

DRUG FREE PRESS

MARIJUANA PREVENTION BROUGHT TO YOU BY
COMMUNITY AND FAMILY RESOURCES

DECEMBER 2018 | ISSUE 1 | VOL 1

#TRENDING: MARIJUANA ADDICTION IS REAL, AND RISING



True or false, marijuana can be addictive? TRUE! Marijuana dependence occurs when the brain adapts to large amounts of the drug by reducing production of and sensitivity to its own endocannabinoid neurotransmitters, according to the National Institutes of Health, 2016.

Marijuana dependence can be characterized by the following symptoms:

- Irritability
- Mood and Sleep Difficulties
- Decreased Appetite
- Cravings
- Restlessness

Recent data from the National Institute on Drug Abuse suggests that 30% of those who use marijuana

may have some degree of marijuana use disorder.

However, these numbers are not decreasing the amount of Americans using the drug. In fact, according to the NIH, an estimated 4 million Americans in 2015 met diagnostic criteria for a marijuana use disorder. In 2016 the estimate was closer to 6 million.

If you or someone you know is at risk or currently using marijuana and you need help or information, contact Community and Family Resources at 866-801-0085 or visit www.cfrhelps.org

LINK BETWEEN VAPING AND MARIJUANA?

According to the 2016 National Youth Tobacco Survey, 12.4% of students grade 9-12 reported they have used electronic cigarettes to use marijuana, THC or THC wax. Along with that, a 2017 survey conducted by the University of Michigan stated that over 2 million high school and middle school students now use electronic cigarette products.

KNOW THE SLANG: MARIJUANA EXTRACTS

- Dabbing- smoking THC-rich resins extracted from the marijuana plant
- Hash Oil or Honey Oil- a gooey liquid
- Wax or Budder- a soft solid with a texture like lip balm
- Shatter- a hard, amber colored solid

*National Institute on Drug Abuse- June, 2018

WHAT IS HIDING IN YOUR CHILD'S ROOM?



"Stash" compartments are a growing industry in the United States. With a simple search on Amazon you can find nearly 200 products meant to hide marijuana and mask its scent. You can prevent the use of these items by frequently searching through your child's bedroom. Things to look for are beverage containers, books, toiletries, small boxes or pouches and any item that does not feel the correct weight when lifted. Another way to educate yourself on these items is by looking through inventory of the businesses that sell these items.



IMPORTANT FACTS TO KNOW ABOUT MEDICAL MARIJUANA IN IOWA:

Governor Branstad signed the Medical Cannabidiol Act in 2017 which has now been put into effect in the State of Iowa. The act gave approval for 2 in state operations to grow medical marijuana and process it with a 3 percent limit on THC. The act then approved 5 dispensaries across the state to distribute the medical cannabidiol dependent on patient's prescription. According to The Courier, this law differs greatly from states like Colorado. In Colorado, the marijuana that is sold recreationally can reach THC levels of 15 percent or higher compared to the 3 percent cap in Iowa. THC or tetrahydrocannabinol is the psychoactive compound in marijuana that would make the user feel "high".

In Iowa, there will also be a limit on the way the medical marijuana can be ingested. Patients will not be able to "smoke" the product or ingest as an edible. According to the Iowa Department of Public Health, the medical cannabidiol can only be used as capsules, creams, tinctures, inhaler or nebulizers.

For more information visit www.yourlifeiowa.org or www.cfrhelps.org.



**COMMUNITY & FAMILY
RESOURCES**

Inspiring prevention, treatment and recovery

ELIGIBLE CONDITIONS

- CANCER PATIENTS WITH "SEVERE OR CHRONIC PAIN," NAUSEA, SEVERE VOMITING OR SEVERE WASTING.
- MULTIPLE SCLEROSIS PATIENTS WITH "SEVERE AND PERSISTENT MUSCLE SPASMS"
- SEIZURES, INCLUDING EPILEPSY.
- HIV OR AIDS.
- CROHN'S DISEASE.
- AMYOTROPHIC LATERAL SCLEROSIS, OR ALS.
- TERMINALLY ILL PATIENTS WITH A LIFE EXPECTANCY OF LESS THAN ONE YEAR WHO HAVE "SEVERE OR CHRONIC PAIN," NAUSEA, SEVERE VOMITING OR SEVERE WASTING.
- PARKINSON'S DISEASE.
- "UNTREATABLE PAIN."