



Upcoming Events

- Stalking Awareness Month
- Cervical Cancer Awareness Month
- National Blood Donor Month
- Martin Luther King, Jr. Birthday / 15
- International Day of Education / 24

Center for Humanistic Change

555 Union Blvd. , Suite #7
 Allentown, PA 18109
 610-443-1595
www.thehc.org

For more information contact:

Wendy Texter
 SAP Manager

wtexter@thehc.org

CHC Student Assistance Program Team

Sahar Giacobbe: Sr. Liaison
sgiacobbe@thehc.org

Kathy Brand: Liaison
kbrand@thehc.org

Chrissy Confer: Liaison
cconfer@thehc.org

Shannon Pittman: Liaison
spittman@thehc.org

Nancy Salomon: Liaison
nsalomon@thehc.org

Piper Schwenk: Liaison
pschwenk@thehc.org

Macie Sullivan: Liaison
msullivan@thehc.org

Stephanie Dorney:
 SAP Commonwealth Trainer
sdorney@thehc.org



AS AMERICA'S MARIJUANA USE GROWS, SO DO THE HARMS

The growing legalization of marijuana across the United States has brought unintended consequences, with doctors reporting a surge in cannabis-related health issues.

The booming \$33 billion cannabis industry produces increasingly potent products that differ significantly from marijuana of past decades. While tens of millions of Americans use cannabis recreationally or medicinally without incident, the drug's rising potency and accessibility have heightened risks for a subset of users. Physicians and health experts are grappling with these challenges, underscoring the need for awareness and regulation as the landscape of marijuana consumption evolves.

A recent analysis of the 2022 U.S. national drug use survey found that nearly 18 million adults, about a third of cannabis users, report symptoms of cannabis use disorder, meaning they continue using despite significant negative impacts on their lives. Among them, three million are considered addicted. The issue is particularly acute among 18- to 25-year-olds, with over 4.5 million using cannabis daily or nearly daily, and 81% of these frequent users meeting the criteria for the disorder.

Experts view these findings as a warning, highlighting the risks associated with heavy cannabis use. Dr. Wilson Compton from the National Institute on Drug Abuse emphasized the troubling prevalence of reported problems among daily users. Additionally, while marijuana is known to alleviate nausea, some users experience the opposite effect, suffering from severe vomiting, a condition that has become more common.

Meanwhile, as more people turn to marijuana for help with anxiety, depression and other mental health issues, few know that it

can cause temporary psychosis and is increasingly associated with the development of chronic psychotic disorders.

The New York Times conducted a comprehensive investigation into the health risks of cannabis use, analyzing medical records, public health data, scientific research, and interviews with over 200 health professionals and nearly 600 people with cannabinoid hyperemesis syndrome. Their findings highlight significant health concerns, with growing alarm among doctors and researchers who acknowledge cannabis's therapeutic benefits but stress gaps in knowledge and regulation. Despite its legalization in many states, experts warn against assuming cannabis is safe simply because it is legal or natural, emphasizing the lack of consistent oversight, particularly regarding its potency and potential health risks like addiction and psychosis.

As cannabis legalization spreads across the U.S., creating a patchwork of regulations, the absence of federal oversight complicates research and proper public health monitoring. Only a few states regulate THC levels or require warnings about cannabis's addictive nature or its potential to cause serious conditions like cannabinoid hyperemesis syndrome. Experts like Dr. Scott Hadland and Carrie Bearden emphasize the need for more rigorous scientific study and regulation, noting the stark difference between the original cannabis plant and the potent products available today.



2nd Annual Benefit

SPRING GOLF OPEN

Monday, May 5, 2025

Green Pond Country Club

Check-in Opens 8AM - Scramble Start 10AM



Individual Player - \$160

Includes 18 holes of golf with cart, lunch, buffet dinner, contest prizes, premium raffle.

Sponsorships available!



Post-Holiday Blues

The end of the year can be

a very busy time for many families, with breaks from school and fun activities planned to celebrate the holiday season. Families often spend more time together at home celebrating together.

However, there tends to be an abrupt transition from holiday time off to the daily grind of school and work after the New Year, which can be challenging to navigate and lead to a “let down” effect and “post-holiday blues” in children, teens and adults.

Signs of post-holiday blues in children and teens: Post-holiday blues, as opposed to clinical depression, is usually not long-lasting and most people swing “back to normal” or their usual self after a bit of time. Emotions can be difficult to regulate, especially during the holiday season, when it can feel like you are riding an emotional roller-coaster with ups and downs.

Children and teens, as opposed to adults, are more likely to express their feelings and emotions through behaviors rather than words, such as being more irritable, spending more time alone and not wanting to go to school.

School refusal, in particular, is quite common and can be a sign of post-holiday blues. School can also be a place where youth are bullied by their peers. As a result, the anticipation of returning to school can lead to resistance and heightened feelings of stress and worry after breaks from school.

How can parents help youth cope with post-holiday blues?

1. Talk about going back to school
2. Get back into a school routine
3. Make physical health a priority
4. Create quality family time



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and a talk beside the fire: it is time for home.” — Edith Sitwell

Top 3 national issues:

alcohol and drugs

28.7%



discrimination and equity

27.0%



mental health

20.6%



Tackle Winter Blues

1. Wear bright colors.
2. Organize your space.
3. Sit by the fire.
4. Take lunch time group walk.
5. Make a book and movie list.
6. Get some light therapy (daylight, lamps).
7. Eat winter mood foods.
8. Stock up on vitamin D.
9. Hang with positive people.
10. Keep your body clock in rhythm.

