



Caffeine/Stimulant-Monitoring at CCC

Caffeine is the most used psychoactive substance in the world. The majority of staff and clients have grown up utilizing this common substance found in coffee, tea, and other foods to boost energy levels. In recent years, other forms of Energy Beverages (EB), energy tablets and capsules have been put on the market to meet human demand for consumption, for work, socializing, or meeting responsibilities. Research demonstrates that “EB consumption has been shown to be positively associated with high-risk behavior, including marijuana use, sexual risk taking, fighting, failure to use seat belts, and taking risks on a dare, as well as with smoking, drinking, problems stemming from alcohol abuse, and illicit drug use.” (Higgins, J. P., Tuttle, T. D., & Higgins, C. L. (2010). *Energy beverages: content and safety. Mayo Clinic proceedings, 85(11), 1033–1041*)

In the best interests of clients, CCC is reminding all staff and clients of the reasoning for this policy statement. According to a study in the *Journal of Addiction Medicine*, individuals who consumed energy drinks were at greater risk of prescription drug abuse, such as the use of stimulants like Adderall, in later pursuits. Similarly, for those in recovery from alcohol or drug abuse who consume energy drinks, the effects from ingredients like phenylalanine **may mimic stimulants** such as Adderall or cocaine, which may “trigger” them into using (“chase the high”). For those with addictions, consumption of such drinks for chemically induced energy may not be “enough” and they become at risk of relapse. Most substance treatment facilities have prohibited the consumption of such drinks, shots, and pills, because isn’t worth the risk of potential harm to the client and their recovery.

While we do not regulate the consumption of coffee and tea by clients, we encourage clients to be mindful of how much caffeine they are consuming per day. Generally, four cups of coffee or tea per day is considered safe. Consuming more caffeine than safe amounts and/or other chemicals may have a negative impact on the body’s ability to properly metabolize and use medications that are prescribed to assist in clients’ recovery.

The following are prohibited while clients at CCC:

- ***Energy Shots (5 Hour Energy, 8 Hour Energy, B-12, etc)***
- ***Energy Drinks (Red Bull, Monster, RockStar, Nos, Bang, Amp, Rip It, etc.)***
- ***Energy Tablets/Capsules (Yellow Jacket, Stacker, Rhino, Vivarin, Kratom, Caffeine Pills, etc)***

Neither staff members, visitors, nor family members are to purchase or provide for these substances to clients, nor will clients be allowed to consume or purchase on any of these substances on outings.

Staff are not prohibited from utilizing these for themselves but are counseled to not use in the presence of clients.