**Case Study Activity**

Use case studies to illustrate the real-life impact of ketamine misuse. Encourage students to discuss the scenarios in small groups and share their thoughts

These case studies can help students understand the real-life impact of ketamine misuse and the importance of seeking help. Encourage students to discuss these scenarios in small groups and share their thoughts.

**Case Study 1: Mark's Struggle with Ketamine Misuse**

Mark, a 19-year-old college student, started using ketamine at parties. Initially, he used it occasionally to fit in with his friends and escape academic pressures. Over time, his use became more frequent.

Mark began experiencing severe bladder pain and frequent urination, symptoms of ketamine bladder syndrome. He also had memory problems and difficulty concentrating.

His grades dropped significantly as he struggled to keep up with his coursework.

Mark's relationships with friends and family deteriorated. He became increasingly isolated and withdrawn.

After a severe episode of bladder pain, Mark sought medical help and was diagnosed with ketamine bladder syndrome. He also started attending counselling sessions to address his addiction.

With support from healthcare, specialist substance professionals and his family, Mark gradually reduced his ketamine use and focused on his recovery. He joined a support group for young people dealing with substance misuse.

**Case Study 2: Sarah's Journey to Recovery**

Sarah, a 23-year-old graphic designer, began using ketamine recreationally to cope with stress and anxiety. Her use escalated from occasional weekends to daily consumption.

Sarah experienced severe anxiety, depression, and dissociative episodes. She also had multiple suicide attempts.

Her work performance declined, leading to job loss. She struggled to find new employment due to her addiction.

Sarah was caught with ketamine and faced legal consequences, including a court-mandated rehabilitation program.

Sarah entered a comprehensive rehabilitation program where she received medical treatment and therapy. She learned coping strategies to manage her anxiety and stress without relying on drugs.

With the help of her family, friends, and support groups, Sarah rebuilt her life. She found a new job and continued to attend therapy sessions to maintain her sobriety.

**Discussion Questions**

1. What were the main factors that led Mark and Sarah to start using ketamine?
2. How did ketamine misuse affect their health, relationships, and daily lives?
3. What steps did they take to seek help and begin their recovery?
4. Why is it important to have a support network when dealing with substance misuse?
5. What can you do if you or someone you know is struggling with substance misuse?