

The ME WE Family Program

Newsletter Volume 2

Making a difference, **ME**
3M now that you know.

When Addiction is in Your Family Tree



When you think about your family tree and look at your child, what do you notice? You may see that you've passed along eye and hair color or the way they smile. But what you can't see are other things that may have been passed along like an increased risk for certain cancers, heart disease or even addiction — whether it's to alcohol and other substances, gambling or other behaviors

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Cannabis Brain Damage in Teens May Not Be Reversible

According to the American Academy of Pediatrics, "marijuana is not a benign drug for teens. The teen brain is still developing, and marijuana may cause abnormal brain development," as I discuss in my video *Does Marijuana Cause Permanent Brain Damage in Teens?* This is why the American Academy of Pediatrics and the Academy of Child and Adolescent Psychiatry have officially opposed the legalization of marijuana.

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Why Alcohol is the Deadliest Drug



Opioids are taking the news headlines by storm, and rightfully so, as we are living amongst a deadly opioid overdose epidemic here in the US. People are dying from prescription pills every day, and we cannot do enough to reduce the number of these deaths. However, what we don't hear enough about is alcohol and how deadly it is. Alcohol is the most socially acceptable drug on the market and the most easily accessible. Even with this knowledge, the general public still has a tendency to believe alcohol is ok, not dangerous, and an acceptable form of relaxation. Science tells us something different. Alcohol is the deadliest drug of all. Let's look at why this is true

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Joyner &
Associates has
added a video
library to it's
Resource page.
Check it out!





Stress & Excessive Drinking

Stress, by itself, can lead to excessive drinking in women but not men. Studies show stress led to drinking more than intended in men only when they already had consumed alcohol. Though rates of alcohol misuse are higher in men than women, women are catching up. Women also have a greater risk than men of developing alcohol-related problems.

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Overview: What is Alcoholics Anonymous ?

Understanding AA, the role of a sponsor and the 12 steps and how it's program can help your loved one on their journey in recovery.

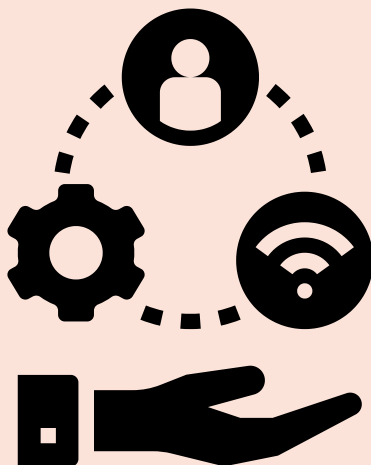
[MORE INFO](#)



Are Mental Health and Substance Use Disorder Covered by My Insurance?

Click both of the above for more info

Resources



ME WE
Family Groups

[CLICK HERE](#)

Nar-Anon
Family Groups

[CLICK HERE](#)

Al-Anon
Family Groups

[CLICK HERE](#)

United Way
First Call for Help

[CLICK HERE](#)

Education Works!

Between 2002 and 2020 current drinking by 12- to 20- year olds declined from 28.8% to 16.1%.

That's progress!

www.samsha.gov

