

The ME WE Family Education & Support Program

Newsletter Volume 6

Making a difference,



now that you know.

The Americans With Disabilities Act, Addiction, and Recovery for State and Local Governments

The Americans with Disabilities Act (ADA) ensures that people with disabilities have the same rights and opportunities as everyone else. This includes people with addiction to alcohol and people in recovery from opioids and other drugs.

The ADA applies to all state and local government departments and agencies of those governments (“public entities”). Examples include the criminal justice system (jails, prisons, probation, and the courts) and State and local government-operated recovery homes. The ADA requires that all programs, services, and activities are accessible to and usable by people with disabilities. The ADA also requires that when a person with a disability asks for a modification of policies or the way the program operates, that modification must be considered

[READ MORE](#)



12 Children's Books about Addiction and Recovery

Addiction is a serious issue that affects millions of people worldwide, and it can be especially difficult for young children to understand this disease. However, through the power of storytelling, children’s books can help introduce these topics in an age-appropriate manner.

[READ MORE](#)



Xylazine Crisis: 6 Things Treatment Providers Should Know

Recently, Rahul Gupta, MD, MPH, FACP, director of the Office of National Drug Control Policy (ONDCP), declared xylazine—a powerful livestock tranquilizer that’s mixed into fentanyl for IV drug users—an “emerging threat,” forcing the government to develop a federal plan to address the crisis. While Congress considers a bill to classify the drug, also known as “tranq” or “tranq dope,” as a controlled substance, the move by ONDCP gives the Biden administration 120 days to develop a response plan and provide implementation guidance to agencies.

[READ MORE](#)



click here!

MARIJUANA THE RISKS ARE REAL

Using marijuana carries real risks for your health and quality of life. Some might be surprising to you. So know the risks — learn before you burn, eat, or use.

- Today's marijuana is stronger.** Today's marijuana has more than 3 times the concentration of THC than marijuana from 25 years ago. More THC — the mind-altering chemical in marijuana — may lead to an increase in dependency and addiction.
- Impairs your memory.** Using marijuana can affect your memory, learning, concentration, and attention. Other effects include difficulty with thinking and problem solving.
- Affects your performance.** Using marijuana can lead to worse educational outcomes. Compared with teens who don't use, students who use marijuana are more likely not to finish high school or get a college degree.
- Risk of addiction.** About 1 in 10 people who use marijuana may become addicted to marijuana — and 1 in 6 when use begins before age 18.
- Lowers brain power.** Marijuana affects your brain development. Use by adolescents has been linked to a decline in IQ scores — up to 8 points! Those are points you don't get back, even if you stop using.
- Driving danger.** People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.

Marijuana use comes with real risks. Learn more at [SAMHSA.gov/marijuana](https://www.samhsa.gov/marijuana)

If you or someone you know needs help with a substance use disorder, including marijuana, call SAMHSA's National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or use SAMHSA's Behavioral Health Treatment Services Locator at [SAMHSA.gov](https://www.samhsa.gov) to get help.

SAMHSA
Substance Abuse and Mental Health Services Administration

Know the Risks of Marijuana

Marijuana use comes with real risks that can impact a person's health and life.

- Marijuana is the most commonly used illegal substance in the U.S. and its use is growing. Marijuana use among all adult age groups, both sexes, and pregnant women is going up. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior.
- But there are real risks for people who use marijuana, especially youth and young adults, and women who are pregnant or nursing. Today's marijuana is stronger than ever before. People can and do become addicted to marijuana.
- Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6.
- **Brain health:** Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.
- **Mental health:** Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.
- **Athletic Performance:** Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.
- **Driving:** People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road
- **Baby's health and development:** Marijuana use during pregnancy may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function. Tetrahydrocannabinol (THC) and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.
- **Daily life:** Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction

[READ MORE](#) >

55M

The number of American adults who currently use marijuana (16.9%)

45%

The percentage of Americans who have tried marijuana at least once.

24%

The percentage of 12th-graders who have used marijuana in the past year.

<https://drugabusestatistics.org/>

Did You Know.....

That the ME WE Family Education & Support Group has added another group....and it's hybrid in Lakewood, OH. You can join either in person or online on Saturday!

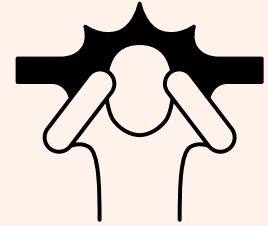


**Want more info!
Send an email to**

joynerandassoc2009@gmail.com

"Making a difference, now that you know"

Why Trauma Can Lead to Addiction



Childhood trauma increases the risk of addiction in adulthood, but why?

Key points

- There is a robust correlation in the scientific literature between trauma and addiction.
- Trauma can lead to a dysregulated stress system, which may increase vulnerability to addictive behaviors.
- Trauma can also lead to depersonalization and numbness, which may similarly increase vulnerability.
- A trauma-informed approach is essential for the conceptualization and treatment of addiction
-

Numerous research studies confirm the link between traumatic experiences in childhood and addictive behaviors in adulthood. One of the most notable is the original study of Adverse Childhood Experiences (ACEs) by Felitti and colleagues (1998). ACEs included traumatic experiences within the first 18 years of life such as physical, emotional, and sexual abuse, neglect, loss of a parent, witnessing intimate partner violence, and living with a family member with a mental illness. The researchers found that as the number of ACEs increased, the risk of alcohol and other drug use in adulthood (Felitti et al., 1998).

After over 20 years of ACEs-related research, the scientific literature presents a robust association between ACE scores and addiction (Zarse et al., 2019). For instance, adults endorsing four or more ACEs are three times more likely to experience alcohol problems in adulthood (Dube et al., 2002), and those endorsing three or more ACEs are more than three times more likely to engage in problem gambling (Poole et al., 2017).

So, what is the link between early trauma and adult addiction? The answer is more complex than you may think

READ MORE 

Finding Hope In the Midst of Overdose Loss

When a loved one dies from overdose, understanding your feelings and knowing what to say about the death can be especially difficult. Even though addiction is a disease that can affect anyone, there can be a social stigma associated with the loss.

For you, a person who has lost someone special, this can seem doubly unfair. Not only has someone you cared about died, but others may avoid you or make you feel ashamed about the loss. You may have conflicting emotions over your loved one, and be disappointed that they were unable to overcome addiction. You might also feel guilty that you were not able to help the person before it was too late, even though the behavior was outside your control. The often sudden nature of this type of loss can also leave you to feel stunned.

READ MORE 

“What we are waiting for is not as important as what happens to us while we are waiting. Trust the process.”

— Mandy Hale

From Here To There...by Dr. Scott S

Its easy someone said to get from Here to There. You just go from Here to There. I have not found that to be true with Addiction. As I tried to help my son go from Here to There in his addiction, I was doing all the wrong things. Not intentionally, mind you, but my enabling keep sending him back to Here. Jail did not help him get to There either, just postponed the return to Here.

It was not until I was lead kicking and screaming to the Friday night Me-We Family meeting at Stella-Maris that I began to learn how to get from Here to There. I have to admit that at that first session I did not hear a word that Jim said. I simply was staring at the door wondering when it would open so I could leave. The door opened, I headed for the door and then my wife grabbed me by the hand and asked if I would stay with her for the support group. I did not think I needed to stay and talk with crazy, broken people who had no idea what I was dealing with. Wow was I wrong, the support group was filled with people that were in the very same or similar predicament that I was in. Session after session of the Me-We Family meetings passed and I slowly began to listen to the words Jim was speaking. He was teaching us how to get from Here to There. It was not about my son getting from Here to There, it was about me learning how to get from Here to There.

It is not easy getting from Here to There. It takes hard work, the ability to learn boundaries and how to say No. Addiction is a frustrating disease that is misunderstood by the World. It can take lives, tear a family apart, and devastate one's soul. That is why the Me-We sessions I have attended have helped me learn about the disease and what I can and can't do for my son and myself. These sessions have helped me get from Here to There.

To my wife and all of my friends in the Me-We support group, thank you for helping me get from Here to There. I do think we need to change the name of the support group. It should be We-Me support group as the We's of the group support the Me's of the group. Last I would like to thank my friend Jim who taught, listened and helped me get from Here to There.

Resources



- ME WE Family Groups [MORE INFO](#)
- Nar-Anon Family Groups [MORE INFO](#)
- Al-Anon Family Groups [MORE INFO](#)
- United Way First Call for Help [MORE INFO](#)

A Child's Drug Addiction: Caring for Yourself First in Order to Care for Someone Else

Many parents who have a child struggling with substance use notice that these concerns start to consume huge amounts of time and energy. As you've probably experienced, under the best of circumstances with kids, it's hard to carve out space to focus on yourself. When your child and your family is dealing with something as complicated and anxiety-provoking as substance abuse, it can feel impossible to have room for anything other than trying to help, reacting to the latest crisis, and dealing with all the "have tos" minute to minute, day to day.

[READ MORE](#)