



# COCAINE ADDICTION TREATMENT PROGRAM

Call Santé Center for Healing today to get  
started on your recovery!

**(866)717.0445**



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## What is Addiction?

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The [National Institute on Drug Abuse](#) defines addiction as a “chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain. It is considered both a complex brain disorder and a mental illness. Addiction is the most severe form of a full spectrum of substance use disorders, and is a medical illness caused by repeated misuse of a substance or substances.”

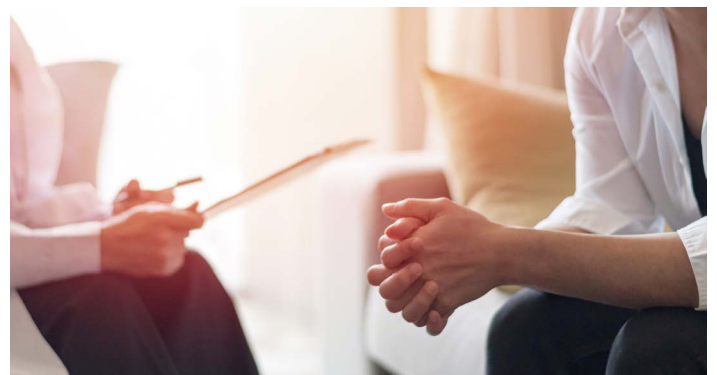
## What Does An Addiction To Cocaine Look Like?

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Cocaine is a stimulant made from the leaves of coca plants, typically grown in South America. According to the [National Institute on Drug Abuse](#), cocaine is a street drug typically found in a fine, white, crystal powder. It’s often mixed with other household items, like baking soda or flour, to increase profits. It is also commonly mixed with other drugs,

like amphetamines and fentanyl. This can be particularly dangerous and addictive because cocaine users who aren’t aware their drugs have been mixed with a substance like fentanyl are at increased risk for overdose and death.

Cocaine can be snorted, rubbed on the gums, smoked, or dissolved and injected. It can be combined with other drugs to enhance the high a user gets. For example, mixing cocaine and heroin is commonly called a “speedball.” Some cocaine users take the substance regularly, but others may go on binges, using the substance repeatedly for short periods of time. The [National Institute on Drug Abuse \(NIDA\)](#) reports, “Among people aged 12 or older in 2020, 1.9% (or about 5.2 million people) reported using cocaine in the past 12 months.”



You may be contemplating whether you have a problem with cocaine. You may have family, friends, a work colleague, therapist, or medical provider expressing concern about your use. According to the National Institute on Drug Abuse the short-term effects of cocaine use include -

- Sensitivity to sight, sound, and touch
- Irritability
- Paranoia (feeling that people are out to get you)
- Constricted blood vessels and dilated pupils
- Higher body temperature
- Extreme happiness and energy
- Mental alertness
- Higher blood pressure and faster heartbeat, leading to higher risk of heart attack or stroke
- Feeling sick to the stomach
- Restlessness
- Decreased appetite and, over time, a loss of weight
- Inability to sleep

**The long-term effects of cocaine use vary based on method of use, but include -**

- Snorting
  - Loss of sense of smell, nosebleeds, nasal damage, and trouble swallowing
- Smoking
  - Cough, asthma, and lung damage
- Consuming by mouth
  - Damage to intestines caused by reduced blood flow
- Needle injection
  - Higher risk for HIV and hepatitis through shared needles
- All methods
  - Poor nutrition and weight loss

Stimulant use disorder from cocaine use exists on a spectrum, from mild, to moderate, to severe. While you don't have to identify with all of the characteristics listed above, if even a few resonate, early treatment could prevent the escalation to more serious problems, including relationship crisis, financial upheaval, employment dilemmas, legal issues, medical distress and death.

# How Prevalent Is Cocaine Addiction?

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According to the Centers for Disease Control and Prevention (CDC) -

- Cocaine is involved in nearly 1 in 5 overdose deaths.
- In 2019, nearly 16,000 Americans died from an overdose involving cocaine.
- Over 5 million Americans reported current cocaine use in 2020, which is almost 2% of the population.

In addition to overdose and death, abusing cocaine presents additional risk factors, including escalation to injection drug use which puts addicts at greater risk for contracting HIV, Hepatitis B, and Hepatitis C.

# What Does Treatment For Cocaine Use Look Like At Santé Center For Healing?

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Treatment of stimulant use disorder is unique to each individual and based on a number of factors. An assessment by a quality treatment center like Santé Center for Healing is a great place to start. During an assessment you'll meet with clinical and medical staff to assess what level of care (Intensive Outpatient, Detox, Residential, etc.) will be most appropriate to meet your needs. Levels of care help determine what your treatment looks like, for example -



# What Does Treatment For Cocaine Use Look Like At Santé Center For Healing?

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- You may need more intensive treatment that includes around the clock residential care with initial services like medical detox or other medication management.
- You may live at home while attending an intensive outpatient level of care during the day or at night.
- You may need a structured transitional living to access peer support and accountability in a therapeutically supported environment.

While you may be seeking an assessment for cocaine use, it's important to be as transparent as possible about other substances you may also be taking. During an assessment you may experience shame or guilt associated with your substance use. These feelings are normal. It's important that you try your best to be as transparent as possible with your usage, including frequency, amount, and any side effects you've experienced as a result.

You may have preconceived notions about what treatment looks like but at Santé, treatment includes a variety of clinical tools like individual



therapy, group therapy, neurofeedback, experiential therapy, expressive arts, physical fitness, and more! For more than 25 years we have seen client after client achieve long-term recovery. It is possible and you are worth it.

## Why Should I Seek Treatment?

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Getting sober and experiencing recovery can be challenging. Getting evidence-based, professional medical and clinical help increases the likelihood you receive the crucial tools necessary to achieve long-term recovery. The National Institute on Drug Abuse reports that “research has shown unequivocally that good outcomes are contingent on adequate treatment length. Generally for residential or outpatient treatment, participation for less than 90 days is of limited effectiveness, and treatment lasting significantly longer is recommended for maintaining positive outcomes.” If 90 days feels overwhelming to think about, take things one step at a time. Santé’s average residential length of stay is 45 days but take it just one day at a time. Today, can you commit to an assessment to simply start a conversation and check your options?



“Cocaine addiction is a serious and damaging disease that can impact our clients personally, professionally, relationally, and financially. We utilize a trauma-focused approach to get to the roots that underlie cocaine addiction (or any addiction, for that matter). Through this approach, we treat the source of the addiction, and not just the symptoms, to help our patients create the best foundation for their newfound recovery.”

- Santé Center for Healing  
Primary Therapist Ashley  
Whitted, MS, LPC, CSAT



# What Does Long-Term Recovery Look Like?

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At Santé, discharge planning begins as soon as you're admitted to any program or level of care. We want you to have a plan that's uniquely crafted to your needs after treatment. Addiction is a chronic disease that needs ongoing support. Recovery isn't achieved upon completion of residential or intensive outpatient treatment. Rather, it's a process of ongoing growth day by day.

To help you stay on track, upon discharge from Santé alumni are automatically enrolled in Santé's "Open Road" program where you'll have access to support, activities, and more, to help you along your path. The alumni program involves a variety of activities to learn how to do life sober with weekly support meetings, quarterly road trips, fun sports events, community service and sharing experience, strength and hope with those who need it.

For so many, long-term recovery is characterized as: Chaos reduction. Suffering minimized. Relationship repair. Health regained. Trauma resolution. Purpose returned. Horizon expanded. Potential amplified. Generational disease stopped.



## Wrap-up

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If you want to discuss cocaine use or any other substance use in your life or that of a loved one, we're here to support you 24/7. You can reach masters level therapists anytime at [\(866\) 717-0445](tel:8667170445) or by visiting our website at <https://www.santecenter.com>.

"My experience at Santé was the most difficult, yet life changing experience. Santé saved me. "

Santé alumni

