



COCAINE & CRACK WORKBOOK

EDAS/REACH YOUNG PEOPLES DRUG & ALCOHOL SERVICES

This workbook is for completion on your own or with support.

**Speak to your keyworker if you feel you may need support
with this workbook. They will be able to advise
on the best person to help.**

So What Are They?

Cocaine

Cocaine is derived from the Coca Leaf found in certain parts of South America. **Cocaine hydrochloride** is also known as *snow*, *charlie*, *powder* and *coke*.



Crack

Crack and freebase are more or less the same thing. The difference is that ammonia is used for freebase, and baking soda is used for crack. This is cooked in a microwave thus mass production and distribution. Crack crystals are larger than freebase crystals. Cocaine is put through a boiling down process called washing, using either ammonia or bicarbonate of soda. **This formulates a crystallised rock like substance known as crack.** The rock is then broken down in amounts typically to the value of £20 to £25.

Crack derives its name from the crackling sound it makes when being smoked. This is due to the sodium chloride (table salt) being left in the base when baking soda is used in the washing process.

Freebase

Freebase is cocaine hydrochloride that has been chemically treated with ammonia to 'free' the potent 'base' material from the salt. This process produces crystallised pieces of cocaine-like rock salts. These rocks can be smoked in a pipe or in a spliff.





Cocaine and You

Which types of cocaine have you used?

Why did you first start to use it?

Why do you continue to use it?



How Is Cocaine Used?

Sniffing

Cocaine is chopped up finely and drawn into two-inch long lines and sniffed up one nostril at a time using various tools, e.g. straw, note etc.

Sniffing drugs increases the risk of:

- Contracting blood born viruses (BBV's) such as HIV and Hepatitis C through sharing or using dirty equipment
- Damage to your nose



Smoking

It is smoked from pipes, often made from a soft drink's can or other fashioned like containers. It can also be mixed with cannabis or tobacco in a spliff/joint, or burnt on a piece of tin foil.

In the interest of harm reduction, it is advisable not to use tin foil or cans, etc. because of aluminum poisoning hence, the usage of Kit-Kat foil is common amongst users.

Smoking drugs increases the risk of:

- Irritation and damage to the lungs
- Contracting BBV's through sharing or using dirty equipment

Injecting

Because of its insolubility in water, freebase/crack cannot be sniffed or satisfactorily injected (unless treated) by the adding of an acid such as vitamin C, or more dangerously by heating the crack in water or alcohol. This forms a viscous substance that blocks the gauge of the needle. The characteristics of injecting crack are the increased incidence of abscesses and damage to veins and the surrounding tissue.

Injecting drugs increases the risk of:

- Contracting BBV's through sharing or using dirty equipment
- Deep vein thrombosis (DVT)- blood clots in the veins
- Abscesses



The Law

True or False

How much do you know?

CLASSIFICATION OF COCAINE/CRACK:

Crack and cocaine are class 'B' drugs

TRUE / FALSE

PRODUCTION OF COCAINE/CRACK:

Producing crack and cocaine is illegal

TRUE / FALSE

PERSONAL CONSUMPTION:

It is legal to possess crack/cocaine for personal use only

TRUE / FALSE

IF YOU ARE CAUGHT CARRYING:

If you are caught carrying 2 to 3 rocks you do not run the risk of being charged with possession with the intent to supply

TRUE / FALSE

IF YOU BUY CRACK:

If you buy crack for your friend and get caught you can be charged for supplying a class 'A' drug

TRUE / FALSE

IF YOU GIVE A LINE OR A PIPE:

You can not be charged with supplying if you get caught giving a friend a pipe or a line

TRUE / FALSE

IN YOUR HOUSE:

If you allow your friend or acquaintance to smoke or 'wash rock' in your house for their personal use you may still expect to face legal proceedings if you get caught

TRUE / FALSE

THE PENALTY FOR POSSESSION:

The maximum penalty for possession of crack or cocaine is 5 years

TRUE / FALSE

THE PENALTY FOR SUPPLYING:

The maximum penalty for supplying crack or cocaine is life in prison

TRUE / FALSE

Check your answers at the back of the workbook!



Cocaine and You

How does cocaine/crack make you feel? Circle the ones that apply to you and add any others you would like:

Happy

Excited

Wide Awake

Confident

It can also have physical and behavioural effects. Do any one of the following happen to you? Tick them if they do:

- make your heart beat faster
- raise your body temperature – so you feel hot
- stop you feeling hungry
- make you feel sick
- make you need to poo
- make you anxious and panicky
- make you paranoid
- make you so confident that you do things you wouldn't normally do (which might be risky)

Cocaine affects people differently, but most users become:

- chattier
- more animated
- more confident

Does this happen to you?

- Yes No

Some people become:

- overconfident and arrogant
- agitated
- restless
- edgy

Does this happen to you?

- Yes No





Cocaine and You

The high is usually short lived. The more you use, the highs become less and the comedown gets bigger. Is this true for you? Please explain the affects you gain from using.

Have you become more prone to depression, lack of confidence, experience more mood swings, and low self-esteem as your use increased? Please explain how you have changed since you started using.

Does your thinking become distorted the more you use? Please explain your answer.





Cocaine and You



The feeling experienced from using crack/ cocaine is produced from the release of natural chemicals which are present in the human body. It is the chemicals already present in the body which get affected by the use of crack/ cocaine that produce the feeling.

What effects has using cocaine/crack had on your sleeping pattern?

Cocaine/crack may start out as a sociable drug but can develop into a habit.
Did this happen to you? If so, how did it develop to become a habit?



The Effects of Cocaine



Adrenaline heightens your state of **awareness** and prepares the body for action. When you first start using crack or cocaine the release of adrenaline is triggered, which eventually comes to be known as the **craving**. The thought or anticipation of using crack or cocaine can begin to release adrenaline.



Your **heart rate increases** due to the release of adrenaline. This pumps more blood around your body in order to get more oxygen to your muscles.

Your **breathing rate gets faster** and becomes shallower in order to get more oxygen into your blood.



The **butterflies in your stomach** or that churning feeling is due to the blood leaving your stomach and being diverted to your legs where it will be needed more.



Sweating is your body's way of cooling down, which it needs to do as you are getting hotter.



Shakes in your body or hands are due to the adrenaline in your system and muscles which have been primed and are ready to be used.



How To Reduce Adrenaline



To help with the reduction of adrenaline try to **relax**. Nature has given you a **cut-off switch** and this switch is **deep breathing**.





Cocaine and You

Have you experienced any of these effects/sensations? Please describe how you felt and any concerns you may have had at the time.

Most people use crack or cocaine for the high or the buzz. Some people describe it as an orgasmic feeling. This is because the same areas of the brain are being stimulated.

Describe the high/buzz you get from using cocaine/crack:





Cocaine and You

Usually, the first hit you have or the one at the beginning of a binge is the strongest and gives the biggest buzz. This is because the use of cocaine or crack also releases serotonin which blocks the dopamine after it has been released.

Have any of your subsequent buzzes ever been as good as the first?



Adrenaline & Dopamine

ADRENALINE

INITIAL USE



- **Release of initial adrenaline**
- Increased heart rate
- Breathing (faster and shallower)
- Increased sweating
- Butterflies in stomach
- Shaking (particularly hands)
- Pupils dilate
- Heightened state of sexual arousal

DOPAMINE

INITIAL USE



- **Release of dopamine**
- The buzz
- Orgasmic feeling
- Feeling of wellbeing
- A heightened feeling of confidence
- Increased sense of self-esteem



PROLONGED USE



- **High adrenaline levels in the body**
- Decreased need to sleep
- Decreased need to eat
- Paranoia
- Need to use the toilet before smoking
- Visual and auditory hallucinations
- Very sensitive skin
- Weight loss
- Increased sense of hearing
- Lessened state of sexual arousal

PROLONGED USE



- **Severe lack of dopamine**
- The crash (bad comedown)
- Headaches (irritability)
- Lethargy (no interest in life)
- Mood swings
- Severe depression
- Thought distortions (suicidal thoughts)

Do you recognise or have you experienced any of these feelings?

Continued Use of Cocaine

Continued or long-term use can severely deplete your levels of dopamine. Low dopamine levels can make you feel **depressed and even suicidal**. The inability to find pleasure in everyday things can lead to **lethargy** (can't be bothered feeling) and reinforces the desire to use, so you can experience pleasure of some sort in your daily life.

The feelings of depression can stay with you for some time after you have stopped using, as it takes time for your natural levels of dopamine to return again (**between 6 to 12 weeks**). Low feelings can last for weeks or even months after you last used. There is no easy way around this or an instant solution, but there are things you can do to help build your levels back up again and help cope with those feelings. You need to find things that work for you but could include exercise, listening to music, getting a good sleep pattern, eating well and relaxation activities such as meditation.



How long have you been using cocaine/crack for?

Have you experienced depression due to continued use of crack / cocaine?

How do you cope when you experience depression?

Have you ever experienced a drug induced psychosis? If so how did you feel?



The Risks

Physical & Mental Health Risks



HEART PROBLEMS

High blood pressure, irregular heart contractions, chest pains and poor oxygenated blood, greyness of skin.



RESPIRATORY PROBLEMS

Build-up of fluids in the lungs, shortness of breath, wheezing, chest pains and coughing.



LIVER DAMAGE

The liver is a strong organ and can repair itself, however, the prolonged use of alcohol to come down from the crack can result in serious liver damage.

PREGNANCY DIFFICULTIES

Can lead to spontaneous abortions, premature delivery, restricted blood supply.



DEPRESSION

Combination of life's problems can create the feelings of depression. This can be so strong that you may have suicidal thoughts and may even act upon these.



PSYCHIATRIC PROBLEMS

Induced psychosis as a result of using large amounts coupled with the experience of having high levels of stress.



OTHER PROBLEMS

Crack and cocaine use can also cause dehydration, headaches, physical and mental fatigue, stress, anxiety, weight loss, immune system issues, and muscle pains.

Have you experienced any of these effects due to crack/cocaine use?

Do you have any concerns about your health?



Consequences of Use



The consequences of using crack or cocaine are usually the reason why people start thinking that they need to give up. These consequences will differ from person to person but can range from the habit of taking up too much money to serious illness.

The one thing that you can be sure of is that if you use a drug like crack or cocaine for any length of time there will be consequences and that these will get worse the longer that you use.

What are the consequences of continued use of cocaine/crack with regards to yourself?

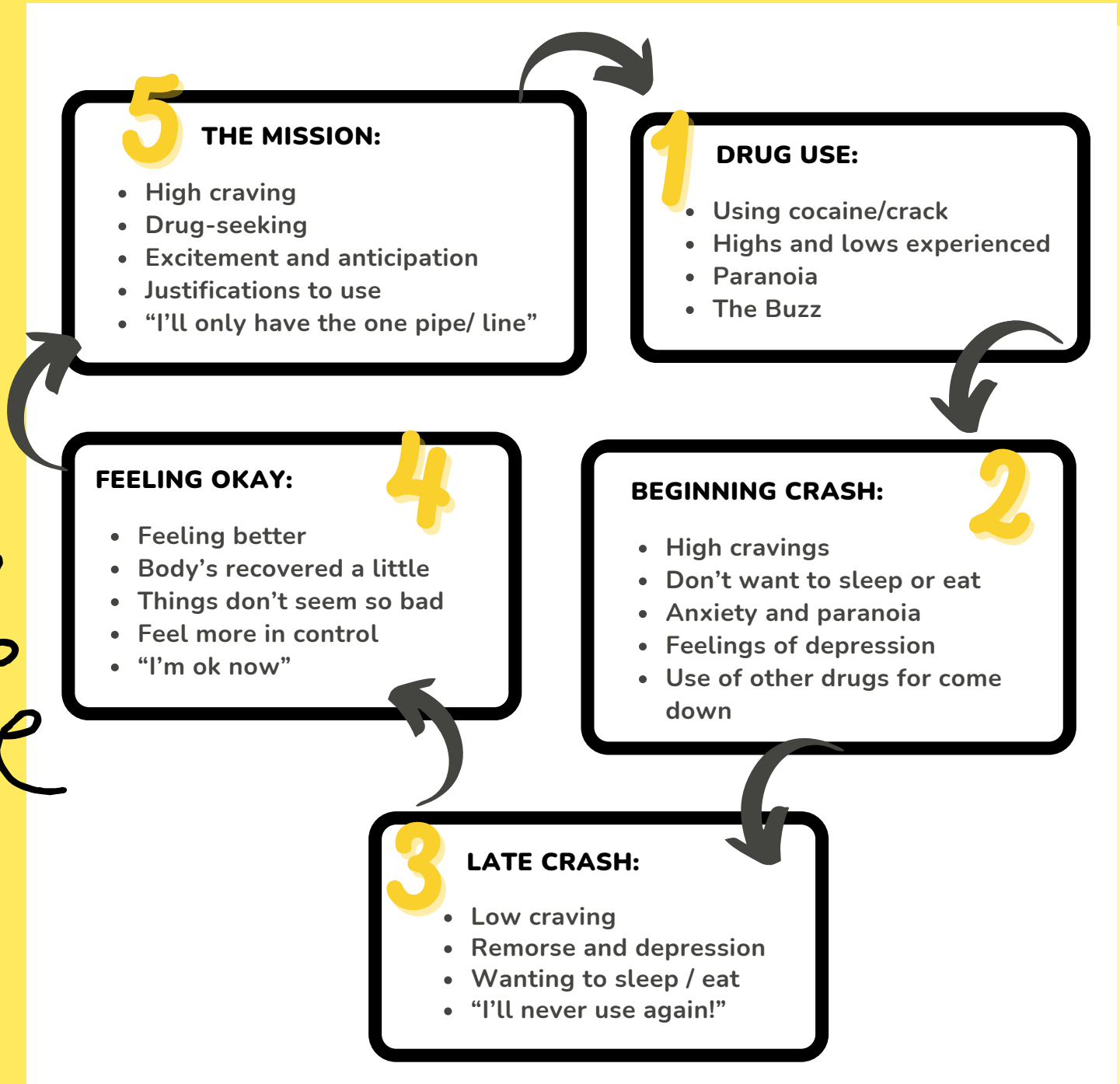
What are the consequences of continued use of cocaine/crack with regards to other people?

What can you do to help overcome these consequences?



Cycle of Use

Most habits usually develop into a cycle, which is similar to a washing machine cycle (wash, rinse, spin, and back to wash again). With crack and cocaine it can feel a bit like you are constantly stuck on fast spin.

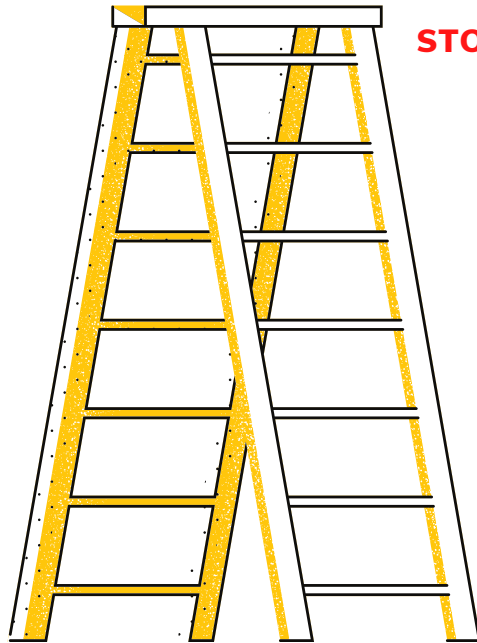


You may bounce between the first two stages all night, or for days, but eventually, you will move through the cycle. If you want to give up you have to interrupt this cycle, usually between feeling okay and the mission.



Cocaine and You

THE LADDER OF CHANGE



STOP USING

CONTROL USING

CONTINUE AS NORMAL

Where do you see yourself on the ladder?

Where would you like to be on the ladder and why?

How will you get there?





Cocaine and You

COST BENEFIT ANALYSIS

Using this **Decision-Making Model** you can learn to think through all aspects of why you are making a decision to change or to not change.

The purpose of this model is for you to **become more aware** than you may be now so that you can make an **'informed choice.'** Having a choice is really important because it means that you have real power in your life.

You can easily learn how to change things that aren't so good for you and take responsibility for your actions.

List the **POSITIVES** of taking cocaine/crack (e.g. what are the benefits and rewards for taking cocaine/crack)

List the **NEGATIVES** of taking cocaine/crack (e.g. what don't you like about it during or afterwards, what bad consequences happen)

List the **POSITIVES** of **NOT** taking cocaine/crack (e.g. what **do** you like about **not** using)

List the **NEGATIVES** of **NOT** taking cocaine/crack (e.g. what **don't** you like about **not** using or what bad things happen)





Cocaine and You

CHANGE PLAN SHEET

What do I want to change (this could be anything!)	
The reasons I want to do this are:	
To do this, I will need to take these actions	
People who could support me in this area	
What are my possible obstacles to change?	
How will I deal with obstacles?	
I will know my plan is working when....	



Reduce the Risks

MAKE SAFE



The only risk-free drug use is no drug use, but if you are using, or considering using cocaine/crack, this advice will help **minimise** the risks to your health.

Be aware of variable purity (range 2-70% approx.)

Most serious cocaine/crack problems are related to dose levels and how that dose reaches the brain.

Try not to use alone.

At the very least make sure someone knows where you are, and don't use alone in a locked room or isolated place.

Be aware that sharing with mates is a serious offence. You can be charged.

If you are snorting

Always make sure you cut up your lines carefully (so as not to get too much), using a clean edge and on a clean surface. If possible use a new straw or other object to inhale, or if reusing make sure it's been thoroughly sterilised first, as bacteria and some viruses can linger for a long time. Never share a straw or other object with anyone else without cleaning it first.

If you are swallowing

If wrapping yourself, carefully check how much you're putting in a bomb. If someone else, particularly someone you don't know, is doing it, try to keep an eye on what they're doing. Using more than one paper can lessen any unpleasant taste and also slow the release of the substance into your system.

If you are injecting

This is rarely done with cocaine and only once it has been mixed with water, which should always be clean and as sterile as possible. Be very careful how much you use, as injecting needs far smaller amounts than other methods such as snorting.

Don't Mix With Other Drugs

Any time you mix drugs together you take on new risks.



Mixing with other drugs and alcohol should be avoided or kept within the user's own known limits. Mixing the two creates a third substance called **cocaethylene** which is a more potent version of the two.

Relapse Prevention



'Relapses' and 'slips'

A **relapse** is when you return to your old level of cocaine/crack use. A **slip** is a 'one-off' case of using once, which does not necessarily mean you will have a full relapse.

It is quite common to make mistakes when you begin learning a new skill. Changing your cocaine/crack use is no different, and you may make the odd mistake.

If you do have a slip it is important to remember that this doesn't mean you have failed, or you are unable to change or can let yourself slip into a full relapse. What is important to long-term success is how you handle the slip. How to handle it will depend on how it happened. The slip may have been intentional or unintentional.

Intentional Slips

Slips can happen 'on purpose' for a couple of reasons. You may tell yourself that you are tired of sticking to your plan and want a night off. Or you may decide that you deserve a reward (using once) for what you've achieved so far, or it is just too hard. If this happens to you, think carefully about your reasons for wanting to change.

- consider your reasons for changing. How important are these to you?
- remind yourself that each slip reduces your chances of long-term success. Your craving will return more strongly, which means more hard work

Unintentional Slips

You may have a slip, despite your best intentions, because you find yourself in a high-risk situation with your guard down. If you do, look at your strategies to see what can be improved.

- did you just slip into an old habit again without thinking?
- are you finding some high-risk situations too hard right now?
- is there a better way of dealing with them?

Plan ahead for dealing with a slip

A slip can feel like a crisis and getting back to your chosen goal will take some effort. Here are some things to do.

If you have a slip you can:

- get rid of the cocaine/crack and get away from the situation where you used
- remind yourself that using once or even a day of using doesn't have to result in a full-blown relapse
- remember that feelings of guilt or blame will pass
- call for help from someone you trust
- look at the slip to see what triggers there were and your reaction to them
- think about what you expected cocaine/crack to change or provide
- set up a plan for coping with similar situations in the future

The Law

True or False

ANSWERS

CLASSIFICATION OF CRACK/COCAINE:

Crack and cocaine are class 'B' drugs

FALSE
They are Class 'A'

PRODUCTION OF COCAINE / CRACK:

Producing crack and cocaine is illegal

TRUE

PERSONAL CONSUMPTION:

It is legal to possess crack/cocaine for personal use only

FALSE
It is illegal

IF YOU ARE CAUGHT CARRYING:

If you are caught carrying 2 to 3 rocks you do not run the risk of being charged with possession with the intent to supply

FALSE
You could be charged

IF YOU BUY CRACK:

If you buy crack for your friend and get caught you can be charged for supplying a class 'A' drug

TRUE

IF YOU GIVE A LINE OR A PIPE:

You can not be charged with supplying if you get caught giving a friend a pipe or a line

FALSE
You could be charged

IN YOUR HOUSE:

If you allow your friend or acquaintance to smoke or 'wash rock' in your house for their personal use you may still expect to face legal proceedings if you get caught

TRUE

THE PENALTY FOR POSSESSION:

The maximum penalty for possession of crack or cocaine is 5 years

FALSE
You can get up to 7 years, an unlimited fine or both

THE PENALTY FOR SUPPLYING:

The maximum penalty for supplying crack or cocaine is life in prison

TRUE
You can also get an unlimited fine

How many did you get right?

Need Support?

For further support and advice contact the **EDAS/Reach Young Peoples team. We are here to help!**

We are a specialist free and confidential alcohol and drugs support service for under 25s living in the county of Dorset. We offer non-judgemental advice and information about how to keep safe and discuss potential treatment and support options.

Get in touch with us on 01202 741414 or 0800 0434656 - option 2.



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