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.
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
- Liver damage

Heart
Lungs
Mental health
Other

Harms caused

Crack cocaine

Preventing harm

Equipment

- 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

Look after yourself

- 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

Use as little as possible

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

Client name: [space]
Keyworker: [space]
Date: [space]
Powder cocaine

Harms caused

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

Heart

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

Mental health

• See Injecting Map
• Corrosion of nasal septum
• High risk behaviour
• Poor diet / weight loss
• Poor immune system
• Problems in pregnancy
• Liver damage

Other

Preventing harm

• Follow safer injecting guidance
• Don’t share snorting equipment

Equipment

• Stagger use of alcohol
• Nasal washing
• Practice safe sex - use condoms and lube
• Do not use alone

Look after yourself

• The effect goes down after the first hit – try to buy less each time to reduce wastage

Use as little as possible

Comments:

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

How useful was this map and discussion?      1 2 3 4 5 6 7 8 9 10
To clean a needle, draw up clean, cold water through it into the syringe barrel, flush it out again, and repeat.

- Repeat the cleaning process with household bleach.
- Repeat the process with cold water again.

- Don’t share your needle, syringe, water, spoon or filter
- Use a needle exchange service

• Wash the site
• Change needles
• Avoid tap or bottled water
• Use new filters
• Don’t lick the needle

Bacteria

Vein damage

- Arteries, veins and capillaries
- Only inject in veins
- Arteries have a pulse
- How veins collapse

Viruses

Dangerous injecting sites:
- Neck
- Breasts
- Penis
- Groin

Injecting

Some drugs damage veins more than others:
- Temazepam
- Crack/cocaine
- Pills/capsules
- Too much acid

If you see someone overdose:
- Call an ambulance (dial 999)
- Check if they are breathing
- Do not leave them alone
- Stop them rolling onto their back
- Tell the ambulance staff what they have taken

Reduce the risk by:
- Not injecting – snort, swallow, smoke or chase
- Take a test dose of drugs
- Only inject half a barrel at a time
- Don’t mix drugs
- Inject with other people

Client name: ___________________________  Keyworker: ___________________________  Date: __ / __ / __
Hepatitis

What is it?
- An infection of the liver that causes it to become inflamed and can cause permanent damage
- Three main types A, B, and C

A: transmitted by contaminated food or water - infection lasts less than 6 months
B: 90% get only short infection
C: 80-90% get chronic hepatitis, gradually progressing to cirrhosis, liver failure and possibly death

Symptoms
- Flu-like illness, tiredness, slight fever, aches in muscles, nausea, vomiting, weight loss, jaundice

Treatment
- Getting tested for hepatitis B & C is the first step – even if you think you have it
- A vaccine is available to protect you from hepatitis B
- Specialist treatment for hepatitis C is available, which can cure 40-80% of cases
- It takes 6-12 months
- It causes low mood

How do you prevent getting it?
- Safer sex - use condoms
- Don’t share drugs
- Don’t let alcohol or drugs make you forget yourself
- Hepatitis A or B vaccination

How do you get it?
- Sex
- Injecting
- Sharing crack pipes
- Body piercing and tattoos
- Pregnancy, childbirth and breastfeeding
- Blood transfusion
- Sharing toothbrushes and razors

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

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10
Comments:
**What is it?**

- 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

**How do you get 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?**

- 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

**How do you prevent getting it?**

- Safer sex - use condoms
- Don’t share drugs
- Don’t let alcohol or drugs make you forget yourself
- Sex
- Injecting
- Sharing crack pipes
- Body piercing and tattoos
- Pregnancy, childbirth and breastfeeding
- Blood transfusion
- Sharing toothbrushes and razors

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

What is it?

Risks

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

How can you tell if someone has overdosed?

Overdose

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

How do you avoid it?

Go easy after a break
Don’t mix your drugs
Taste the hit
Make a pact
**Map 07/Harm reduction**

**Useful tips**

**Smoking**
- Don't share pipes
- Moistens tips with Vaseline and drink water to stop dehydration
- Taking breaks between smokes gives you more control
- Don't use plastic or tin-can pipes
- Don't hold the smoke in for too long

**Avoid lung damage**

**Avoid nasal damage**

**Avoid Hep C**

**Injecting**
- Never share any equipment
- Limit your heroin use when speedballing
- Use citric to break down crack for injecting
- Cocaine numbs the injection site
- Don't skin pop

**Avoid vein damage**

**Avoid Hep C**

**Avoid nasal damage**

**Avoid Hep C**

Client name: ______________________

Keyworker: ______________________

Date: __/__/__

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Comments: ______________________
Watch out when you take other drugs with crack

- More risk of heart attack and liver damage
- More risk of accidental OD or fits/seizures
- More risk of very high temperature (hyperthermia)
- More risk of heart attack

- Alcohol
- Heroin
- Ecstasy
- Poppers
- Viagra

- Cocaine
- Cocaine
- Cocaine
- Cocaine
- Cocaine

Useful tips...

- Try not to buy off the street
- Use with people you trust in a comfortable place
- Try to buy less – effect goes down after first hit
- Eat before using / use vitamin supplements
- Let ammonia evaporate fully when freebasing – it damages your lungs

Client name: __________

Keyworker: __________

Date: __ / __ / __
Acknowledgements
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A wide range of node-link mapping materials are available for free at www.ibr.tcu.edu

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