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 disproportionally 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

HOUSING

HEALTH

CARE

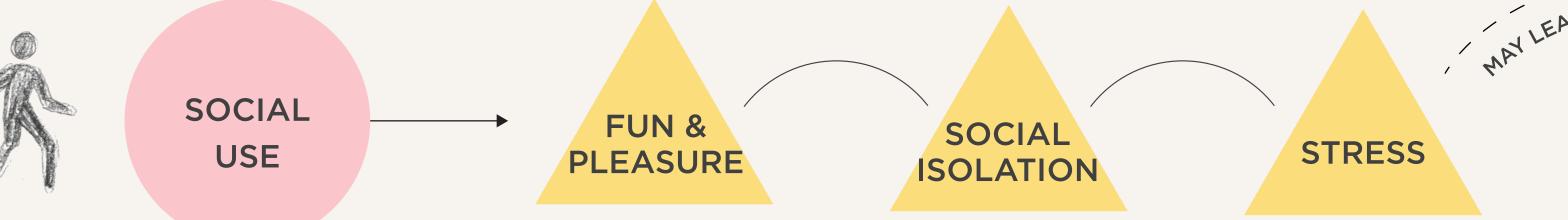


EXTERNAL INFLUENCES





UNDERLYING EXPERIENCES



REASONS PEOPLE USE DRUGS ALONE

SHAME

"I don't want my kids to see it. I'm embarassed."

Helpers are present in

every journey: people

who help each other,

friends, family, service

providers.

"I use a lot less when I use alone.'

HELPERS

CONTROL

COMFORT

"Why use on the street if you can lay on your own leather couch?"

PRIVACY

"I don't want anyone to see me stick a needle in my arm."

NO SHARING

"Drugs are expensive."

NOT PART OF COMMUNITY

"I don't feel safe, it's not my lifestyle."

WAYS PEOPLE TRY TO BE SAFER



Having naloxone nearby

"We all have one in our rooms, and one in the bathroom."

Having a trusted dealer

"My dealer lets me know when it's a new batch. He'll warn me."

Using with a friend

"I try to have someone around."

Controlling the dosage & environment

"First I use a little to see if it's safe, then

