COCAINE
COCAINEN

- Stimulant
  - increase activity of the central nervous system
- Effects appear almost immediately
- High from snorting: 15 to 30 minutes.
- High from smoking: 5 to 10 minutes.
- Very addictive
- Schedule 2 Drug: high potential for abuse
- Made from the leaves of the coca plant native to South America
- Looks like a fine, white, crystal powder
- Street dealers often mix it with things like cornstarch, flour, laxatives to increase profits
  - May also mix it with other drugs such as the stimulant amphetamine, or synthetic opioids, including fentanyl usually without buyers knowledge!
  - Cocaine laced with Fentanyl has increased! Currently there is a batch of cocaine laced with Fentanyl going around California!
HOW DO PEOPLE USE COCAINE?

1. The most popular way to use cocaine is to snort it or rub it on gums.
2. Dissolve the powder and inject it into the bloodstream.
3. Another popular method of use is to smoke cocaine that has been processed to make a rock crystal called freebase cocaine or Crack.
   - Crack - Refers to the crackling sound of the rock as it's heated.
   - The crystal is heated to produce vapors that are inhaled into the lungs.
   - Some people also smoke Crack by sprinkling it on marijuana or tobacco, and smoke it like a cigarette.
### SHORT-TERM & LONG-TERM EFFECTS OF COCAINE

#### SHORT-TERM EFFECTS
- Constricted blood vessels
- Dilated pupils
- Nausea
- Raised body temperature & blood pressure
- Fast or irregular heartbeat
- Tremors & muscle twitches
- Restlessness
- Disturbed sleep patterns
- Extreme happiness & energy
- Mental alertness
- Hypersensitivity to sight, sound, & touch
- Irritability
- Hallucinations
- Bizarre, erratic, sometimes violent behavior
- Paranoia- extreme distrust of others
- Seizures

#### LONG-TERM EFFECTS
- Snorting: loss of smell, nosebleeds, frequent runny nose, problems with swallowing
- Smoking: cough, asthma, respiratory distress, higher risk of infections like pneumonia
- Injection: higher risk for contracting HIV, hepatitis C, other bloodborne diseases, skin infections, scarring or collapsed veins
- Paranoia, Delirium, Psychosis
- Tooth Decay
- Sexual problems
- High blood pressure, leading to heart attacks, strokes, and death
- Sleep Deprivation
- Auditory Hallucinations
- Addiction, Overdose, death
Prescription Drugs
Attention Deficit Hyperactivity Disorder (ADHD): A medical disorder that causes differences in brain development and brain activity that affect attention, the ability to sit still, and self-control.

Used to Treat ADHD Symptoms

**Rx Stimulants**

Amphetamine
- Adderall, Vyvanse
- Concerta, Ritalin

Methylphenidate
- Addy, Bennies, Uppers

**Slang Terms**
**Rx STIMULANTS**

### Short-Term Effects
- Increased alertness, attention, energy, blood pressure, heart rate & blood sugar, narrowed blood vessels.

### Long-Term Effects
- Heart problems, psychosis, anger, paranoia.

### Effects of High Doses
- Dangerously high body temperature, irregular heartbeat, seizures.

### Drug Interactions
- Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure.

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**Physical Signs:** Dilated pupils, Hyperactivity, Loss of appetite, weight loss, Mood-swings, Anxiety or nervousness, rapid or rambling speech, fast breathing
**Rx DEPRESSANTS**

**Used to Treat Mental Illness Symptoms**

Slow down or "depress" the functions of the brain and the Central Nervous System

**Benzodiazepines:**
- Xanax
- Valium
- Ativan
- Klonopin

**Sleep Medications:**
- Lunesta
- Ambien

**Slang Terms:**
- Benzos
- Downers
- Bars
- Yellow Jackets
- Yellows
- Tranks
- Candy
**Short-Term Effects**
Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement & memory, lowered blood pressure, slowed breathing

**Long-Term Effects**
Increased risk of addiction, depression, chronic fatigue, breathing difficulties, sexual problems and sleep problems

**Effects of High Doses**
Overdose from slowed or stopped breathing, decreasing oxygen to the brain causing short/long-term mental effects & effects on the nervous system, coma or permanent brain damage.

**Drug Interactions**
In combination with Alcohol: Further slows heart rate and breathing, which can lead to death.

**Physical Signs:** Slurred speech, poor concentration, dry mouth, problems with movement and memory, depression, dilated pupils
Used to Treat Pain

Used to treat moderate to severe pain. Block pain signals to the brain.

**Hydrocodone:** (Vicodin, Norco).
**Oxycodone:** (Oxycontin, Percocet), **Codine,** Morphine, Methadone, Fentanyl

**Slang Terms:** Percs, Vikes, Oxy, China girl, Jackpot, Friend, Killers, Cody
**Rx OPIOIDS**

**Short-Term Effects**
- Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing.

**Long-Term Effects**
- High risk of addiction

**Effects of High Doses**
- High Risk of overdose & death

**Drug Interactions**
- In combination with Alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.

**Physical Signs:** Nausea, weight loss, drowsiness, constipation, poor coordination, slowed reaction times, pinpoint pupils
Why is experimenting with Rx drugs riskier today?
Why is experimenting with Rx drugs riskier today?

Fake pills disguised as common prescription drugs laced with Fentanyl are causing large numbers of fatal overdoses!
A powerful synthetic opioid that is prescribed for severe pain

- **Synthetic Drug**: Created using man-made chemicals rather than natural ingredients (Ecstasy, LSD, K2/Spice)
- The most common drug involved in drug overdose deaths in the United States.
- 50 to 100x more potent than morphine
- Resembles cocaine and heroin
- Added by dealers to increase effect of drug (making it a cheaper option) usually without buyers knowledge
- Illegal fentanyl sold as a powder, dropped on blotter paper like small candies, in eye droppers or nasal sprays, or made into pills that look like real prescription drugs.

**Figure 76. Two Milligrams of Fentanyl - A Potential Lethal Dose**

Source: Network Environmental Systems (NES)
Signs of Drug use
Behavioral Symptoms

Drug abuse tends to significantly alter a person's behavior and habits. Some drugs can impair the brain's ability to focus and think clearly.

- Increased aggression or irritability
- Changes in attitude/personality
- Lethargy
- Depression
- Posting very different messages on social media
- Dramatic changes in habits and/or priorities
- Involvement in criminal activity

https://drugabuse.com/symptoms-signs-drug-abuse-effects/
PHYSICAL SIGNS OF DRUG USE

- Bloodshot eyes
- Changes in appetite
- Smell of smoke on breath, clothes, hair
- Irregular sleeping patterns
- Pinpoint or dialated pupils
- Changes in weight
- Frequent runny nose
- Drug paraphernalia
Substance use disorder (SUD)

- Substance use disorder (SUD) occurs when a person's use of drugs or alcohol results in health issues or problems in their work, school, or home life.

- Education and awareness around the harm of using substances, along with the support of friends, parents, and caregivers, can help prevent SUD.

Addiction is a treatable disease

- Addiction is a disease, not a character flaw. People suffering from substance use disorders have trouble controlling their drug use even though they know drugs are harmful.
- Overcoming a substance use disorder is not as simple as resisting the temptation to take drugs through willpower alone.
- Recovery may involve medication to help with cravings and withdrawal as well as different forms of therapy.
- It may even require checking into a rehabilitation facility. Recovery can be challenging, but it is possible.
Recovery options

There are safe and effective ways to recover from substance use disorder (SUD). Finding the right treatment option can be the key to a successful recovery journey.

Treatment Options

- **Twelve-step** facilitation therapy is an individual active engagement strategy designed to encourage people to accept drug addiction as a chronic, progressive disease and prepare them to begin a 12-step mutual support program.

- **Outpatient counseling** can help people understand addiction, their triggers, and their reasons for using drugs. This form of treatment can be done at a doctor’s office or via telehealth appointment.

- **Inpatient rehabilitation** at a full-time facility provides a supportive environment to help people recover without distractions or temptations.
Determining Level of Care
Criteria for Substance Abuse Disorders

- Cravings to use the substance
- Wanting to cut down or stop but not managing to
- Taking the substance in larger amounts or for longer than you’re meant to
- Using substances even when it puts you in danger
- Neglecting other parts of your life because of substance use
- Continuing to use, even when it causes problems in relationships
Substance use disorders span a wide variety of problems arising from substance use, and cover 11 different criteria:

- Taking the substance in larger amounts or for longer than you're meant to.
- Wanting to cut down or stop using the substance but not managing to.
- Spending a lot of time getting, using, or recovering from use of the substance.
- Cravings and urges to use the substance.
- Not managing to do what you should at work, home, or school because of substance use.
- Continuing to use, even when it causes problems in relationships.
- Giving up important social, occupational, or recreational activities because of substance use.
- Using substances again and again, even when it puts you in danger.
- Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
- Needing more of the substance to get the effect you want (tolerance).
- Development of withdrawal symptoms, which can be relieved by taking more of the substance.
Determining Level of Care

1. Acute Intoxication and/or Withdrawal Potential
2. Biomedical Conditions and Complications
3. Emotional, Behavioral or Cognitive Conditions and Complications
4. Readiness to Change
5. Relapse, Continued Use or Continued Problem Potential
6. Recovery Environment
Treatment is not 12 Step

- Ability to address comorbidity that occurs between SUD treatment and Mental Health counseling. 
  Society of Addiction Medicine.

DMC benefits- individual, group, family, TX, case management, referrals, UA

MI, CBT, Psychoeducation