

# *The ME WE Family Education & Support Program*

## Newsletter Volume 6



### *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.

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### *Grieving The Loss Of A Loved One Or Know Someone Who Is?*

It's difficult to know what to say to someone you care about who is dealing with the loss of their loved one. This book was highly recommended as a tool specifically to help parents on their journey as they deal with grieving the loss of their child. It's called "Parents' Grief: Daily Meditations for Healing After the Death of a Child" by Clifford E. Denay Jr. It can be purchased for yourself, or as a gift for someone you know for under \$20 on Amazon.



### *Incarceration is a Public Health Issue*

The unmet health needs of incarcerated people contribute to a public health crisis that disproportionately impacts Black and Brown men and women, and exacerbates existing health conditions for the almost 2 million Americans behind bars. These health challenges continue through reentry when more than 600,000 people return to the community each year. This reentry population experiences high rates of mental health issues, suicide, substance use disorders, disabilities, and physical disorders. Strengthening health care for incarcerated people and during reentry can reduce these disparities and recidivism.

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### **September is Recovery Month! Talk About It**



## *Marijuana and Hallucinogen Use, Binge Drinking Reached Historic Highs Among Adults 35 To 50*

Past-year use of marijuana and hallucinogens by adults 35 to 50 years old continued a long-term upward trajectory to reach all-time highs in 2022, according to the Monitoring the Future (MTF) panel study, an annual survey of substance use behaviors and attitudes of adults 19 to 60 years old. Among younger adults aged 19 to 30, reports of past-year marijuana and hallucinogen use as well as marijuana and nicotine vaping significantly increased in the past five years, with marijuana use and vaping at their highest historic levels for this age group in 2022. The MTF study is funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health, and is conducted by scientists at the University of Michigan's Institute for Social Research, Ann Arbor.

While binge drinking has generally declined for the past 10 years among younger adults, adults aged 35 to 50 in 2022 reported the highest prevalence of binge drinking ever recorded for this age group, which also represents a significant past-year, five-year, and 10-year increase.

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## *States That Legalized Marijuana Now Researching Mental Health Risks Of High-Potency Cannabis*

With national cannabis legalization poised to be introduced in the Senate, states that legalized recreational marijuana 10 years ago are now studying the public health implications of a variety of new high-potency products amid questions about a possible link to psychosis.

[READ MORE](#)



### *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!  
Call Jim @  
(216) 780-3883



*"Making a difference, now that you know"*

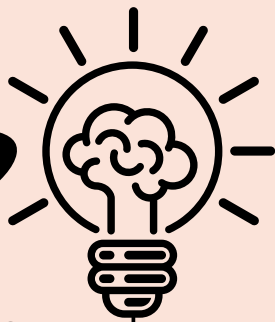
## ***Marijuana On The Ballot AGAIN! DID YOU KNOW.....***

- [www.cdc.gov](http://www.cdc.gov) Marijuana use directly affects the brain, specifically the parts of the brain responsible for memory, learning, attention, decision-making, coordination, emotion, and reaction time. Infants, children, and teens (who still have developing brains) are especially susceptible to the adverse effects of marijuana.
- [www.cdc.gov](http://www.cdc.gov) Long-term or frequent marijuana use has been linked to increased risk of psychosis or schizophrenia in some users.
- 1/14/20: Recreational cannabis use affected driving ability even when users were not intoxicated. Cannabis users had more accidents, drove at higher speeds, and drove through more red lights than non-users (McLean Hospital, 2020)
- 6/28/22: Cannabis use in the general population associated with heightened risk of clinically serious negative outcomes leading to emergency department visits and hospitalization (Vozoris et al., 2022)
- 6/27/22: United Nations 2022 World Drug Report concluded that there has been an “increase in the proportion of people with psychiatric disorders and suicides associated with regular cannabis use” (UNODC, 2022, p. 31)
- 3/8/21: THC stayed in breast milk for six weeks (Wymore et al., 2021)

**DID YOU  
KNOW?**

LEGALIZATION IS  
ASSOCIATED WITH A  
25% INCREASE IN  
MARIJUANA USE  
DISORDER AMONG  
12-17 YEAR OLDS.

CERDÁ ET AL., 2020



INTERESTING FACT

*"You may not  
control all the  
events that happen  
to you, but you can  
decide not to be  
reduced by them."*

*--Maya Angelou*

## *Marijuana & Opioids: Those studies claiming marijuana legalization could solve the opioid epidemic? They're flawed...*

The marijuana industry has relied heavily on a 2014 study that showed a decrease in opioid-related deaths correlating with medical marijuana legalization. A 2019 study that allowed for more time to pass from the passage of legalization to the implementation of legalization found that the opposite was true, with a 23% increase in opioid deaths.

More importantly, the study also found that because medical marijuana users represented such a small portion of the population, there was no way that they could exert such an impact on the opioid epidemic. Subsequent studies have confirmed the finding.

Read the study here: <https://www.pnas.org/content/116/26/12624>

A 4-year prospective study in the highly respected journal, The Lancet Public Health, followed patients with chronic non-cancer pain and found no evidence marijuana use mitigated pain severity or interference or that marijuana affected rates of opioid prescribing or opioid discontinuation (Campbell, et al., 2018)

Read the study here: <https://www.ncbi.nlm.nih.gov/pubmed/29976328>

**MORE INFO**



## *US regulators might change how they classify marijuana. Here's what that would mean*

President Kevin Sabet, a former Obama administration drug policy official, said the HHS recommendation "flies in the face of science, reeks of politics" and gives a regrettable nod to an industry "desperately looking for legitimacy." Read about it [here](#).

### **Resources**



ME WE  
Family Groups

**MORE INFO**



Nar-Anon  
Family Groups

**MORE INFO**



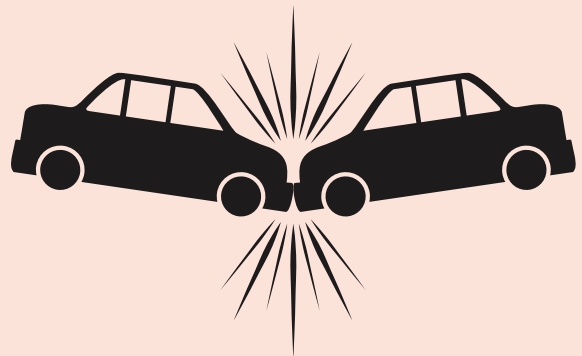
Al-Anon  
Family Groups

**MORE INFO**



United Way  
First Call for Help

**MORE INFO**



**1 in 4** Road Deaths  
in Colorado  
involve  
Marijuana

For more statistics, click [HERE](#)

*"Making a difference, now that you know"*