

Journey Map: Routes to Using Drugs Alone in Private Residences in B.C.

In 2017, 1,451 people died of a drug overdose in B.C. The B.C. Coroners' report (published August 2, 2018) shows that about 4 out of 5 people who died were male and 9 out of 10 deaths occurred indoors, including more than half in private residences. First Nations are disproportionately affected by the crisis, with research from the First Nations Health Authority showing that First Nations people are five times more likely to experience an overdose event.

Behind these numbers, there are stories about people's lives and ideas for change. Through conversations with more than 100 people who use drugs (like heroin, cocaine, meth) and people in support provider roles, we have found common starting points and underlying experiences that can contribute to the reasons why people use drugs alone in private residences.

Understanding people's experiences, the contributing external factors and their current strategies for trying to stay safe will help us focus on designing public services, ways to engage and actions to take to move towards a province where all citizens are supported and connected to services they are looking for.

This journey map was created for the project "Behind the Numbers: Connecting stories and ideas on Overdose and Drug Use in Private Residences in B.C." The project ran between August 2017—March 2018 and was lead by the Ministry of Mental Health and Addictions in B.C. The Journey Map is part of a set of tools for understanding why people use drugs alone in private residences. The other artefacts are: 'Systems Map' and 'Stories Booklet'. See: www.stopoverdose.gov.bc.ca

