

The Substance Use Stigma Scale (SUSS) Self-Reflection Tool

Below is a list of ideas about people who use substances. Some of these ideas may be true for you, while some may not. People hold a wide range of ideas about substance use, some of which are stigmatizing to people who use substances. We are interested in your particular ideas. Please answer the questions honestly - the responses are only for your individual reflections. You might reflect on biases or stigmatizing ideas you hold, and areas that you can work on individually and within your organization to reduce stigma.

	1	2	3	4	5	6
	Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree
I feel comfortable being around people actively using substances.	1	2	3	4	5	6
I agree with the legalization of cannabis.	1	2	3	4	5	6
I would never refuse services to someone who I think is actively using substances.	1	2	3	4	5	6
I understand that there are risks associated with all substances, including alcohol and cannabis.	1	2	3	4	5	6
I believe that people who use substances are deserving of care and respect despite the impact their substance use may have on family and friends.	1	2	3	4	5	6
I believe pregnant people can make their own decisions around their substance use, and are deserving of care regardless of their substance use.	1	2	3	4	5	6
I would react calmly if a client told me they use an illicit substance.	1	2	3	4	5	6
I would be supportive of a colleague I knew who had recently accessed substance use services.	1	2	3	4	5	6
I believe there are sufficient support services available to people who use substances in Canada.	1	2	3	4	5	6
I would know what to do if a family member told me they had a substance use problem.	1	2	3	4	5	6
I understand that there are a variety of options available to people who use drugs, including harm reduction services and only people who use drugs can decide what option is best for them.	1	2	3	4	5	6
I know there are many legitimate and multi-faceted reasons why a person might use substances despite knowing of the risks associated with them.	1	2	3	4	5	6
I understand that people from all walks of life and all socio-economic backgrounds may use substances regularly at some point or another.	1	2	3	4	5	6
I am happy to work alongside another provider who has used substances.	1	2	3	4	5	6
I know how to avoid language that stigmatizes people who use substances.	1	2	3	4	5	6
My values are important to the work that I do.	1	2	3	4	5	6