

WHAT WE LEARNED FROM YOU:

Results from 2021 Interviews on Methamphetamine with WA State Syringe Services Program Participants



Who Did We Talk to? Why?

Who: Interviewers from ADAI interviewed 27 people at syringe services programs (SSPs) in WA State.

When: Spring 2021

Why: To understand what services and supports would help people who use meth.

"I WOULD LIKE TO HAVE KIND OF A NORMAL LIFE, WHATEVER NORMAL IS."

Reasons to Cut Back or Quit Meth

Most people shared reasons for wanting to cut back or quit. The most common reasons were:

- Family and relationships
- Desire for a "normal life"
- Physical health
- Mental health

What Helps or Would Help

People shared what has been or would be helpful. The most common responses were:

- Relationships and social connections with peers, friends, family, & even pets
- Substance use services: Support groups, case managers, SSPs, substance use treatment
- Personal factors: Internal drive, spirituality, staying positive, setting goals, accountability
- Purposeful activities and employment
- Housing
- Medications for mental health issues or opioid use disorder

Judgment vs. Acceptance

Many people told us they had experienced shaming and judgment. Often this came from friends, family, providers, and employers. They shared how acceptance could improve relationships with employers and healthcare or treatment providers.

THANK YOU FOR SHARING YOUR KNOWLEDGE & EXPERIENCES WITH US!



Want to read the full report or contact ADAI?
Scan the QR code on the left or visit
<https://adai.uw.edu/perspectives-meth-use>

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