**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

**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?**

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**

**Background**: 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.

**Impact**:

* **Health Issues**: Mark began experiencing severe bladder pain and frequent urination, symptoms of ketamine bladder syndrome. He also had memory problems and difficulty concentrating.
* **Academic Decline**: His grades dropped significantly as he struggled to keep up with his coursework.
* **Social Isolation**: Mark's relationships with friends and family deteriorated. He became increasingly isolated and withdrawn.

**Resolution**:

* **Seeking Help**: 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.
* **Recovery**: 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**

**Background**: 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.

**Impact**:

* **Mental Health**: Sarah experienced severe anxiety, depression, and dissociative episodes. She also had multiple suicide attempts.
* **Professional Life**: Her work performance declined, leading to job loss. She struggled to find new employment due to her addiction.
* **Legal Trouble**: Sarah was caught with ketamine and faced legal consequences, including a court-mandated rehabilitation program.

**Resolution**:

* **Rehabilitation**: 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.
* **Support Network**: 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.