

Healthy Partnerships

Healthy Pregnancy

We all have unique types of individuals in our everyday lives who each play special roles. If you have struggled with reducing or stopping your substance use, you know that these relationships play a critical role in your journey to recovery. Managing your substance use can be even more challenging if you are pregnant or thinking about becoming pregnant. It's important to know how these individuals can support you and your goals.

Family, Friends, & Significant Others

These relationships can be some of the most impactful. It is helpful if the closest people in your life understand that it may be difficult for you to stop using alcohol or substances. It does not mean you don't love your baby.

Sometimes these relationships do not provide the support you need. Know you are not alone and that you have other supports and partnerships available to you!

Support Group

Support groups can help you meet new people with similar backgrounds and goals as you. They can increase feelings of connection and decrease feelings of isolation and judgement. You have a chance to share your experiences and feelings in a safe place and to learn from the experiences of others.

There are many different support groups you can try until you find the one that best works for you.

Faith & Spiritual

Faith and spiritual communities can provide a safe non judgmental atmosphere where people can openly talk about their alcohol or substance use. Some host meetings, dinners, and other gatherings to provide ongoing support and destigmatize substance use disorders.

Supportive faith and spiritual partners promote positive mental health and do not see alcohol or substance use as a moral failing.

Medical

You have the right to healthcare that is non-stigmatizing, non-judgmental, and compassionate. Seek out an addiction professional who is empowering and knowledgeable about the treatment available to you. A provider should never shame you for your substance use and should work collaboratively with you to find a treatment plan that best suits your goals.

If you are interested in medication-assisted treatment (MAT), know that it can be a safe option during pregnancy.

Professional

Employment can offer an additional sense of productivity and routine that promotes wellness and recovery. "Recovery friendly workplaces" are employers who are moving from a "zero tolerance" mentality that emphasizes disciplinary action to a "recovery" policy environment that emphasizes help, hope, and realizing the economic potential of healthy employees. A history of substance use disorder or current participation in a treatment program is covered in the Americans with Disabilities Act (ADA).

Employee assistance programs EAPs may be available and provide free services to support you before, during and after your pregnancy.