



SUBSTANCE USE
EXISTS ON A

S · P · E · C · T · R · U · M



- THE DATA SHOWS
- MORALITY
 - "JUST SAY NO"
 - ABSTINENCE

~~HELPS~~ HURTS OUTCOMES

WHY?

IT DAMAGES
TRUST

AND TRUST LEADS TO

CLINICALLY RELEVANT

INFORMATION & CONVERSATIONS.

BC
CAN
CER

A SUBSTANCE-USE HEALTH LENS IN PRACTICE:
REFLECT ON & QUESTION
OUR BELIEFS AND VALUES:

How MIGHT OUR
WORDS & ACTIONS
CONTRIBUTE TO
SHAME & STIGMA
FOR THOSE WE
CARE FOR?

How IS THE HEALTH
CARE SYSTEM WE
WORK WITHIN
PERPETUATING
HEALTH INEQUITY
FOR THOSE WHO USE
SUBSTANCES?



WE AS CARE PROVIDERS HAVE

BOX BREATHING

A RESPONSIBILITY TO TEND TO OUR OWN DISCOMFORT.

