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Press Release

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FOR IMMEDIATE RELEASE**Information on Marijuana**

The Community Committee of the SAFE Glen Cove Coalition serves as a think tank to examine community needs assessment data, implement alcohol and substance abuse awareness campaigns, educate the public regarding ongoing and emerging alcohol and substance abuse trends and pursue viable funding streams to address gaps in community services.

According to a Community Survey of 1408 Glen Cove residents conducted by the Coalition in 2016, marijuana use was ranked as a fourth area of community concern preceded by alcohol, depression and anxiety.

Marijuana is a green, brown, or gray mixture of dried, shredded leaves, stems, seeds, and flowers of the hemp plant (*Cannabis sativa*). Cannabis is a term that refers to marijuana and other drugs made from the same plant. Strong forms of cannabis include sinsemilla, hashish ("hash" for short), and hash oil. There are many different slang terms for marijuana and, as with other drugs, they change quickly and vary from region to region. But no matter its form or label, all cannabis products contain the *psychoactive* (mind-altering) chemical *delta-9-tetrahydrocannabinol* (THC). They also contain more than 400 other chemicals.

People who use marijuana may roll loose marijuana leaves into a cigarette (called a joint) or smoke it in a pipe or a water pipe, often referred to as a bong. Some people mix marijuana into foods (often called "edibles") or use it to brew a tea. Another method is to slice open a cigar and replace some or all of the tobacco with marijuana, creating what is known as a blunt. To avoid inhaling smoke, more people are vaping—using vaporizers that allow the person to inhale vapor and not smoke. Another popular method on the rise is smoking or vaping THC-rich resins extracted from the marijuana plant, a practice called dabbing. Some popular e-cigarette devices can be used to vape marijuana or extracts.

Facts about the use of Marijuana

- Marijuana can be addictive. People who begin using marijuana before age 18 are 4 to 7 times more likely than adults to develop problem use.
- As with most drugs, marijuana use interferes with judgment, which can lead to risky behaviors. For example, the person may drive under the influence or ride with someone else who is

intoxicated and get into a car crash, or engage in risky sexual behavior and contract a sexually transmitted disease.

- When people smoke marijuana, they feel its effects almost immediately. THC (marijuana's psychoactive ingredient) rapidly reaches every organ in the body, including the brain, and attaches to specific receptors on nerve cells. Activation of these receptors in the brain affects pleasure, memory, thinking, concentration, movement, coordination, appetite, pain, and sensory and time perception
- Marijuana use can affect the health and well-being of children and teens at a critical point in their lives—when they are growing, learning, maturing, and laying the foundation for their adult years. As a parent, your children look to you for help and guidance in working out problems and in making decisions, including the decision not to use drugs.
- Greater acceptance of marijuana use, compared with use of other illegal drugs, continues to be the basis of differing opinions about its dangers, legal status, and potential value.
- The ongoing public debate about medical marijuana may complicate your discussion. Even so, be certain the discussion focuses on how much you care about your child's health.
- Whether or not marijuana becomes legal for adult use or allowed for medical use, it can be harmful for teens and can alter the course of a young life, preventing a person from reaching his or her full potential.

If your child is using marijuana, he or she might:

- seem unusually giggly and/or uncoordinated
- have very red, bloodshot eyes or use eye drops often
- have a hard time remembering things that just happened
- have drugs or drug paraphernalia—drug-related items including pipes and rolling papers—possibly claiming they belong to a friend if confronted
- have strangely smelling clothes or bedroom
- use incense and other deodorizers
- wear clothing or jewelry or have posters that promote drug use
- have unexplained lack of money or extra cash on hand

For more information about marijuana please visit the New York State Office of Alcoholism and Substance Abuse Services (OASAS) at www.oasas.ny.gov, National Institute on Drug Abuse (NIDA) www.drugabuse.gov, or Substance Abuse and Mental Health Services Administration (SAMHSA) at www.samhsa.gov.

For more information about SAFE and its other initiatives please contact the office at: 516-676-2008 or visit the website at <http://www.safeglencove.org> or our Facebook page at <http://www.facebook.com/safeglencovecoalition>.