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Every Brain Matters Community Newsletter December 2022

Every Brain Matters is a community of support and advocacy based on science and experience. **Join us** as we call for a cultural change with the widespread use of our logo, which unites us and symbolizes both "freedom from marijuana" and optimal brain and environmental health. The public has been deceived and misled regarding the effects of medical products, leading us to a public health crisis. No matter what decisions are made or how much the drug culture expands, we will "Keep On Keepin' On", because we wholeheartedly know that **Every Brain Matters**.

Spotlight

December is National Impaired Driving Prevention Month

We are featuring, Corinne LaMarca, Director of **Jennifer's Messengers** and a partner of the Every Brain Matters community this month. She has spoken across the nation to legislators, community organizations, and in schools, and has been featured on Fox News, radio, and published several op-eds in major news publications. Read her full blog below.



Jennifer's Messengers is sounding the alarm on marijuana driving dangers, debunking the misconceptions that driving under the influence of marijuana is safe. I have spoken to many teens in my community who are inundated with false messages. They often express to me that they hear people drive better stoned because they claim they drive slower and have less anxiety when they are under the influence of THC in marijuana. That is a complete misconception that has been perpetrated across our nation, thus giving our youth and others the excuse to drive impaired, endangering their lives and the lives of others. They need to be taught that the word "high" means impaired. **My mission is to educate the facts.**

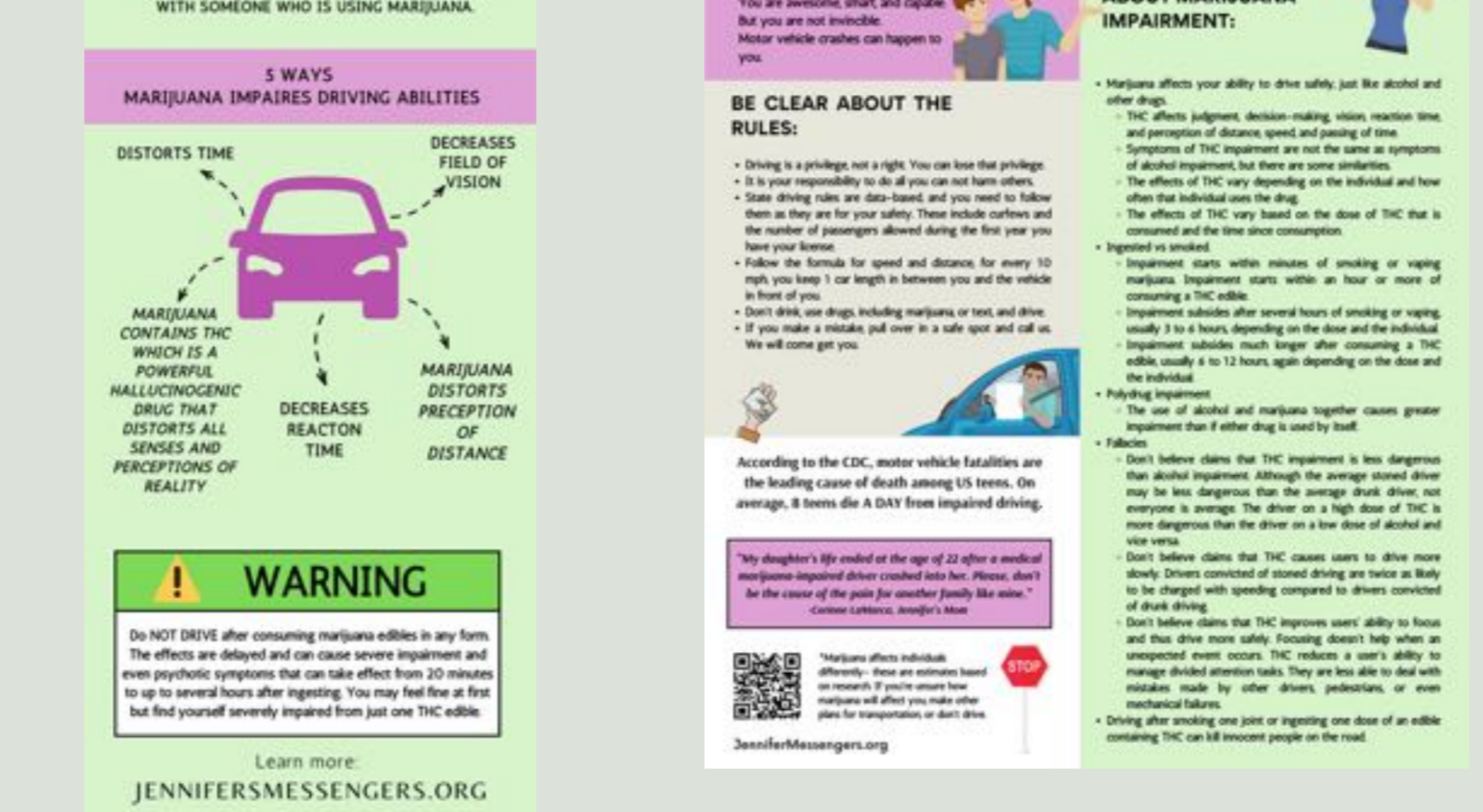
Click below to keep reading.

[Read Full Article Here](#)

Education

Use the **Every Brain Matters** downloadable infographics to educate in your community.

We are grateful for Ed Wood with **DUED Victims Voices** and Jennifer's Messengers for creating the following infographics and encourage all our viewers to share these with your families, friends, and community.



Family Resources

Corinne LaMarca hosts a livestream to bring hope for the holidays for families impacted from addiction and loss.



Recovery Questions For Families



Testimonies

The effects of marijuana, and other drugs, are real and increasing. We are here for those who want to share their testimonies. Click each graphic to read and share the articles below, and help give families a voice. Please help us raise awareness by [sharing your testimony here](#).



[More Testimonies Here](#)

Advocacy Action

SAFE BANKING ACT WON'T MAKE CANNABIS SHOPS SAFER

If the SAFE Banking Act passes in the Senate, it won't stop the violent break-ins at marijuana dispensaries. Senators have been led to believe that break-ins are primarily for cash. **Break-ins at pot shops are primarily for the products, particularly high-potency THC!**

[Read the full article here.](#)

From SAM, **Smart Approaches to Marijuana**: Send this letter to congress today!

The marijuana industry is unable to access many risk-averse institutional investors due to marijuana's status as an illegal drug at the federal level. In an effort to circumvent this, Big Pot is lobbying for the inclusion of the SAFE Banking Act, a bill that would grant the industry access to the federal banking system and institutional investors. This bill would permit banks to be out of compliance with federal law, while opening the doors to **Wall Street investment** into the marijuana industry, accelerating the creation of the next Big Tobacco. This bill is all about maximizing profits, no matter the effects for public health or safety.

Please contact Congress and tell them to oppose the SAFE Banking Act!

[Click Here to Send The Letter](#)

Tell us what you're doing, and we'll feature your advocacy work here. Send us an email at info@everybrainmatters.org

In The News

CARTELS TAKING OVER CA TOWNS

How Foreign Drug Operations Are Taking Over California's Desert Towns

Jorge Ventura

Poison center reports for child marijuana use rose 245% in last 20 years: study

Smoking marijuana may be more harmful to lungs than smoking cigarettes, study finds

Recreational marijuana legalized in 2 states, rejected in 3 in 2022 election referendums

A Moment of Science

- 2022, Nov 15 - **Placebo Response and Media Attention in Randomized Clinical Trials Assessing Cannabis-Based Therapies for Pain: A Systematic Review and Meta-analysis** - Conclusions and relevance: Placebo contributes significantly to pain reduction seen in randomized clinical trials. The positive media attention and wide dissemination may uphold high expectations and shape placebo responses in future trials, which has the potential to affect the outcome of clinical trials, regulatory decisions, clinical practice, and ultimately patient access to cannabinoid for pain relief.
- 2022, Nov 18 - **Association of Recreational Cannabis Legalization With Alcohol Use Among Adults** - This study including 4.2 million adults in all 50 states from 2010 to 2019 found that recreational cannabis laws may be associated with increased alcohol use, primarily among younger adults and men. These findings suggest that increased alcohol use may be an unintended consequence of recreational cannabis laws.
- 2022, Nov 23 - **Long-Term Outcomes of Adolescent THC Exposure on Translational Cognitive Measures in Adulthood in an Animal Model and Computational Assessment of Human Data** - These results emphasize significant neurobiological outcomes of high-dose adolescent THC exposure and cognitive vulnerability in adulthood.
- 2022, Nov 29 - **Geographic Accessibility of Retail Cannabis in Northern California and Prenatal Cannabis Use During the COVID-19 Pandemic** - Prenatal cannabis use was more common among individuals living in areas with greater retail availability of cannabis. Although relative rates increased similarly during the pandemic regardless of local cannabis retail and policy environment, there was a larger absolute increase associated with living closer to a storefront cannabis retailer. Continued monitoring of local cannabis policy, the retail environment, and prenatal cannabis use is needed.
- 2022, Sept 15 - **Recreational cannabis legalization alters associations among cannabis use, perception of risk, and cannabis use disorder treatment for adolescents and young adults** - Recreational legalization is likely to increase cannabis use among adolescents and young adults who perceive cannabis as less harmful, while at the same time reduce rates of CUD treatment utilization. These findings portend an increase in unmet need for CUD treatment for age groups particularly vulnerable to the development and negative consequences of CUD.
- 2022, Aug 30 - **Trends in intentional abuse and misuse ingestions in school-aged children and adolescents reported to US poison centers from 2000-2020** - Our study describes an upward trend in marijuana misuse/abuse exposures among youth, especially those involving edible products. These findings highlight an ongoing concern about the impact of rapidly evolving cannabis legalization on this vulnerable population.

On The Calendar

Support Meetings



Every Brain Matters Monthly Speakers Meeting - Alex L.

Join us on January 6, 2023 at 6 pm Central.

My name is Alex. I've been sober and in recovery from drugs and alcohol since November 2nd, 2021. A large part of my story is about using marijuana. Marijuana was a gateway to other drugs for me because it is heavily glorified in this day and age. For a long time, I was in denial that I was addicted to weed and it was affecting my mental health. It only became visible to me late into my addiction. Weed felt like a safe drug to me because it was constantly being drilled into my head that it was the safest drug to use and that there were no ill side effects whatsoever. But it's easy to see now that even early on, my mental health started rapidly getting worse. Since I was a kid, I've struggled with anxiety, ADHD, and depression. When I got into my using, I was diagnosed with bipolar depression. Marijuana's effects mimicked a lot of the symptoms of bipolar depression 2 for me. I suffered from fits of hypomania where I would have grandiose ideas, wanted to self-harm, and couldn't sleep. There at times, I was in deep depression where anything could set me off and make me cry. I wouldn't shower for days on end and stayed locked in my room. I couldn't handle school because my mood swings would result in the bursting into tears. I was paranoid to public, teasing everyone around me had me and was laughing at me. Now that I've been sober, it's obvious to me that bipolar is not something I suffer from, I just have depression. Marijuana also started inducing psychotic side effects in me early on. I'm thankful for the support from the Every Brain Matters communities because this bipolar "harmless and nonaddictive drug" harmed me greatly. Marijuana is definitely way more harmful than it is made out to be, and I had to realize it the hard way. I'm in so much gratitude to AA also because it's taught me to have healthy relationships and self-love, which was practically nonexistent before. My relationship with my family was made much worse when I would isolate myself in depression. Now my life is filled with connection, and my relationship with my family is slowly healing. Miraculously I'm more stable than ever and able to practice self-care + love. It is a struggle after all the damage I've inflicted on myself, mainly with marijuana. However, my growth in self-love in recovery gives me a lot of hope for others around me getting into recovery as well.

[Find information to this meeting here.](#)

Every Brain Matters Climbers Family Support Group

An interactive educational group for family members to bring issues, questions or concerns, and receive direct feedback from a trained counselor and other families. Learn tools of recovery to help you and your family.

[Learn More](#)

Mar-Anon, Family Support

Mar-Anon is a 12-Step program designed specifically for those who are affected by another's marijuana use.

[Learn More](#)

Advocacy Meetings

ADVOCACY

Every Brain Matters Advocacy Group

This group has been created for those who want to advocate against full-scale legalization of marijuana and for strict regulation and preventative measures in areas where this drug is already legal. The goal of this group is to help curtail the widespread acceptance, commercialization, and normalization of marijuana.

[Learn More](#)

A Moment of Silence

Remembering and honoring the people that we have lost due to the normalization and commercialization of marijuana. To memorialize and honor your loved one in the Every Brain Matters community please [click this link](#).

December Remembrance:

- December 5, 2018 - David Childs, 19
- December 23, 2021 - Joshua Jimenez, 22

December Heavenly Birthdays:

- December 1, 1956 - Deputy Jeffrey Trevillian, 62
- December 25, 1978 - Stephen Smith, 17

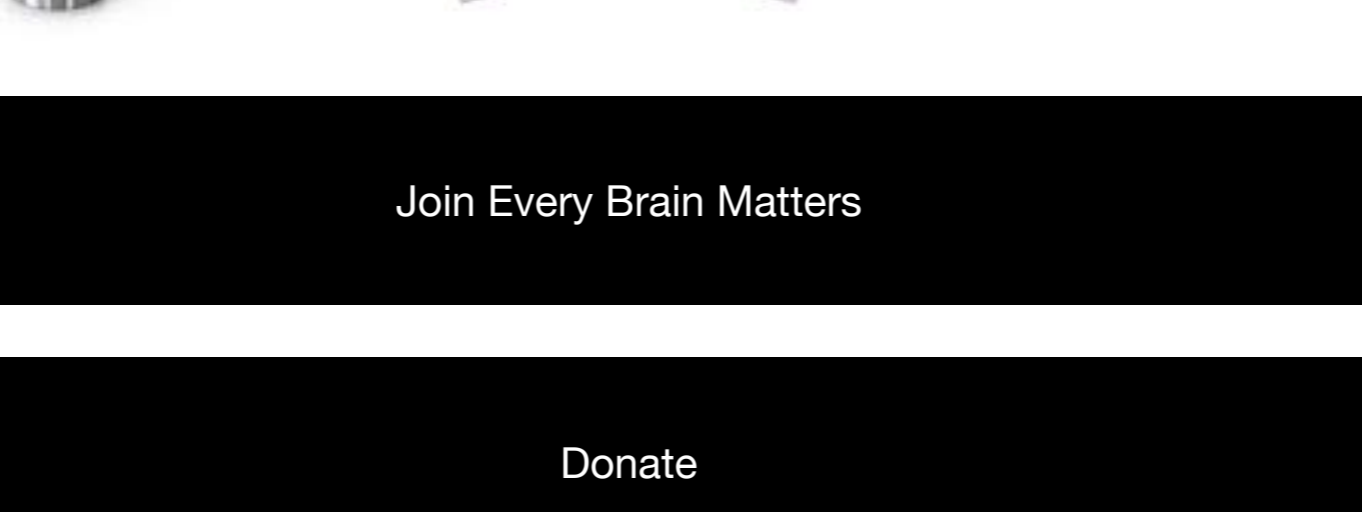
December Marijuana related impaired driving deaths:

- December 4, 2020 - **Quinn Hicks**, 47 - WA
- December 9, 2018 - **Natasha Nicole Mejia-Rivera**, 2 months, and **Adrianna Mejia-Rivera**, 5 - MA
- December 15, 2018 - **Kevin Flowers**, 53 - NV
- December 12, 2015 - **Martin Greenough**, 38 - OR
- December 7, 2012 - **Tyler Martel**, 27 - WA
- December 20, 2020 - **Hannah Elizabeth Lindemeier**, 16 - WA
- December 22, 2017 - **James Lavin**, 17, **Owen Higgins**, 17 - MA
- December 24, 2017 - **Andrew Camilletti**, 33 - CA
- December 30, 2021 - **Eric Echevarria**, 52 - NV
- December 27, 2014 - **James Dakota Hubbard**, 16 - MO
- December 1, 2018 - **Jonica Walker**, 25 - IL
- December 17, 2012 - **Donald Collins**, 62 - WA

To memorialize and honor your loved one or with the Every Brain Matters community please [click this link](#).

Shop The EBM Store

[Shop the full store here.](#)



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