WHAT YOU CAN DO ABOUT COCAINE ABUSE
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Keeping one’s children free from drugs is an intense challenge for parents. About one in fourteen high school students uses cocaine before they graduate. Among all Americans aged 12 and older, there are 1.4 million cocaine users. Cocaine is a very strong stimulant and for some people, is very quickly addictive, especially when smoked.

But parents and family can fight back against cocaine abuse. It takes knowing what signs of drug use or addiction to look for and knowing what to do if you find those signs.

It also takes knowing how to educate your children on the potential for damage and addiction to this dangerous drug. But you can do it. We can help you. More than anyone else, parents hold the key to preventing drug abuse by their children. Children listen to what their parents say, even if they don’t appear to. Take action now to prevent abuse of or eventual addiction to cocaine.

Looking for Signs of Cocaine Use

Cocaine and crack may both be sold in very small plastic bags or vials. Powdered cocaine is a fine, white powder that numbs the tongue if it is tasted. Crack cocaine comes in small off-white, irregularly shaped rocks.

Powder cocaine is usually snorted but can be dissolved and injected. It is occasionally ingested but this can lead to serious and even fatal digestive problems. Crack cocaine is smoked for an instantaneous high. You may find tiny spoons or scoops, syringes or small glass pipes that look burnt and coated with residue. There may be tightly rolled dollar bills.
Physical and Mental Effects

- Rapid onset of effects with a short duration.
- Excitement, stimulation, delusionally amplified senses of confidence and self-worth, unusually increased energy, loss of appetite, awake for long periods, unusually focused.
- Dilated pupils. Dry or cracked lips (when smoked). Frequent rubbing of nose (when snorted).
- High-dose use can result in aggression, panic, suicidal or homicidal tendencies. Paranoia and hallucinations may also occur, especially after binges of cocaine use.
- Long-term snorting of cocaine can lead to a loss of the sense of smell, sinus infections.
- Long-term smoking of cocaine can lead to lung damage that causes chest pain, breathing problems and fever.
- Termination of use may be followed by depression and intense fatigue.

The effects of powder cocaine last a very short time, around a half hour or a little longer. People will often binge on this drug if they have enough money, staying up for days until they finally hit a physical crash or run out of the drug.

Crack cocaine lasts an even shorter time, between five to ten minutes. Crack cravings are some of the strongest of any drug. This is what makes this drug so highly and quickly addictive. A person addicted to crack needs more of the drug throughout the day. This often leads to criminal acts to keep the drug coming – assault, prostitution, robbery.

A person abusing cocaine will usually disappear every once in a while to restore the high.
Dangerous Effects

Cocaine is a very strong stimulant, and thus places heavy stress on the heart and vascular system. Chronic cocaine use can lead to hardened arteries, a factor in the death of Whitney Houston. Cocaine use can also create enough stress to cause seizures and cardiac arrest, as it did for young basketball player Len Bias, the night after he was recruited by the Boston Celtics. Before he died in 1986, the country was largely unaware that cocaine abuse could result in death.

Each year, about a half million people arrive at Emergency Rooms to get help for problems with cocaine abuse. More than 160,000 people go to rehab to get help for cocaine addiction. Since only about one in ten people get rehab help who need it, this indicates that 1.6 million people are probably addicted to the drug. More than a thousand school aged children need rehab for cocaine abuse each year.

2010 Addiction Treatment Admissions by age:

- 12-17: 1,100+
- 18-20: 3,000+
- 21-25: 11,700+

Matt’s Story of Cocaine Addiction

By the time Matt was 35 years old, he had three children, a wife and an addiction to crack cocaine. He started drinking in high school, a habit that soon spiraled out of control. After graduation, he added cocaine to the mix. He got a good job but then began to need more money so began to steal from the company and got fired. A bad relationship breakup sent him further down the spiral, and he began to cope by drinking in bars till closing time and then using cocaine to wake up for work the next morning.
In the midst of growing health problems, he met another cocaine and alcohol abuser and got married. As three children came along, they tried to keep their care of the kids and drug and alcohol abuse separate but were only partly successful. When Matt’s wife disappeared, his world crumbled. He lost his children but this event still didn’t wake Matt up to the need to get sober.

When everything in his life seemed wrecked – finances, relationships, family, all his possessions – he finally faced the fact that he needed help. He was amazed when friends came forward to help him get to a Narconon rehab center in Texas.

Recovery was not an easy path but he rebuilt himself as a man as well as restoring his relationship with God. He stayed on at this Narconon center to help others recover and finally got his children back. “I know I am not an addict in recovery, I am a recovered addict,” he said. “I know if I just continue to take responsibility for myself and others, I will be fine.”

Preventing Cocaine Abuse

Of course, preventing the abuse of cocaine really means preventing the abuse of any drug. Drug abuse often starts early, so explaining the dangers, in very simple terms, must start even earlier, before the teenaged years. If your child is already in his teens, start anyway! It is never too late to improve the situation through education.

The likelihood that your child will at some point be surrounded by people drinking or using drugs and will be offered drugs is overwhelming. He must know to expect this, he must expect his peers to ridicule him if he refuses the offer to join in and he must know in his heart that he must walk out of this environment if he is to stay sober. He must truly understand the damage that can occur if drugs are abused, all the way up to and including overdose and addiction. Obviously, this information must be shared on a gentle gradient in the early years.
One of the most essential messages to send is that both the child’s parents are united in their opposition to any kind of substance abuse until after the child is 21 years of age. This is an important message whether the family all lives in the same household or not. According to the National Center on Drug Addiction and Substance Abuse, if a person can avoid drinking or using drugs until after they turn 21, they are virtually certain to never have a problem with substance abuse.

Parents must set a good example of sobriety as well. If a parent says that drug abuse is not acceptable but then drinks frequently or uses prescription drugs that could be avoided, this mixed message will undermine the parent’s desire to keep the child sober.

Of course, if the parent is using illicit drugs or abusing prescription drugs or alcohol, the best thing he could do to keep the child sober is get himself cleaned up, followed by this drug education.

Educating Your Kid About Cocaine

1. Learn about your subject. For more information on cocaine, you can visit:
   - http://www.drugabuse.gov/drugs-abuse/cocaine

2. Find good times to talk to your children when you will not be interrupted by telephones, television or visitors. The best effect will be created if you cover this subject a little at a time, which means you will need several conversations to get all the way through this information. Make very sure that after the first couple of conversations, you come back to the topic again until you have covered all the points included here. (Of course, it is recommended that you follow an education on cocaine with further education on other drugs.)
3. Explain that children or adults he knows could start using cocaine. Explain why these people may start, for example:

- He (or she) may have personal problems or stresses he does not know how to handle and may see drugs as a way to escape.
- He may have been bored or wanted more excitement in his life.
- He may have felt that he would be more popular and accepted by others if he joined others in using cocaine.
- He may have difficulties or weaknesses that drugs seem to make go away, like problems talking to the opposite sex, fears, anxieties or depression. Cocaine use makes people feel strong and confident and makes life seem exciting and these changes may feel quite valuable to some people, despite the risks involved in drug abuse.

If drugs make these problems seem to go away, the child may see value in repeating the abuse again and again, which can kick off intense cravings that trap the person into a pattern of drug abuse.

4. Explain that you want to help your children stay sober, that if they find themselves tempted or they do use drugs or drink, they should come to you immediately for help. You must be prepared to help without criticism if they are to feel safe coming to you.

5. Go over the effects of different kinds of cocaine and what kind of damage they cause, including physical, mental and financial harm, along with destroying relationships and trust. Invite them to ask questions or voice observations or opinions. Be realistic and don’t exaggerate the harm. If you say one thing and they see something else in life, they may discount everything you say.

6. Describe the way that peer pressure to use drugs or drink can be very subtle, feeling like nothing more than the desire to join in the fun everyone else seems to having.
7. Talk over the way that drug abuse in movies or television shows or music videos might make cocaine use look glamorous or fun. Point out that most movies featuring cocaine and other drug use usually omit the negative consequences. Explain the way that moral and physical decline, overdoses, arrests and other harm can occur with cocaine abuse.

8. Let them know that drug residues are stored in the body and thus the lingering damage of drug abuse can stay with them for many years. This damage can include effects like cloudy, slow thinking, emotional shutoff, depression, difficulty learning or problem-solving, even lasting personality changes like paranoia or anxiety.

9. Explain that the abuse of any drug or alcohol can damage or destroy a person’s ability to achieve their goals, even in one night due to an accident or overdose.

10. Help them envision their goals in life, pointing out that making decisions that help them achieve their goals are sort of antidotes to wanting to use drugs. If they are not sure what goals appeal to them, you may have to give them time to think this point over. Remember to come back to it. Once you know what they want to achieve, compliment and reward them for their achievements leading up to these goals. Remember, however, that your child may go through many changing goals as they grow up. The exact goal, as long as it is positive, is much less important than having a goal of one’s own choice.

11. Above all, do your best to make it safe for them to talk to you about their friends using drugs or alcohol, about their own substance abuse or concerns.

This is a very brief overview of how to protect your children. For a thorough, step-by-step guide to educating your children on drugs, please read the entire booklet Talking to Kids About Drugs that can found here: http://www.narconon.org/media/talking-to-kids.swf
What if your Child or Loved One is already Using Cocaine?

Determine if he (or she) is addicted by checking these points.

**Has he or she**

- Tried to quit or promised to quit and then returned to cocaine use?
- Suffered damage to health?
- Been arrested once or more than once for DUI, DWI or drug possession?
- Been arrested for crimes he (or she) committed to get money for cocaine or other drugs?
- Suffered serious damage to family life?
- Suffered severe financial damage or ruin?
- Overdosed once or more than once and needed emergency medical help?
- Abandoned goals or educational plans?
- Suffered significant personality changes that could include aggression, paranoia, dishonesty or loss of motivation?
- Created suffering for those around him due to neglect, physical or mental abuse?
- Been seriously affected by cocaine use in other ways?
- Already been to rehab one or more times and relapsed every time?

This is only a very brief test. But if these signs are present and the person has continued to abuse cocaine, it is very likely that addiction exists. This person may only be able to get sober with help from an effective rehabilitation program.
When a Person Needs Help

At some time or another, nearly every family will have to deal with the addiction of one of their members. It could be an uncle that seems half-drunk at every family celebration, someone who lost everything to prescription opiate addiction or a loved one who has been using cocaine. It is important to know how to find this person a lasting solution.

The kinds of changes that must occur to recover from addiction include

- A person must find relief from the incessant, intense cravings that make sobriety difficult or lead to repeated relapses.
- He (or she) must overcome the depression that accompanies addiction.
- He must gain more self-control and recover his clear perception of his world.
- He must also find relief from the guilt that results from addiction.
- He must regain a sense of morals and personal responsibility.
- He must learn the life skills that make it possible to maintain a sober path toward success after he returns to his usual life. In other words, he must feel better and more competent after rehab than before it.

When you look at this list, you are probably looking at the changes and life skills you hope to see in your loved one. The Narconon drug and alcohol rehabilitation program is designed to address these changes and many more that are necessary for a person to stay sober for the rest of his or her life.

The Narconon program is long-term, giving a person the time to recover from the destruction that occurs during addiction, and enabling him to learn and practice sober living skills. Narconon has more than four decades of experience repairing the types of damage done by addiction. Narconon can help you bring your loved one back to the way he was before addiction stole him away. He may even develop the abilities to live a better life than ever before.
You can locate a Narconon drug rehab program here
http://www.narconon.org/narconon-centers/

This level of repair takes longer than twenty-eight days. There is no fixed time limit for completing the Narconon program. A person graduates when he demonstrates that he is prepared for the challenges of staying sober and living an ethical, more productive life.

According to the National Institute on Drug Abuse, a rehab program of ninety days or longer is recommended for the best chance of success in rehabilitation.

**Getting Help from Other Drug Rehabs**
More than ten thousand rehab programs in the US can be found here, including the dozen Narconon centers in the United States: http://findtreatment.samhsa.gov

*This is a complete database of all different types of drug rehabs, searchable by city, county, state and type of program.*

Addiction does not have to be a permanent curse. It can be overcome. But it is best when it can be prevented entirely.

For help with drug education or rehabilitation, contact Narconon Arrowhead at

1-866-331-3772

**Cocaine Information**

Cocaine is produced in the fields of South America. Bolivia, Peru and Colombia are top coca leaf producing countries. Colombia is the world’s top coca leaf processor, with more processing taking place in Brazil, Ecuador, Venezuela and Argentina. From South America, shipments move north, coming into the US by small plane, truck, car or boat. Along the US-Mexico border, Mexican drug cartels are largely responsible for moving the drugs, but in large Eastern cities, a wide variety of ethnic groups transport these drugs.
Once the drugs hit US soil, they are usually distributed to gangs and criminal groups that break the large shipments into smaller packages. From there, these small packages find customers with cravings and addictions.

Powder cocaine is often diluted or “cut” with white powders that have a similar consistency. Cornstarch, flour, talc, procaine (a local anesthetic), levamisole (a veterinary de-worming medication), powdered sugars, even coffee creamers, vitamin B12 and baby formula may be used.

To make crack cocaine, the powder form of the drug is dissolved in hot water and baking soda is added. It is boiled until the water is nearly gone, and then the solids are filtered out. What remains after drying is a hard rock of concentrated cocaine that is then smokable.

Some quantity of cocaine is used everywhere in the US, but rates of use are higher in metropolitan areas from Florida through Pennsylvania and Massachusetts, the Great Lakes cities and in between.

### Nicknames for Cocaine

#### For powder cocaine
- Baseball
- Bazulco
- Beam
- Bernice
- Coke, Coca
- Line Rail
- Bump
- Snow, Snow White
- Aunt, Aunt Nora
- Bernie, Bernie's flakes, Bernie's gold dust
- C, C-dust, C-game, Candy C, Candy Cane
- Nose candy
- White pony
- Big C
- Big flake
- Blanca
- Blow

#### For crack cocaine
- Ice cube
- Jelly beans
- Nuggets
- Rocks
- Sleet
- Tornado
- Trey
- Yam, Yao
- Badrock, Black rock
- Blotter, Blopper
- Candy, Cookies
- Electric kool-aid
- Hard ball, Hard rock
- Glo
- Gravel
- Grit
- Hail
- Dice
- Beat
- Chemical
Common drug combinations that include cocaine may go by these nicknames

**Cocaine and marijuana**
Banano, Blunt, Pimos, Bazooka, P-Dogs, 51, Sherman Stick, Tio, Splitting, Woo-Woo, Woo Blunt, Woolies, Woolas

**Cocaine and meth**
Shабu, Snow Seals

**Cocaine and PCP**
Spaceball, Dusty Road Cocaine

**Cocaine and heroin**
Speedball, Belushi, Boy-Girl, H&C, Murder One, One and One, Smoking Gun, Snowball, Whiz Bang

**Cocaine and Ecstasy**
Bumping up

**Cocaine, LSD and Ecstasy**
Candy Flipping

**Cocaine, Heroin and Tobacco**
Flamethrowers

resources
http://ades.bc.ca/Drug_facts/cocaine.html
http://www.whitehouse.gov/blog/2011/12/07/cocaine-seizures-outstripping-production-not-exactly
http://www.samhsa.gov/data/dawn.aspx
http://www.casacolumbia.org/upload/2012/2012924familydinnersVIII.pdf
http://samafoundation.org/youth-substance-addiction/effects-of-drugs-on-adolescent-brain/