

Community Conversation: Meth Chill Packs

an experimental intervention for managing
meth-induced psychosis



Below are highlights from a community conversation at the Washington State Harm Reduction Summit in June 2025 about meth chill packs. [Read the full summary here.](#)

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

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

"This feels very exciting to me. I see parallels to early use of buprenorphine and naloxone and the reduction in fear around prescribing them."

Service providers are excited about the possibilities

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

"I would like to see some research and/or trials through perhaps paramedics or community health clinics to confirm safety."

How much patient monitoring is needed? How can we ensure that it isn't used coercively?

If meth chill packs are going to be more widely available, there are many questions about implementation.