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Every Brain Matters Community Newsletter

January 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 Keepin' On", because we wholeheartedly know that **Every Brain Matters**.

Spotlight: Dr. Crystal Collier, author of The NeuroWhereAbouts Guide and creator of BrainAbouts, writes another article for Every Brain Matters.

Marijuana Use

Normal 16 y/o — 2-year history of daily abuse. 18 y/o — 3-year history of 4 week use.

How Does Marijuana Effect Our Brains?

There is a prevailing opinion in our community today that marijuana is a good and safe choice for treating a multitude of emotional and physical problems in youth and adults. But what are the facts? How does marijuana affect the brain?

[Learn More And Read The Full Article Here](#)

We dedicate this newsletter to Joshua Jimenez and his family.

Cannabis-Induced Psychosis Awareness (CIP)

In Loving Memory
Joshua Jimenez
JUNE 27, 1999 - DECEMBER 23, 2021

Joshua was gifted artistically and academically, especially with mathematics. He was smart and loving with an amazing sense of humor. His family wrote: "Joshua was a truly a beautiful light in the world and he will be missed forever. His life had value and meaning and a great impact on those who loved him. And although his absence will be felt deeply, we know that he is at peace with grace."

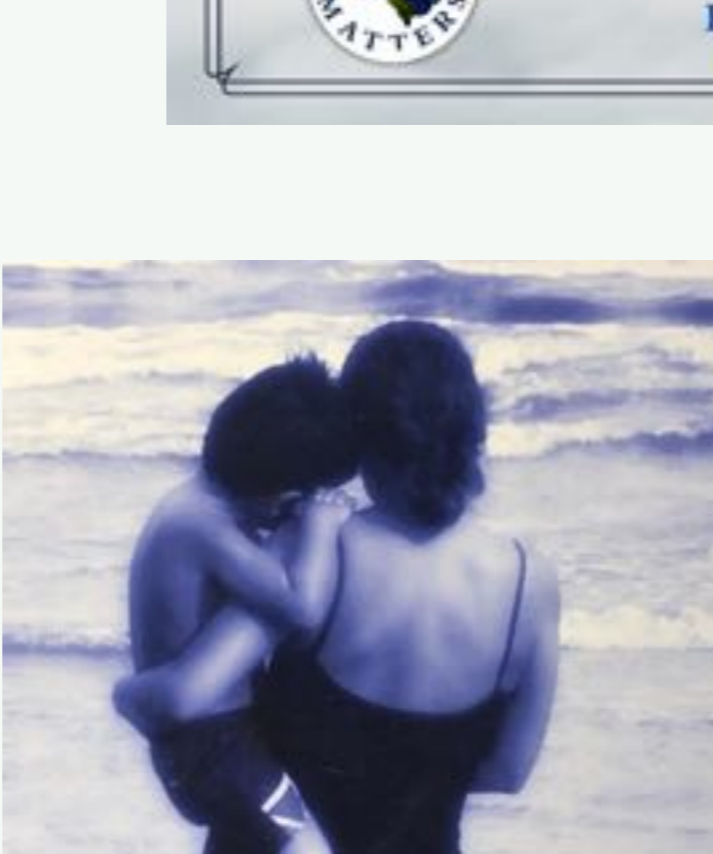
Joshua's mother, Sonia Jimenez, and family, would like to raise awareness about cannabis-induced psychosis by sharing his story.

The THC in the marijuana plant, even in low concentrations, can cause psychosis. Psychosis is when someone loses touch with reality and can experience paranoia, hallucinations, and delusions. Youth under 25 years of age are more at risk for CIP, but adults are not immune. Vaping high concentrated THC, like in a dab pen, can have more severe consequences including loss of life.

Sonia says, "Marijuana is not a safe drug. Joshua's life mattered and she asks you to help us raise awareness for CIP."

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Marijuana, Dabs, Psychosis, Suicide

On December 23rd, Joshua died by suicide after continually dabbing marijuana for the full month of December. Sonia Jimenez, Joshua's mother, has found the courage to share her son's story. She is dedicated to raising awareness about Cannabis-Induced Psychosis (CIP). [Click Here to read his story](#), and share Joshua's poster and Every Brain Matters pamphlet about Cannabis-Induced Psychosis (CIP) which is featured below.

[Read More Here](#)

We are honored that Sonia Jimenez, Joshua's mother, asked Aubree Adams (Director of Every Brain Matters) to speak at her son's memorial service.

Please click the video below to hear the recording.



Use this infographic to educate your community about CIP, Cannabis-Induced Psychosis. [Find more pamphlets, posters, and handouts at this link.](#)

LEARN ABOUT CANNABIS-INDUCED PSYCHOSIS (CIP)?

FREEDOM FROM MARIJUANA AND THE DRUG CULTURE EXPANSION

What is CIP, Cannabis-Induced Psychosis?
A mental health disorder characterized by the loss of connection with reality, which is caused by the use of marijuana.

What are the symptoms of CIP?
Symptoms can be mild or severe and can occur for a few minutes or longer.

Symptoms can be:
• paranoia (especially at night)
• delusions
• anxiety
• mood and cognition
• impaired judgment
• disrupted thinking, speech, behavior
• hallucinations

Who is most at risk for developing CIP?
• Youth under the age of 25
• High frequency of use
• Vaping high concentrated THC products
• Earlier age of use the higher the risk

Can CIP lead to a substance use disorder?
Research suggests individuals with CIP are at increased risk for substance use disorder. The use of marijuana can lead to a substance use disorder. For more information, please contact the National Institute on Drug Abuse (NIDA) at 1-800-368-5008.

Is there a cure for CIP?
There is no cure for CIP. The best way to manage CIP is to stop using marijuana. Some people who have CIP may experience long-term effects on their brain and mental health.

Is it safe to use low-concentrated THC products?
The THC in marijuana, even in low concentrations, can cause Cannabis-Induced Psychosis.

Is it safe for adults to use marijuana products and not develop CIP?
Youth under the age of 25 are more at risk for CIP, but adults are not immune.

Why is CIP not addressed by the medical community and the general public?
Due to the lack of education combined with well-funded and powerful pharmaceutical industry.

Will I develop CIP if I use marijuana just a few times a week or once?
The exact number of times someone uses marijuana is unclear. Some experience psychosis after using THC only a few times.

Can I develop psychosis without using marijuana?
CIP is a complex condition. Environmental and genetic factors may play a role. Some people who have CIP may experience long-term effects on their brain and mental health.

Can CIP increase the risk of suicide?
Some research suggests CIP is associated with a higher prevalence of suicidal thoughts and behavior. Please contact a mental health professional if you are struggling.

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SUPPORT (INFO)
We are committed to providing you with the most current and accurate information. Please contact us if you have any questions or need more information.

ADVOCACY (CHANGE)
This group has been created for those who want to advocate for the most important cannabis-related issues.

NEWSLETTERS (STAY)
Sign Up! Receive our monthly newsletter. Please visit our website.

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info@everybrainmatters.org

A Moment of Science - Cannabis Induced Psychosis

Is Cannabis Use Increasing Schizophrenia?
Is cannabis' effect on schizophrenia being downplayed? Dr. Torrey, founder of Treatment Advocacy Center and author of *American Psychosis* calls out the NIMH for not tracking the data on schizophrenia.

Sir Robin Murray, one of the leading experts on psychosis says, "...we're now 100 per cent sure cannabis is one of the causes of schizophrenia-like psychosis"

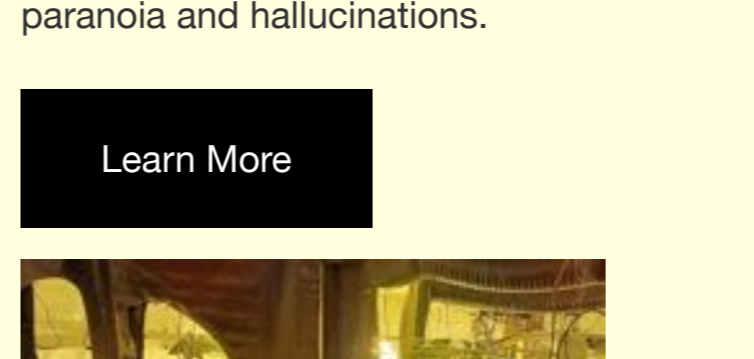
In September, the National Institute on Drug Abuse reported that cannabis use among college students reached 44% in 2020, a significant increase from 38% in 2015 and at its highest level since the 1980s.

Sir Robin Murray, a professor at King's College London, said that high-strength skunk causes about a third of the psychosis cases he sees at his practice in south London. Most involve young people, many of whom suffer debilitating paranoia and hallucinations.

[Learn More](#)



[Learn More](#)



Advocacy Action

In Loving Memory of Shane Robinson

October 4, 1986 to January 13, 2012

It's been 10 years since Shane passed. In honor of him and his family, Moms Strong created this video, which is featured on Twitter.



To honor Shane and his mother, who founded Moms Strong in 2016, please go to this [post and like, retweet it, and comment](#) to help us raise awareness for cannabis-induced psychosis and the risks of suicide with marijuana use.

[Learn More](#)

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 a different letter. 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:

[Association of High-Potency Cannabis Use with Mental Health and Substance Use in Adolescence](#)

[Association of Suicidality Trends with Cannabis Use](#)

[Learn More](#)

On The Calendar

Advocacy Meetings

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

Support and Recovery Meetings



Monthly Speakers Meeting – Dr. Rex Marco

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

Join us on the first Friday of every month for messages of hope and healing from the impacts of marijuana. We welcome a different speaker every month to share their experience and provide pathways to find serenity as we navigate through today's pro-marijuana/drug culture

Dr. Rex Marco obtained his degree in biological sciences at UC Irvine and then graduated medical school at UCLA. He then completed an orthopedic surgery residency at UC Davis and fellowship training in Musculoskeletal Oncology at Memorial Sloan Kettering Cancer Center and in Reconstructive Spine Surgery at Rush-Presbyterian-St. Luke's Medical Center in Chicago. He began his academic career at MD Anderson Cancer Center followed by a few years in private practice and nearly a decade at the University of Texas Medical School in Houston. He then became the Vice Chairman of orthopedic surgery at Houston Methodist Hospital where his surgical career was tragically shortened when he broke his neck in a mountain bicycle accident and was paralyzed from the neck down. He is currently the Chief Medical Ambassador for the Christopher and Dana Reeve Foundation where he also serves on the quality-of-life grants committee and advocacy committee. Dr. Marco has always sought to be the best father, physician, surgeon, DDD and teacher that he could be. He is known to be creative and transformative in his practice and teachings but says that his real transformation came when he was forced into recovery when he experienced difficulties related to his severe co-dependency and his Mar-Anon qualifiers. He will be sharing his story of recovery with us.

Not "Just Pot" Anymore - Q & A with Bart and Aubree - open forum to fellowship (1st and 3rd 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

January Remembrance:
January 13, 2012 - Shane Robinson, 25.
January 3, 2016 - Matt Klosowski

January Heavenly Birthdays:
January 30, 2001 - Trevor Leopold

January Marijuana related impaired-driving deaths:
January 22, 2002 - Ethan Myers, 9
January 11, 2018 - Yovany Salazar Calzada, 23; Rocio Perez Lopez, 28; Virginia Martinez, 61
January 12, 2019 - Christopher Lambert, 34

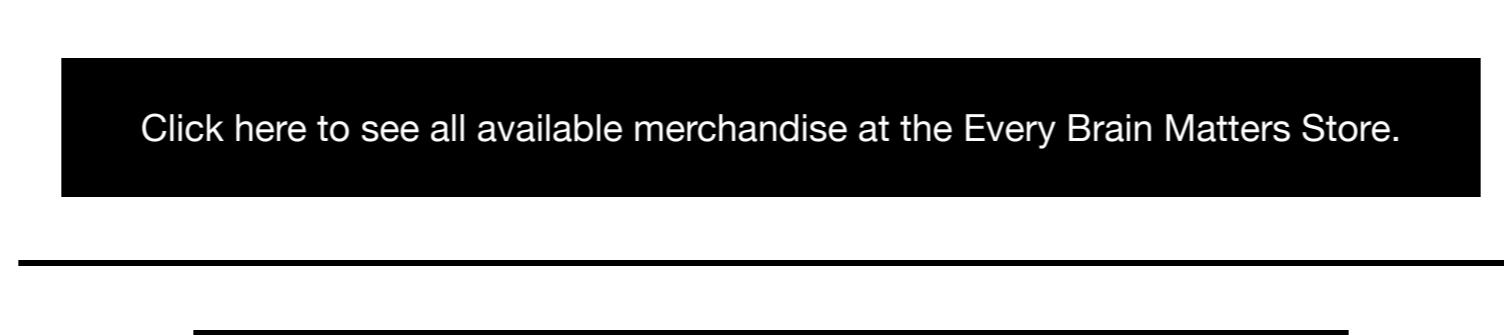
January 11, 2015 - Luther Stoudermire, 18; Jenna Farley, 14; Cassidy Clark, 16
January 19, 2013 - Stephanie Proffitt, 27

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](#)

