

Substance Use and Recovery Support Workbook

For adolescents ages 13 to 17

Name: _____ Date: _____

Trusted person or clinician: _____

You can use this book if you are worried about your own substance use, working toward change, or affected by someone else's use. Choose the pages that fit and involve a trusted adult or clinician for support.

For suspected overdose, unresponsiveness, slow or stopped breathing, seizure, or immediate danger, call 911. If opioid overdose is suspected and naloxone is available, use it and call 911. In the United States, call or text 988 for a mental-health or suicide crisis. Talk with a clinician before abruptly stopping alcohol or sedatives because withdrawal can be dangerous.

This workbook is educational and does not replace medical care, treatment, or a personalized safety plan.



People who can help

Person or service	How they can help	How I can reach them
Parent caregiver or trusted adult		
School counselor or nurse		
Clinician or therapist		
Safe friend or peer support		

Words I can use to ask for help



Feelings and warning signs

When urges or pressure rise I notice

Situations that feel risky

A value I want to protect

An adult or clinician I can tell



A plan for a difficult moment

Pause, name the urge or pressure, change the setting when safe, contact a trusted person, and choose one action that supports your goal.

My first sign to pause

A sentence I can use to decline or leave

My safe exit or ride plan

The person I will contact



My coping choices

Use a safe coping skill that fits the setting. Coping can mean grounding, reaching out, changing location, or meeting a practical need.

A skill I can use alone

A person I can contact

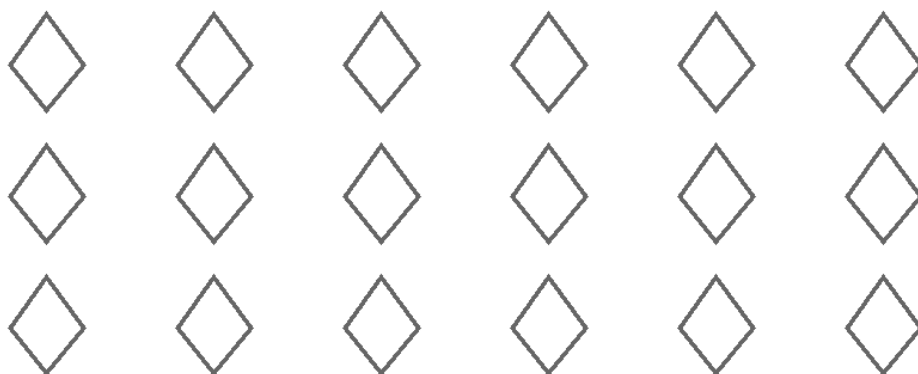
A safe place I can go

One practical need I can address



A focus break

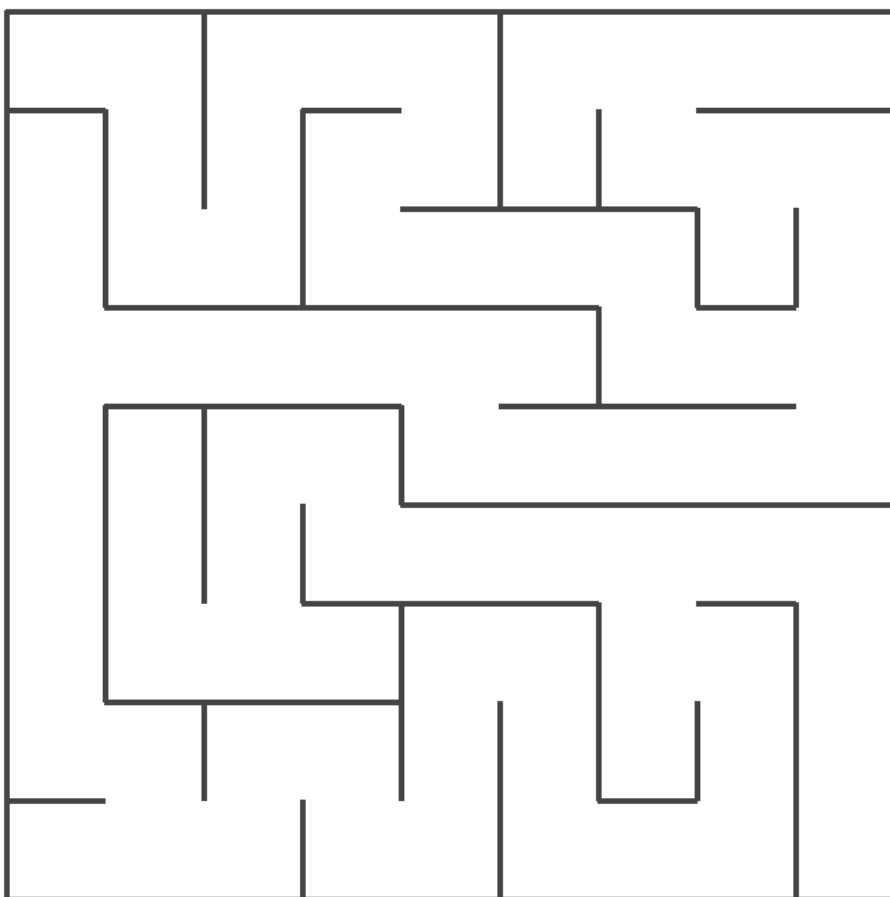
Trace or color the pattern to give yourself a short pause. Then return to your support plan.



Find another route

Trace from START to FINISH. A closed path is a cue to pause and try a different one.

START



FINISH



Returning to support

If substance use returns or the situation gets harder, respond with safety and support rather than blame. Overdose risk can increase after a period of not using; ask a clinician about prevention and care.

My first safety step

Who I will contact

A treatment or recovery service I can reconnect with

One thing I can learn without blaming myself



Optional writing and drawing prompts

Days 1 to 3. Use in any order and skip what is not useful.

Day 1 What does a safe and healthy future look like to you?

Day 2 What are three things you value?

Day 3 How can substance use or addiction interfere with those values?



Optional writing and drawing prompts

Days 4 to 6. Use in any order and skip what is not useful.

Day 4 What is one reason you want support or change?

Day 5 What situations make you feel most vulnerable?

Day 6 What feelings are hardest for you to sit with?



Optional writing and drawing prompts

Days 7 to 9. Use in any order and skip what is not useful.

Day 7 What coping skill can help when those feelings arise?

Day 8 Who is one person you can contact when you need support?

Day 9 What makes it hard to ask for help?



Optional writing and drawing prompts

Days 10 to 12. Use in any order and skip what is not useful.

Day 10 What could make asking for help easier?

Day 11 What would you say if someone pressured you to use?

Day 12 What is your plan for leaving an unsafe situation?



Optional writing and drawing prompts

Days 13 to 15. Use in any order and skip what is not useful.

Day 13 What part of your life do you want to protect most?

Day 14 What activity helps you feel more like yourself?

Day 15 What does a supportive friendship look like?



Optional writing and drawing prompts

Days 16 to 18. Use in any order and skip what is not useful.

Day 16 What relationship or setting makes recovery harder?

Day 17 What boundary could help?

Day 18 What does your body need today?



Optional writing and drawing prompts

Days 19 to 21. Use in any order and skip what is not useful.

Day 19 What does your mind need today?

Day 20 What is one accomplishment you are proud of?

Day 21 What does recovery mean to you?



Optional writing and drawing prompts

Days 22 to 24. Use in any order and skip what is not useful.

Day 22 What is one skill you want to practice this week?

Day 23 What is one small decision that supports your goals?

Day 24 What do you want school, work, or sports to look like in the future?



Optional writing and drawing prompts

Days 25 to 27. Use in any order and skip what is not useful.

Day 25 What have you learned from a difficult experience?

Day 26 What can you do instead of isolating?

Day 27 What is one hopeful thought you can practice?



Optional writing and drawing prompts

Days 28 to 30. Use in any order and skip what is not useful.

Day 28 What support could you use more often?

Day 29 What has helped you stay safe or work toward change this month?

Day 30 Finish this sentence: "I can build a future that includes _____."



30 day support tracker

Use this for feelings, coping, connection, and support. Blank days are okay. It is not a substance-use quantity log.

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
1				
2				
3				
4				
5				
6				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
7				
8				
9				
10				
11				
12				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
13				
14				
15				
16				
17				
18				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
19				
20				
21				
22				
23				
24				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
25				
26				
27				
28				
29				
30				

What support could help next?



Looking ahead

What helped this month

A person or service I can reach

A step to try next

A kind reminder to myself

Adapted from Addiction and Recovery Support Workbooks. General support and safety language checked against SAMHSA and NIDA resources. In the United States, SAMHSA's National Helpline for treatment referrals is 1-800-662-HELP (4357).

