

Focus Group Report: A Conversation on Meth Chill Packs

This report summarizes a community conversation about meth chill packs. The conversation, or informal focus group, was held at the Washington State Harm Reduction Summit in June 2025. The group consisted of professionals from syringe services programs, local health jurisdictions, substance use treatment centers, housing support organizations, and other organizations that support people who use drugs. Attendees were given a short presentation about overamping, psychosis, and the current evidence surrounding meth chill packs. The information in this report was abstracted from notes from the conversation and written feedback sheets.

Background: Meth Chill Packs

Meth chill packs are an experimental intervention for managing meth-induced psychosis. Meth-induced psychosis is when someone experiences hallucinations while overamping (when there are more stimulants in the body than it can handle). Meth chill packs consist of a small number of anti-psychotic tablets (Olanzapine) for people to carry with them and take as needed. To date, they have been shown to reduce recurrent ED utilization, but other information about their effectiveness is lacking.

Focus Group Summary

What our community is saying about meth chill packs:

The current options for people experiencing overamping aren't enough.

"[Meth induced psychosis is a] major challenge based on how common it is, how distressing it is."

"It is difficult to get individuals connected to resources when they are not in the right state of mind to be making decisions."

"Who wants to go to a hospital, especially if they have had traumatizing experiences with these facilities?"

Service providers are excited about the possibilities.

"This feels very exciting to me. I see parallels to early use of buprenorphine and naloxone and the reduction in fear around prescribing them. I think there is a lot of potential here."

"It might be the difference between a person using meth getting the help they seek and/or not getting help and sent to jail."

"I want to explore all options available to engage people and reduce barriers."

There is a desire for more research and information about safety, and also caution about rolling something out too quickly.

“Anti-psychotic medication is significant and can have serious side effects, so I would like to see some research and/or trials through perhaps paramedics or community health clinics to confirm safety.”

“How will we make sure that this will not be used as an alternative to proper SUD and mental health care?”

“How will we ensure the SUD population is safe and not just guinea pigs?”

If Meth Chill Packs are going to be more widely available, there are many questions about implementation, such as:

How much patient monitoring is needed, and how can that be accomplished?

What happens if people sell it or misuse it?

How can we ensure that it isn't used coercively?

Rather than handing this medication out, can this be a tool that organizations can have for people to use in-clinic?

We hope that this community conversation can inform the research on the use of meth chill packs in communities. Staff at syringe service programs, local health jurisdictions, and the other attendees of this conversation represent the front line in public health's efforts to support people who use meth. As more pharmaceutical tools become available, it is critical that the voices of direct service providers and people with lived experience are elevated and included in decision-making efforts. We appreciate the time and thought that the attendees of our session gave to this conversation and hope that it will contribute to more informed research and better lives for people who use meth.