

# How to cook crack 101: The making of a harm reduction video on « cocaine basée »

# What is the Fédération Addiction ?

French network of organizations and professionals in the field of addiction

## Our ambition :

Fight the stigmatization of people who use drugs and work with them to develop solutions tailored to their needs.



## **First and foremost, thanks to...**

Leon Gomberoff and Georges Joselon who coordinated the project

The harm reduction centers of Tarmac - GREID, EGO and Spiritek for their expertise

The psychoactif.org forum and its moderators for their insight and vigilance

Modus Vivendi asbl for a great Belgian and French collaboration

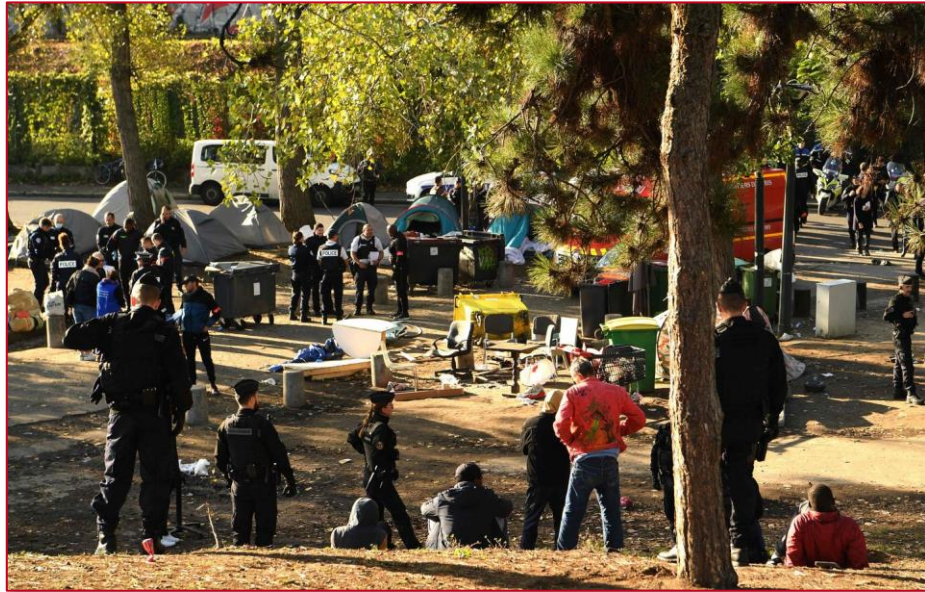
The French fund against addiction that funded the AIPAUC project





# Crack cocaine (crack) and base cocaine (cocaine basée) Two words for two realities in France

## Crack



Paris, open scene, crack sold ready to use,  
marginalized population, mostly people of  
color

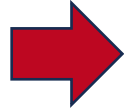
## Cocaine basée



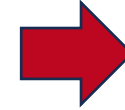
Rest of France, homemade with cocaine powder,  
mostly marginalized population, white and people  
of color

# What's crack cocaine ?

Cocaine (salt) + baking soda  
or ammonia



Heat



Crack cocaine



## Two ways of making crack : ammonia and baking soda

### Pro and cons of Ammonia

#### Pros

- Easier to cook with
- Some people like the hit

#### Cons

- Can damage lungs
- Risk of ingesting it
- Risk if in contact with wounds

### Pro and cons of baking soda

#### Pros

- Less risky for health
- Less associated risk

#### Cons

- Needs more skills to cook
- Not as much hit as ammonia

**Baking soda is better for health, but some people prefer to use ammonia**



# The story of the videos in 10 steps

**1** A demand for tools to reduce harm linked to “cocaine basée” from the members of the Fédération Addiction

**3** A protocol on crack cooking workshop in the North of France : the inspiration

**5** A working group of experts, professionals, PWUD to write the script of the video : from one to two videos

**7** The making of the videos : How to cook crack 1

**9** The making of the videos : How to cook crack 2

**2** A project funded by the French government on strengthening professional's practices with people who use cocaine : AIPAUC

**4** Making this work on a wider scale : the need for a video about cooking crack with baking soda

**6** Finding out a Belgian association has the same idea : from a French to a Franco-Belgian project

**8** Testing the video with a public : a fiasco

**10** Diffusion of the video : the choice of a video on demand (@ [infos@federationaddiction.fr](mailto:infos@federationaddiction.fr))



# Who knows what's good ?

First version



Second version



The people it's meant  
for

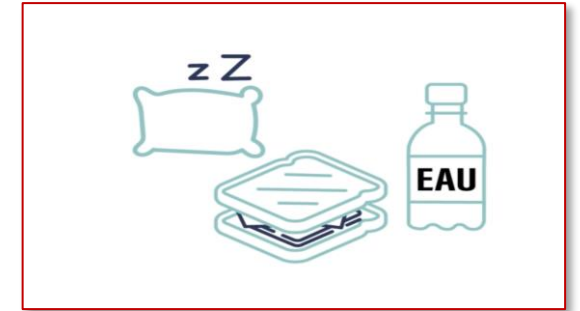


# What can you find in the videos ?

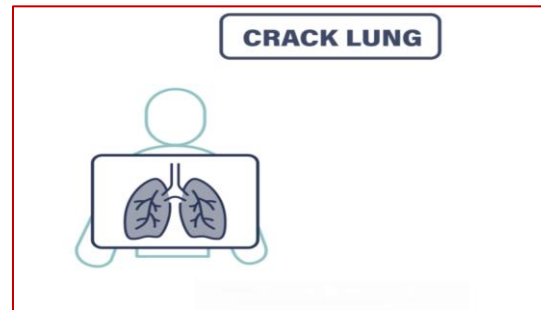
Two tutorials on how to cook crack with ammonia and baking soda



Harm reduction messages



Information about risks and resources



## Lessons from the project

- ☐ Start with people who use drugs... they know better
- ☐ Put your foot in the door... and open it as wide as you can
- ☐ Do what you can do... with what you have
- ☐ On thin ice, walk fast... but don't rush
- ☐ Share your ideas with partners... great minds think alike
- ☐ End with people who use drugs... they still know better

