

# Substance Use Safety Planning

## Step-by-Step

STEP  
01

### Ask for permission

"We're checking in with everyone about substance use because we're concerned about the toxic drug supply and helping people stay safe. Is it ok if you and I check in about this?"

STEP  
02

### Review risks and existing strengths

"Are you or anyone close to you concerned about your substance use?"

"Can I ask about where you have been using?"

"How have you been keeping safe?"

"Have you ever had an overdose?"

"Have you ever taken/ or are you currently on any medications for substance use?"

STEP  
03

### Offer information/support as needed

"Would you be interested in hearing about other ways to stay safe when using substances?"

\*\*\*Flip this page over for some ideas\*\*\*

STEP  
04

### Thank the person & invite questions

"Thanks for taking the time to see me and being open. I know sometimes it can feel vulnerable or be a difficult topic."

"Please feel free to come back again if you have questions or want to talk more."

STEP  
05

### Document & follow up as needed

Refer to program requirements/program workflows.

Document Naloxone training/dispensing and any other pertinent information.

If using Profile EMR-OD Prevention Safety Planning typing template: opsp\





# Toxic drugs:

## Ideas to stay alive

---



Naloxone kits and training



Use at an Overdose Prevention Site (OPS)



If your goal is not to use, what supports will help?



Use a little first, then the rest



Plan for relapse: Be extra careful if you use when your tolerance is down



Ask a health provider about Opioid Agonist Therapy (OAT) or Prescribed Alternatives



Watch for drug alerts on posters, websites, Text "JOIN" to 253787 to get alerts



Test your drugs at an Overdose Prevention Site or with take home strips



Use with a friend or ask someone to check on you after



Use Lifeguard app, NORS line, or use with a friend on the phone to send help if you can't respond

---

ToxicDrugResponse@vch.ca  
<https://www.vch.ca/en/overdose-response-naloxone-training>

Mar 2025

