ADOLESCENT & YOUTH WELLNESS PLAN

My Safety, Grounding & Harm Reduction Plan

A non-judgmental guide for navigating body distress, food urges, substance use, and overwhelming moments.

My Name / Pronouns:		**Date Created:**	
Trusted Adult / Ally:		**Care Provider:**	

> **Core Principle:** Eating behaviors and substance use often start as ways to survive stress, sensory overload, or emotional pain. You do not have to be "perfect" to deserve safety, food, rest, and medical care. Every small step toward keeping your body safe counts.

1. Early Warning Signs & Internal Signals

Noticing what happens in my body, thoughts, and surroundings before things feel overwhelming helps me pause and choose a safer option.

Body & Sensory Clues	Thoughts & Feelings	Situations & Triggers
e.g., tight chest, shaking, dizziness, feeling numb or disconnected	*e.g., harsh body thoughts, wanting to disappear, feeling trapped*	*e.g., school stress, social media, family conflict, skipped meals*

2. Harm Reduction: Keeping My Body Safer Right Now

When urges to restrict, binge, purge, or use substances feel too strong to stop completely, these steps reduce physical danger and protect my body:

- **Hydration & Electrolytes:** Drink water or an electrolyte beverage slowly, especially after purging, sweating, or using stimulants or alcohol.
- **Never Mix Restriction with Substances:** Using alcohol, nicotine, stimulants, or sedatives on an empty stomach drastically increases the risk of fainting, heart strain, and overdose. If I am going to use, I will try to eat a small snack first (crackers, toast, fruit, or a nutrition shake).

- **Safer Substance Practices:** Avoid using alone; start with a small amount ("start low, go slow"); avoid mixing depressants (alcohol, benzos, opioids); carry or know where naloxone (Narcan) is kept.
- **Post-Purge Care:** Rinse mouth with plain water or baking soda solution instead of brushing teeth immediately to protect tooth enamel; rest sitting up if dizzy.
- **My Personal Harm Reduction Agreements:**

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3. Grounding & Sensory Reset (Things I Can Do Alone)

Activities that help my nervous system settle without needing anyone else right away:

Category	My Go-To Coping & Grounding Tools
Temperature & Touch *(e.g., cold water on face, weighted blanket, soft hoodie)*	
Distraction & Focus *(e.g., comfort show, music playlist, drawing, gaming)*	
Gentle Nourishment *(e.g., safe/predictable snacks, warm tea, eating with a show on)*	

4. Safe Spaces & Co-Regulation (People & Places)

When being alone feels unsafe, I can move to a neutral space or reach out to someone who will sit with me without lecturing, judging, or forcing conversations.

Person or Safe Space	How to Reach / Where to Go	How They Can Help Me
		e.g., sit quietly, play a game, help prep a safe snack

5. Trusted Adults, Care Team & 24/7 Confidential Support

If I am feeling physically unwell (chest pain, fainting, confusion, inability to keep fluids down) or emotionally unsafe, I will contact a trusted adult or professional right away.

Resource / Support Person	Phone / Text / Contact	Notes
Trusted Adult / Family Member		
Therapist / Doctor / Dietitian		
988 Suicide & Crisis Lifeline	Call or Text **988** (Free, 24/7)	Chat: 988lifeline.org
Crisis Text Line	Text **HOME to 741741**	Free, 24/7 text support
The Trevor Project (LGBTQ+ Youth)	Call **1-866-488-7386** or Text **START to 678-678**	Free, 24/7 confidential
SAMHSA National Helpline	Call **1-800-662-4357** (24/7)	Substance & mental health
Medical Emergency	Call **911** or go to nearest ER	Good Samaritan laws protect callers seeking overdose help

Sources & Clinical References

1. Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach* (HHS Publication No. SMA 14-4884). U.S. Department of Health and Human Services.
2. Substance Abuse and Mental Health Services Administration (SAMHSA). (2023). *Harm Reduction Framework*. U.S. Department of Health and Human Services.
3. Stanley, B., & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice*, 19(2), 256–264. (Adapted collaboratively for trauma-informed safety planning).
4. National Child Traumatic Stress Network (NCTSN). (2018). *Trauma-Informed Care and Self-Regulation Strategies for Youth and Young Adults*. National Center for Child Traumatic Stress / SAMHSA.

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Interested in trauma-informed clinical trainings, harm reduction workshops, or organizational consultation for your team? Contact us at **info@klaseyconsulting.com** to learn more about our training and consultation offerings.

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