A Guide to Substance Use Safety Planning

EQUIP Health Care
Equipping Health & Social Services for Equity

This is intended as a conversation guide. To ensure privacy and minimize risk, any notes taken on this sheet should be left with the client/resident/patient, not put in their chart/file.

Not all questions will be relevant for all care settings or interactions. These questions may be useful for discussion with someone actively using any kind of substance, when that use may impact care decisions.

A good way to start is to explain that this conversation is to support their health and safety, that it's private, and that the notes will be left with them. You will document that you had this conversation, but not its content. Decisions that require communication to other staff should be noted.

1. Is there anything about your substance use you think we should know to support your safety and/or improve your care? This might include whether other people are causing harm to you through or because of substance use and/or substance use stigma you may experience.

2. Would any supplies (e.g., clean gear, testing strips etc. as appropriate) be useful?

Yes

No

Comments:

3. For some substances and in some settings, staff check-ins might be useful to make sure you're ok. If you'd like staff to check-in on you, how would you like this to happen?

Safe Storage, Use and Disposal

Indicate here where people can smoke, drink, vape, etc. and explain why (for example due to bylaws, the comfort and safety of other residents and staff, etc.).

1.

2.

3.

4.

5.

6.

Indicate here where people can store substances and related supplies (e.g., lock boxes, lockers, etc.) and dispose of used supplies (bottles, pill containers, cigarette butts, etc.) and explain why and how.

1.

2.

3.

4.

5.

6.