

# LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY

## Health and Human Service Needs FACT SHEET

### Marijuana Facts for Parents

October 2015

#### What is the issue?

**Marijuana is harmful.** Marijuana impairs coordination and perception, affects learning and memory, and can increase anxiety, panic and paranoia.

#### Did you know?

**Marijuana is not just smoked**, so its use can be hard to detect. Marijuana edibles are ingested in small quantities through food or tea. Oils can be used in a vaporizer similar to an e-cigarette. Vaporizing marijuana disguises the smell so use can go undetected.

**Marijuana concentrates are made with dangerous chemicals like alcohol and butane.** The concentrate is a highly potent THC-concentrated mass that is extracted from the marijuana plant, similar in appearance to honey or butter. It is known as *honey oil* or *budder*, *wax* or *shadder*.

**Some of the risks of smoking marijuana vs. consuming marijuana-infused foods are different.** Inhaling any kind of smoke harms your lungs. Consuming marijuana-infused foods can also be dangerous because it takes longer to feel the effects. It's easier to have too much because the effects are delayed.<sup>1</sup>

**10x the potency.** Edibles such as cookies and chocolates made from THC concentrates are typically 10x more potent than traditional joints.<sup>1</sup>



**Edibles – Watch for Packaging!**

**Marijuana can be addictive.** 17% of people who start using marijuana as teenagers will become dependent on it and 9% of all users will become dependent.<sup>1</sup>

#### Why is this issue important to Livingston County?

**Brain development continues through age 25.** The use of any drug, including marijuana, can impair brain development and lead to an average 8 point decrease in IQ in adulthood. Marijuana use can also cause short-term memory loss which can last for days or weeks.<sup>2</sup>

**Youth marijuana use can lead to mental health issues.** Marijuana increases the risk of psychosis and is associated with chronic psychotic disorders such as schizophrenia.<sup>2</sup>

**Marijuana use interferes with learning, memory, and motivation.** Marijuana's effect on learning, memory, and motivation can lead to difficulties in school including failing grades.<sup>2</sup>

**Marijuana can cause employment problems.** Studies have linked worker's marijuana smoking with increased absences, tardiness, accidents, worker's compensation claims and turnover.<sup>2</sup>

<sup>1</sup> NIDA

<sup>2</sup> Drugabuse.org

## What is the impact locally?

According to the 2014 Michigan Profile for Healthy Youth Survey:

- 55% of Livingston County high school youth report it is “sort of easy” or “very easy” to get marijuana.
- 55% of Livingston County students *do not think* smoking marijuana once or twice a week to be of moderate or great risk.

*As perception of harm decreases, teen marijuana use increases.*<sup>3</sup>



## What Prevention programs & services exist?

### Creating Lasting Family Connections\*

517.548.2200

FREE 8-week series designed to help parents gain knowledge about alcohol and other drug use among adolescents and improve their relationships with their teenagers. The 4 key educational components are adolescent substance use patterns, adolescent brain and physical development, parenting techniques with adolescents, and improved family communication. Individual family counseling sessions are available during the 8 weeks or after.

### Livingston County Community Alliance\*

517.545.5944

A non-profit organization that mobilizes members of our community to take action to address substance use issues; promotes healthy community norms regarding alcohol, tobacco, and other drug use as well as advocates for the development of a comprehensive, outcome driven, substance abuse service delivery system.  
livingstoncountycommunityalliance.org

### The Pinckney Coalition & It Stops With Students\*

810.225.9550

A community-based initiative focusing on healthy choices to reduce youth substance use and are meeting to promote non-using attitudes. ThePinckneyCoalition.com

### Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)\*

A Project SUCCESS Counselor (PSC) is in each public middle and high school and in The Bridge Alternative School and LEGACY Alternative School about 1 day per week. The PSC is a resource for students, families, and staff to remove barriers to learning by connecting them to school and community resources. Services include educational support groups, school-wide awareness activities, referral, case management, and follow-up, individual support services, information dissemination, parent and community education, and staff training and support.

\*These programs are part of the Livingston COMMUNITY PREVENTION Project which is funded by the Community Mental Health Partnership of Southeast Michigan.

## What can the community do to help?

- Work to protect youth from “recreational marijuana.”
- Work to keep dispensaries from becoming part of our communities.
- Provide a safe, alcohol- and drug-free place for teens.
- Talk to teens about the dangers, risks, and consequences of marijuana use.
- Monitor and set boundaries for teens.
- Know where your teens are, who they are with, and what they are doing.



***Help keep Michigan safe from the danger of marijuana by protecting the health and wellbeing of our youth.***



## For more information about Prevention:

Contact Karen Bergbower at: 810.225.9550 or [karen@kbamichigan.com](mailto:karen@kbamichigan.com)

## For a Directory of Treatment and Prevention Providers:

Go to - <https://www.livgov.com/hscb/Pages/substanceabuse.aspx>



<sup>3</sup> Monitoring the Future Survey