

## When You Can Talk Privately

### Substance Use Coercion

“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**?”

Fold

Fold

## Safety Plan: Access and Recovery

### 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)