

View this email in your browser



Every Brain Matters Community Newsletter

February 2022

Every Brain Matters is a community of support, advocacy, and science. **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 marijuana products and their effects, which has led to a public health crisis. No matter what decisions are made or how much the drug culture expands, we will "Keep On Keeping On", because we wholeheartedly know that **Every Brain Matters**.

Spotlight: Jesse LeBlanc



CBD, which is federally legal today under the protection of the 2018 Farm Bill, can be converted—or "isomerized"—into various THC derivatives. These derivatives – easily available at any smoke shop, convenience store, or gas station – are now being made 3 times stronger by the "acetylation" process. Let's take a minute and look at why this is a "big deal" and needs to be addressed.

[Read Full Article Here](#)

[Read The Current Science on THC Variants \(Delta-8-THC, Delta-10-THC,THC-0\)](#)

"It's just Marijuana. It's not hard drugs or alcohol." I was that mom.



I wish I could go back and change my mindset. My son, Brian Fuller, committed suicide by a self-inflicted gunshot wound on October 15th, 2021.

When investigating into what could have caused my sweet boy to go to this extreme, I was shocked to uncover that Brian had been smoking Delta-8 THC carts along with high amounts of Delta-9 marijuana.

[Read More Here](#)

Use this infographic to educate your community about CUD, Cannabis Use Disorder.

[Find more pamphlets, posters, and handouts at this link.](#)

LEARN ABOUT CANNABIS USE DISORDER (CUD)?
FREEDOM FROM MARIJUANA AND THE DRUG CULTURAL EXPANSION

What is CUD, Cannabis Use Disorder?
Cannabis Use Disorder is also known as an addiction or dependence to THC (Tetrahydrocannabinol) as detailed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

Individuals diagnosed with Cannabis Use Disorder by the following criteria of symptoms that are listed below:

10/10 CUD (10 = 10 symptoms)
Individuals with 10 or more symptoms

7/7 CUD (7 = 7 symptoms)
Individuals with 7 or more symptoms

Symptoms of Cannabis Use Disorder:
According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) there are 10 symptoms of CUD:

- Need for more time
- Using longer amounts over a longer period of time
- A difficult effort to stop or reduce use
- A significant amount of time and/or energy is spent on obtaining, using, or recovering from the negative effects of Cannabis
- Cravings or desire to use Cannabis
- Marked social, academic, occupational, family and friends are impacted by the desire to use
- Use of Cannabis during activities that driving and operating heavy equipment
- Continued use despite physical and/or psychological problems needed to get the desired effects
- Withdrawal symptoms

Related to CUD:
Research has shown that 10% of those who use marijuana may have been diagnosed with CUD.

Do people experience withdrawal symptoms?
Yes, some people do have withdrawal symptoms after use.

- Irritability
- Sleep disturbances
- Decreased appetite
- Restlessness
- Anxiety
- Headaches
- Nausea/VOM/Hearting
- Cravings
- Tremors/Chills

How long will marijuana users feel positive after cessation?
Onset: Daily use can produce detectable levels of THC and its metabolites in the body for 30 days.
Time to be released: It is suggested that it can be released from the body in 30 days.
High frequency: The withdrawal symptoms can persist for 30 days.
Other factors: The withdrawal symptoms can persist for 30 days.
The level of THC is detected in the body non-continuous.

Why are more people becoming addicted to marijuana?
• Increased availability of THC in marijuana products
• Increased availability of THC in food
• Increased availability of THC in beverages
• Increased availability of THC in clothing

Every Brain Matters is a Community of Support, Advocacy, and Science

SUPPORT (HOPS)
We acknowledge that the general public and many patients have been misled by the marketing industry of marijuana. The research is not in an active group.

ADVOCACY (CHANGE)
This group has been created for those who want to advocate for their own and the general public's health and the decriminalization of marijuana. The research is not in an active group.

SCIENCE (TRUTH)
Every Brain Matters is a community of support, advocacy, and science. Please ask our Website.

EveryBrainMatters.org EVERYBRAINMATTERS.ORG EVERYBRAINMATTERS@GMAIL.COM

Congratulations to the people of Colorado

From **The Colorado Sun**: A new Colorado law aimed at keeping young people from buying and reselling highly potent THC concentrate has sparked concerns from doctors who recommend medical cannabis about how the new provisions could jeopardize their ability to practice medicine.

The law, which has some doctors saying they have stopped working with medical cannabis patients altogether, requires that patients obtain written "certifications" from doctors in order to access marijuana concentrates over a new daily limit. Doctors must include new information on those forms like a patient's address, maximum THC potency level, dosage, directions for use and a daily authorized quantity.

[Keep Reading](#)

A Moment of Science

Associations of cannabis retail outlet availability and neighborhood disadvantage with cannabis use and related risk factors among young adults in Washington State

Results
Adjusting for individual- and area-level covariates, living within 1-kilometer of at least one cannabis retail outlet was statistically significantly associated with any past year and at least monthly cannabis use as well as high perceived access to cannabis. Results using a 2-km buffer and census tract-level metrics for retail outlet availability showed similar findings. Neighborhood disadvantage was statistically significantly associated with at least weekly and at least daily cannabis use and with greater perceived acceptability of cannabis use.

Conclusions
Results may have implications for regulatory and prevention strategies to reduce the population burden of cannabis use and related harms.

[Read study here](#)

Advocacy Action

Send a Letter. Make a Difference

Want to get involved but not sure where to start or how much time you will have? Our Professional Letter campaign may be just the thing for you! Each month we will be highlighting different letters. It's as easy as 1-2-3: click the button below, copy and paste our letter and send it to anyone.

Two Letters to Send This Month:

The Number of Marijuana Dispensaries Impact Hospitalizations

Chronic recreational cannabis use impairs driving performance even without acute intoxication symptoms

[Learn More](#)

On The Calendar

Advocacy Meetings
Every Brain Matters Advocacy Meeting - 2nd Friday of every month, 1pm Central Time. Send an email to everybrainmatters@gmail.com if you would like to be a part of the EBM Advocacy team.

Support and Recovery Meetings

Monthly Speakers Meeting

Recovering From Psychosis From Marijuana Use

March 4 @ 6:00 pm - 7:00 pm CST



Drew D.

Hello, My name is Drew and, from the summer of 2018 to May of 2020, I was in drug-induced psychosis brought on by my heavy marijuana use. I am sober now and in a program called Cornerstone, which is an alternative peer group based in Houston, and I work the steps in AA. I am 18 years old, and I am coming up on 2 years of absolute sobriety. My relationship with my family has healed tons since getting sober, and I have a group of friends that genuinely care for me. I have my sanity back but I must keep working hard in my program if I want to maintain these things. Join me to hear my experience, strength, and hope and how I overcame drug addiction and psychosis.

- Not "Just Pot" Anymore - O & A with Bart and Aubree** - open forum to fellowship (1st Monday every month).
- EBM Climbers Meeting**- interactive education group for family members to bring issues and questions and receive direct feedback from a counselor or other families.
- EBM Speakers Meeting** - 1st Friday of every month. See above if you missed last month's meeting and see January's speaker.
- Mar-Anon** - support and hope for those affected by another's marijuana use

A Moment of Silence: remembering and honoring the people that we lost due to the normalization and commercialization of marijuana

- February Remembrance:**
- February 14, 1996 - [Stephen Maagar](#)
- February Heavenly Birthdays:**
- February 10, 1989 - [Kevin Bright](#)
 - February 7, 2000 - [Johnny Stack](#)
 - February 10, 2002 - [Brian Fuller](#)
- February Marijuana related impaired-driving deaths:**
- February 16, 2019 - [Brittany Shelton](#), 23. Illinois.
 - February 20, 2015 - [Paul Duncan](#), 46. New York.
 - February 14, 2020 - [Lesley and Rhyen Prather](#) and [Carrie and Kacey McCaw](#) - Kentucky
 - February 24, 2020 - [Emmaline Wilcox](#), 7. New York.
 - February 15, 2016 - [Stanley Marshall](#), 59. New York.
 - February 2, 2019 - [Natalya Martinez](#), 16. Oregon.
 - February 19, 2021 - [Sara Fox \(39\)](#) and [Carson Fox \(32\)](#) Washington.
 - February 14, 2018 - [Jacquelyn McCoy \(55\)](#), [Mary Alice Booker \(36\)](#), [Anthony McCoy \(33\)](#), and [Tameka Foster \(42\)](#), New York.

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

The Every Brain Matters Store

We call for a cultural change with the widespread use of our logo to bring a visual public awareness that unites us and symbolizes "freedom from marijuana" and promotes optimal brain and environmental health.

Click the item to see colors, sizes, and other variations.



[Click here to see all available merchandise at the Every Brain Matters Store.](#)

[Join And Support The Every Brain Matters Community Here](#)



Copyright ©2021 Every Brain Matters All rights reserved.
Our mailing address is:
P.O. Box 2462
Merfield, VA 22116-2462

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)