



Cocaine Anonymous

A Presentation to Professionals



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Our Aims Today

- Describe what Cocaine Anonymous is
- Describe what Cocaine Anonymous is not
- Explain how to find our meetings and how to get our literature
- Outline how we can help you and how you can help us



Cocaine Anonymous Is...

A global fellowship of men and women for whom drugs had become a major problem

An international, community-based 12 Step programme for daily recovery that has worked for many thousands of addicts worldwide



Cocaine Anonymous Is Not...

About any particular drug or group of drugs

- To us, a drug is any mind-altering substance

The only solution for drug addiction

A cult or religion

Affiliated with any other organisation

Funded by any third parties



History of Cocaine Anonymous

Founded in California, USA in November 1982

In 1983 there were approximately 30 meetings, since then membership has grown dramatically

On May 3rd, 1985, Cocaine Anonymous held its 1st annual World Service Convention

Today more than 2000 weekly meetings are held throughout the world



History of Cocaine Anonymous

In the UK, C.A. started with a single weekly meeting in London in January 1992

Currently there are approximately 350 weekly meetings in England and Wales

There are approximately 50 meetings held in hospitals and institutions

Cocaine Anonymous continues to grow...

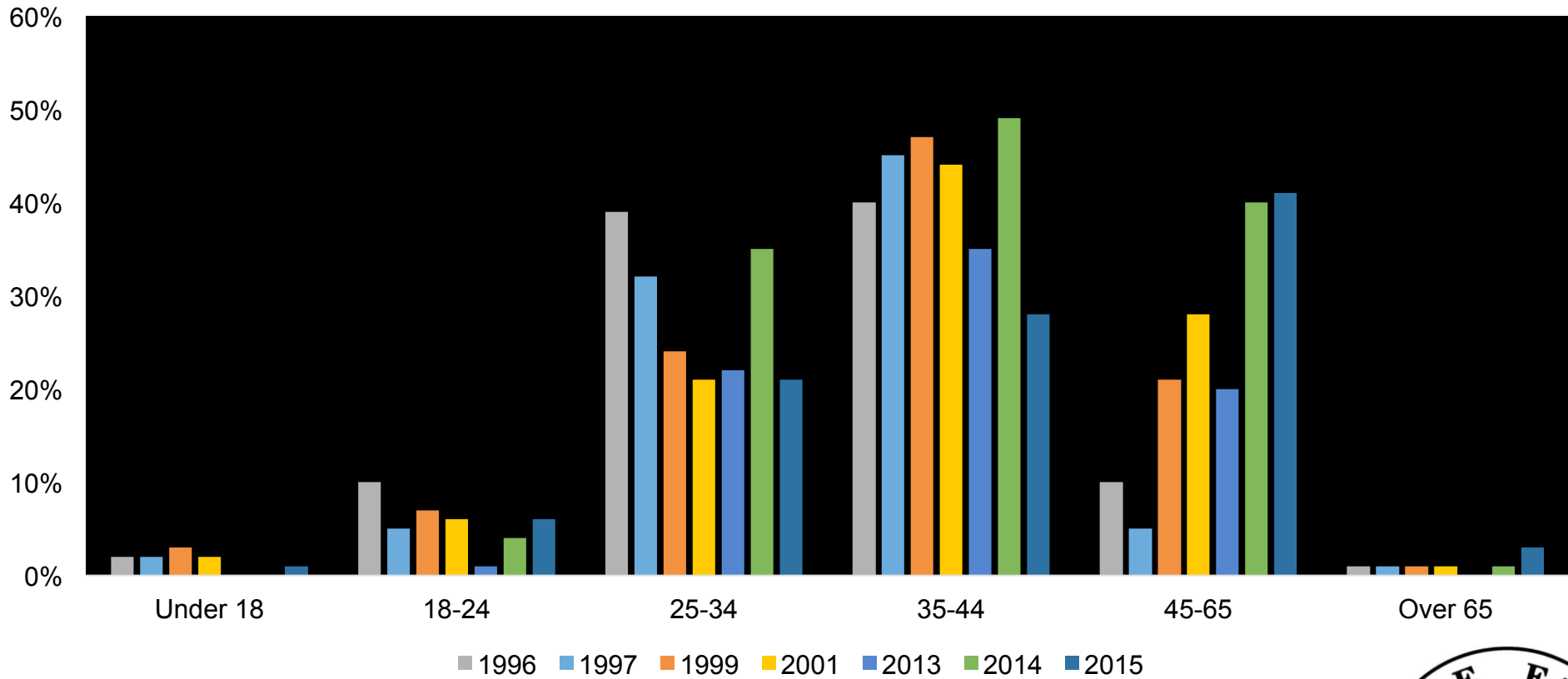


Demographics

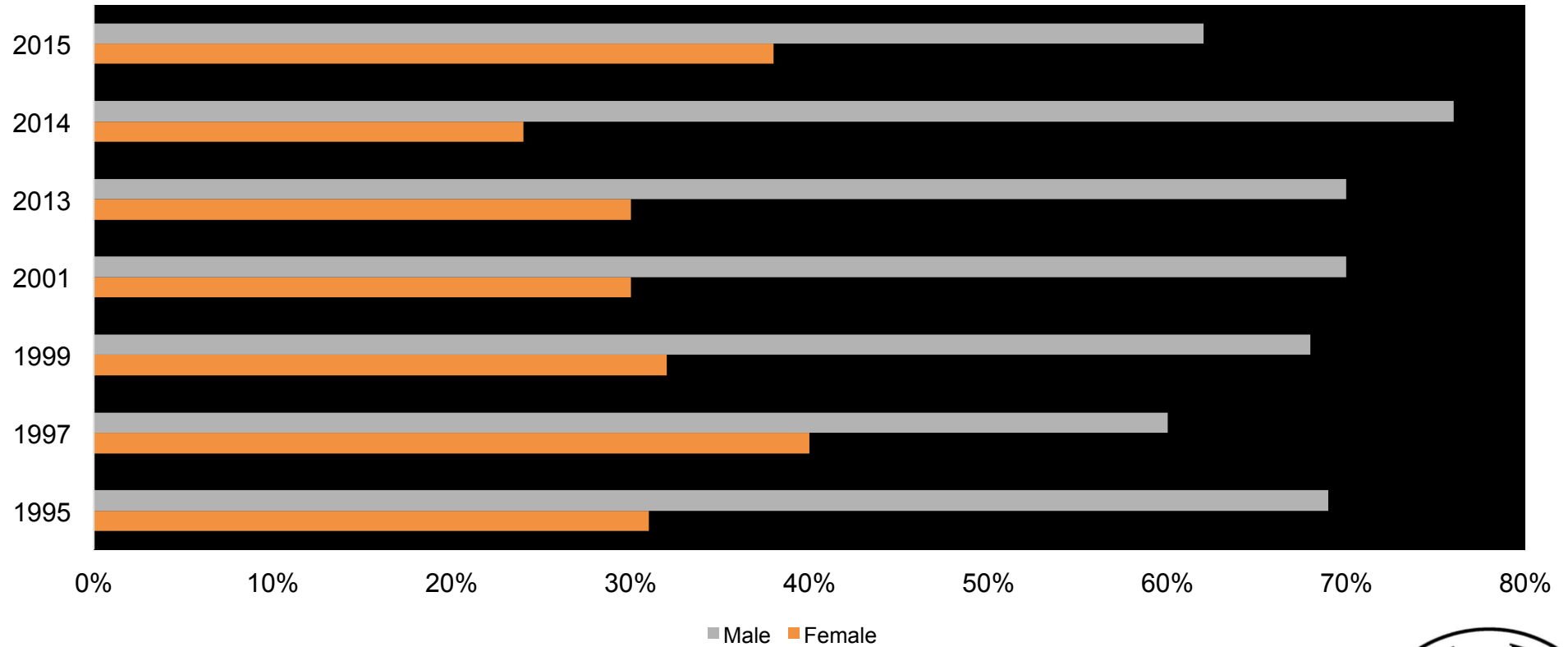
Although anonymity prevents us from keeping meeting attendance records, we have some surveys that give snapshots of our membership's makeup



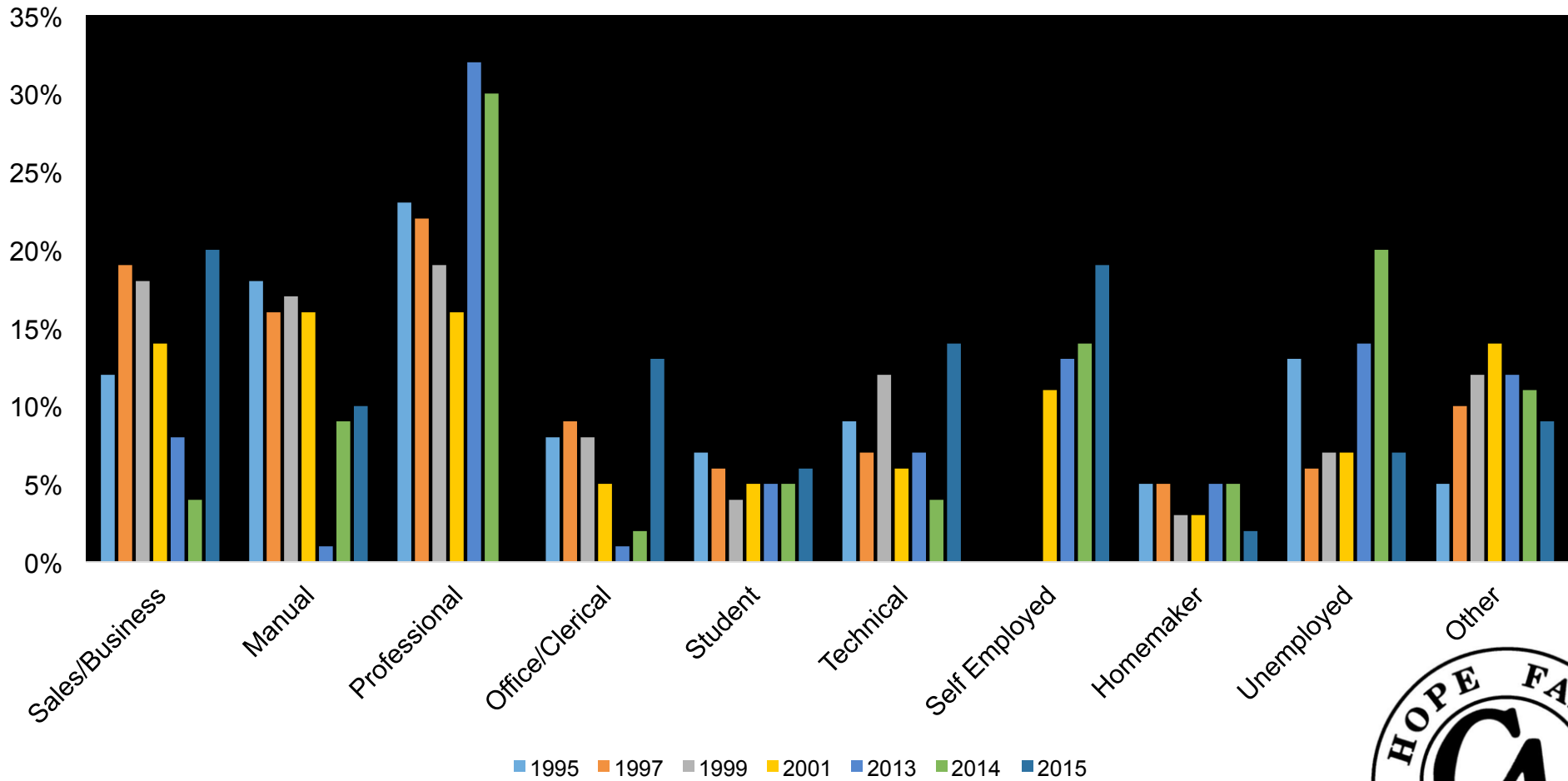
Demographics – Age of Members



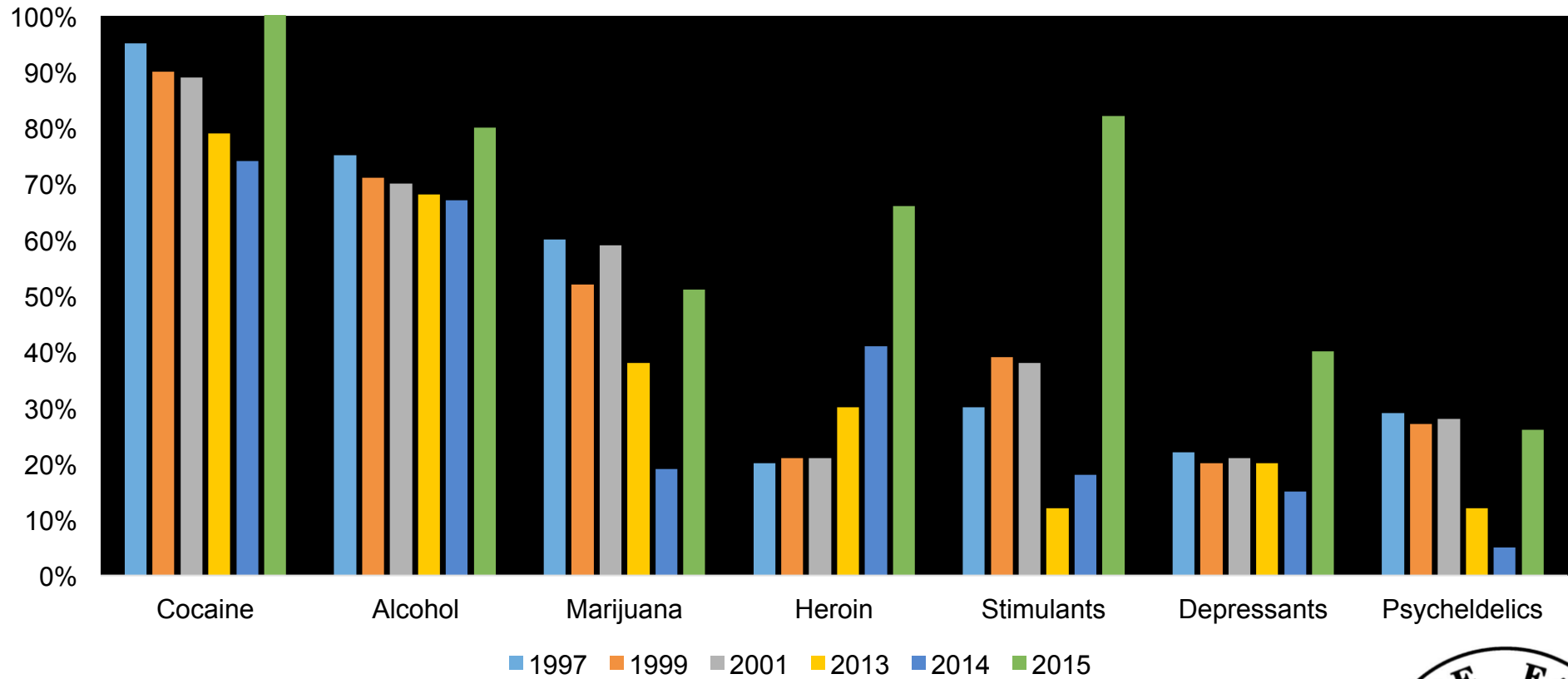
Demographics – Gender



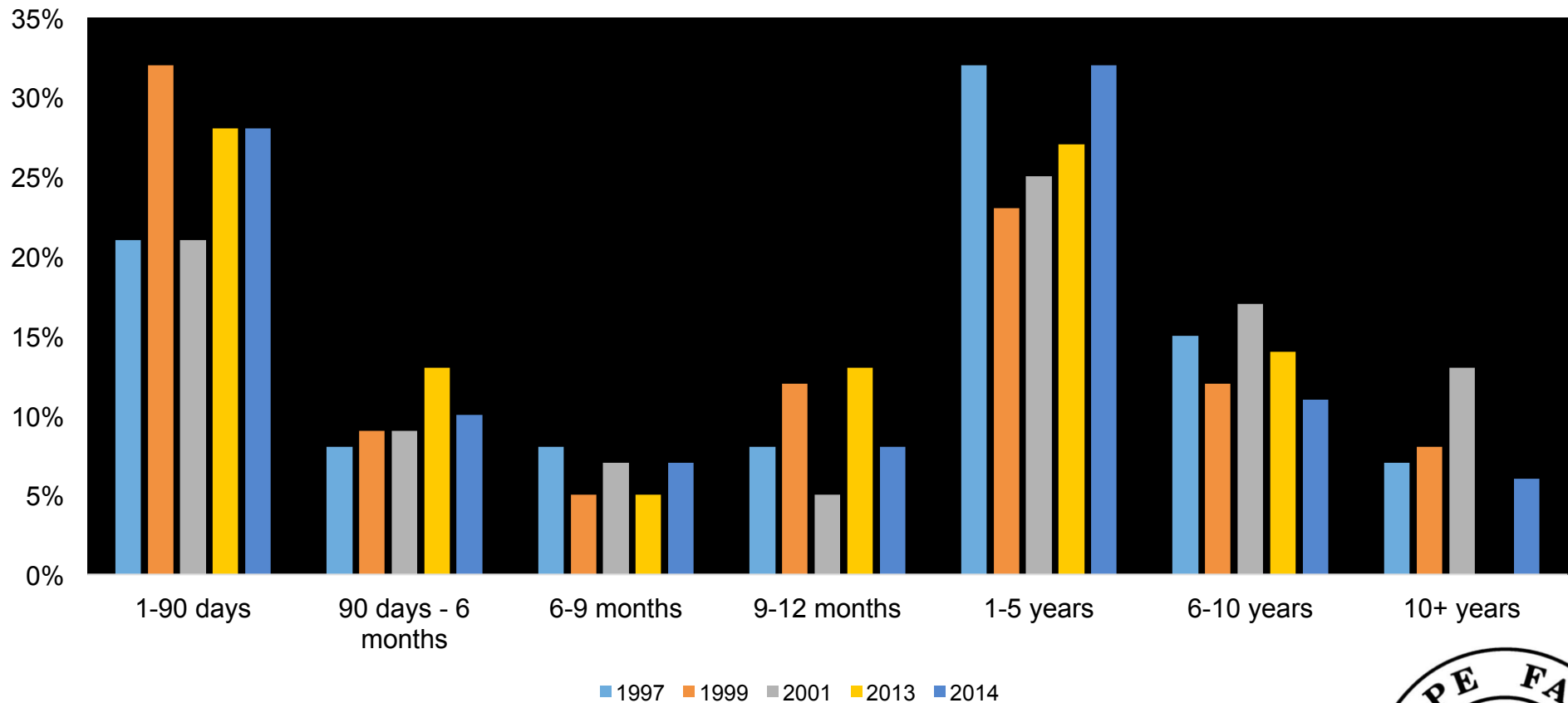
Demographics – Occupations



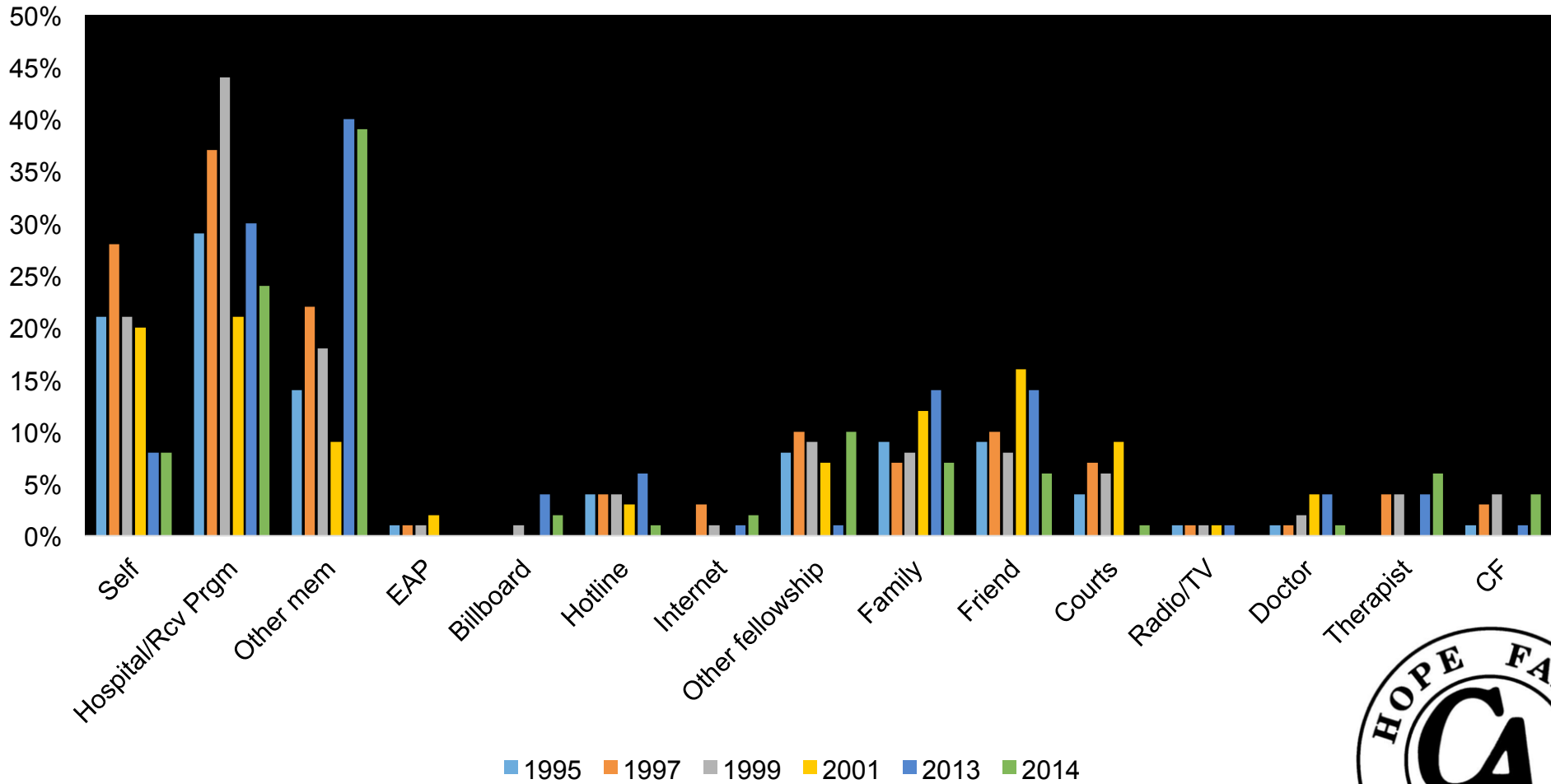
Demographics – Drugs Used



Demographics – Amounts of Sobriety



Demographics – How We Found CA



Some of Our Traditions

'The only requirement for membership is a desire to stop using cocaine and all other mind altering substances'

People do not have to be 'clean' to attend C.A. meetings

We do not attempt to judge anyone's desire

- that is up to the individual

We have no initiation fees or dues, no pledges to sign,
no promises to make to anyone



Some of Our Traditions

*‘Every C.A. group ought to be fully self-supporting’,
declining outside contributions’*

Our programme is free

We are funded through:

- Voluntary contributions from members
- Literature sales
- Fundraising events such as conventions

We accept no donations from outside sources



Some of Our Traditions

‘Cocaine Anonymous has no opinion on outside issues hence the C.A. name ought never be drawn into public controversy’

For us, ‘outside issues’ include:

- The role of drugs in society
- Government drug policy
- The effectiveness of various modalities of addiction treatment

Our sole purpose is to help those who decide they have a drug problem



Some of Our Traditions

‘A C.A. group ought never endorse, finance or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose’

But we do co-operate with individuals and organisations such as Government, medical, educational and legal



Anonymity

Allows addicts to attend meetings without fear of legal or social repercussions

Supports an atmosphere of equality in meetings

Means that we don't keep attendance records



Anonymity

We ask for your help in maintaining our tradition of personal anonymity

**Please do not identify people by name or in full-face photographs
as members of Cocaine Anonymous**

**Please do not describe details of their personal circumstances
which could reveal their identities**



Addiction

C.A. uses a simple experience-orientated disease concept of addiction

We do not qualify our use of the term 'disease' in any medical or specialised therapeutic sense

To us, drug use is only a symptom of the underlying problem, which is the disease of addiction

Some typical behaviour patterns of active addiction include:

- Compulsive, self centred, obsessive behaviour
- Living in isolation
- Being in denial of drug and living problems



Abstinence & Recovery

Cocaine Anonymous encourages its members to observe complete abstinence from all drugs, including alcohol

It is our experience that complete and continuous abstinence from all drugs is the best foundation for recovery and personal growth

We have found that the therapeutic value of one addict helping another is without parallel

This is primarily achieved through regular meetings



The CA Group

Meets regularly at a specific time and place; follows the 12 Steps and 12 Traditions of Cocaine Anonymous

Key components of a meeting:

- Identification of one addict with another, recognition of ourselves in others
- Sharing our personal experience, strength and hope
- A 'sanctuary' where addicts can support one another and form new friendships



The CA Group

Typical meeting structure:

- Readings
- Chair
- Sharing
- Announcements
- Key-rings
- Serenity Prayer

The newcomer is the most important person at any meeting

We keep what we have only by giving it away:

Service opportunities in groups help people become involved, e.g. making tea, handling literature, greeting others

We run 'Open' meetings where non addicts can attend and observe



The 12 Steps

These are tools that help us learn to live and enjoy life without the use of drugs

The 12 Steps of C.A. teaches honesty, open-mindedness, willingness, acceptance, humility, love, integrity, faith, selfless service and more

Our 12 Step programme is based on principles that we can follow in our daily lives

The pace of the programme is always up to the individual



Spirituality

Cocaine Anonymous is non-religious and encourages each member to cultivate an individual understanding of a Higher Power, religious or not

Central to the programme is an emphasis on what is referred to as a 'Spiritual Awakening', emphasising its practical value, not its philosophical or metaphysical importance



Sponsorship

The essence of C.A. is the therapeutic value of one addict helping another

Sponsorship is a very practical way of achieving this

**Members are free to choose a sponsor
(or not to, though it is suggested they do)**

**Sponsors act as mentors or guides, helping sponsees to
work through the 12 Steps**



Some Aspects of Recovery

The honest admission of being an addict

Finding hope and developing faith

Coming to a better understanding of ourselves, changing our behaviours, removing defects of character, making amends for past wrongs

Continuing to develop faith and improve our living actions, helping and sharing with others



Life After Drugs

We develop new interests

We practice spiritual principles in our lives

We develop freedom from self-obsession

We gain self-respect, as well as respect for others



Life After Drugs

We get together and develop new friendships

Every year, the UK (like most other countries) holds a national Convention where hundreds of addicts meet to celebrate and share their recovery; there are also many local conventions and other social events across the UK

Every year there is a World Convention attended by thousands



How We Can Help You

Provide a resource in the community – a soft landing for people finishing treatment programmes

Provide literature and meeting information

Give Public Information presentations

Start and run meetings in institutions

Advise on how to start public meetings



Evidence of Attendance at Meetings

Although we are an anonymous fellowship, we realise the need by some parts of the professional community to provide evidence of attendance at our meetings.

The “chit system” enables attendees to produce a record of attendance.

An attendee can approach the meeting secretary and ask for a 'chit' - an initialed/ stamped and dated card.

This can then be used by the attendee however they wish to provide evidence of attendance.

THE CHITS DO NOT CONFIRM ATTENDEES ARE CLEAN, SPONSORED OR WORKING A PROGRAMME they simply confirm that they attended the meeting from start to finish.

If this is something you would like more information on please get in touch with the CAUK PI chair via email: pi@cauk.org.uk



Some Limitations

We are volunteers and we rotate service commitments

We answer to the groups and it can take time when we consult them

We do not provide vocational, social or welfare systems

We do not engage in education or propaganda about drugs

We do not persuade or recruit anyone to join C.A.



How to Contact Us

Cocaine Anonymous UK Helpline
0800 612 0225 or 0300 111 2285

Cocaine Anonymous UK Website
www.cauk.org.uk

Cocaine Anonymous UK Public Information email address
pi@cauk.org.uk

Cocaine Anonymous World Services website
www.ca.org

Cocaine Anonymous Office
Talbot House, 204-226 Imperial Drive
Rayners Lane, Harrow, London, HA2 7HH





Cocaine Anonymous

Question & Answers Time





Cocaine Anonymous

Thank You



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