

Hawai'i Regional Alcohol & Drug Awareness Resource (RADAR) Network



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Distributed by The Coalition for a Drug-Free Hawaii, Prevention Resource Center

What's New!

Marijuana Myths & Facts

The Prevention Resource Center's Lending Library has an extensive collection of books, videos and research dealing with substance abuse prevention, treatment, recovery and other related issues. This is accompanied by a clearinghouse of free information brochures and other handouts.



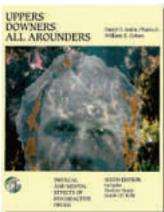
Think Twice: Marijuana & Cancer (DVD)

This program points out new research that links marijuana smoking with head and neck cancers in addition to the already known risk of developing lung cancer. It tells the story of a young man, whose chronic marijuana smoking developed cancer of his tongue, neck and jaw and who is now permanently disfigured. Pictures are shown of young marijuana smokers who subsequently developed similar cancers. Another physician displays chest x-rays of young marijuana smokers who have developed life-threatening lung cancer. After viewing this video, viewers will think twice before lighting up a joint.

Uppers, Downers, All Arounders, 6th Ed.

Physical & Mental Effects of Psychoactive Drugs (book)

This edition incorporates the most current and comprehensive information on the physiology, neurochemistry, and sociology of drugs and compulsive behaviors. This book not only comprehensively covers all the different types of drugs, but also discusses prevention, addiction and treatment. (Includes CD-Rom)



Real World Marijuana (brochure)

This brochure, aimed at teens, debunks some popular myths associated with marijuana, talks about what you gain when you don't smoke and what you stand to lose if you do choose to smoke marijuana.

Marijuana is the most widely used illegal substance in the country today; its use is also the most controversial. Efforts to prevent youth use of marijuana continue, while at the same time legalization efforts proliferate across the U.S. Here in Hawaii, marijuana is approved for medicinal use for chronic or terminal conditions with a doctor's written approval. The legal debate surrounding marijuana can be complicated. Now, more than ever, it's important to know the effects of marijuana on the body and on our society. Here, we aim to set straight some of the myths surrounding marijuana.

Marijuana comes from the flowers, stems, seeds, and leaves of the plant *Cannabis sativa*. It is dried, shredded and then usually smoked as a cigarette (joint) or in a pipe (bong). Sometimes it is mixed in foods or brewed as tea. The main active chemical in marijuana is THC (delta-9-tetrahydrocannabinol). THC binds to protein receptors in the brain and, once in place, sets off a chain of reactions that lead to the mood altering "high" users experience when using marijuana. Over the past two decades, the potency (amount of THC) of marijuana has risen dramatically. With this increase in potency, associated abuse and consequences of the drug have risen as well – shown through an increase in marijuana related emergencies and treatment.

Here in Hawaii, roughly 35% of people admitted into drug treatment at State funded facilities are marijuana users. Across the U.S. there are over 20 million illegal drug users, of which almost 75% use marijuana.

A group of voices across the political spectrum are calling for the restructuring of our legal response to marijuana. Some call for complete legalization, while others call for less radical changes. For example in the November 2008 election, Hawai'i island passed a ballot initiative making marijuana the lowest priority for law enforcement.

Despite this, marijuana is not harmless. It especially needs to be remembered, no matter what side of the issue you're on, marijuana is still a federal Schedule I illegal drug, and if caught possessing or selling it legal consequences can follow. Yet it is not only legal issues that should dissuade marijuana use; the myths addressed below demonstrate critical health and safety reasons to avoid marijuana.

Written & Researched by Sara Jean Banks, Teenline Prevention Specialist

MYTH: Marijuana is not dangerous

Marijuana is dangerous and scientific research proves it. Marijuana smoke contains 50 to 70 percent more carcinogens than tobacco smoke and causes a significant deterioration in lung function. Its use increases the risk for developing schizophrenia and leads to changes in the brain similar to those caused by heroin and cocaine. Marijuana users have more suicidal thoughts and are four times more likely to display symptoms of depression than people who have never used the drug. Today, the majority of drug treatment for young people in the U.S. is for marijuana.



MYTH: Marijuana is not addictive

Quite the contrary. Marijuana has proven to be both psychologically and physically addictive. Long-term users trying to quit report withdrawal symptoms such as: restlessness, loss of appetite, trouble with sleeping, anxiety, weight loss, shaky hands, and drug craving, all of which make it difficult to quit.



MYTH: It is safe to drive under the influence of marijuana

Marijuana affects many of the skills needed to drive safe: alertness, concentration, and reaction time. Young people who drive while on the drug are twice as likely to be involved in accidents than their non-using peers. One study done by the Department of Medical Education at Methodist Hospital in Memphis, found that of 150 reckless drivers tested at arrest for drugs, 45% tested positive for marijuana. Additionally, while smoking marijuana, people show the same lack of coordination as people who have had too much to drink.

Contact the Prevention Resource Center
545-3228 x34
1-800-845-1946 x34
prc@drugfreehawaii.org
Resources are free!

The Coalition for a Drug-Free Hawaii is a non-profit organization that provides innovative programs & services to help keep Hawai'i children & families healthy, strong & resilient.



Connect to Fight Rx Abuse

Fighting prescription drug abuse requires many different systems to work together. The CONNECT project is dedicated to educating professionals from numerous fields about prescription drug abuse and exploring ways these systems can work together to create solutions. The project includes information about each state's prescription drug monitoring program, how to report illegal prescription drug sales and how to dispose of prescription drugs safely. This is a project of the Addiction Technology Transfer Center Network funded through SAMHSA.

www.fightrxabuse.org





Drug-Free Hawaii Awareness Month

February is Drug-Free Hawaii Awareness month!

It's a special time to increase awareness and take action against substance abuse.

We encourage individuals, families, schools and communities to join together in activities to promote healthy, drug-free lifestyles.



Ola Pono Awards

The Ola Pono Awards honor those who make meaningful, substantial contributions to our community by promoting safe, healthy and drug-free lifestyles.

Winners are honored at a special recognition luncheon. Winners receive an Ola Pono award and \$1,000 to be donated to a charitable organization of their choice. School winners have the funds go to their school.

Backyard Jam

We invite your family to learn about substance abuse prevention while enjoying top local performers, munching on ono grindz and enjoying a picnic-like atmosphere at the park!

February 22, 12-5
Kapi`olani Park Bandstand



A free event!

Live Aloha Live Drug-Free!

Web Links

www.nsteens.org

This interactive website has videos, comics and other teaching materials to educate youth about internet safety. It specifically addresses being smart with social networking sites and dealing with cyber bullying. The site is run by the National Center for Missing and Exploited Children.

www.thesafespace.org

One in three teens will experience abuse in a dating relationship and two-thirds of them will never report it to anyone. Dating violence is not just dangerous, it is devastating to a young person's health and safety. This site educates about healthy relationships and helps teens identify if they're involved in a destructive relationship. It is run by Break the Cycle, an organization aimed at empowering youth to end domestic violence.

www.thetrevorproject.org/helpline

The Trevor Project operates the only nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. Reach the hotline at 1-866-488-7386. Resources are available for youth experiencing problems and their families, friends and educators. You can also find The Trevor Project on Facebook, and Trevorspace, a social networking site for LGBTQ youth ages 13-24 and their friends and allies.

6th Annual Hawaii Conference on PREVENTING, ASSESSING & TREATING CHILD, ADOLESCENT & ADULT TRAUMA March 30 - April 2, 2009

Presented by: Institute on Violence, Abuse & Trauma
Target Audience: Human services professionals, law professionals, health professionals, etc.
Where: Ala Moana Hotel
Continuing Education Hours: Up to 17.5 units available
Fees: varies
More information & Registration: www.IVATCenters.org

For information on trainings offered or approved by the State Alcohol and Drug Abuse Division please call:
(808) 692-7506

hawaii.gov/health/substance-abuse/training/index.html