

## “Safer Supply and Prescribed Alternatives”

### Episode Overview

In this episode, I talk about the emerging practice of safer supply and prescribed alternatives, highlighting how Canada has implemented these programs to reduce overdose deaths and support people who use drugs. I walk listeners through evidence on outcomes, participant and provider perspectives, and key lessons learned for U.S. states beginning to explore safer supply models.



- Safer supply provides regulated pharmaceutical alternatives to the unpredictable and toxic street drug supply.
- The approach has grown rapidly in Canada and is beginning to enter policy conversations in the U.S., including Washington State.
- Safer supply differs from traditional treatment because the goal is stability and survival, not abstinence.

### TAKEAWAYS

- ✓ Research shows safer supply programs are associated with fewer overdoses, reduced illicit drug use, and better health and social outcomes.
- ✓ Implementation lessons emphasize flexibility, trust, adequate resourcing, and attention to stigma and structural barriers.

# References & Future Reading

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