Overdose Prevention Support Map - Concept brief

Understand the idea behind overdose prevention support map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan asks a service to explain its overdose-prevention resources.

The idea

A written plan supports discussion but is not emergency training.

An ordinary example

Jordan asks a service to explain its overdose-prevention resources.

What this can look like

Identify who can provide overdose-prevention education, where approved supplies may be available, and how to seek emergency help; do not rehearse substance use.

Check the fit

Who can help turn this outline into an individualized safety plan? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

Who can help turn this outline into an individualized safety plan?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A10-1