

Children's Home of York Prevention Education

-Cocaine Fact Sheet-

What is it?



Cocaine is an extremely addictive stimulant drug made from the leaves of the coca plant which is native to South America. Stimulants drugs are aptly named as they stimulate or speed up different processes in the body such heart rate and breathing. Cocaine is most commonly associated with illegal recreational use, however in some circumstances cocaine is deemed medically useful as an anesthetic such as with eye, nose and throat surgeries. There are two common varieties of cocaine; powder cocaine and crack cocaine. As in its' name powder cocaine is usually a fine, white crystal powder. This type of cocaine can is typically inhaled (snorted), rubbed on the gums to be absorbed, or dissolved into liquid and injected with a needle. While crack cocaine typically appears more like white chalky/powdery chunks of a rock-like substance. Crack cocaine is smoked and derives its' name from the crackling sound made when it is heated. More recently there has been a dangerous trend of mixing and selling cocaine with opioids, sometimes without the user's knowledge, often resulting in an overdose.



Did you know?

- Cocaine was actually an ingredient in early formulations of the famous soda Coca-Cola, which is where it got its' namesake
- Over 900,000 people in the US meet the criteria for as substance abuse disorder because of cocaine or crack cocaine use
- Approximately 0.7% of 8th graders, 1.5% of 10th graders, and 2.2% of 12 graders report using cocaine within the past year
- Only about half of 12th graders believe it is very risky to try cocaine once or twice, while the other half do not believe trying cocaine once or twice is a risky choice.
- In 2018, cocaine was responsible for at least 14,666 overdose deaths in the US
 - Almost three quarters of those overdose deaths also involved some type of opioid as well (which includes: heroin, fentanyl, and prescription opioids)

Solutions for Parents



To help prevent cocaine use among the youth in your life, try some of these solutions:

- Stay informed about cocaine and other drug trends, you can also educate yourself by using this sheet and by visiting the websites listed on our drug and alcohol resource guide.
- Talk to your child and teen about the dangers of cocaine, and link this discussion into your talk about heroin, fentanyl, prescription opioids and stimulants as these types of drugs often go hand and hand
- Safe storage of prescription medication should also be a part of preventing future cocaine use, because often abuse of prescription drugs like opioids and stimulants is the first stepping stone towards using stronger illegal drugs in the future like cocaine.
- If you have opioids or stimulants in your household whether for short or long term use remember to store them safely and carefully, like in a locked medicine cabinet or box
- If you were prescribed an opioid or stimulant and no longer need the medication remember to dispose of it properly at a medication disposal site. These sites are often located at police stations, health care facilities, and pharmacies.



Our Resources

Children's Home of York provides several free prevention programs to schools and youth in York County communities that help children and their families learn strategies to avoid using alcohol, tobacco and other drugs. To request information or set up a free program in your school and community please call or email Cecilia Keesey, Director of Prevention at (717) 755-1033 ext. 1257 or ckeesey@choyork.org.

-Ask About Our New Free Virtual Prevention Programming Options-

Looking for More?



We hope this guide has helped you in your journey towards drug and alcohol education for yourself and your family. Remember research, education and support are key components to navigating the world of drug and alcohol prevention and treatment. If you want more information about cocaine for you or your family check out our comprehensive drug and alcohol resource guide. This guide includes countless website links, hotline phone numbers, and even local in-person resources for York County.