When You Can Talk Privately

“People have shared with us that their (ex-)partner pressured them to use substances, use in ways that they didn’t want to, or used their substance use as a way to control them. Using substances is a common way to deal with physical and emotional pain. If you can relate to any of this, know that we’re here to help.”

Common Forms of Substance Use Coercion

- **Introduction** to or **escalation** of substance use
- **Forced** use or withdrawal
- **Self-medication** to cope
- **Sabotaging** treatment access or recovery efforts
- Using **stigma** to isolate, discredit, or threaten
- **Blaming** abuse on use

Validate and Affirm

- None of this is your fault
- You deserve to be treated with dignity and respect, no matter what
- I believe you
- You are not alone

“Would it be helpful to talk about some safety strategies and resources?”
Collaboratively Strategize:

- **Safe communication** (telehealth, phone, mail, etc.)
- **Stalking** risk and appointment schedule
- **Staying connected** to services if pressured by a (ex-)partner to leave
- Maintaining control of **medication(s)**, including MAR/MAT
- Threats to disclose or subpoena **protected health information**
- **Legal documents** that enable a (ex-)partner or social contact to exert control over the person

**Connect**

National Domestic Violence Hotline: 1 (800) 799-SAFE and 1 (800) 787-3224 (TTY)
RAINN National Sexual Assault Hotline: 1 (800) 656-HOPE
StrongHearts Native Helpline: 1 (844) 7 NATIVE
Love is Respect (for teenagers): 1 (866) 331-9474 and 1 (866) 331-8453 (TTY)