

Routes to Recovery via criminal justice

Mapping user manual





Harm reduction

Knowledge maps can be used to structure discussions about harm reduction issues, while providing a useful reminder for the client to take away from the session.

By ticking the small box in each section when the topic is discussed, both worker and client have a reminder of what has been discussed.

These maps can be supplemented by other written materials.

Map 01/Harm reduction

Crack cocaine

- Constricts
 blood vessels
 and blood
 pressure
- Heart attack
- Stroke
- Worse with alcohol

- Fluid build up or bleeding into lungs
- 'Foreign bodies' may get trapped
- Smoking damages lungs' cleaning mechanism 'crack lung'
- Ammonia or aluminium poisoning

- Paranoia
- Anxiety
- Depression and suicidal thoughts
- Delirium (confusion)
- Psychosis

- Poor diet and weight loss
- Poor immune system
- Problems in pregnancy
- Liverdamage



Heart

Harms caused



Lungs



Mental health



Other



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Crack cocaine

Preventing harm



Equipment



Look after yourself



Use as little as possible



- Avoid smoking from plastic or tin pipes – fumes can cause lung damage
- Don't share pipes this will increase the risk of contracting Hepatitis C through mouth sores or burns
- Smoke can damage your lungs – hold it in for as little time as possible
- Use Vaseline or lip salve to keep your lips moist
- Drink plenty of water
- Eat before using

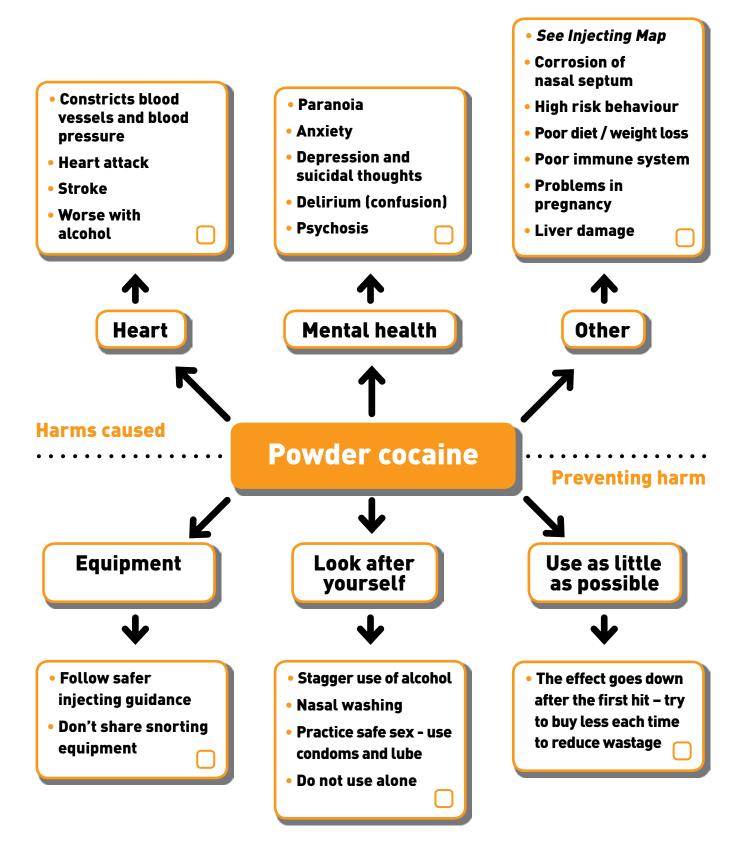
- Take breaks between each smoke
- The effect goes down after the first hit – try to buy less each time to reduce wastage

Client name:

Kevworker:

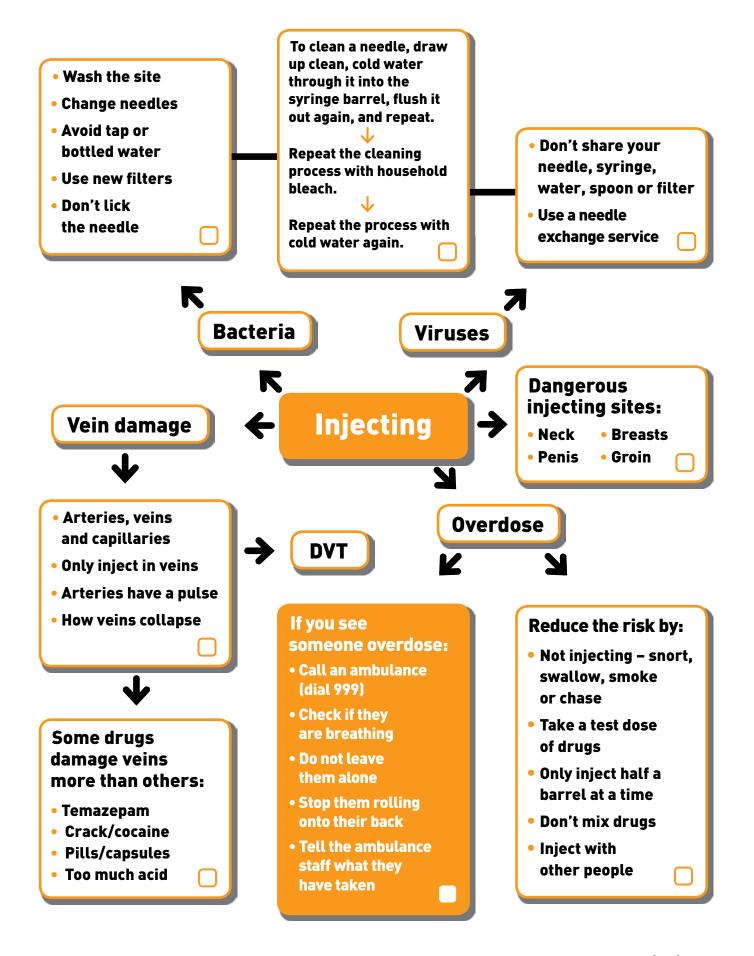
Date: ___/___/

Powder cocaine



Map 03/Harm reduction

Injecting



Client name: Keyworker: Date: __/__/__

Hepatitis

 An infection of the A: transmitted by contaminated food or water - infection lasts less than 6 months liver that causes it to become inflamed and can cause B: 90% get only short infection permanent damage Three main types A, B, and C C: 80-90% get chronic hepatitis, gradually progressing to cirrhosis, liver failure and possibly death What is it? **Symptoms** Flu-like illness. tiredness, slight fever, aches in **Hepatitis Treatment** muscles, nausea, vomiting, weight loss, jaundice **Getting tested for** How do you How do you hepatitis B & C is the prevent get it? first step - even if getting it? you think you have it A vaccine is available to protect you from Sex hepatitis B Safer sex - use Injecting Specialist treatment condoms Sharing crack pipes for hepatitis C is Don't share drugs available, which can Body piercing and Don't let alcohol cure 40-80% tattoos or drugs make you of cases Pregnancy, forget yourself It takes 6-12 months childbirth and Hepatitis A or B breastfeeding It causes low mood vaccination Blood transfusion Sharing toothbrushes and razors

- Human Immunodeficiency Virus attacks the immune system
- With reduced protection, the person develops severe illnesses - they are then said to have AIDS (Acquired **Immune Deficiency Syndrome)**
- There is no cure or vaccination for **HIV or AIDS**

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What is it?

- Many people have no symptoms for years
- Some get a flu-like illness within 2 months — fever, headache, fatigue, swollen glands in the neck and groin
- Even if there are no symptoms, the person can pass HIV onto another person

How can you tell if you have been infected?

Treatment



- The only way to know if you have HIV is to get tested
- Antiretroviral treatment aims to keep the amount of HIV in the body at a low level
- It is not a cure, but it can stop people from becoming ill for many years
- Tablets need to be taken every day for life

HIV





- Safer sex use condoms
- Don't share drugs
- Don't let alcohol or drugs make you forget yourself

How do you get it?



- Sex
- Injecting
- Sharing crack pipes
- Body piercing and tattoos
- Pregnancy, childbirth and breastfeeding
- Blood transfusion
- Sharing toothbrushes and razors

Date: __/__/__ Client name: Keyworker:

Overdose

- Taking so much of any drug that your body cannot handle it
- May cause death by heart, liver or respiratory failure

Depressants (heroin, methadone, benzos):

- Unable to talk
- Body limp
- Face pale
- Slow heartbeat
- Slow and shallow breathing
- Choking or gurgling sounds
- Unconsciousness / coma

Stimulants (crack, cocaine, speed):

- Pressure, tightness or pain in the chest
- Shaking or fits
- Choking sounds
- Foaming at the mouth
- Unconsciousness / coma

How can you tell if someone has overdosed?

What is it?

Risks



- Injecting heroin
- Combining drugs
- High alcohol consumption
- High levels of use
- Low tolerance following detox or prison

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Overdose



How do you avoid it?



- Go easy after a break
- Don't mix your drugs
- Taste the hit
- Make a pact

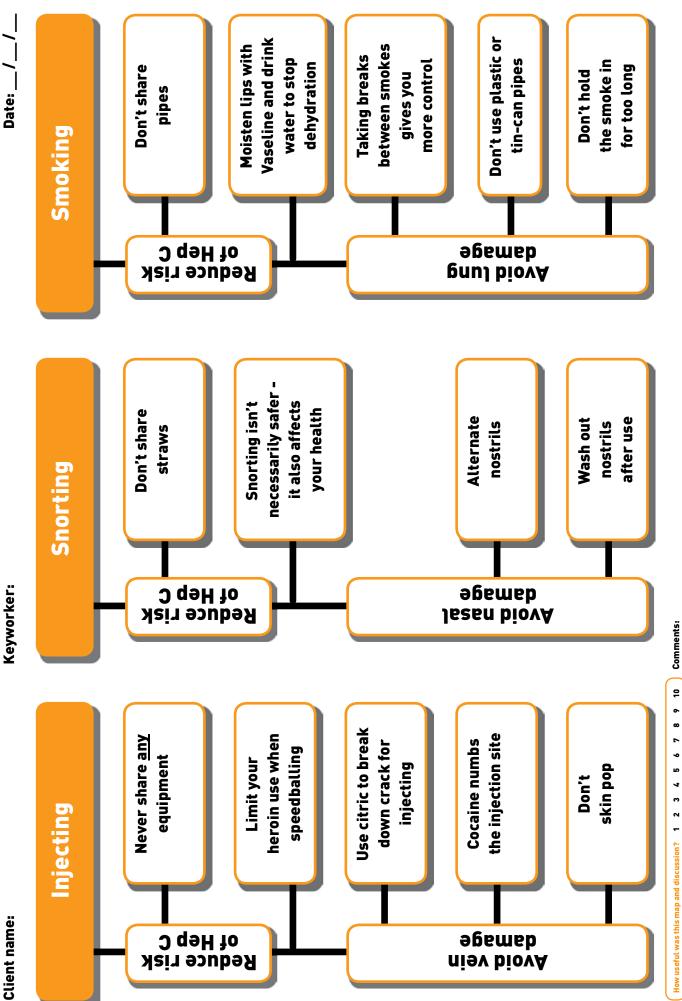
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What to do

If you see someone overdose:

- Call an ambulance (dial 999)
- Check if they are breathing
- Put them in the recovery position
- Tell the ambulance staff what they have taken

Client name: Keyworker: Date: __/__/__



Acknowledgements

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A wide range of node-link mapping materials are available for free at ${\bf www.ibr.tcu.edu}$



National Treatment Agency for Substance Misuse

National Treatment Agency 6th Floor, Skipton House 80 London Road London SE1 6LH Tel 020 7972 1999 Fax 020 7972 1997 Email nta.enquiries@nta-nhs.org.uk

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