



# 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 3<sup>rd</sup>, 1985, Cocaine Anonymous held its 1<sup>st</sup> 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...

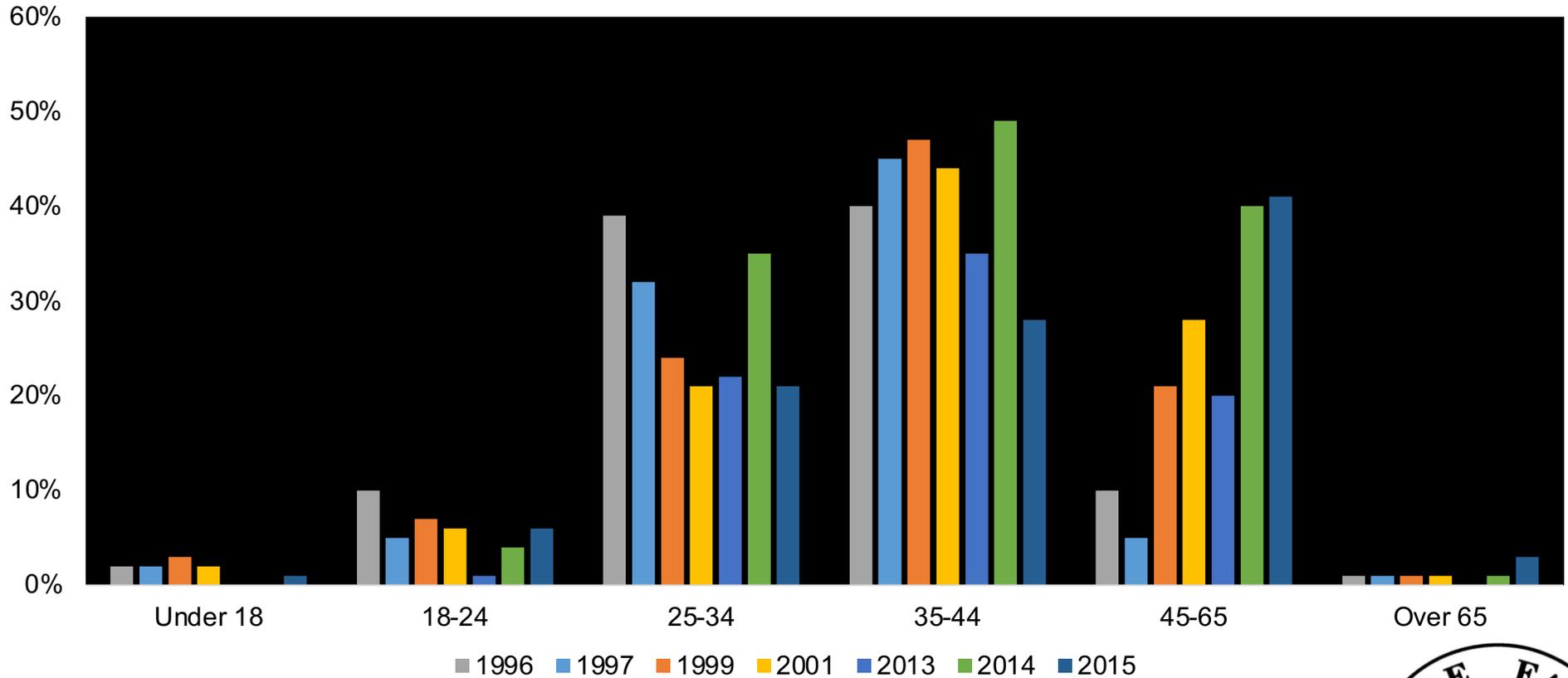


# Demographics

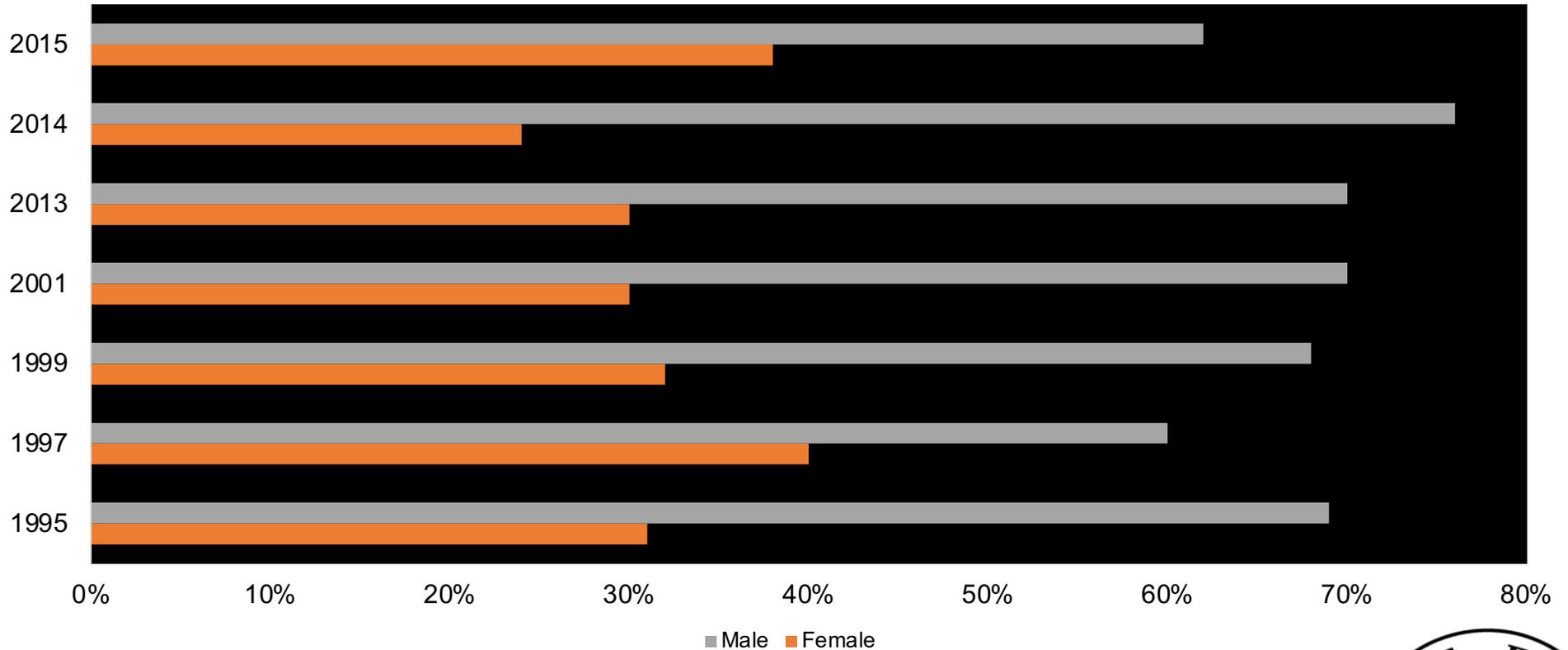
Although anonymity prevents us from keeping meeting attendance records, we have some surveys that give snapshots of our membership's makeup



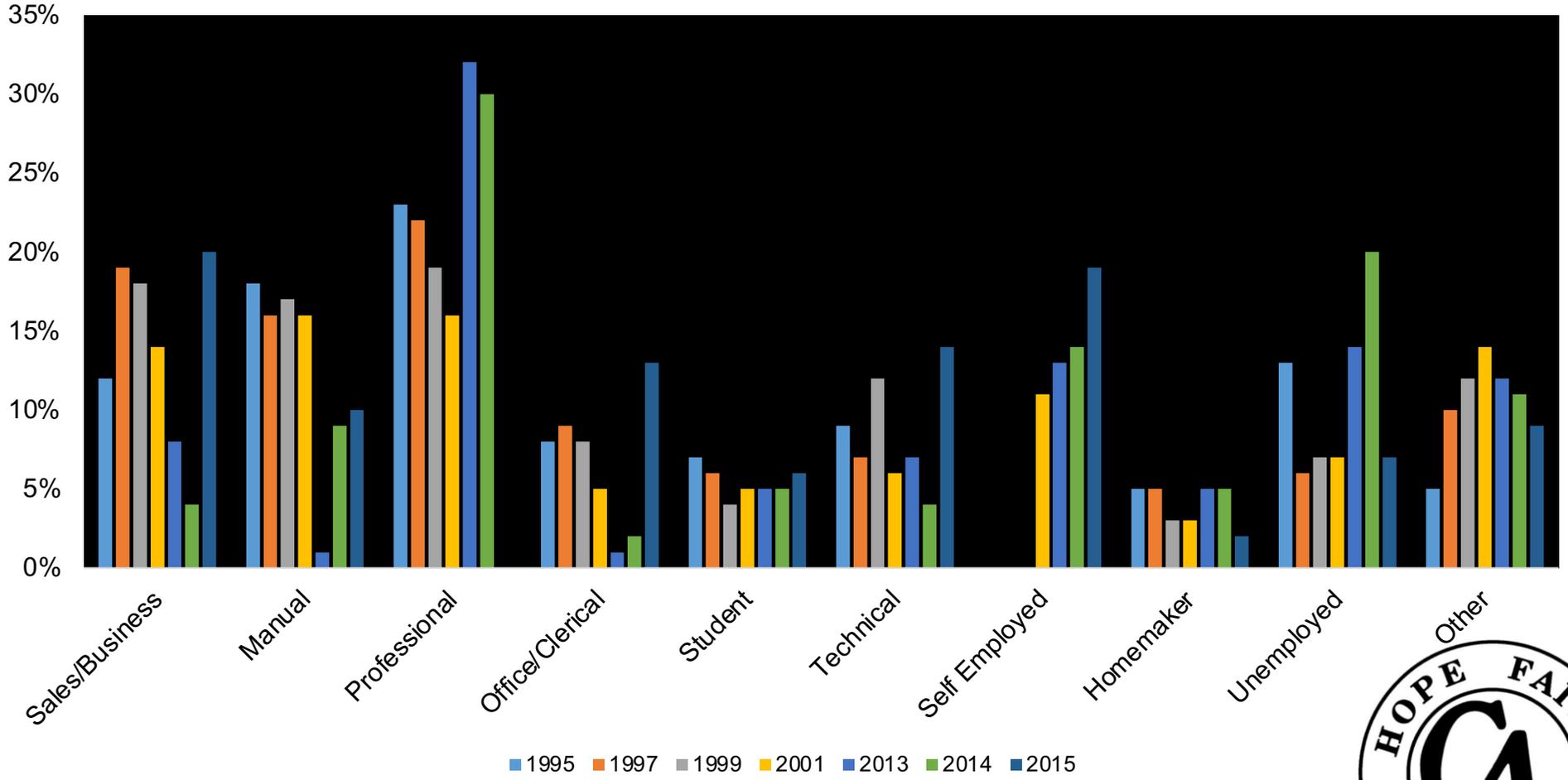
# Demographics – Age of Members



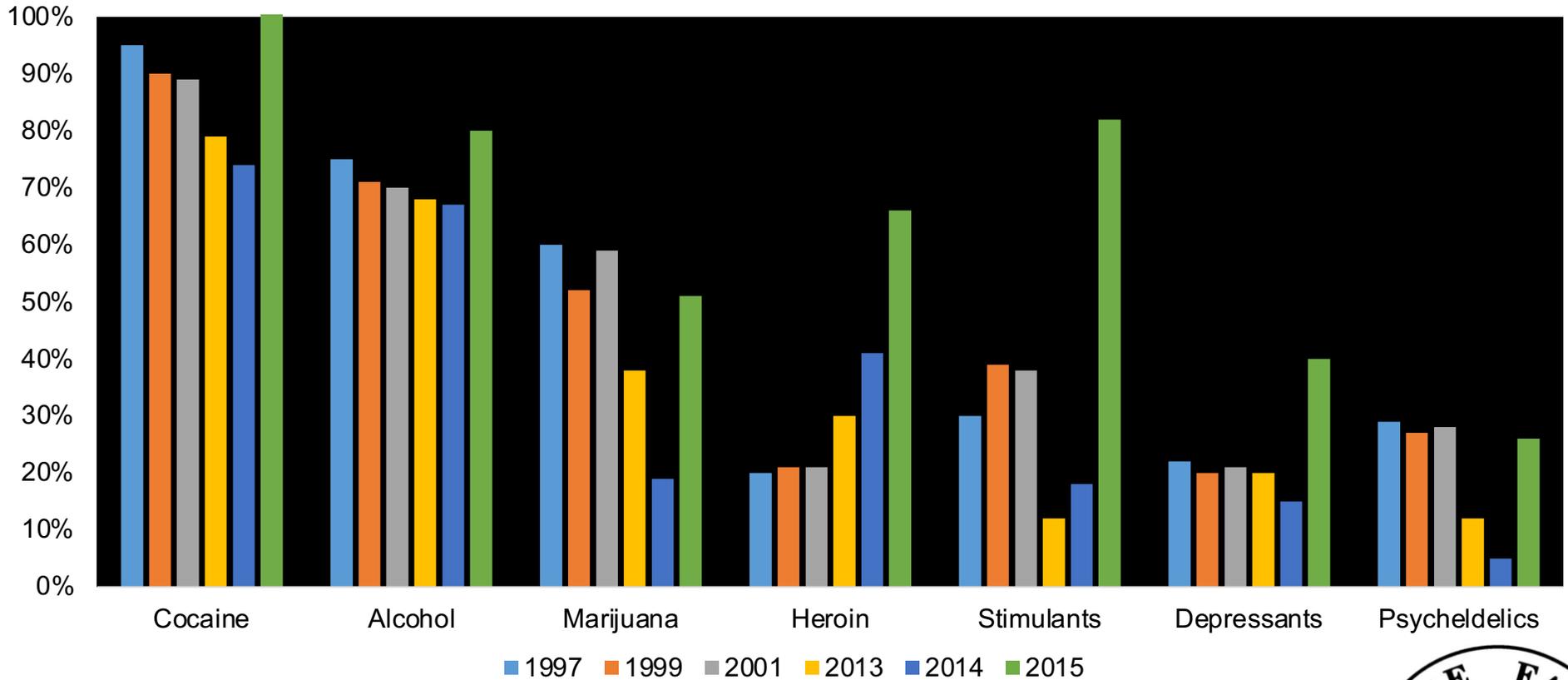
# Demographics – Gender



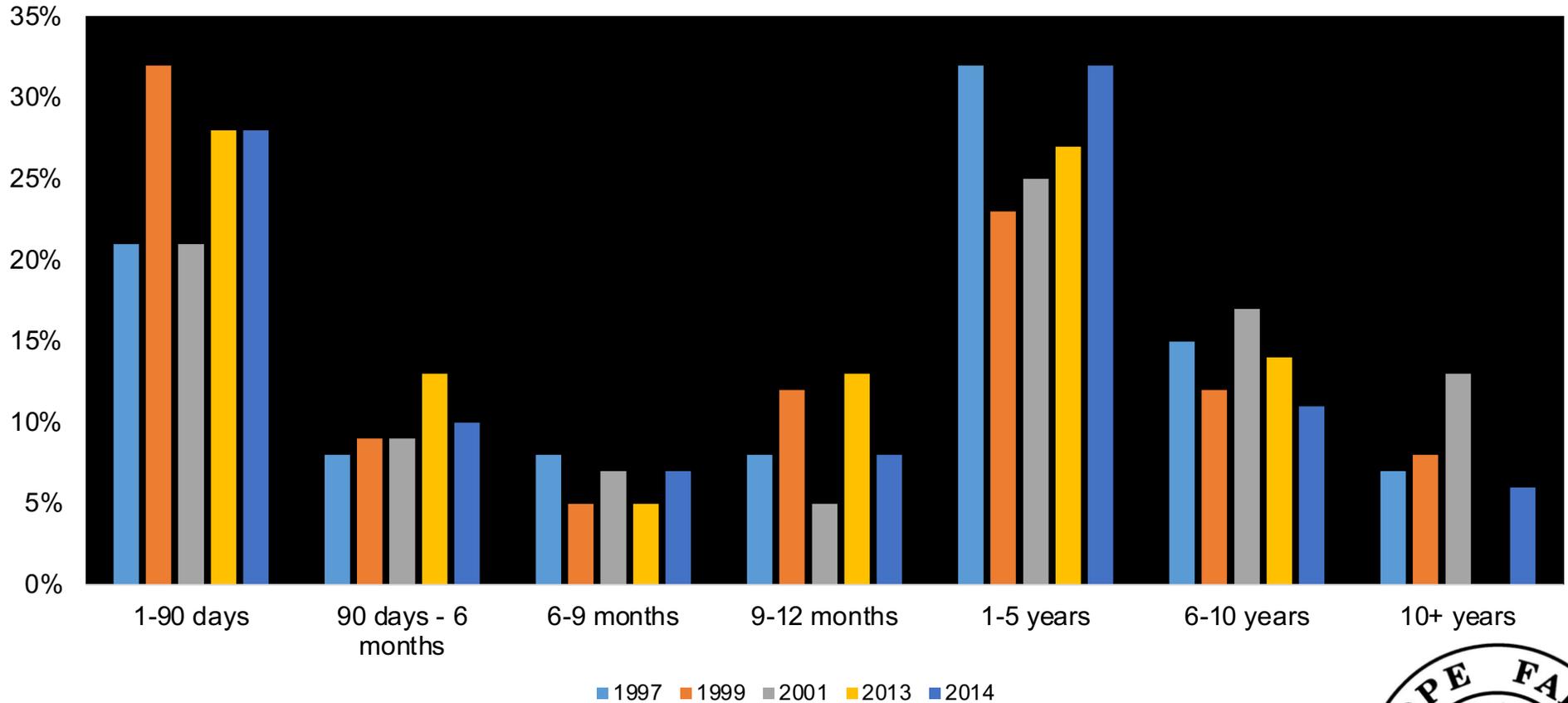
# Demographics – Occupations



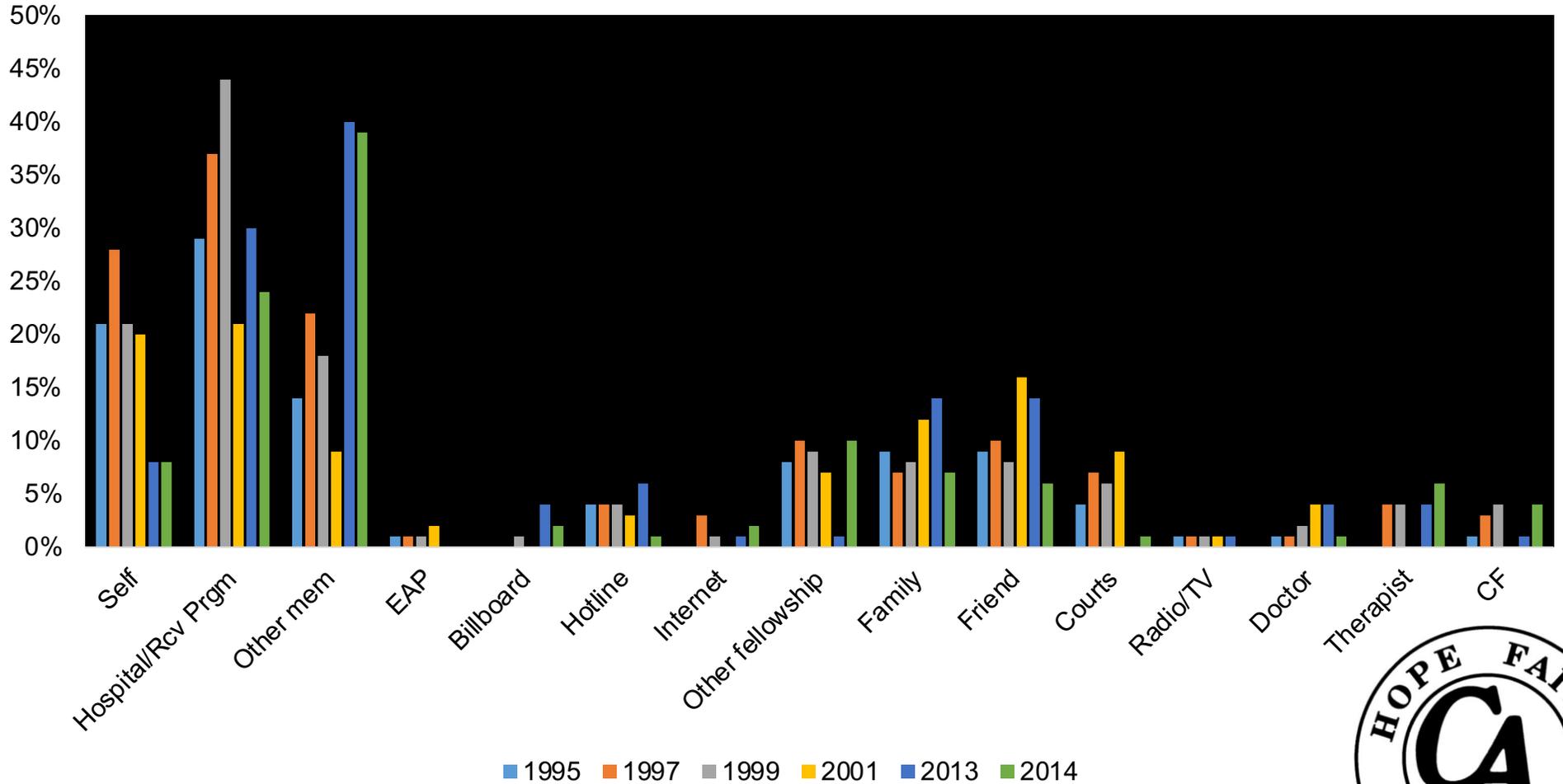
# Demographics – Drugs Used



# 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](mailto: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**

**Cocaine Anonymous Wales Website**  
**[www.cawales.org.uk](http://www.cawales.org.uk)**

**Cocaine Anonymous UK Public Information email address**  
**[info@cawales.org.uk](mailto:info@cawales.org.uk)**

**Cocaine Anonymous World Services website**  
**[www.ca.org](http://www.ca.org)**





# Cocaine Anonymous

**Question & Answers Time**





# Cocaine Anonymous

**Thank You**



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