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## **Marijuana 9-3-12**

### **Teenage marijuana use may permanently reduce IQ**

Tuesday, 28 August 2012

Teenagers who smoke marijuana chronically risk permanent brain damage. Research subjects had a reduced IQ by up to eight points.

WASHINGTON: Teenagers who smoke marijuana regularly may be doing permanent brain damage, reducing IQ by up to eight points, according to a new study. Researchers compared Intelligence Quotient (IQ) results for subjects aged 13 and then at 38 for more than 1,000 New Zealanders, some of whom were regular cannabis-users and some who were not.

The results, published in the *Proceedings of the National Academy of Sciences*, were striking. A decline of around eight points for those who started smoking as teens and kept it up, persistently, in their 20s and 30s, said lead researcher Madeline Meier, a Duke University psychologist.

That's a big deal, Meier explained. "On average, IQ should be stable" as a person ages, she said.

### **IQ increased slightly in people who never smoked marijuana**

For the people in the study who had never smoked any marijuana, their IQ actually went up a few tenths of a point or so.

"We know that IQ is a strong determinant of a person's access to a college education, lifelong total income, their access to a job, their performance on a job," Meier said. "Somebody who loses eight IQ points in their teens and twenties may be disadvantaged compared to their same age peers in most of the important aspects of life, and for years to come."

### **Reduced IQ couldn't be traced to other factors, such as education**

And the drop couldn't be traced to differences in education or by other substance abuse, including alcohol or other drugs, she said.

The ones who started smoking cannabis as adolescents and continued persistently also performed more poorly on tests of memory and ability to focus and think quickly, even when adjusted for each individual's natural abilities.

And those who quit or slowed their marijuana use within the year prior to testing at age 38 still showed the same reduced IQ results.

Yet for those persistent users who started smoking as adults, brain power didn't drop. This is a key distinction, Meier said.

"Adolescence is a particularly vulnerable period of brain development," Meier said.

### **Smoking in adolescence disrupts normal brain processes**

Those kids who smoke up early and often "might be disrupting the normal critical brain processes," permanently damaging their brains, she explained.

The study did not gather data on exactly how much pot was used or how often the persistent users were smoking.

Those who showed deficits were those who researchers determined were 'cannabis-dependent' during periodic interviews from age 18 to age 38.

Further research could also help determine if staying off cannabis for more than a year meant "functioning could be recovered," Meier said. "We didn't look into that, but it's definitely possible."

But bottom line, she said, the results show "cannabis use, marijuana use, in adolescence is not healthy. It's harmful."

### **Marijuana 2.0:**

Attached we wanted to bring you up to date with the latest information on marijuana in our article

For example, last year was the first time that a teen

tried marijuana over nicotine or alcohol as their first drug experience. The THC content/potency has doubled in only the last 10 years. Doctors are being educated at conferences regarding how to manage marijuana withdrawal symptoms. Click on the article for more information, pictures, stats and sources cited.

or <http://www.recoveryhappens.com/marijuana%202.0%20pdf.pdf>

Presented by Jon Daily, LCSW, CADC II

**\*\* Jon's New Book Will Release at The End of September \*\* see below !**

# Adolescent and Young Adult



# Addiction:

The Pathological Relationship to Intoxication and  
the Interpersonal Neurobiology Underpinnings

Jon Daily, LCSW, CADC II

Introduction (and chapter, "Neurobiology of Attachment") by Claude Amett, MD



Since the mid 90's, Jon Daily, LCSW, CADAC II has specialized in the outpatient treatment of adolescents, young adults and their families with addictive disorders and dual diagnosis issues. Jon is the founder of Recovery Happens Counseling Services in the Greater Sacramento, CA area. He is also the recipient of numerous awards for his work in the field of addiction. Jon co-authored of "How to Help Your Child Become Drug Free." He has been an instructor to nurses, medical residents and has taught post-doctoral students for UC Davis. Currently he instructs graduate students for University of San Francisco. Jon has trained thousands of clinicians working with youth. He has been a resource in the media over 40 times in his career from local media to the national Today Show. In addition to teaching, practicing and writing, Jon provides numerous trainings and conference presentations. More information can be viewed at [www.recoveryhappens.com](http://www.recoveryhappens.com)

"This book is a serious, soulful, and intelligent treatment of the complex and important issues surrounding substance abuse in our youth. It will expand your mind, heart, and hopefully your connection to your children and adolescents in your life..."

**Lou Cozolino, PhD Professor of Psychology**

Pepperdine University, Author of *The Neuroscience of Human Relationships; The Making of the Therapist; The Neuroscience of Psychotherapy; and The Neuroscience of Education*

"For the last 15 years, our community has had the benefit of Jon Daily's gifted integration and translation of this material in his trainings. We now see his expertise in the form of his latest book. This is an invaluable read for all clinicians working with teens, young adults and families and should be implemented into the core curriculum for all graduate institutions."

**Angela Marie Chanter, PsyD**

Founder and Clinical Director of Therapeutic Solutions 360  
Co-Founder and Clinical Director of Full Circle Treatment Center

"Adolescent and Young Adult Addiction: The Pathological Relationship to Intoxication and the Neurobiology Underpinnings provides a significant contribution to both the mental health and addiction fields. Jon Daily's book supports the case that when treated effectively, many young people will recover. Jon Daily's insightful study of attachment and neurobiology as it relates to the unique characteristics of adolescents and young adults is a must read for anyone working with these individuals and their families..."

**David Gust, LADAC, NCAI**

Founder of New Directions Counseling Associates and  
Co-Author of *Effective Outpatient Treatment for Adolescents;*  
Co-Author of *How to Help Your Child Become Drug Free*



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Thanks  
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