

Marijuana and Our Kids



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Risk Factors for Addiction of Any Kind

- ❖ Family history of addiction.
- ❖ Mental health disorder. (anxiety and eating disorders especially IME)
- ❖ Peer pressure.
- ❖ Lack of family involvement.
- ❖ Early use.
 - Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6.
([SAMHSA](#))
- ❖ Taking a highly addictive drug.

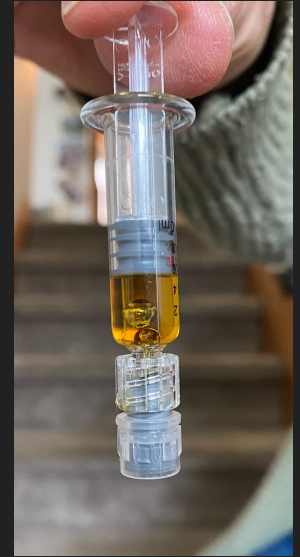
Paraphernalia



Weed pen



Cartridge
AKA cart



Distillate
syringe



Disposable
vape



edibles

And so much more...

Signs of Use



These little guys on your floors.



This is a
cartridge—called a
cart by most kids

- Bloodshot or glassy eyes
- Finding eye drops in room or backpack
- Long and frequent showers
- Smell (vapes often smell fruity and not at all like marijuana)
- Frequent skipping or tardies
- Sleeping a lot or at unusual times
- Binge eating at odd times
- Regularly going to the bathroom before meals
- Stealing or having money that can't be accounted for
- Lack of interest or motivation in things they would usually be interested in

Some Possible Symptoms of Long-term Chronic Use

- ❖ Loss of as much as 8 IQ points
- ❖ Depression
- ❖ Anxiety
- ❖ Loss of timing and coordination
- ❖ Memory problems
- ❖ Isolation
- ❖ Loss of interest in things that used to bring joy
- ❖ Cannabis Induced Psychosis ([Moniuszko et al.](#))
- ❖ Cannabinoid Hyperemesis Syndrome - “a condition in which a patient experiences cyclical nausea, vomiting, and abdominal pain after using cannabis” ([Chu and Cascella](#))

([Marijuana Anonymous](#)) and ([SAMHSA](#))

Symptoms of Marijuana Withdrawal

- ❖ **anxiety**
- ❖ **irritability**
- ❖ anger or aggression
- ❖ **disturbed sleep/dreaming**
- ❖ **depressed mood**
- ❖ **loss of appetite**
- ❖ Less commonly reported physical symptoms include chills, **headaches**, physical tension, **sweating** and **stomach pain (nausea IME)**

Length of Withdrawal

- ❖ Symptom begin within 24–48 hours
- ❖ peak at days 2–6
- ❖ 2–3 weeks or longer

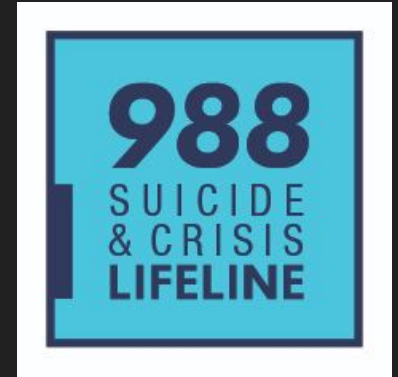
(depending on length and intensity of use)

(Connor et al.)

Places to Find Support if You Have a Friend or Family Member Who is Addicted to Marijuana or Any Other Substance



Mar-Anon



Call or Text



How to Get Help

- ❖ Behavioral Health Agencies
 - Inpatient treatment
 - Partial Hospitalization Programs
 - Intensive Outpatient Programs
- ❖ Substance Abuse Counselors
- ❖ Washington Recovery Helpline (866) 789-1511
- ❖ 12 Step Groups
 - Marijuana Anonymous
 - Alcoholics Anonymous
 - Narcotics Anonymous

Can I force my child into treatment in Washington State?

- Short answer: No, unless they are a danger to themselves or others or there is a court order.
- For details see [Chapter 71.34 RCW: Behavioral Health Services for Minors](#)

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