

# SAFER SUPPLY CHECKLIST

We met with 63 people who use drugs and asked them to brainstorm, sort and rate the elements of effective safer supply.

## Right dose and right drugs for me.

- A safe and non-toxic supply that is decriminalized and legal.
- Drugs that don't make you dependent or are too hard to get off.
- Drugs that are strong enough to eliminate use of street drugs.
- Options and choices of drugs are important (e.g. heroin, fentanyl, morphine, ketamine, cocaine, original methadone & cannabis).
- Drugs should be available in forms that are safe and suitable for both injecting and smoking.
- Right drugs in right dose for euphoria.

## Safer supply and other services are accessible to me.

- Should be easily accessible without having to jump through a lot of hoops.
- Options that recreate the ritual.
- Shouldn't be limited to a 7-day script.
- Shouldn't require urine testing.
- Services like drug checking are available.
- Access to housing and other supports should be available.
- Police should not be present.

## I can easily get my safer supply.

- Caring prescribers who understand dope.
- Medical care in a safe and therapeutic environment.
- I am trusted with a prescription.
- A personalized supply with carries (more than daily or weekly).
- Not getting cut off or having dosages dropped for missing days.
- Programs with peers who understand drugs.
- Mobile and outreach options.
- Consistent and stable medication delivery.
- Ensure care is available for opioid and stimulant users.

## Safe, positive and welcoming spaces.

- Spaces should be free of stigma, judgements, and blame.
- I am not labeled as a drug user or with a disorder to get help.
- I feel welcome and nurtured.
- There are people you can talk to.
- People believe what you say.
- There are teams with peers on them.
- Physical spaces are available for smoking and injecting.
- Sites should be available 24/7.
- Access to optional mental health supports.
- Programs should not be short term.

## I am treated with respect.

- I am treated with respect, trust and deserving of care.
- There are people who know me and understand what I am going through.
- People who are good at communicating and following through.
- A lot of different services are merged together.

## Helps me function and improves my quality of life (as defined by me).

- Not having to do daily witnessing or pickups would improve quality of life.
- Access to more than suboxone would improve functionality.
- Something that helps deal with chronic pain.
- Something for those who use stimulants
- Alternatives that get the monkey off your back.
- Drugs that help you feel normal or allow you to function.
- Access to other treatment options and next steps.

From "Perspectives of People who use Drugs on Safer Supply: A concept mapping study." visit [colabbc.ca](http://colabbc.ca) for more info.

