii,iv}
- Require event hired private security personnel to undergo training prior to each event regarding the detection of drug use in patrons, identification of drug paraphernalia, and safety procedures for overdose cases.^{i,iii,iv}
- Compile law enforcement, safety, medical, and event related data for analysis and comparison, and complete an after action review (AAR) following the event to address major issues.^{iv,v}



Rave Task Force Recommendations Education Related

- Coordination between law enforcement/security and Department of Public Health to test seized suspected illegal substances from electronic music events, and present results for educational purposes.^{iii,iv}



Rave Task Force Recommendations

Health Related

- To minimize health issues related to weather conditions and possible drug use/misuse, ensure working water fountains and/or free water distribution sites in close proximity to each stage, and require that water and electrolyte beverages/sports drinks are widely available and their locations clearly identified. Use roaming vendors to make water and electrolyte beverages/sports drinks more easily accessible throughout the venue and especially at crowded stages.^{i,iii}
- Require key event staff, vendors and servers to be briefed on signs and symptoms of drug overdose and heat related problems.^{iii,v}
- Recommend that earplugs are available at entrances and/or first aid stations at no-cost.ⁱⁱⁱ



Rave Task Force Recommendations

Emergency Services Related

- Require clearly marked signage in multiple key locations regarding location of easily accessible medical services on site.^{i,v}
- Deploy additional (and easily identifiable) roaming medical teams of paramedics or EMTs throughout the venue as determined by the threat assessment.ⁱ
- Recommend an additional first aid station and/or on-site physician and nurse (to coordinate with the fire department and private ambulance provider in the planning process and during the event), in addition to appropriate event medical support (so that problems not requiring hospital emergency care are attended to and participants are provided appropriate treatment/support) as determined by the threat assessment.^{i,v}



Rave Task Force Recommendations Emergency Services Related

- Ensure early notification of events to the Emergency Medical Services (EMS) Agency, Medical Alert Center (MAC), and local hospitals.^v
- The Department of Health Services will develop a pre-hospital policy addressing electronic music festivals and the interface with Emergency Medical Services.^v



Rave Task Force Recommendations to the Board of Supervisors:

- The Board of Supervisors will adopt the above recommendations as general policy direction for all electronic music festivals in Los Angeles County within their jurisdiction, whether these events take place at private or public venues.
- The Board of Supervisors will encourage adoption of the above recommendations by all promoters and sponsoring entities within Los Angeles County, whether these events take place at private or public venues.



Board of Supervisors Recommendation

- A zero-tolerance drug policy relating to electronic music festivals or raves in Los Angeles County, with the exception of alcohol sold to persons 21 and over.



PREVENTION EFFORTS

- Participation at planning meetings
- Brief presentation to security staff on risk of ecstasy use and signs of overdose
- Messaging on electric parking signs
- Messaging on event handout
- Several banners with ecstasy messaging
- DPH and Contractor staff as observers



Tips to Stay Safe

- Replenish water, consume electrolytic drinks (e.g., Gatorade) and eat salty snacks
- Sip no more than 16 ounces of water per hour when you are dancing
- Take frequent breaks from dancing to cool down
- Know what you are taking and the risks of taking adulterated pills
- Know the signs and symptoms of overdoses



Tips to Stay Safe (con't)

- Don't mix drugs with alcohol
- Don't attend raves alone, make sure you have a friend to look out for one another
- Never buy drugs or accept any drinks from strangers
- Always keep your drink in sight and/or covered
- Avoid driving
- Stay away – The only way to avoid a risk completely is not to take it



BE RESPONSIBLE & BE SAFE

the love Festival

SAFETY & INFO GUIDE

SAFETY INFO • TIMESLOTS • MAP

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Department of Public Health messaging on the line-up and site handout.

To be distributed to each car and at venue entrances

SAFETY INFO

Rolling on ecstasy can cause heart problems, stroke and possibly death. Keep an eye out on your friends. Make sure you are not alone. If you feel hot, sick or need help, tell someone.

THINK IT THROUGH... Keep the love and yourself - alive!

Take breaks and stay hydrated! Make sure you rest, sip sports drinks or water, and eat salty snacks during the night.

Be on the look out for signs of a possible ecstasy overdose:

- Feeling too hot
- Confusion & difficulty talking
- Headache
- Vomiting
- Racing heart even when resting
- Fainting & collapsing
- Muscle tremors & convulsing

DON'T TAKE ANY CHANCES! IF YOU OR YOUR FRIENDS ARE EXPERIENCING ANY OF THE ABOVE SYMPTOMS GET HELP RIGHT AWAY

Do NOT accept drugs or drinks from strangers. It's not worth the risk and you never know what you may get.

TIMESLOTS

PARTY FOR THE PEOPLE

BAD BOY BILL & RICHARD VISSION 10:30pm-12:30am	TUM NAVY 10:15pm-11:30pm
JUNIOR SANCHEZ 7:30pm-9pm	JOHN O'CALLAGHAN 12:45am-2am
DJ REZA 12:30am-2am	MATT DAREY 9pm-10:15pm
AN21 9pm-10:30pm	INPETTO 7:45pm-9pm
BASS KLEPH 6pm-7:30pm	MICHA MOOR 6:30pm-7:45pm
PAUL AHI 4pm-6pm	SWEDISH EGIL 6pm-8pm
	BARRY WEAVER 4pm-5:15pm

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DPH Training for Security Staff Pre-Event



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Changed to a 18+ event. ID scanned for verification. Suspect or non-scannable IDs sent for secondary check by DMV.



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SEIZED

- Open Cigarettes
- Make-Up
- Masks
- Vicks Products
- Pacifiers
- Candy/Food
- Gum



Water	\$3.00
Monster Energy Drink	\$5.00
Gatorade	\$5.00

Low Cost
Water
Misting
Tents





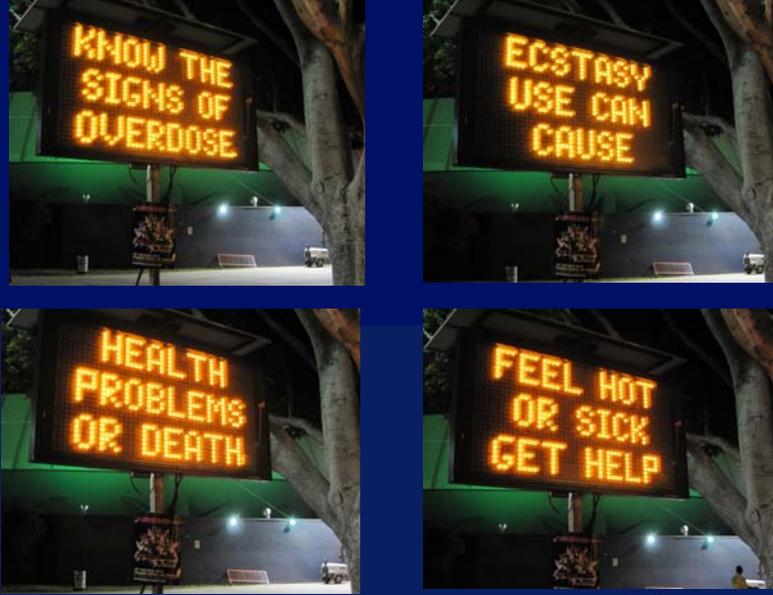
Command Center: Emergency Services Headed by LAFD & LAPD



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KNOW THE SIGNS OF OVERDOSE

ECSTASY USE CAN CAUSE

HEALTH PROBLEMS OR DEATH

FEEL HOT OR SICK GET HELP



FIRST AID

A private medical company provided emergency services at events.



Increased (undercover) LAPD presence



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Amnesty Box



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So how common is ecstasy use among the general population of youth and young adults?



Data

- Monitoring the Future Survey
 - Perceived harmfulness decreased significantly between 2008 and 2009 among 10th and 12th graders.
 - Lifetime Use (2009): 6.5% (12th grade); 5.5% (10th grade); 2.2% (8th grade)
- National Survey on Drug Use and Health (NSDUH)
 - Lifetime Use (2009): 5.7% (aged 12 and older)
 - Approximately 1.1 million persons used ecstasy for the first time in 2009



Data (con't)

- Parents and Teens Attitude Tracking Study (PATs)
 - Past year ecstasy use increased significantly to 10% among teens in grades 9-12 in 2009
 - Acceptability of ecstasy use increased and perceived ecstasy health risk dropped significantly
- Youth Risk Behavioral Survey (YRBSS)
 - Lifetime Use: 11.0% (LAC, 2009)

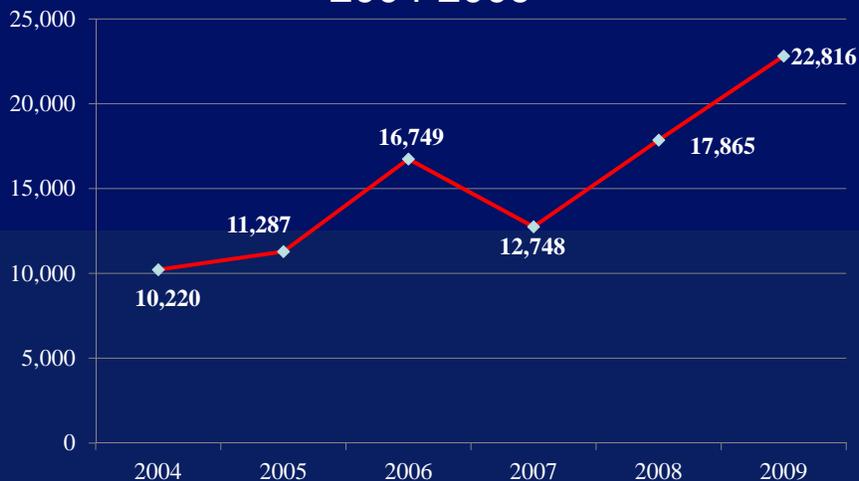


Data (con't)

- California Healthy Kids Survey (CHKS), 2006-08
 - Los Angeles County: 8% of teens in grade 11 and 5% teens in grade 9 reported ever using ecstasy
- Los Angeles County Participant Reporting System (LAC-PRS)
 - Number of admissions reporting ecstasy as primary or secondary drug of choice increased from 151 in FY 2005-06 to 588 in FY 2009-10



Trends in ED Visits Involving Ecstasy, 2004-2009

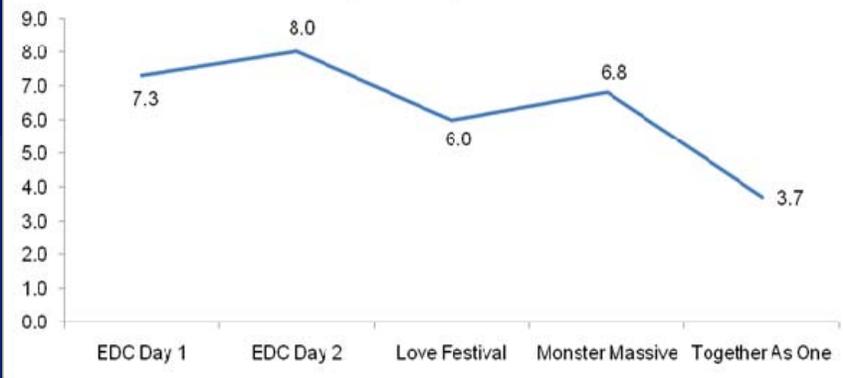


Source: Center for Behavioral Health Statistics and Quality, SAMHSA, Drug Abuse Warning Network, 2009.



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Figure 1. Rate of ER Transports (per 10,000 Attendees) from Los Angeles County "Raves", 2010



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Los Angeles County Rave Task Force

Special Award Winner: Best Teamwork Award

October 19, 2011
25th Productivity and Quality Awards
Chief Executive Office
Quality and Productivity Commission
County of Los Angeles Board of Supervisors



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Questions?

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