

# Bringing unregulated substances into Fraser Health buildings

Created by people with lived and living experience with drug use.

## Your rights related to Fraser Health's *Possession of Exempted Substances for Personal Use* policy

### What can I expect during a visit?

You are allowed to have up to 2.5 grams of substances for personal use at Fraser Health sites. The drugs allowed include the following:

- opioids (heroin, fentanyl, down)
- MDMA (ecstasy, molly)
- cocaine (crack, powder cocaine)
- methamphetamine (crystal meth, side)

A substance is considered part of your personal belongings if:

- it can be easily carried, hidden, or stored, *and*
- it is intended for your personal use.

The following is not allowed:

- selling substances
- having more than 2.5 grams of substances

Staff will not weigh or measure your substances.

**If you feel that you need to use drugs during your visit, please let staff know. They will record your substance needs on your care plan so other staff know.**

Smoking and vaping are not allowed in Fraser Health buildings.

Smoking in buildings is a fire risk because there are oxygen tanks and other flammable objects.

You do not need to stop using drugs to receive medical care unless there is a specific medical reason.

You have the right to refuse treatment for your drug use. You should be included in decisions about any treatment.

**Sometimes the staff needs to temporarily put your belongings (including substances) in storage for safety reasons. This can be difficult but staff are trying to honour your rights while ensuring everyone's safety.**

Staff are still learning. They might not have as much knowledge about drug use as you do. Try to be patient as they learn more about giving you the best care.

## Why do staff ask about my drug use?

They ask everyone about substance use. They need to know what substances you are using because some substances can interfere with medical care. You might feel uncomfortable being asked, but it is so that staff can give you the best care possible.

People who use substances often feel stigmatized. We hope that talking openly and honestly about substance use will reduce stigma.

## What is available to help with my drug use while I am here?

Options vary from site to site. Ask staff what is available at the site you are visiting.



If you need harm reduction supplies and take-home naloxone, ask the staff.



If you have cravings or are worried about withdrawal, let staff know. They may have ideas to help you, including Opioid Agonist Treatment (OAT) and other help with withdrawal management.

If you decide you need to use your drugs while you are here, let staff know. They can help you find a place to use.



Some hospitals have eOPS (episodic overdose prevention service) teams, peer teams, and addiction specialists to help you choose treatment options. Let staff know if you want these services. They might also refer you to other types of treatment or teams such as outreach services.

**Staff can help you to quit using, but only if you initiate the conversation.**

## Concerns or compliments about your care

If you are happy with the care you have received, please feel free to let the staff member or their supervisor know.

If you have questions or concerns about your care, please talk about it with the person who cared for you or that person's manager.

If you are unhappy with how a concern was handled, please contact:



**Fraser Health Patient Care Quality Office**  
**1-877-880-8823** [PCQOffice@fraserhealth.ca](mailto:PCQOffice@fraserhealth.ca)  
[Fraserhealth.ca/about-us/compliments-and-complaints](https://fraserhealth.ca/about-us/compliments-and-complaints)

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