Subscribe **Past Issues** View this email in your browser Every Brain Matters Community Newsletter December 2022 **Every Brain Matters** is a community of support and advocacy based on science and experience. **Join** <u>us</u> 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 marijuana 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 <u>Jennifer's Messengers</u> 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. SOUNDING THE ALARM ON MARIJUANA-IMPAIRED DRIVING JENNIFERSMESSENGERS.ORG Corinne LaMarca, Director and Jennifer's Mom 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 <u>DUID Victims Voices</u> and Jennifer's Messengers for creating the following infographics and encourage all our viewers to share these with your families, friends, and community. TALK TO YOUR TEEN ABOUT SAFE DRIVING AND **COUID** MARIJUANA WE ARE SOUNDING THE ALARM ON SET THE EXAMPLE MARIJUANA IMPAIRED DRIVING YOU SHOULD NEVER DRIVE WHILE USING SET THE TONE: KNOW THE BASICS MARIJUANA IN ANY FORM OR GET INTO A CAR **ABOUT MARIJUANA** IMPAIRMENT: 5 WAYS Marguera affects your ability to drive safely; just like alcohol and MARIJUANA IMPAIRES DRIVING ABILITIES BE CLEAR ABOUT THE other drugs.

- THC affects judgment, decision-making vision reaction time. RULES: and perception of distance, speed, and passing of time.
Symptoms of THC impairment are not the same as symptoms of alcohol impairment, but there are some similarities.

The effects of THC vary depending on the individual and how Driving is a privilege, not a right. You can lose that privilege
 It is your responsibility to do all you can not harm others.
 State driving rules are data-based, and you need to follow often that individual uses the drug.

The effects of THC vary based on the dose of THC that is them as they are for your safety. These include curriews and the number of piscengers allowed during the first year you have your license.

Follow the formula for speed and discuss, for every 10 Impaired vs snoked.

Impairment starts within minutes of smoking or vaping murijuan. Impairment starts within an hour or more of consuming a THC edible.

Impairment subsides after several hours of smoking or vaping, usually 3 to 6 hours, depending on the dose and the individual.

Impairment subsides much kinger after consuming a THC edible, usually 6 to 12 hours, again depending on the dose and the individual.

Maddiss impairment mph you keep 1 car length in between you and the vehicle in horst of you.

Don't drink, use drugs, including marijuans, or text, and drive. MARI/UANA CONTAINS THE . If you make a mistake, pull over in a safe spot and call us. WHICH IS A MARIJUANA POWERFUL DISTORTS DRUG THAT DISTORTS ALL DECREASES The use of alcohol and marijuana together causes greater impairment than if either drug is used by itself. PRECEPTION REACTON DISTANCE - Don't believe claims that THC impairment is less dangerous PERCEPTIONS OF - Don't believe claims that THC impairment is less dangerous than alcohol impairment. Although the average stored driver may be less dangerous than the average drunk driver, not everyone is average. The driver on a high dose of THC is more dangerous than the driver on a low dose of alcohol and vice versa.
- Don't believe claims that THC causes users to drive more slowly. Drivers convicted of stored driving are twice as likely. the leading cause of death among US teens. On REALITY average, 8 teens die A DAY from impaired driving. "My daughter's life ended of the age of 22 after a medical monipume-impaired driver croshed into her. Pincus, shor? he the cause of the pain for another family like mine." Comme Lattance, Annifer's Mose WARNING slowly. Drivers convicted of stoned driving are twice as Bioly to be charged with speeding compared to drivers convicted of drust driving.

Don't believe claims that THC improves users' ability to focus and thus drive more safely. Focusing doesn't help when an unexpected event occurs. THC reduces a user's ability to manage divided attention tasks. They are less able to deal with mistakes made by other drivers, pedestrians, or even The effects are delayed and can cause severe impairment and even psychotic symptonis that can take effect from 20 minute to up to several hours after ingesting. You may feel fine at first but find yourself severely impaired from just one THC edible. Driving after smoking one joint or ingenting one does of an edible containing THC can kill innocent people on the road. JENNIFERSMESSENGERS.ORG Family Resources Corinne LaMarca hosts a livestream to bring hope for the holidays for families impacted from addiction and loss. FINDING HOPE THROUGH THE HOLIDAYS: GRIFF AND ADDIC PART and Other Drugs The Expansion o is affecting many families. Join us and connect with Every Brain Matters families as they discuss tools that help them navigate through the holidays. Recovery Questions For Families HOW CAN I INSPIRE CONFIDENCE HOW DO I KNOW IF MY TEEN IS REALLY ADDICTED TO DRUGS? Access all family resources here 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 the articles below, and help give families a voice. Please help us raise awareness by sharing your testimony here. THC HEMP PRODUCTS MADE FROM CBD LEAD TO MY SON'S DEATH Jennifer Starkel 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 in pot shops are primarily for the products, particularly highpotency 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 and we'll feature your advocacy work here. Send us an email at info@everybrainmatters.org In The News CARTELS **How Foreign Drug Operations Are** Poison center reports for child Taking Over California's Desert Towns: marijuana use rose 245% in last 20 Jorge Ventura years: study Where Marijuana is Legal in the U.S. Smoking marijuana may be more Recreational marijuana legalized in 2 harmful to lungs than smoking states, rejected in 3 in 2022 election cigarettes, study finds 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 Metaanalysis - Conclusions and relevance: Placebo contributes significantly to pain reduction seen in cannabinoid 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 cannabinoids 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 trends 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 how 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. Then 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 me bursting into tears. I was paranoid in public, thinking everyone around me hated me and were 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 supposedly "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 and be 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** Mar-Anon, Family Support An interactive educational group for family members to bring issues, questions or Mar-Anon is a 12- Step program designed concerns, and receive direct feedback from a trained counselor and other families. Learn specifically for those who are affected by tools of recovery to help you and your family. another's marijuana use. Learn More Learn More Advocacy Meetings **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 - <u>Deputy Jeffrey Trevillyan</u>, 62 December 25, 1978 - Stephen Smith, 17 **December Marijuana related impaired driving deaths:** December 4, 2020 - Gregg Hicks, 47 - WA December 9, 2018 - Natasha Nicole Mejia-Rivera, 2 months, and Adrianna Mejia-Rivera, 5 - MA December 15, 2018 - Kelvin 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

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December 24, 2017 - Andrew Camilleri, 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*.

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