



CAREGIVER PLAN

Substance Use Safety & Contact Plan

Use this when a parent's substance use affects visits, driving, shared housing, money or emergency planning. Follow any court, GACP or Child Protection requirements that apply.

- ☐ Call 9-1-1 for immediate danger or suspected overdose. This worksheet does not replace a legal or child-protection plan.

Parent contact

Who decides whether contact happens? _____

Where does contact occur? _____

What behaviour means the visit must pause or change? _____

Who tells the parent about a cancellation or change? _____

Driving and transportation

Who may transport the child? _____

What happens if the parent may be impaired? _____

Home boundaries

Substances / intoxication in the home: _____

Unplanned arrivals / visitors: _____

Money / requests for financial help: _____



Emergency and recovery plan

If opioid use is relevant

Naloxone is stored here: _____

Adults who know where it is / how to respond: _____

Child's safe place / adult during an emergency: _____

If substance use returns

Contact changes immediately: _____

Worker / professional to contact: _____

Household changes: _____

What the child will be told: _____

Support for the caregiver

Person I can call before I change a boundary under pressure: _____

PEI service / counsellor: _____

Next review date for this plan: _____

PEI Mental Health and Addictions Phone Line: 1-833-553-6983, 24/7. Current naloxone and addiction-service links are available at

grandfamiliesinc.com/parent-addiction-substance-use.html.