

BC ECHO on Substance Use Post-session Resources

Session Title: Supporting People Who Use Methamphetamines

Date: May 29, 2025

Context

This document, now available to all BC ECHO on Substance Use session registrants, compiles resources shared during the live session and contributions from our Hub Team members. It also includes additional services and resources related to substance use care that are not specific to the session.

Stimulant-related publications and resources

- [Stimulant Use Disorder Practice Update](#) (2022)
- American Society of Addiction Medicine/American Academy of Addiction Psychiatry (ASAM/AAAP): [Clinical Practice Guideline on the Management of Stimulant Use Disorder](#)
- [Managing Acute Stimulant Intoxication and Withdrawal](#)
- [Addiction Care and Treatment Online Course \(ACTOC\)](#) is a free, online course provided by the BCCSU and UBC CPD for healthcare providers who provide care to people who use substances.
 - o See “Stimulant Use Disorder” in Module 6
- Listen to BCCSU’s [Addiction Practice Pod](#) season 3 episode 2 on “[Treatment and care for stimulant use disorder](#)”
- Watch the BC ECHO on Substance Use session on [Stimulant Use Disorder](#)
- For more information on contingency management, see this [Low Barrier-Contingency Management How-to Guide](#) from Vancouver Coastal Health
- For eligibility criteria and more information on the [ASCME Clinical Trial](#).
- See [CATIE’s resource](#) for information on methamphetamine and potential stimulant-related health issues

Psychosocial services and resources

- Visit [HelpStartsHere: Mental Health and Substance Use Care in BC](#) for virtual services offered across all BC regional health authorities.
- [HeretoHelp](#) provides mental health and substance use-related information, including personal stories, self-help resources, and connection to services in BC.
- [BC Bereavement Helpline](#) is a free grief-specific helpline available Monday to Friday from 9:00 am-5:00 pm, call 604-738-9950 or toll free 1-877-779-2223.
 - o [Toxic Drug Poisoning Loss Grief Support Groups](#) (waitlists only)
 - o Additional online resources and support groups can be [found here](#)
- [Gone Too Soon](#) Grief Handbook
- The [Recovery Café](#) is an evidence-informed, participatory and low-cost model that supports people in managing their mental health and substance use. **Call 604-559-1771** for more information.
- For more information about the different types of housing that can support people living with substance use issues visit [here](#).
 - o [Onsite](#) is a transition housing option for people located in Vancouver.
- [Free Counselling Society Canada](#) provides up to 12 complimentary counselling sessions and additional free-of-charge resources to clients Canada-wide. Services are available in multiple languages.
- [Pay What You Can Peer Support](#) offers 25+ online support groups on a broad range of topics.
- [Substance User’s Society Teaching Advocacy \(SUSTAIN\)](#) provides a list and map of BC peer-based groups.

- [CAPSA Peer Support](#) offers free peer-led group meetings for anyone seeking to improve their relationship with substances. Families, allies, and other professionals are also welcome to attend.

Harm reduction services and resources

- [Sign up to receive texts with BC-specific toxic drug and health alerts.](#) This service is offered by Toward the Heart and BCCDC in collaboration with regional health authority and community partners. Text the word JOIN to 253787 (ALERTS) to sign up.
- Visit Towards the Heart's [safer smoking supplies](#) and [site Finder](#) to find local harm reduction services.
 - o See new [fact sheet on safer smoking/inhalation](#)
- [Safer Use Series](#) provides info sheets on harm reduction strategies for people who use drugs. Information on distributing the brochures can be found by contacting cisur@uvic.ca.
 - o [Safer smoking: Crack and Crystal Meth](#)
- [DrugCocktails.ca](#) provides information about the risk and effects of mixing various medications and substances.
- Drug checking services:
 - o [Drug Checking BC](#) provides a list of local drug checking services
 - o [Get Your Drugs Tested](#) offers testing by mail and is available to all people living in Canada
 - o [Substance Drug Checking](#) offers testing by mail for people on Vancouver Island or by drop-in in Victoria
 - o [Mountainside Harm Reduction Society](#) provides peer-led drug checking in the Fraser Health region
 - o [POUNDS Project](#) provides drug checking and Overdose Prevention Services in Prince George
- The [National Overdose Response Service \(NORS\) Line](#) is a 24/7, 365-days a year, virtual safer consumption hotline available in Canada. Call or text 1-888-688-6677.
- The [Lifeguard App](#) is available through the [iOS App Store](#) and [Google Play](#). Recent updates include a more accessible and streamlined design, enhanced mental health resources, peer support access, and expanded listings of local health and social services.
 - o *Note:* Depending on where a person lives, dispatch time for Emergency Health Services is a potential limitation of the Lifeguard app, given the impacts of damage to the brain and other organs caused by prolonged apnea (lack of breathing). The benefits and drawbacks of using an app compared to having another person present should be discussed with the client.

Substance use care services and resources

- The **24/7 Addiction Medicine Clinician Support Line** provides telephone consultation and support to physicians, nurse practitioners, nurses, midwives, pharmacists, and other health and allied professionals in BC who are involved in addiction and substance use care and treatment. Thanks to a partnership with FNHA, this service extends beyond clinicians, offering addiction medicine guidance to **addiction support staff calling from Indigenous communities within BC**, including Indigenous urban centres. **To speak to an Addiction Medicine Specialist, call 778-945-7619.** To learn more, visit: <https://www.bccsu.ca/24-7/>
- Physicians, nurse practitioners, medical residents, and midwives can consult the [Rapid Access to Consultative Expertise \(RACE\) line](#) between Monday-Friday from 0800-1700 PST.
- [Vancouver Coastal Health's Lighthouse Virtual Substance Use Care Clinic](#) provides free phone appointments for people who use substances in the Vancouver Coastal Health Region. Available 7 days a week by phone at **604-806-8223** or toll-free **1-877-842-8884**.
- The [Alcohol & Drug Information Referral Service \(ADIRS\)](#) connects individuals in BC with information about detox, counselling, treatment programs, recovery homes, support groups, and other education and prevention

resources. Available in the lower mainland at 604-660-9382 (24-hour) and elsewhere in BC at 1-800-663-1441 (24-hour).

Resources for people who self-identify as Indigenous

- The [Thunderbird Wellness App](#) is free and is available on the [iOS App Store](#)
- [First Nations Virtual Doctor of the Day](#) provides virtual appointments for all First Nations Peoples and their families living in BC. Call 1-855-344-3800, 7 days a week, 8:30 am to 4:30 pm to schedule an appointment. Printable poster available [here](#).
- Substance use [Poster series: Humility, Respect, Connection and Love](#), and [supports and services](#) available to First Nations, Inuit, and Métis.
- [Friendship Centres](#) offer cultural practices to Indigenous Peoples across BC. To locate the nearest Friendship Centre, click [here](#).
- Indigenous Peoples who are not connected with an Elder or healer may be connected to one within the care setting, if available, or in the community. Additional information and links may be found on [FNHA's website](#).
- [FNHA](#) is a resource for learning more about Indigenous wellness and cultural practices.
- It is recommended that all healthcare staff complete Indigenous cultural safety and humility training, to improve their ability to establish safe, positive partnerships with Indigenous Peoples and their families. You can find resources [here](#) and [here](#).
- [Aboriginal Cultural Practices: A Guide for Physicians and Allied Health Professionals Working at Vancouver Coastal Health](#) provides information on Indigenous cultural practices in clinical settings.
- BC regional health authority Indigenous or Aboriginal Health Programs offer tailored services and programs to support Indigenous patients and families in accessing health and wellness services:
 - o [Interior Health](#)
 - o [Fraser Health](#)
 - o [Island Health](#)
 - o [Northern Health](#)
 - o [Vancouver Coastal Health](#)