

The E1 Clinic @ ALL EAST

Embedding psychological support for chemsex
within sexual health



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Something's missing in sexual health...



The E1 Clinic



Psychology-led pathway across Sexual Health & HIV Care

Person-centered

Sex-positive

Trauma-informed

Matched Care

Formulation-led

Services:

Comprehensive assessment

Triaging & Signposting

Brief-interventions (8-12 sessions)

Training & consultation

Staffing:

Clinical Psychologist

Psychosex Counsellor

Trainee Psychologist

Exclusion:

Under 18's

High-risk (Self/Others)

GHB dependence

Active Psychosis

Heroin/Crack*

Porn/Masturbation*

Our Model of Care

Three Pillars



Harm Reduction

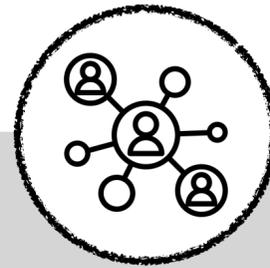
Motivational Enhancement

Psychoeducation

Behavioural Analysis

Skills-based Work

PrEP/ARV Adherence



Relational Work

Psychosexual Work

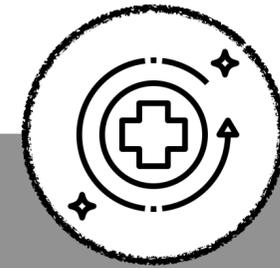
Relational Narratives

Mentalization

Shame

Trauma Work

Self-regulation



Recovery

Relapse Prevention

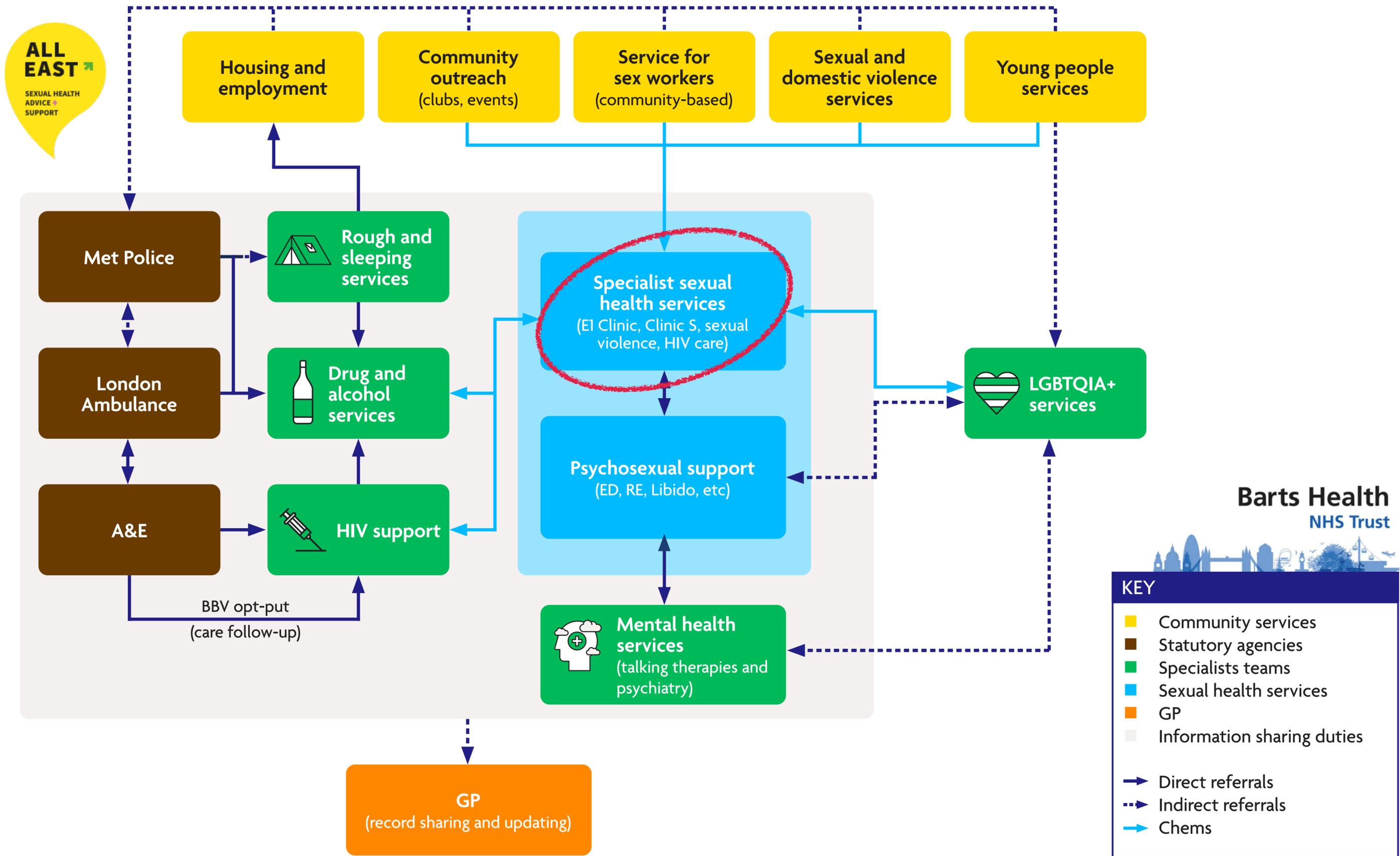
Identity Work

Meaning & Values

Grief

Long-term Support

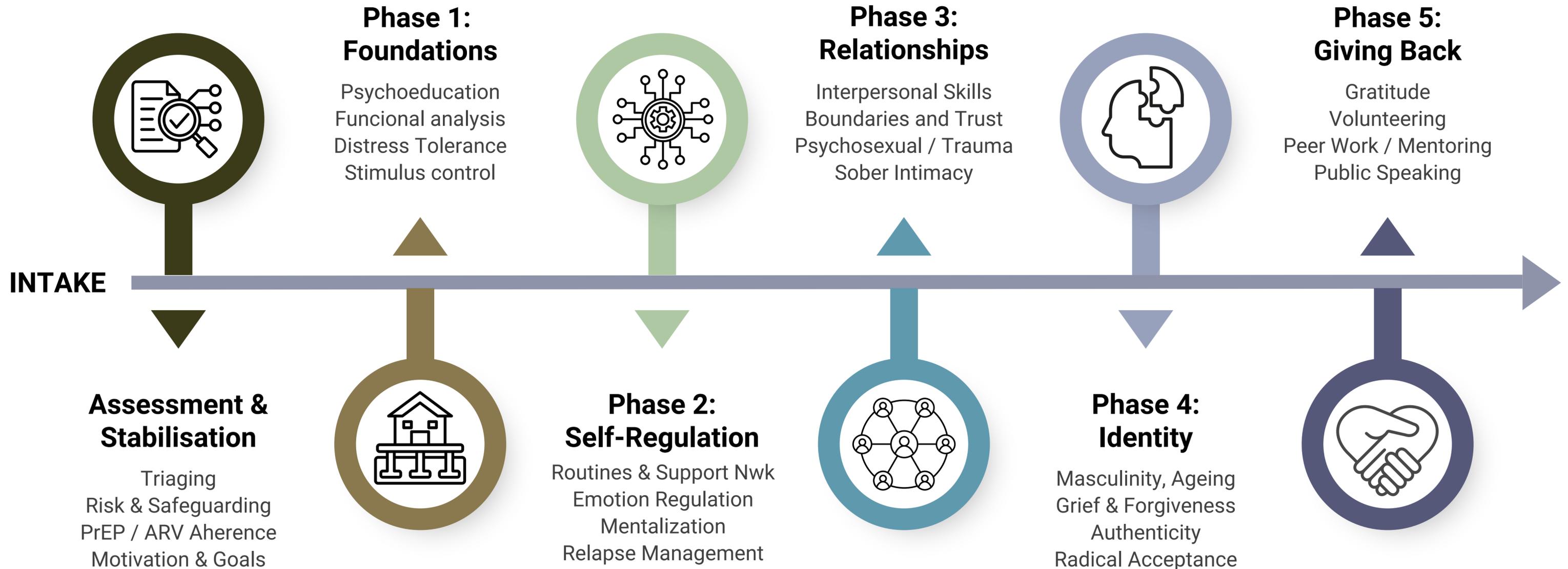
Social Prescribing





Phased Model

“Plug-in” Approach



Four Years at a Glance (2022 - 2026)

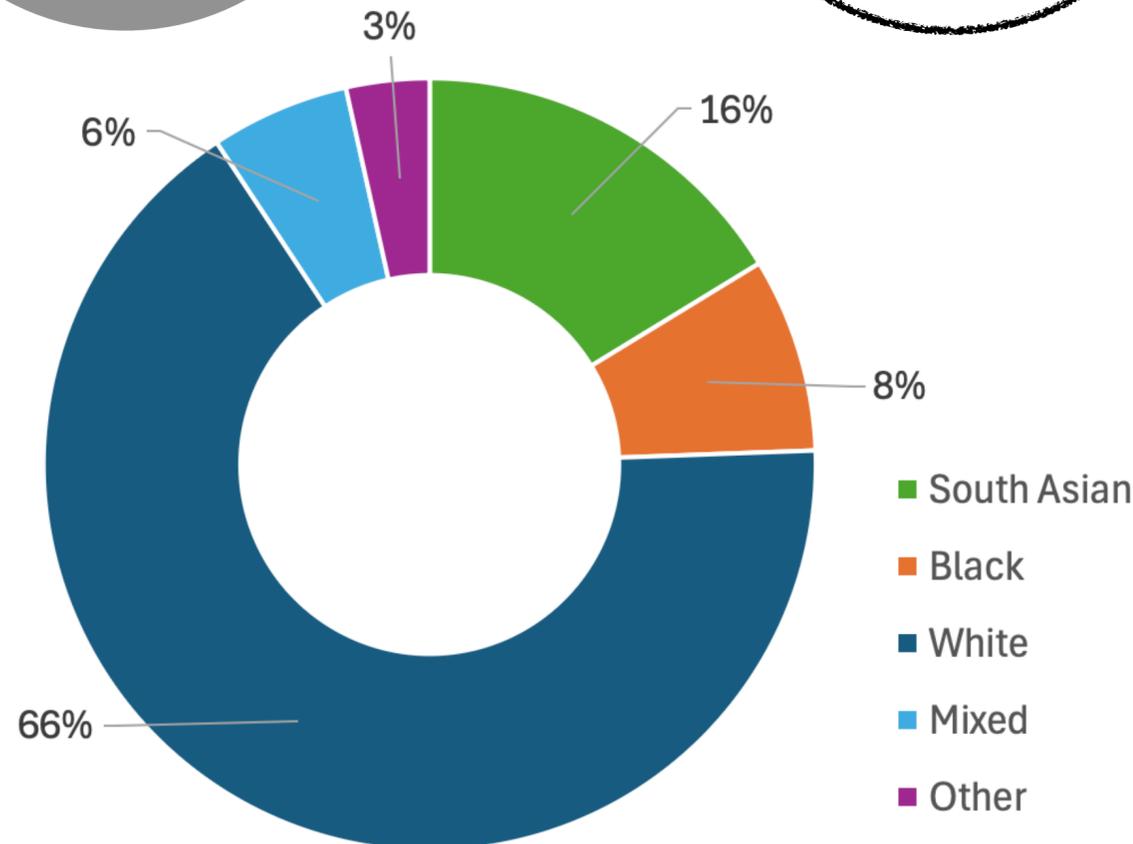
340
Referrals

215
Chemsex
(63%)

35
Median Age

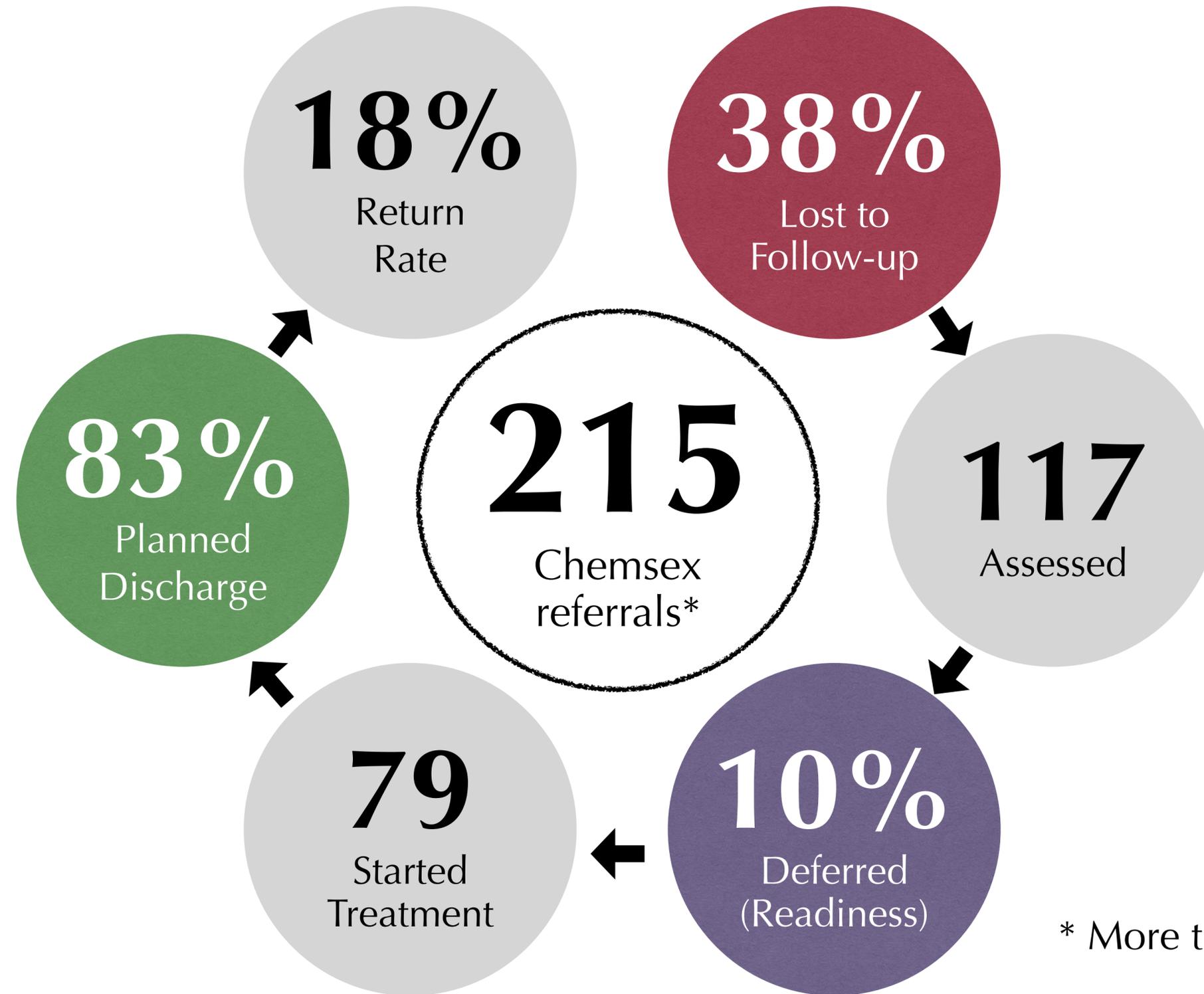
29%
Out-of-borough

Key Demographics
23% Living with HIV
87% On PrEP
89% Gay men
96% Cis-male



Drugs Reported
65% Crystal Meth
69% GHB/GBL
32% Mephedrone**
60% Polydrug
22% Slamming

Engagement & Retention



* More than 3x growth since 2023

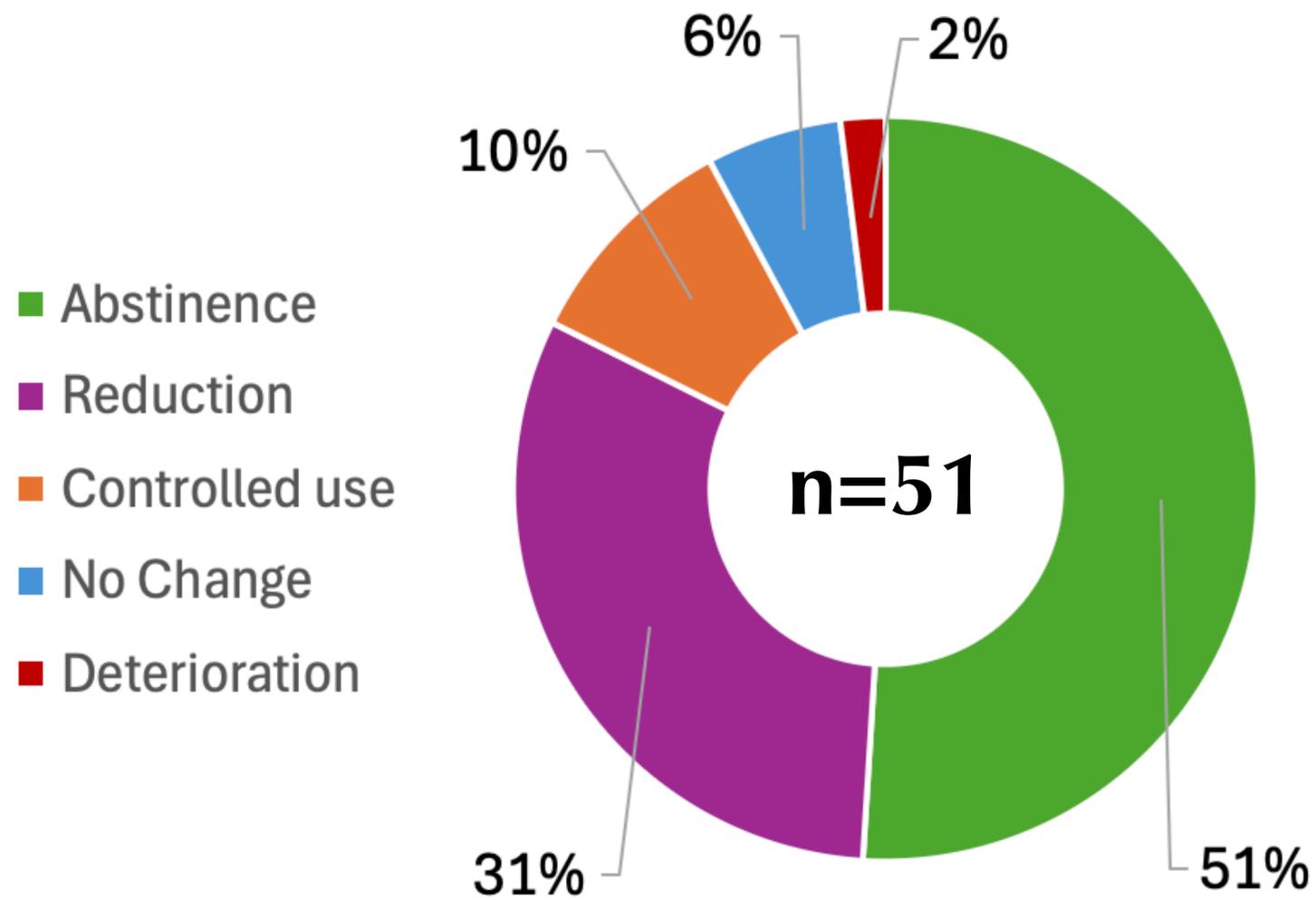
Outcomes

Beck's Substance Use Beliefs (n = 15)

Adapted from Beck et al. (1993)

- 30% improvement (Use)
- 23% improvement (Cravings)

- ✓ Stronger PrEP/ARV adherence and follow-up
- ✓ Safer sex through psychoeducation
- ✓ Improved safeguarding



Feedback

"I'm back in the driving seat of my life, but with a softer hand on the wheel. I feel calmer, more compassionate, more caring of myself, my emotions, and how I respond to what happens to me."

"I never felt like I was rushed, or that words were put in my mouth. They gave me the space to really hone in on what was going on. (...) I felt responsible for my sobriety and wellbeing."

"Over the time I worked with E1 Clinic, I was able to stay sober longer than I have since I started using. My health is dramatically improving, as is my fitness and mental clarity."

What we have learned

1. Psychology-led model is feasible within sexual health if well-embedded (not add-on)
2. Comprehensive Assessment + Matched Interventions = High Retention
3. Flexible approach and network working help with complexity and staff resilience.
4. Psychosexual and relational work are important drivers of recovery.

Main Challenges

Robust outcome measures

Increasing complexity

Capacity constraints

Trans & Non-binary engagement

Sexual trauma & Sex work underreported

2026-27 Aims

Data collection & follow-up

Peer Supervision Group

Pre-assessment video

Focus Group & TNB Strategy

Enhanced trauma support (EMDR)

Take Home

If we continue to treat chemsex as a drug issue alone, we will continue to see revolving-door care

Psychology-led pathways can be successfully embedded in sexual health services to address the biopsychosocial drivers of chemsex and sexual risk

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