AMCMS

COUNSELING CONNECTION

DECEMBER 2024

In Plain Sight

To continue what we've been talking about...

The last few Counseling Connection's have focused on drugs and vaping. We're going to continue the "Hidden in Plain Sight" conversation with just "In Plain Sight."

In Texas, an individual must be at least 21 years old to legally buy or own tobacco products, including e-cigarettes or vape devices. However, what about items that **don't** contain tobacco?

- CBD
- THCA; THCP; HHC
- "Mood Enhancers" "Dietary Supplements" "Focus"
- Kava; Kanna; Kraton
- Psilocybin; Muscimol

CSISD brought in "Tall Cop Says Stop" for a training and the information there was eye-opening. Some big takeaways were:

- read all the ingredients and look them up!
- youth have no perception of harm when it comes to vapes
- a lot of these items are easily accessed, cheap, and branded to look "harmless" or "intriguing" because of their colors and flavors



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AMCMS Counseling Website

Clickable Resources & Sources

Tall Cop Says Stop Podcast

Muscimol Article

FDA Delta 8

NBC Delta 8

Allen, TX Investigation Article

Web MD Whippets