

KNOW **MORE**

ABOUT ADDICTION

Genesee County Substance Use Prevention Project



Community Resource Guide

for Cocaine Abuse



GREATER FLINT HEALTH COALITION

**MICHIGAN HEALTH
ENDOWMENT FUND**

KnowMoreGenesee.org

COCAINE: WHAT YOU NEED TO KNOW

If you are concerned about or struggling with cocaine addiction or know somebody that is, this resource will help you better understand cocaine. Know more about cocaine and get help if needed.

What is Cocaine?

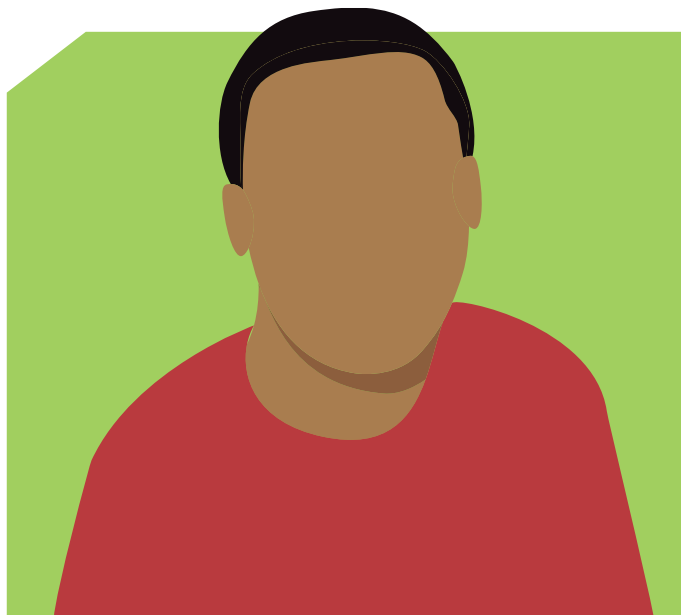
Cocaine is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. Cocaine is a Schedule II drug under the Controlled Substances Act, meaning it has a high potential for abuse. Although health care providers can use it for valid medical purposes, such as local anesthesia for some surgeries, recreational cocaine use is illegal.

Know About Cocaine and Opioids

As a street drug, cocaine looks like a fine, white, crystal powder. Street dealers often mix it with things like cornstarch, talcum powder, or flour to increase profits. They may also mix it with other drugs such as the stimulant amphetamine, or synthetic opioids, including fentanyl. Adding synthetic opioids to cocaine is especially risky when people using cocaine don't realize it contains this dangerous additive. Increasing numbers of overdose deaths among cocaine users might be related to this tampered cocaine.

Know How Cocaine Impacts the Brain

Cocaine increases levels of the natural chemical messenger dopamine in brain circuits related to the control of movement and reward. Normally, dopamine recycles back into the cell that released it, shutting off the signal between nerve cells. However, cocaine prevents dopamine from being recycled, causing large amounts to build up in the space between two nerve cells, stopping their normal communication. This flood of dopamine in the brain's reward circuit strongly reinforces drug-taking behaviors because the reward circuit eventually adapts to the excess of dopamine caused by cocaine, and becomes less sensitive to it. As a result, people take stronger and more frequent doses in an attempt to feel the same high, and to obtain relief from withdrawal.



Know the Short-Term Health Effects of Cocaine Use

- Hypersensitivity to sight, sound, and touch
- Irritability
- Paranoia—extreme and unreasonable distrust of others

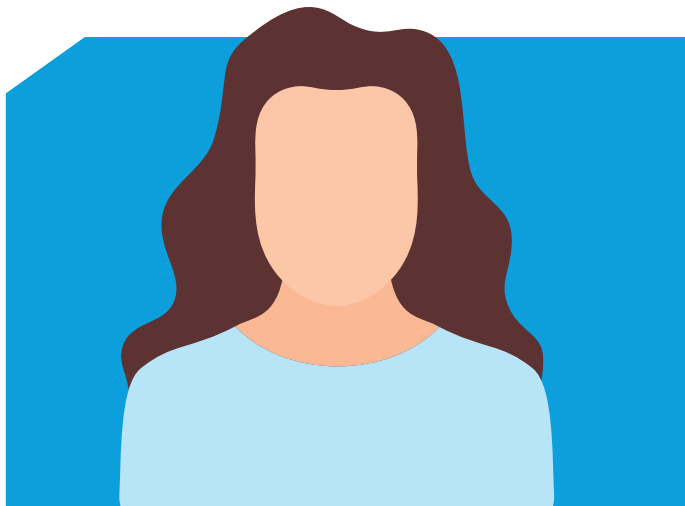
Know the Long-Term Health Effects of Cocaine Use

Some long-term health effects of cocaine depend on the method of use and include the following:

- **Snorting:** loss of smell, nosebleeds, frequent runny nose, and problems with swallowing
- **Smoking:** cough, asthma, respiratory distress, and higher risk of infections like pneumonia
- **Consuming by mouth:** severe bowel decay from reduced blood flow
- **Needle injection:** higher risk for contracting HIV, hepatitis C, and other blood borne diseases, skin or soft tissue infections, as well as scarring or collapsed veins

Other Known Health Effects of Cocaine Use

- Constricted blood vessels
- Dilated pupils
- Nausea
- Raised body temperature and blood pressure
- Fast or irregular heartbeat
- Tremors and muscle twitches
- Restlessness¹



COCAINE OVERDOSE & ADDICTION

Can a Person Overdose on Cocaine?

Yes, a person can overdose on cocaine. An overdose happens when a person uses enough of a drug to have a very bad reaction or death. An overdose can be intentional or unintentional. A cocaine overdose can cause a heart attack or stroke, and you can die. Death from overdose can occur on the first use of cocaine or unexpectedly thereafter.

Know the Signs of Cocaine Overdose:

- Throwing up
- Chest pain
- Fast heartbeat
- Shaking
- Feeling hot
- Panic
- Hallucinations (seeing things that aren't there)

If someone you know has any of these signs, you should call 911 right away.²

Know the Health Consequences of Cocaine Use

Some of the most frequent and severe health consequences of overdose are:

- Irregular heart rhythm
- Heart attacks
- Seizures
- Strokes

Other symptoms of cocaine overdose include difficulty breathing, high blood pressure, high body temperature, hallucinations, and extreme agitation or anxiety.



Know Cocaine Use Can Lead to Addiction

As with other drugs, repeated use of cocaine can cause long-term changes in the brain's reward circuit and other brain systems, which may lead to addiction. The reward circuit eventually adapts to the extra dopamine caused by the drug, becoming steadily less sensitive to it. As a result, people take stronger and more frequent doses to feel the same high they did initially and to obtain relief from withdrawal.

Withdrawal symptoms include:

- Depression
- Fatigue
- Increased appetite
- Unpleasant dreams and insomnia
- Slowed thinking

Former cocaine users are at a high risk for relapse, even following long periods of abstinence. Research indicates, that during periods of abstinence, the memory of the cocaine experience or exposure to cues associated with drug use can trigger strong cravings, which can lead to relapse.³

Know That Support is Available

Remember that addiction is a disease and those suffering should be treated with care and compassion, as with any other disease. It is a chronic brain disease that can be managed with medical treatment. Talk to your doctor and considering finding a support group to come together with others facing addiction and the road to recovery. It may be helpful to learn from the experience of others and receive emotional and social support.



¹ "Effects of Cocaine on Brains and Bodies." National Institute on Drug Abuse, [easyread.drugabuse.gov/content/effects-cocaine-brains-and-bodies](https://www.drugabuse.gov/content/effects-cocaine-brains-and-bodies).

² NIDA. "Cocaine Drug Facts." National Institute on Drug Abuse, 13 Jul. 2018, <https://www.drugabuse.gov/publications/drugfacts/cocaine>

³ NIDA. "Cocaine Drug Facts." National Institute on Drug Abuse, 13 Jul. 2018, <https://www.drugabuse.gov/publications/drugfacts/cocaine>

COCAINE ABUSE RESOURCES IN GENESEE COUNTY AND SURROUNDING AREAS

If an individual has **Medicaid, is uninsured, and/or has general questions**, they may call or visit (during business hours) the **Genesee Health System Access Center** at

- (810) 257-3740 (Crisis Line and Virtual Behavioral Health Urgent Care available 24/7)
- TTY (810) 232-6310
- Toll-Free (877) 346-3648
- Text FLINT to 741741 (Crisis Text Line available 24/7)
- 420 W. Fifth Avenue, Flint, MI 48503 – Open Monday through Friday 8 a.m. to 5 p.m.

Please have the follow information available when calling to expedite the process:

- Name, date of birth, social security number
- Medical insurance card or numbers, including Medicaid (if applicable)

- Names of current medicines and doctors
- Guardianship of court papers (if applicable)
- Special education or other school records (if applicable)
- Drugs (quantity, frequency)
- Services needed (detox, inpatient, outpatient)

Fees for services are based on a person's ability to pay, therefore, staff will need to know the household income and number of dependents of the person seeking help, a coverage determination will be made at the time of the screening. Staff will let you know if you can expect to have any cost for your services. No one will be denied services based on their inability to pay.

If an **individual has insurance other than Medicaid**, call the insurance plan directly to determine covered services and providers.

Genesee County Prevention and Treatment Directory

Above the Water House

4105 Keyes St, Flint, MI 48504
(810) 877-2907
Women's recovery housing for females with addiction with mild to moderate psychological impairments.

Catholic Charities of Shiawassee and Genesee Counties

901 Chippewa St, Flint, MI 48503
(810) 232-9950

Flint Odyssey House

529 M.L. King Ave, Flint, MI 48502
(810) 238-5888
Residential detox, long-term residential, outpatient, and adolescent substance use disorder services.

Genesee Health System Access Center

420 W. Fifth Ave, Flint, MI 48503
(810) 257-3740
TTY (810) 232-6310
Toll-Free (877) 346-3648
Professional, compassionate and confidential help with questions, referrals for community resources, and routine screenings for adults with mental illness and individuals with substance abuse treatment needs. Screenings available Monday-Friday, 8 a.m. to 5 p.m.

Great Lakes Recovery Mission

504 N. Grand Traverse St, Flint, MI 48503
(586) 491-1057
Substance abuse residential rehab facility and provides treatment to people with drug addiction and other substance abuse problems.

Life Challenge Ministries

Life Challenge of Southeastern Michigan
17667 Pierson St, Detroit, MI 48219
1230 Dupont St, Flint, MI 48504
(844) 355-LIFE
info@lcministries.org

One-year residential program for men and women with drug, alcohol, and other life-controlling addictions. Affiliated with Teen Challenge USA, International, their goal is more than rehabilitation. A faith-based program.

Meridian Health Services

1255 N. Oakland Blvd,
Waterford Twp, MI 48327
(248) 599-8999
Detox/withdrawal management, residential treatment, medication-assisted treatment, and outpatient program.

Narcotics Anonymous – Flint

(800) 230-4085

Nar-Anon Support for Families – United in Hope

(810) 397-7175

New Paths, Inc.

765 E. Hamilton Ave, Flint, MI 48505
(810) 233-5340
newpaths.org

Remedy Exchange, Inc.

8308 Office Park Dr, Suite One,
Grand Blanc, MI 48439
(810) 449-0159
PRIME for Life Program that helps youth and adults learn how to reduce their risk of alcohol and other drug related problems throughout life.

Sacred Heart Rehabilitation Center Flint Outpatient Recovery & Wellness Services

2091 Professional Dr, Flint, MI 48532
(810) 732-1652
Outpatient Recovery and Wellness Center

Sacred Heart Rehabilitation Center Adult Residential & Clearview Campus

400 Stoddard Rd, Richmond, MI 48062
(810) 392-2167
Outpatient Recovery and Wellness Center

Salvation Army Adult Rehabilitation (Men Only)

2200 N. Dort Hwy, Flint, MI 48506
(810) 234-2678
Long-term residential program, spiritual base, work therapy, group and individual counseling, leisure time activities.