



Teens Abuse Stimulant Medications for ADHD

One in four middle and high school students has reported abusing prescription stimulant medications used to treat ADHD, according to a cross-sectional study recently published in the journal *JAMA*. Non-medical use of prescription stimulants among teens remains more prevalent than misuse of other prescription drugs, including opioids and benzodiazepines, the research found.

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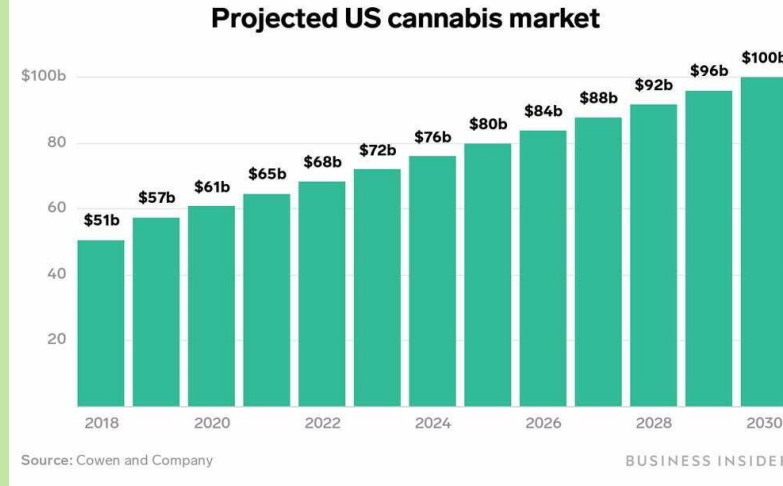
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15 Things the Cannabis Industry Doesn't Want You to Know

1. Today's marijuana is not just a plant, it is genetically modified, potent and contains toxins. Cannabis sold at dispensaries have been genetically altered for a high percentage of THC, making the drug very potent. The plant of 1995 averaged 4% THC. Today's plants are more than four times more potent, with THC levels as high as 17-40%. Concentrate cannabis products such as shatters, dabs, and oils are made in a lab and can have THC concentrations of nearly 90%, that is like smoking over 100 joints from 1995.

2. Marijuana has contaminants and toxins. The cannabis industry is poorly regulated. The public has no FDA protection or standards, for various toxins, carcinogens, and contaminants. In a study, 20 out of 20 legal dispensaries were found to have contaminants in their products. Fungal contamination of cannabis flower is well known. The marijuana plant has over 400 chemicals and can include toxins such as heavy metals like lead and mercury as well as carcinogens.

3. Marijuana stunts brain growth. The brain continues to grow until the mid-20s by synaptic pruning and myelination. This young time is critical to learn and develop strong healthy neuronal pathways. Myelination is the white coating of neurons. The last part of the brain to develop myelin is the frontal lobe. The frontal lobe is the executive function of the brain in charge of decision making, motivation and judgment.

4. The drug industry targets youth. Big tobacco learned that younger age of onset and

higher nicotine content, increases addiction, and therefore increases profits. Big marijuana has learned and improved upon Big tobacco and sells candies and drinks that targets children and young adults. Legal age is 18 or 21, the scientific age for an adult brain is 25-27. Addiction is up to 7 times higher for a growing brain than an adult brain. There would be addiction if the population abstained for any addictive substance until age 25.

5. Marijuana is Addictive. Cannabis use disorder or addiction is defined using the same criteria as alcohol use disorder or opioid use disorder. Three out of 10 cannabis users develop addiction, but those starting before age 18 are 7 times more likely to develop addiction.

6. Marijuana is a risk factor for psychosis and schizophrenia. High potency THC has a greater association with psychosis, a symptom of misinterpreting reality by hallucinations, delusions or paranoia. Marijuana is a risk factor for psychosis which can turn into permanent schizophrenia.

7. Marijuana targets the heart. While the brain is the number one target for THC, the heart is number two. The FDA label for pharmaceutical grade THC, dronabinol, includes cardiac toxicity. Patient with cardiovascular disease should be cautioned about cannabis use related to their medical diagnosis. High potency THC acts as a stimulant, causing possible heart attack, stroke, and irregular heart rhythms.

8. Marijuana can make you scromit. Cannabis Hyperemesis Syndrome (CHS) is associated with long-term cannabis use. They symptoms of CHS described as "scromiting," screaming and vomiting. There are reported deaths with CHS caused by electrolyte imbalance. This problem is based on inundation of THC on the cannabinoid recep-

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tors over a long period of time causing the *neurons* to act irradicably. The cure for cannabis hyperemesis syndrome is cessation of marijuana use, which is easier said than done since people with this disorder most likely have an addiction.

9. Marijuana is not safer than alcohol.

10. Marijuana is not safer than tobacco.

11. Marijuana is not recommended for pain. Marijuana and long-term opioid use does not improve pain. Cannabis use increased the risk of opioid use disorder in a study of 34,653 participants.

12. Marijuana is not recommended for seizures. In fact, it decreases the seizure threshold and increases the risk of seizures.

13. Driving while using marijuana can be deadly. Today's pot is more potent and acts as a stimulant. Traffic fatalities involving cannabis are often associated with high speed. Marijuana users were about 25% more likely to be involved in a crash than drivers with no evidence of marijuana use. Marijuana legalization resulted in a 5.8% increase in injury crash rates and 2.3% increase in fatal crash rates. If you smoke marijuana, wait at least 4.5 hours before getting behind the wheel.

14. Babies and Zadies are being poisoned. Sadly, the number one poisoning in children under the age of six is marijuana. Marijuana poisoning for this age group from 13.3 to 15% requiring ICU care. The most common culprit is marijuana gummies. Adults over 65 have suffered an increase of emergency visits related to marijuana poisoning as well. Older adults tend to be on medications that have drug interactions with cannabis products or have impaired renal or liver function that slows metabolism. People have suffered hemorrhage because of cannabis interaction with their blood thinners. Check out Drugs.com drug interaction and enter cannabis for THC or cannabidiol for CBD to learn of the hundreds of drug interactions.

15. Weed whacks your DNA. Marijuana is genotoxic, meaning it can damage your DNA. Cannabis can alter male sperm DNA that is associated with autism. Cannabis has been linked as a teratogen causing congenital abnormalities to exposed fetus. It is also associated with a rise in pediatric cancers. For the protection of the next generation, you may want to abstain from cannabis for 3 months before conceiving.

Treatment Substance use disorder is a chronic relapsing disease of the brain that is treatable. If you or someone you know is struggling, please reach out for help. Treatment is possible.

Source: Just Think Twice

This project is funded, and paid for with tax payer dollars, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.

7 Ideas to Make Healthy Habits Stick



Staying positive and supportive can help your kids develop confidence and a lifetime of healthy habits. If you are introducing new healthy habits into your routine, you can make it easier for your kids to stick with these new habits by adding certain behaviors to your family's lifestyle. Try these ideas:

- 1. Build cues into the day.** Leave a fruit bowl on the counter so kids reach for apples when they're hungry, instead of looking for snacks in cabinets.
- 2. Inspire kids to begin.** Ask them to do the smallest first step of a good habit, like putting on their sneakers. They'll probably stay outside playing for a while.
- 3. Make it harder to follow bad habits.** Hide the TV remote control until chores are finished.
- 4. Add healthy habits onto existing habits.** Go for a walk after dinner every night, and your kids will expect to exercise together each evening.
- 5. Encourage habit streaks.** Have kids mark an X on a calendar or put a coin in a jar every day they eat healthily or go to bed on time.
- 6. Give rewards.** When kids finish their chores early, play a game together, or let them have 10 minutes of screen time.
- 7. Model good behavior.** Inspire your kids by showing them you enjoy following the same healthy habits.

Boost Your Child's Confidence and Self-Esteem



- 1.** Have all family members identify something positive they did during the day, or something they're proud of. Regular practice of shifting our minds to what we've done well will absolutely build confidence.
- 2.** Praise your child's effort, not just the end result. Let's face it, not everything turns out exactly how we plan. Whether it's a sporting event or a project at school, praise your child for things like working really hard and not giving up, regardless of the outcome.
- 3.** Help them find something they're good at. This can be a huge confidence booster for any of us when we find a skill we can master. Explore your child's interests, then look into opportunities for them to do more of it.
- 4.** Let them make their own choices when possible. Kids have many of their decisions made for them. Find opportunities where choice can be given. Allow them to learn from their own decisions and build their confidence around that skill. Decision-making is an extremely important tool growing up.
- 5.** Change negative self-talk. This goes for the adults too. Model positive self-talk about your children and refrain from pointing out things you don't like about yourself. If we want our kids to be confident and have good self-esteem, we have to demonstrate what that looks like. *Source: On Our Sleeves*

SAVE THE DATE — SAP Spring Consortium Social Media Event

March 13 @ 1:00 PM — For Parents and Teachers
(More to come... or contact Wendy at wtexter@thehc.org)