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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 evidence. **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 marijuana products, leading us to a public health crisis. No matter what decisions are made on how much the drug culture expands, we will "Keep On Keepin' On", because we wholeheartedly know that **Every Brain Matters**.

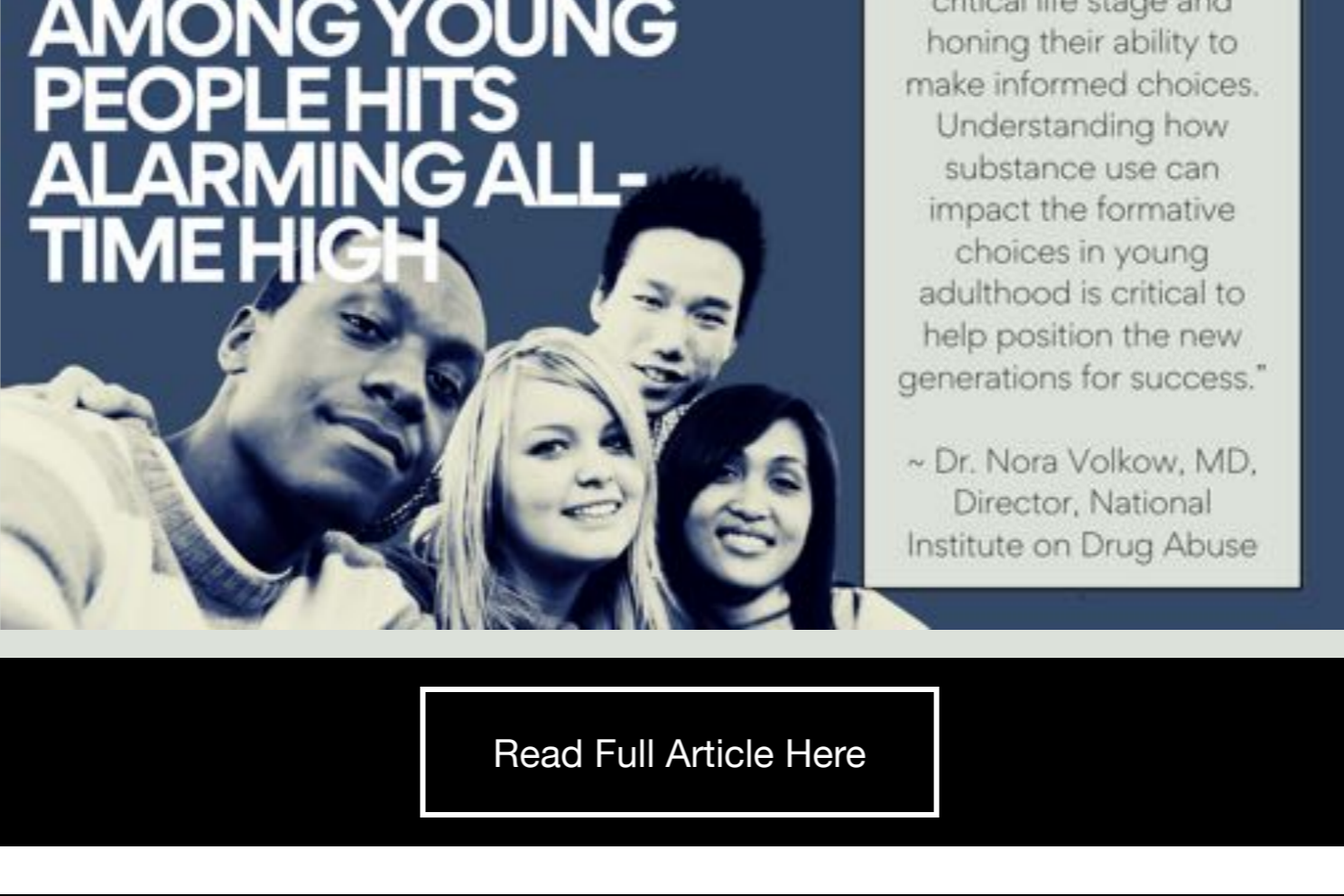
### Spotlight

#### Marijuana Use Among Young People Hits Alarming All-Time High

According to a **new report**, the number of young adults using marijuana is at the **highest level ever recorded**. The 2021 *Monitoring the Future* report reveals that more American youth are smoking and vaping pot than ever before. Surprisingly, this increase is happening while the use of most other substances is significantly decreasing.

Because of the profound effect the drug has on still-developing adolescent and young adult brains, this alarming trend could have a severely negative impact on the health of future generations.

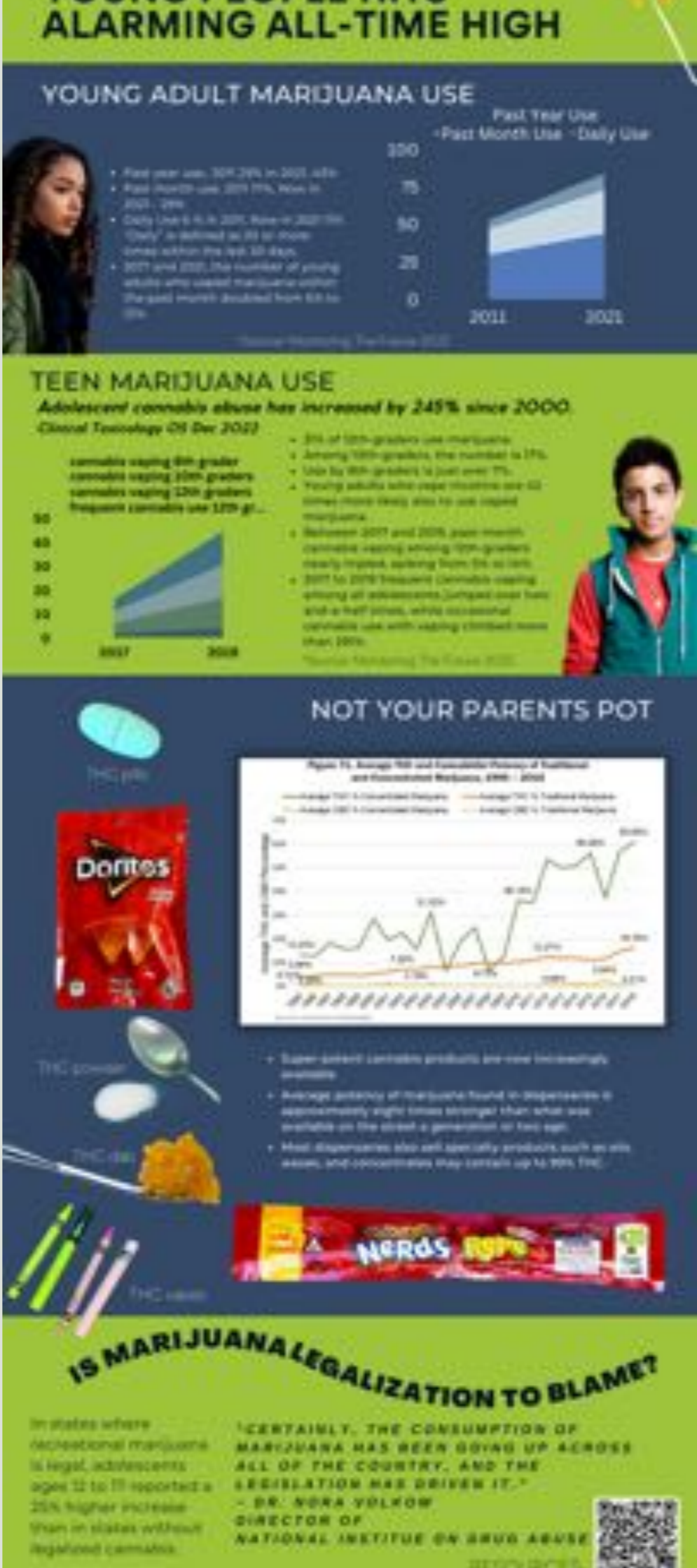
To understand just how big of a problem this is, let's take a look at what the numbers and the science have to say. [\(click image to continue reading\)](#)



[Read Full Article Here](#)

### Education

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

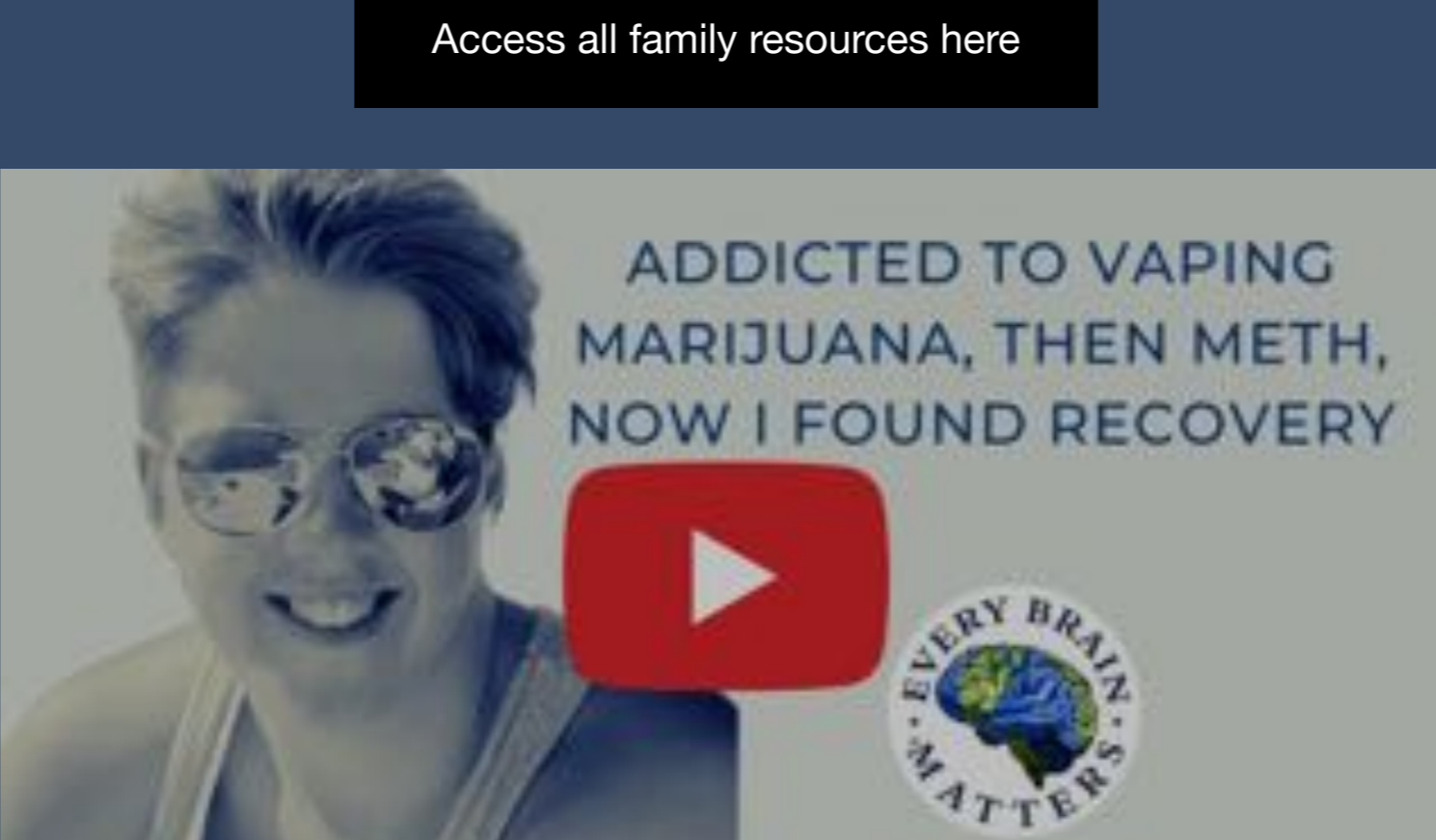


### Family Resources

#### Recovery Questions For Families



[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 articles below, and help give families a voice. Please help us raise awareness by sharing your testimony here.

[View Testimonies Here](#)

### Advocacy Action



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

### In The News



#### Is there a link between a public health crisis, developing brains, and cannabis?

"The science and data are all there. For example, here in Colorado marijuana is the most prevalent substance found in completed teen suicide," said Finn adding that just before and after the legalization of marijuana in Colorado, there was a spike in teens going to the emergency room. "70% of which had psychiatric issues like suicidal ideation and behavior, panic attack, depression," Dr. Ken Finn of JASIG

To me, we're in a public health crisis. I have families calling me every day in a crisis, "my teen, my child, my young adult is addicted to marijuana. It's making them psychotic, they're sick, they're vomiting, and they're arguing with me that it's natural, that's it's medicine, and we don't know what to do," said Aubree Adams, Director of **Every Brain Matters**, a non profit organization in Colorado that claims to offer community support based on science and lived experiences in response to the expanding drug culture in developing minds.

[Read full article and watch video](#)



**Number of young children who accidentally ate cannabis edibles jumped 1,375% in five years, study finds**

**Screen All Surgery Patients for Cannabis Use, New Guidelines Say**

Regular cannabis users may have more post-operative pain and other complications

**Stoned California Seniors Headed to ERs By the Thousands, UCSD Study Says**

According to the study conducted by the University of California San Diego School of Medicine, just 566 Californians over the age of 65 visited ERs in 2005 for cannabis-related concerns. By 2019, that figure had skyrocketed nearly 2000%, when 12,167 seniors made trips to emergency rooms for that reason.

[Learn More](#)

### A Moment of Science

**2022, December Monitoring the Future Survey - Marijuana** - Amid 8th grade responders, marijuana was the top substance used. Overall, its use decreased from 2021 to 2022, however for 8th, 10th, and 12th graders who live in medical marijuana approved states, there was an increase in marijuana use and a decrease in disapproval and risk beliefs towards the drug. Furthermore, 6 % of 8th graders, 15 % of 10th graders, and 20.6 % of 12th graders reported vaping marijuana within the past year.

**2022 December 16 - Drug Overdose Deaths Among Persons Aged 10-19 Years - United States, July 2019-December 2021.** - From 2019 to 2020, there was a 94% increase in overdose deaths among teens ages 14 to 18 and from 2020 to 2021, a 20% increase in overdose deaths occurred. From July 2019 to December 2021 found that 84% of these deaths involved the very powerful drug fentanyl and a very low number of these youth had previous (11%) or current (3%) substance use disorder treatment experience or had documented opioid use history (35%). These findings along with the observation that less than 5% had documentation of injection and almost a quarter of overdose deaths were related to counterfeit pills (which is likely underreported), strongly suggest that overdose deaths in youth are not being driven by riskier use and emphasizes the urgency to prevent any substance use by youth. Other striking findings indicated that the majority of overdose deaths (60%) occurred at the youth's home and 41% had documented mental health history. Here is a breakdown of the trends and characteristics discovered...

**2023 January 2 - Risk of depressive disorders associated with medical cannabis authorization: a propensity score matched cohort study** - Our study showed that patients with medical cannabis authorization have a higher risk of emergency department visits or hospitalizations for depression compared to patients with no authorization. Our results also suggest that this risk is increased among patients without prior mental health disorders at cannabis authorization.

### On The Calendar

#### Support Meetings



#### Every Brain Matters Monthly Speakers Meeting- Ethan D.

Join us on February 3, 2023 at 6 pm Central.

My name is Ethan, and I started struggling emotionally at a young age. I grew up in a dysfunctional family where drugs and alcohol were used to cope with life's challenges. My parents completely themselves away from me and other relationships. I was the youngest in the family, and I grew up helping my older sisters sneak out at night. My parents divorced when I was 14 years old, and I felt completely alone because I was the last child left in the house. As my family continued to struggle, I found that drugs helped me get through each day. At first, it started out fun, but soon the only reason I woke up was to use alcohol and marijuana. Marijuana became my obsession. It's all I thought about each day and all day long. Using marijuana as such a young age had a major impact on my mental health, and I developed a deep anger toward the world. Today I am 20 years old and I am proud to say have achieved 3 and a half years of sobriety. I also help teens and young adults who have struggled like me find their pathway to sobriety. Join me on February 3rd to hear about my experience, strength, and hope.

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

#### Advocacy Meetings



#### 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 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](#)

#### 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 preventive 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.*

#### January Remembrance:

January 13, 2012 - **Shane Robinson**

January 3, 2016 - **Matt Klosozaki**

#### 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 Martines**, 61

January 12, 2019 - **Christopher Lambert**, 34

January 11, 2015 - **Luther Stoudermire**, 18; **Jenna Farley**, 14; **Kassidy Clark**, 16

January 19, 2013 - **Stephanie Proffitt**, 27

January 21, 2017 - **Kaeden Hernandez**, 18; **Zachary Meyer**, 18; **MO**

January 28, 2016 - **Ronald Baker**, 44; **WA**

January 31, 2022 - **Brittany Avisio**, 25; **TN**

January 23, 2022 - **Nicholas Bednarek**, 20; **PA**

[View Memorial Group Here](#)

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