ENTERHEALTH

ADDICTION & MENTAL HEALTH
TREATMENT

DANGERS OF MARIJUANA& MENTAL HEALTH

Oklahoma Counseling Institute 2025 Summer Super Summit

enterhealth.com



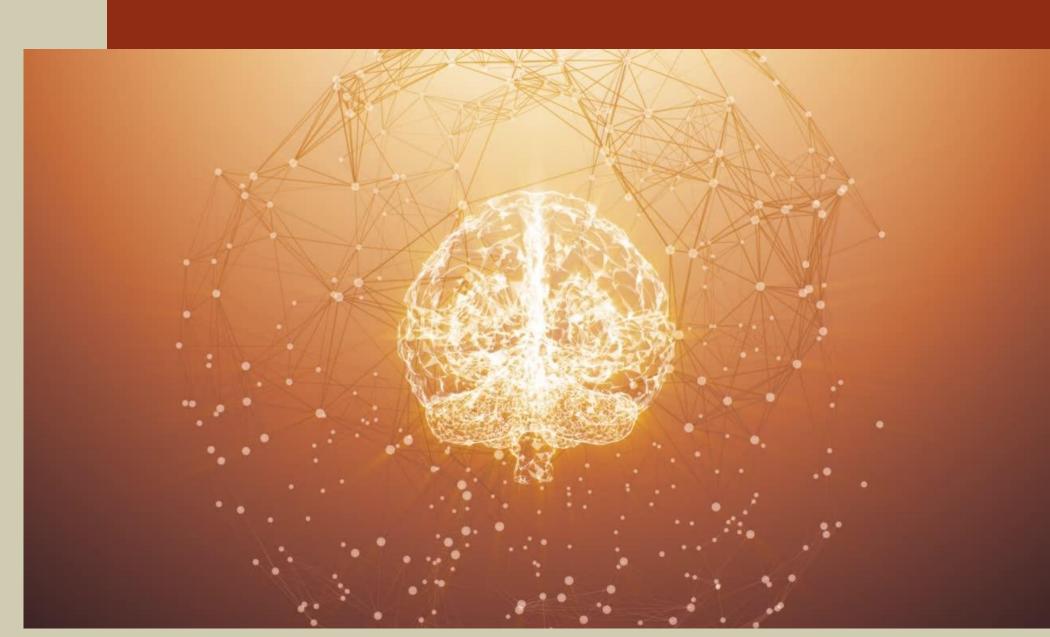
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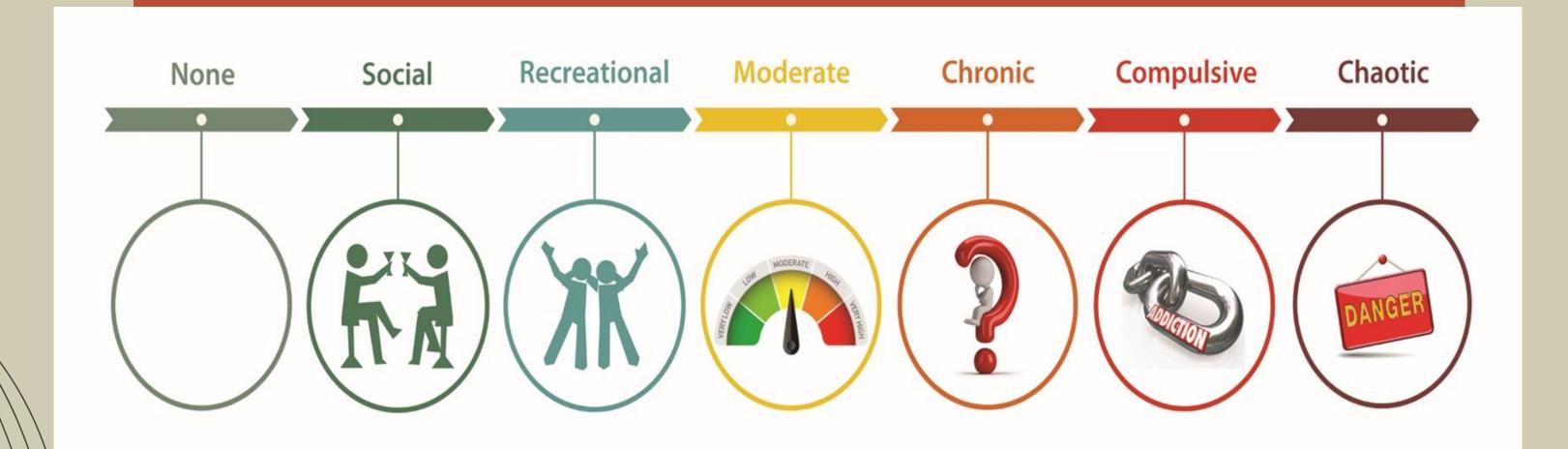
KNOWLEDGE ISKEY

Today's world offers instant access to information.

Harness information to make a meaningful impact on our lives and others.

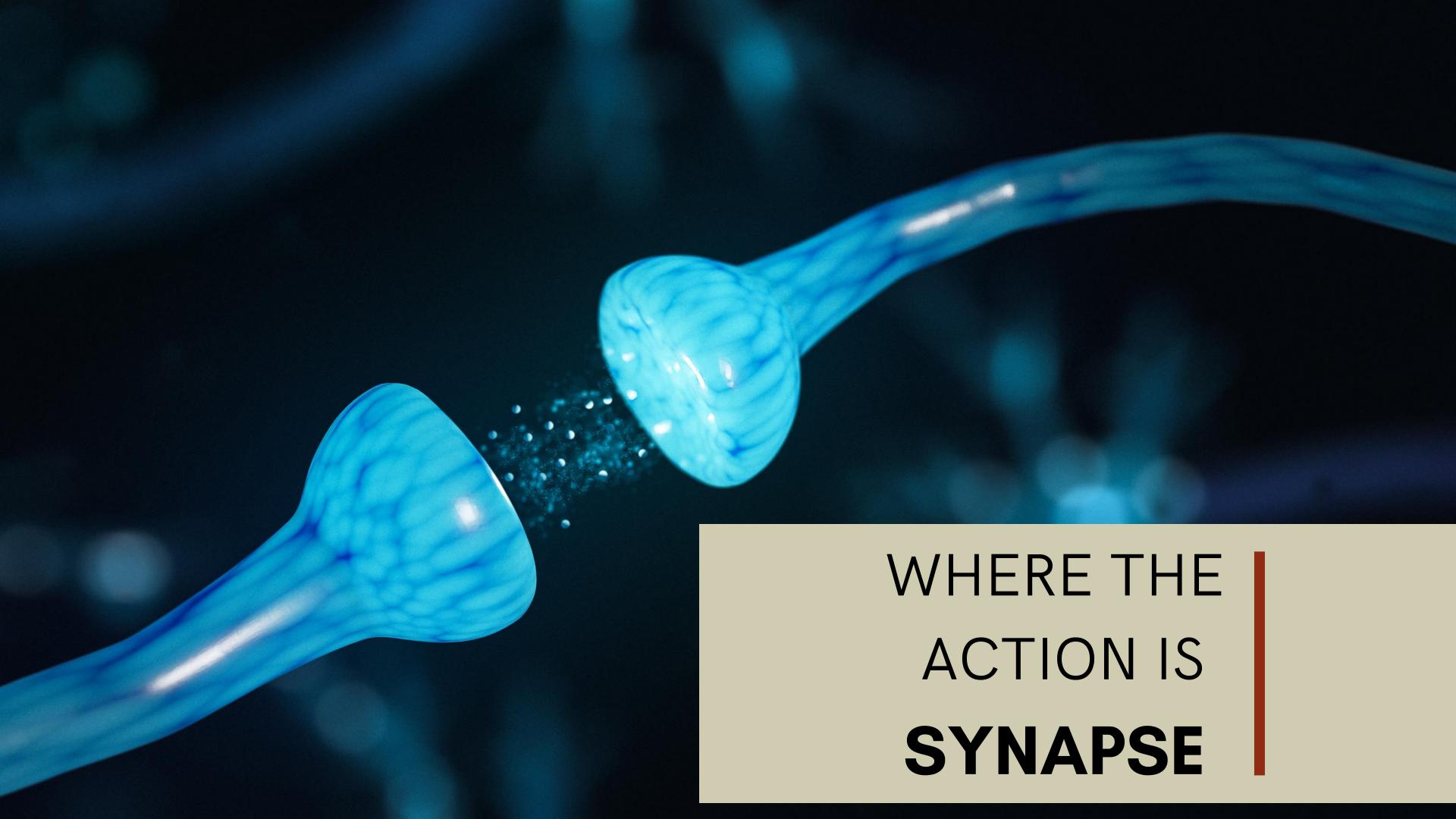


ADDICTION SPECTRUM DISORDER



THE BRAIN CELL NEURON



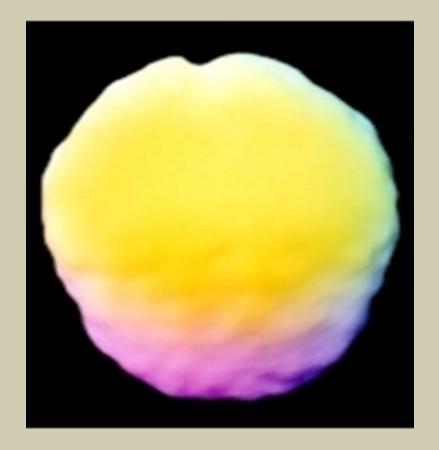


ALCOHOL & THE BRAIN

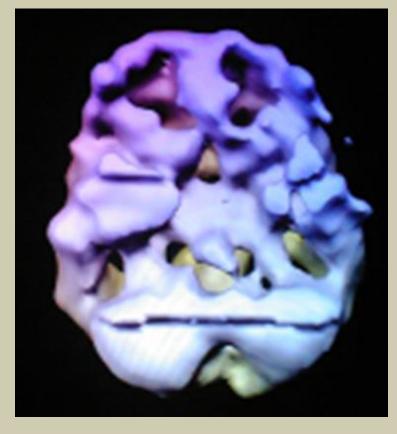
DRUG & ALCOHOL USE CREATES PROFOUND CHANGES IN BRAIN METABOLISM

38 YR MALE WITH 17 YEARS OF HEAVY WEEKEND ALCOHOL ABUSE

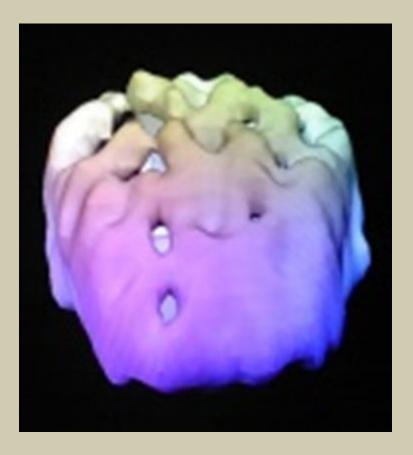
NORMAL



UNDERSIDE SURFACE



FRONT-ON SURFACE



RIGHT SIDE SURFACE

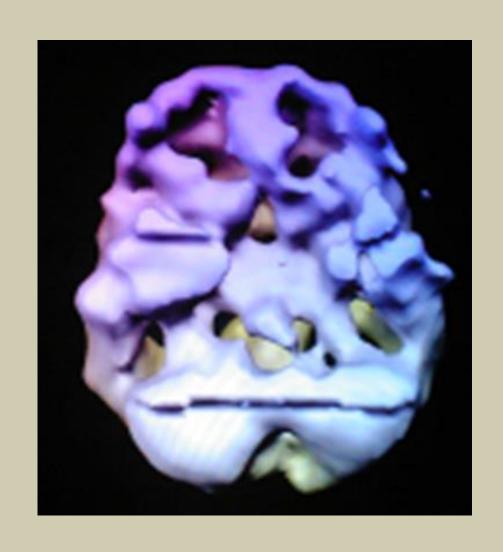


MARIJUANA & THE BRAIN

NORMAL



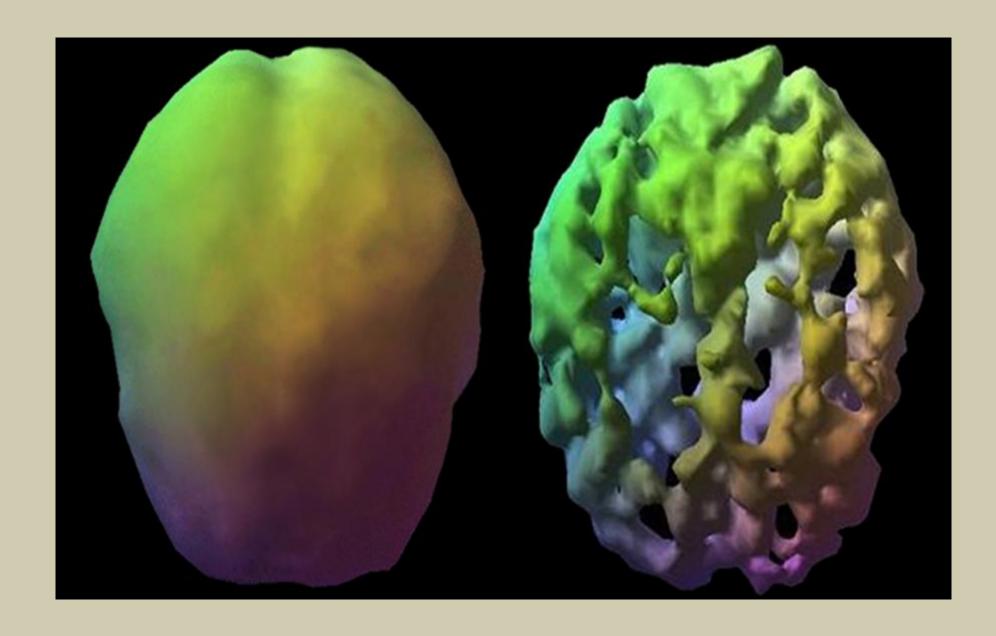
MARIJUANA ABUSE



OPIATES & THE BRAIN

NORMAL

7 YEARS OF OPIATE ABUSE







- Addiction is NOT a moral failing or weakness
- Brain Injury (not permanent damage) Mild to moderate, temporary, traumatic brain injury!
- Even limited drug & alcohol use can significantly impact the brain negatively

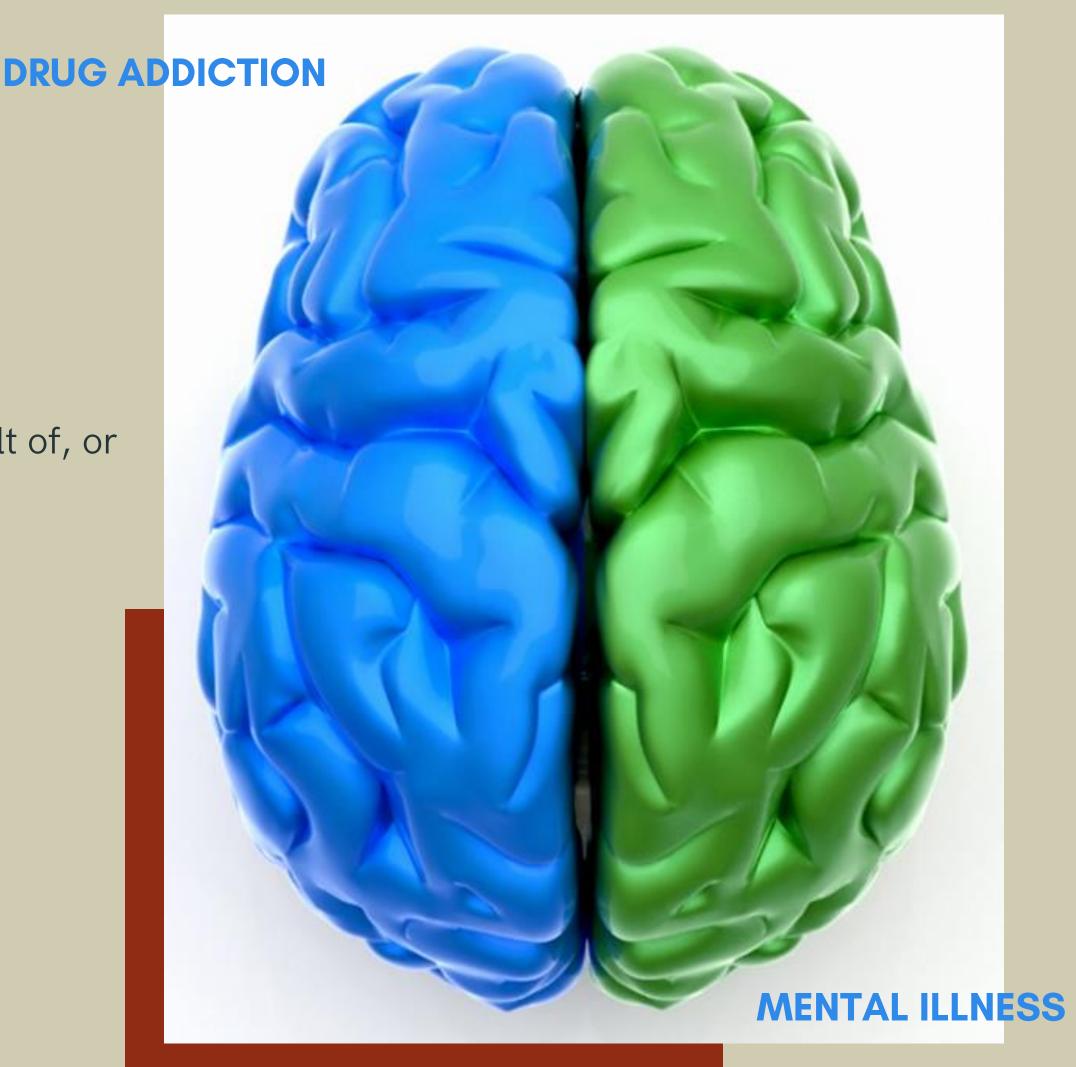
ALCOHOL & DRUG ADDICTION: CHRONIC BRAIN DISEASE

- Sobriety allows the brain to begin healing as harmful substances leave the system
- Full brain recovery is typically achieved after 1-1.5 years of complete sobriety
- With the right treatment, successful recovery is highly achievable

DUAL DISORDERS

Substance abuse and addiction is often the result of, or a part of, other behavioral health disorders.

DEPRESSION
ANXIETY
BIPOLAR
SCHIZOPHRENIA
ADD/ADHD
PTSD

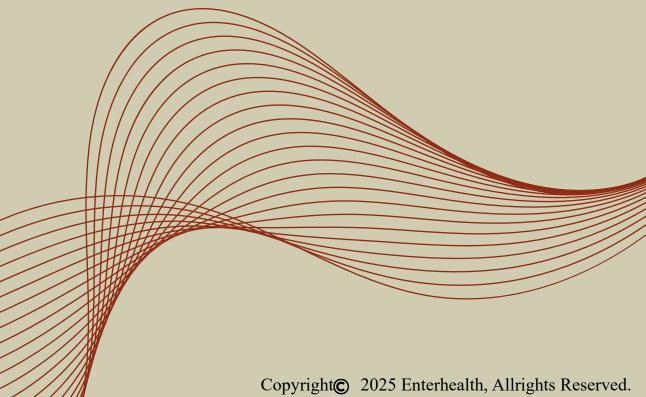




DANGERS MARIJUANA LEGALIZATION

- THC use increases by average of **20%** in states where marijuana is legalized
- Largest rise is seen in youth
- Young people are more vulnerable to the harmful effects of THC compared to adults

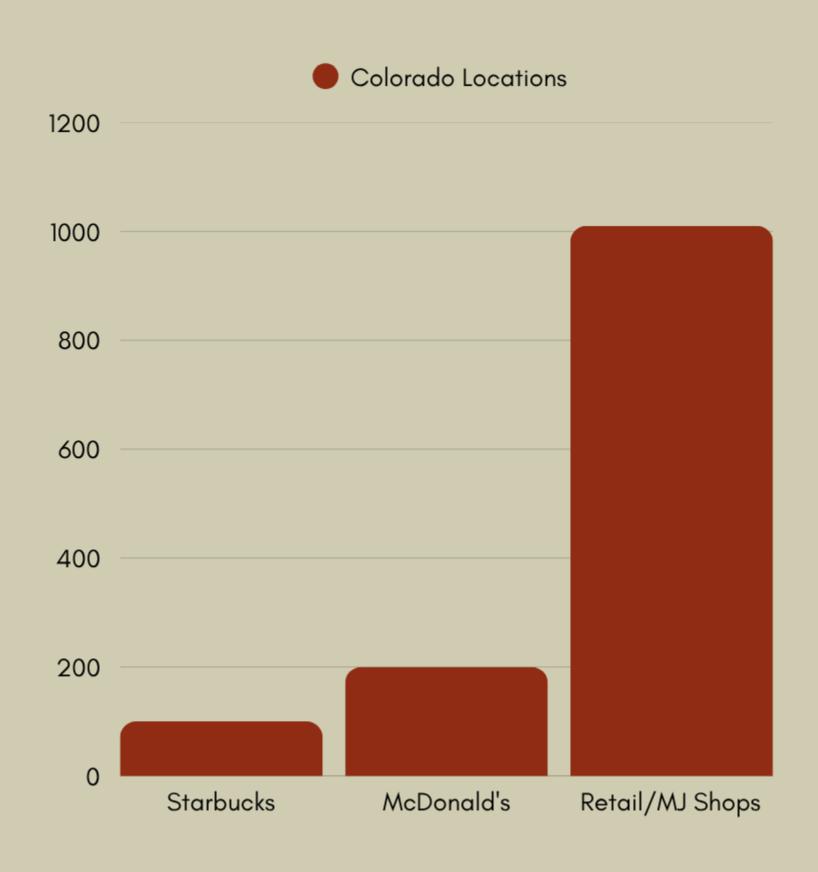




DANGERS MARIJUANA LEGALIZATION

- Legalization = Commercialization
- Widespread opening of THC retail stores
- Normalizes MJ/THC use

 Retail & medical marijuana licenses outnumber popular food chains in



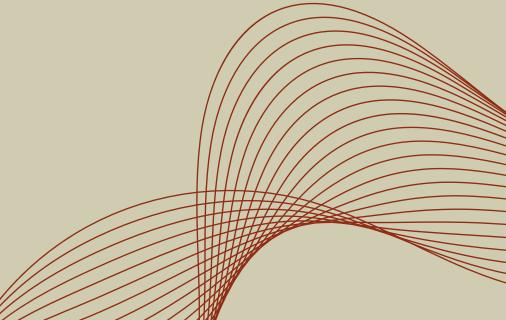
DANGERS MARIJUANA LEGALIZATION



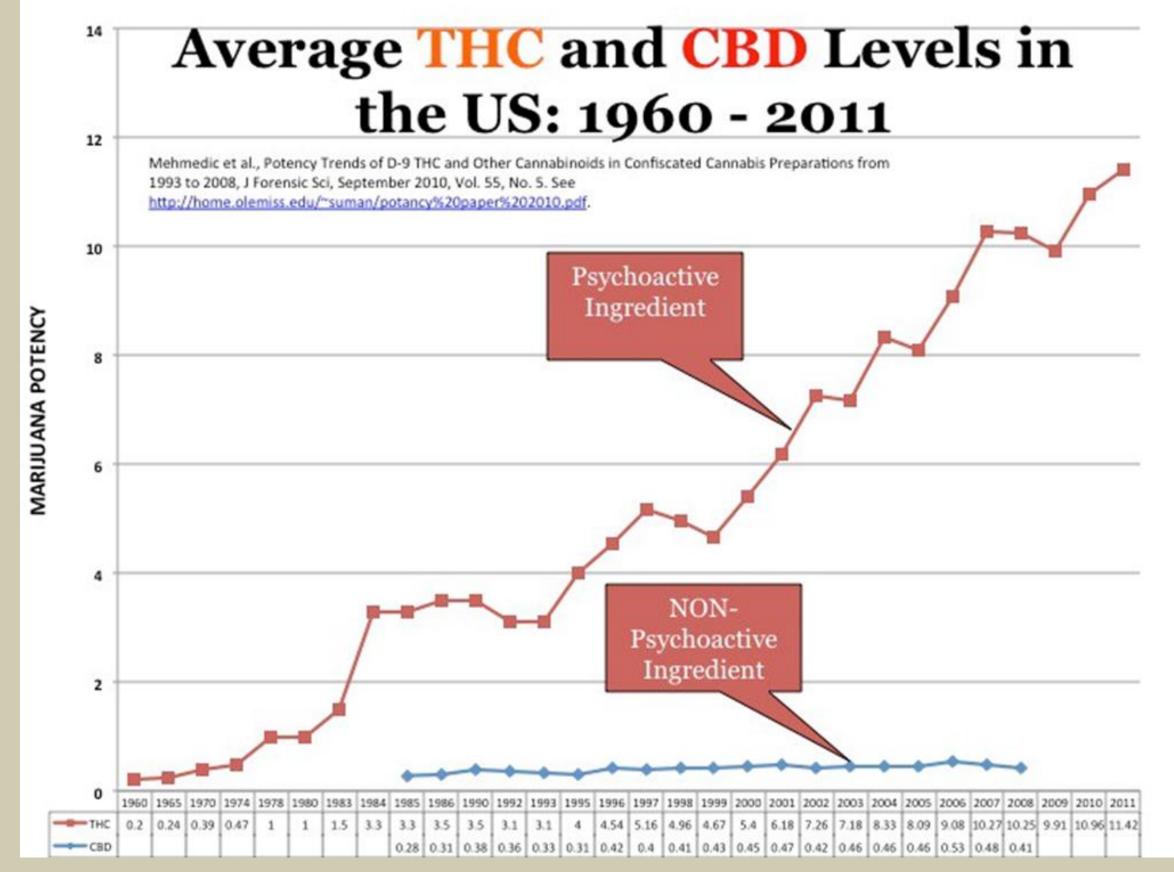
Washington state airport has

FREE convenient shuttles to legal pot every

20 minutes via the CannaBus

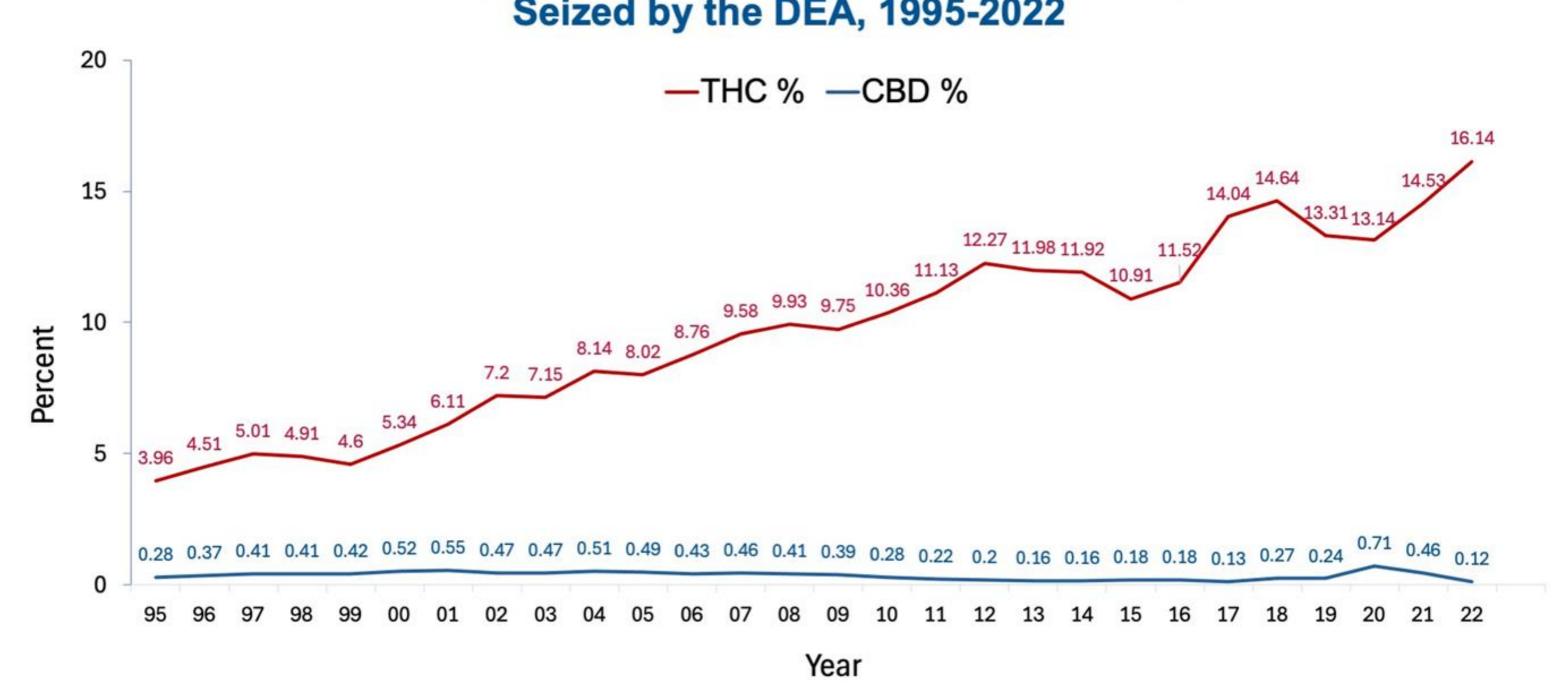


MARIJUANA BASICS



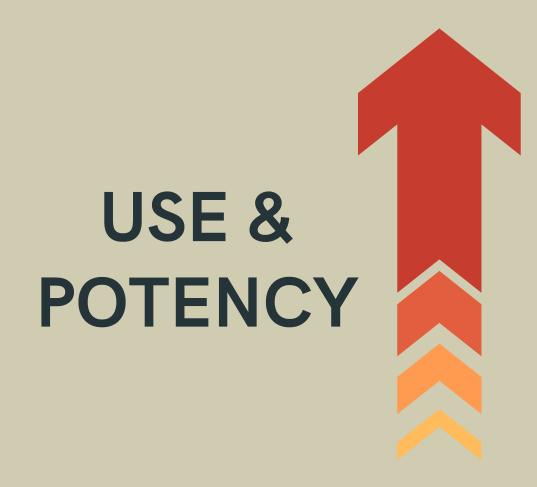
MARIJUANA BASICS





MARIJUANA POTENCY DANGERS

- Marijuana industry innovates to meet demand by increasing potency
 - "woodstock weed" 1-3% THC vs. TODAY 17-19% THC
- Concentrates & Edibles 55% THC
- Marijuana dabs & vaping oils 80-99% THC
- Some retail products 95-99% Pure THC
- Higher potency are more addictive
- Younger users are 30% more likely to develop addiction





MARIJUANA & VAPING DANGERS · Popu



Popular among adolescents due to:

- Easy to conceal
- Produces less odor compared to other forms of marijuana use
- Normalized so many users vaping versus smoking

• Studies:

- Cannabis is fast becoming the most popular method of using cannabis for adolescents in the U.S.
- 27% of 12th graders reported vaping marijuana in the last year (2022).
- Frequent use (6+ times a month) is increasingly reported among teen users.

DANGERS OF MARIJUANA IN YOUTHS

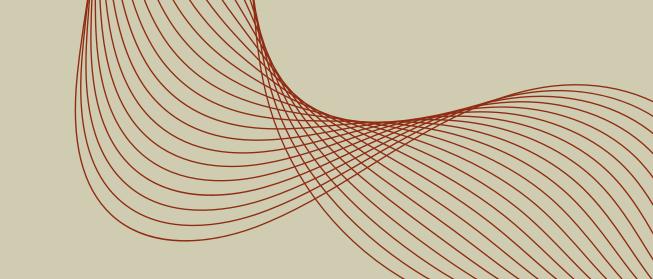
USE BEFORE AGE 18
INCREASES LIKELIHOOD
OF MARIJUANA
DISORDER

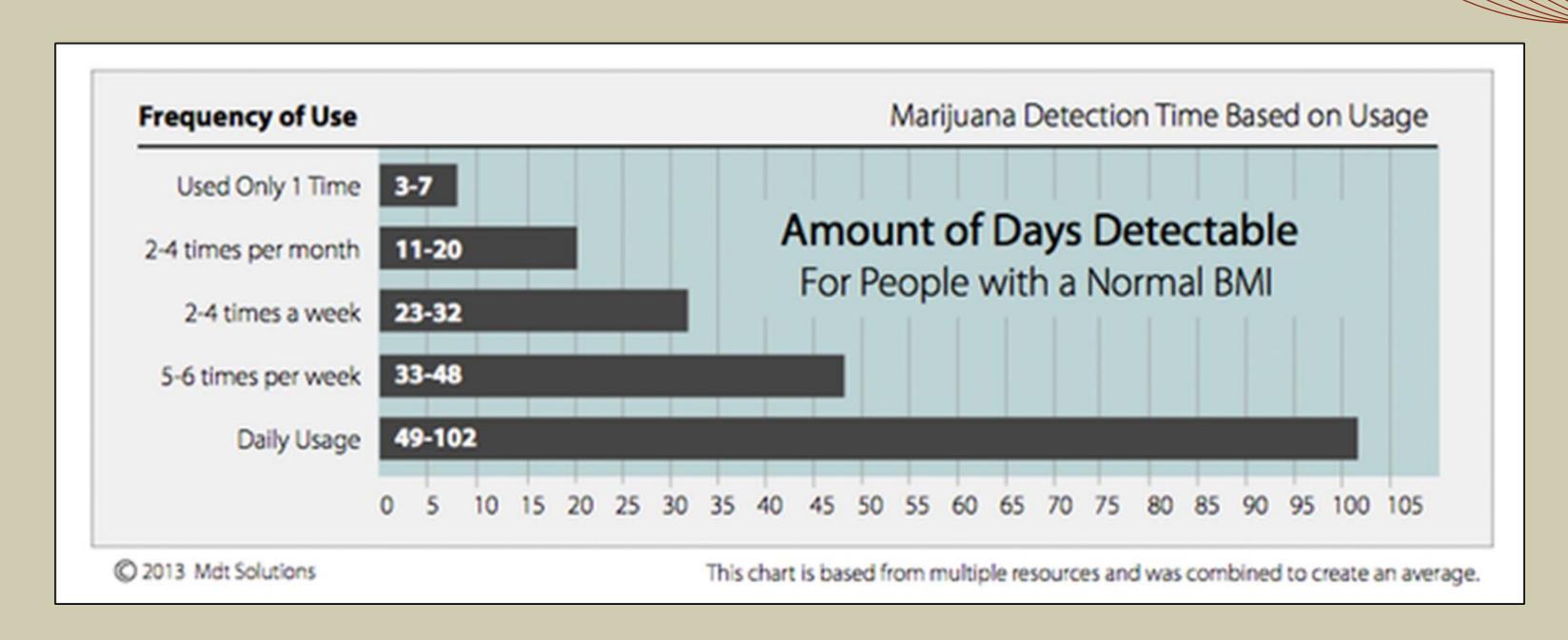
- Legalization is associated with 25% increase in marijuana use disorder among 12-17 yr olds.
- Marijuana users are nearly 25% more likely than non-users to visit the ER or be hospitalized (e.g., hyperemesis, cyclic vomiting).
- Nearly 50% of teen marijuana users report driving under the influence.
- 24% of drivers involved in fatal accidents tested positive for marijuana.



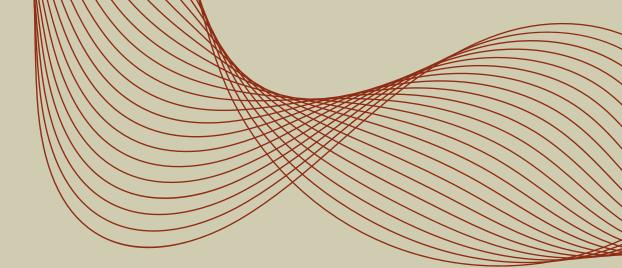
MARIJUANA &
THE BRAIN

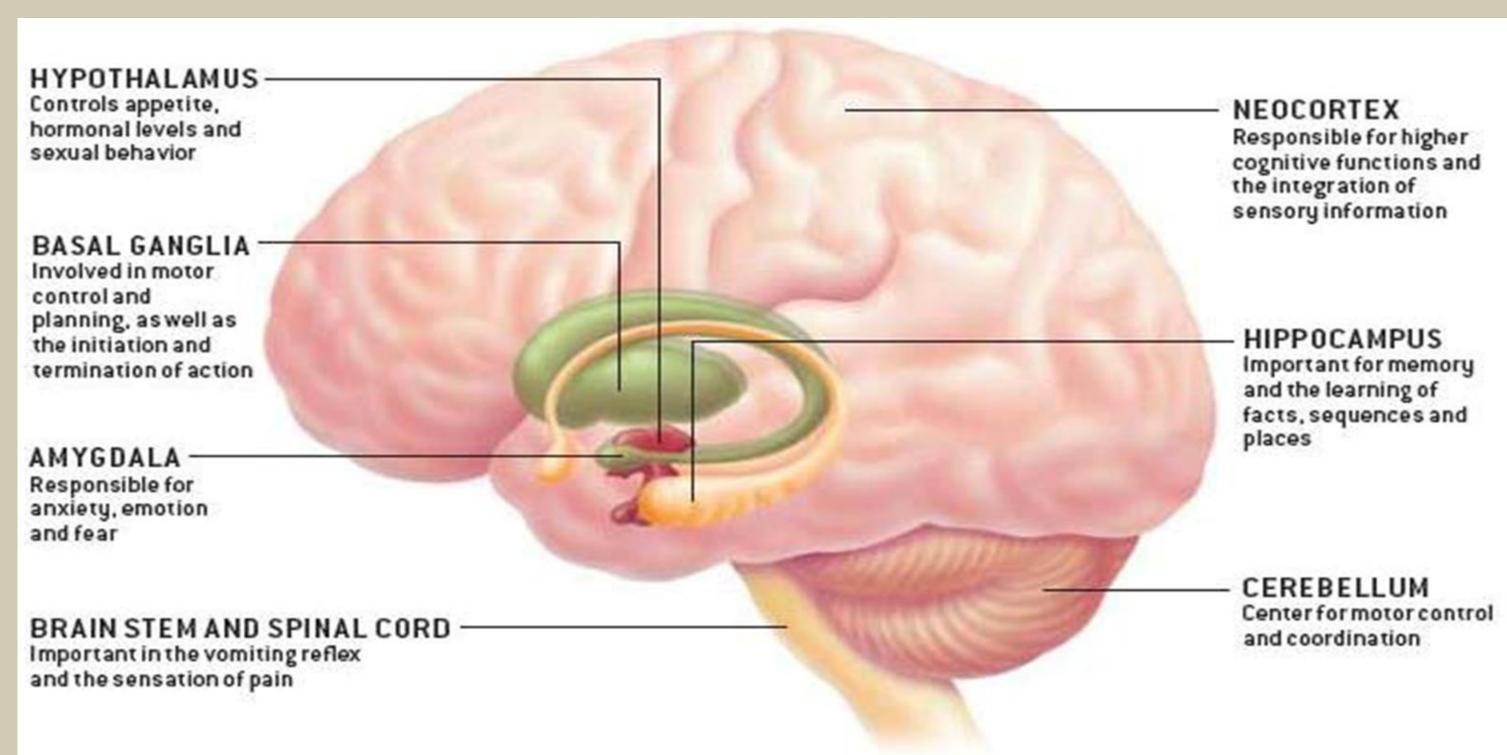
MARIJUANA & THE BRAIN





MARIJUANA & THE BRAIN





MARIJUANA & THE YOUTH BRAIN



Frequent Marijuana Use in Adolescence: What We Know

- Changes in the brain involved with memory, attention, decision making, and motivation.
- Memory and attention deficits have been detected in MJ using teens even AFTER one month sobriety
- Impaired Learning: Chronic use is linked to declines in IQ, declines in school performance that jeopardizes professional and social achievements and declines in life satisfaction
- Increased rates of both school absence and drop-out as well as suicide attempts

MYTHS OF MEDICAL COMMEDICAL COMME

Marijuana **CANNOT** be prescribed legally in ANY state, it can only be <u>recommended</u>.

FDA will never approve smoked marijuana becuse there is NO way to know the dose.

THC & CBD

Two compounds in marijuana that are the "medicinal" part

- THC Nausea, Glaucoma, increase appetite
- CBD Anxiety and sleep

Marinol

The pill form of pure THC - LEGAL - Covered by insurance

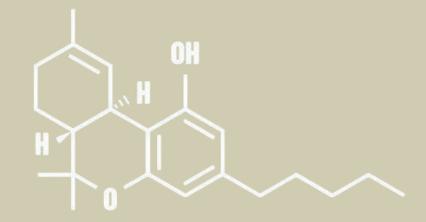
Epidiolex

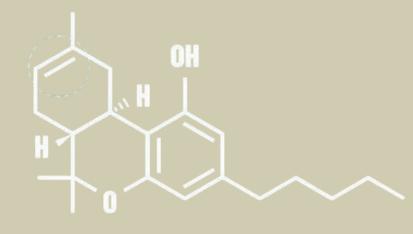
A form of pure CBD is now available in liquid form and FDA approved.

DELTA-9 THC







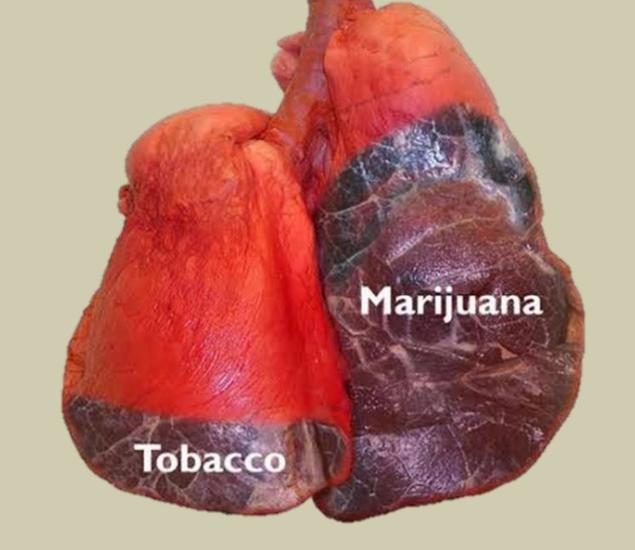


- Delta 9 THC: is derived from the Marijuana plant
- **Delta 8 THC (man-made):** Derived from CBD via isomerization, semi-synthetic molecule, potentially yielding up to 99% THC
- Delta 10 THC (man-made): Origin: Completely synthetic molecule
- Harmful Effects: No benefits for Delta 8 or 10, only actively harms users, especially youth with developing brains have NO idea what chemicals are in them!
- Legal Loophole for Delta 8: Inadvertently legalized via 2018 Farm Bill
- Regulatory Status for Delta 8: Restricted/banned in 20 states, unregulated by the FDA
- FDA Warning to manufacturers who are illegally selling/marketing, infusing products in gummies, candies, oils, etc.



HOW MARIJUANA AFFECTS YOUR BODY

• The smoke from a marijuana joint is 4X more carcinogenic than the smoke from a tobacco cigarette, and it deposits 4X as much tar.



Research has found a connection between marijuana and lung damage.

 American Lung Association (2022) highlighted the specific negative lung/respiratory problems according to each method of use:

Pipes, bongs, paper-wrapped joints.

HEART ATTACK STROKE GENERAL HEALTH

Marijuana creates significate increase in risk of cardiovascular problems including:



Heart Attack



Irregular Heart Rhythms (arrythmias)



Hypertension



Cardiomyopathy (even in younger users)

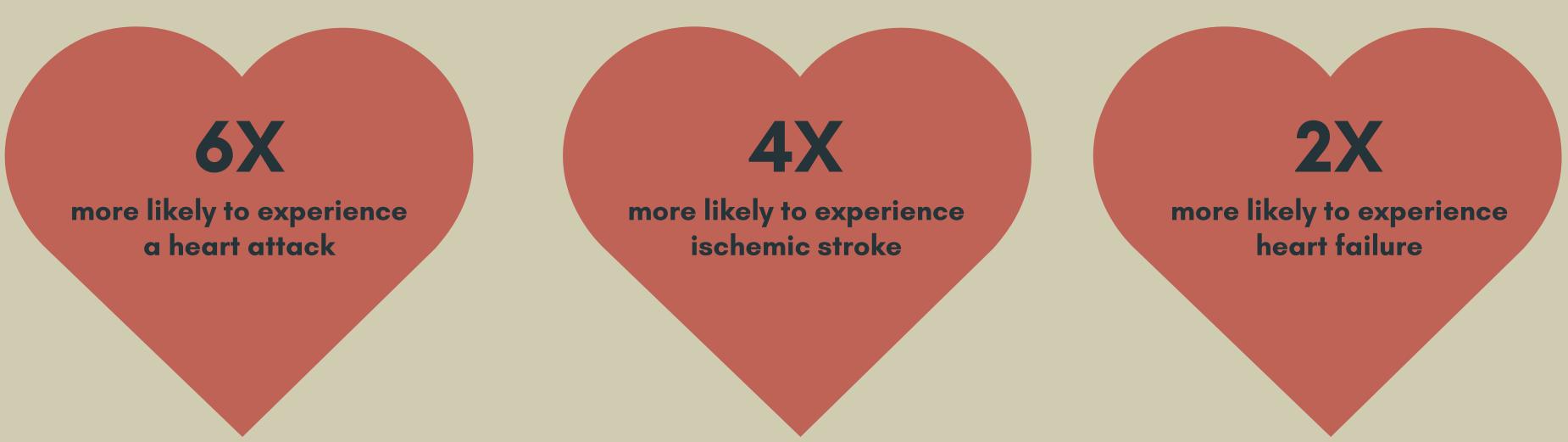


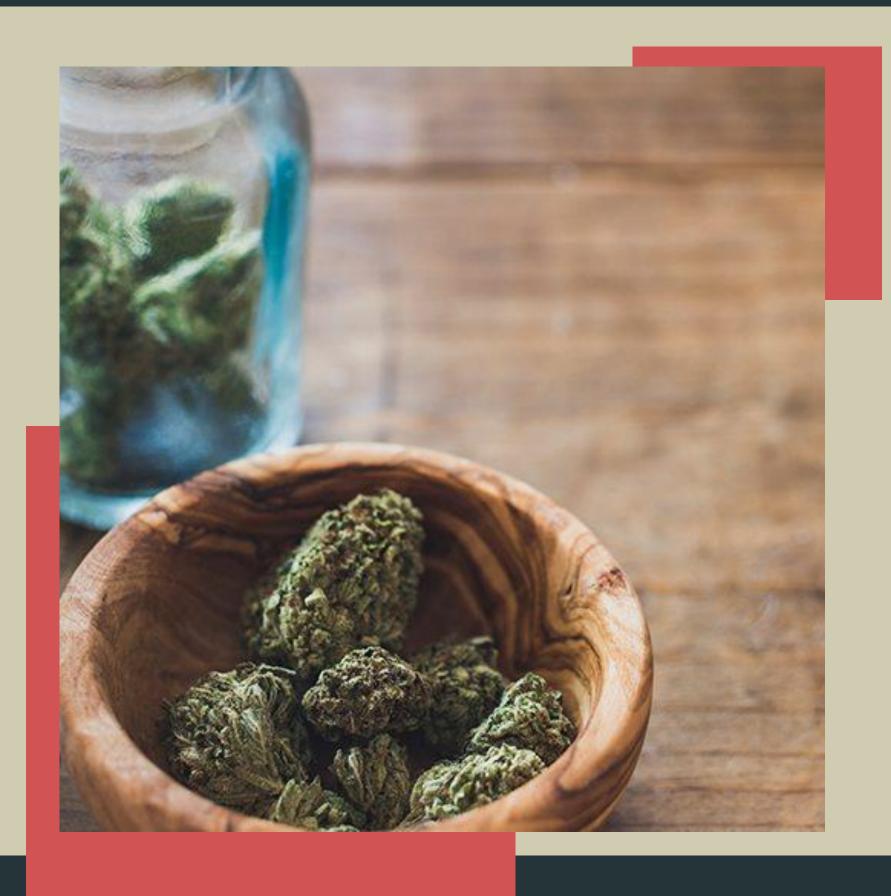
Smoking pot may more than DOUBLE the risk of stroke, even in young adults.

Smoking pot can weaken the immune system and cause internal organ damage.

HEART ATTACK STROKE GENERAL HEALTH

Marijuana users under the age of 50 are:





MEDICAL COMPLICATIONS FROM MARIJUANA USE

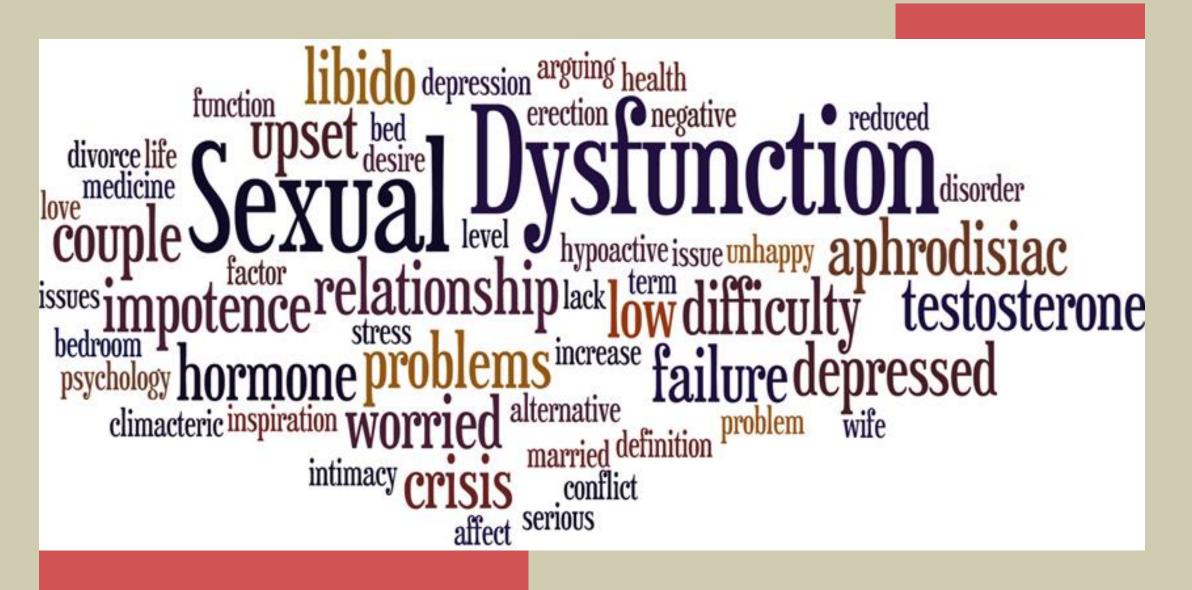
Chronic Pain Patients

- Mounting evidence suggests use leads to POOR pain control
- 2022 study found that marijuana is no better than placebo for pain relief

Hospitalizations

 Research study found that marijuana users were nearly 25% more likely than non-users to be hospitalized or go to the ER

MARIJUANA SIDE EFFECTS



Marijuana impacts sexual health

- Changes in sex drive
- Increases in risky behavior
- Alternations in hormone levels
- Implications in fertility
- Decreases in sperm count and motility
- Sexual dysfunction from shrinking testicles
- Linked to Testicular Cancer

MARIJUANA & PREGNANCY

52%
higher risk of preterm delivery

75%
higher risk of lower birth weight

29% higher risk of infant death



- NICU placement
- Fetal brain & neural development
- Causing attention, social & behavioral problems (especially in 1st trimester use)
- Developmental problems
- Causing impaired placenta development & insufficient blood circulation resulting in fetal growth restriction & development



Maternal Marijuana Use

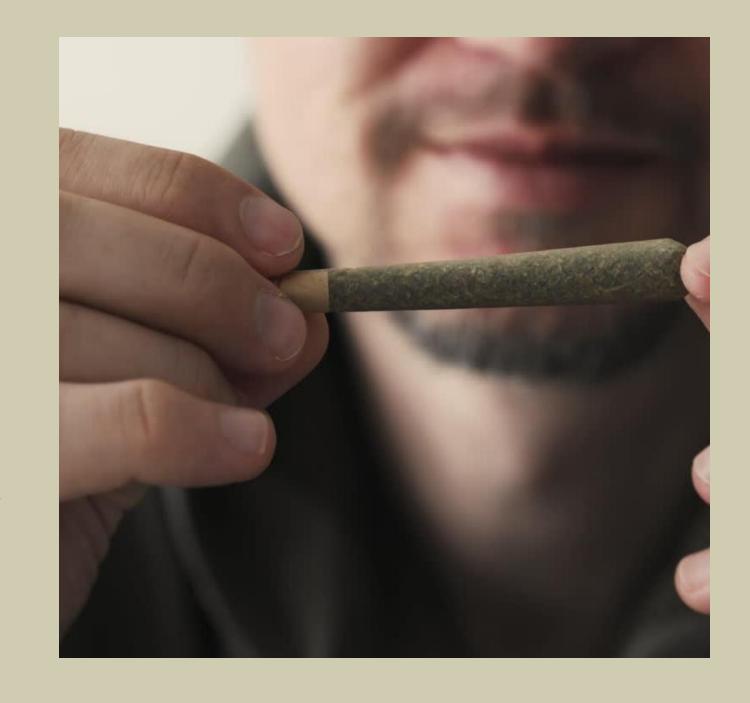
- In Colorado **7 out of 10** dispensaries recommended marijuana to pregnant women
- Use in pregnant women was so dangerous that US Surgeon
 General issued an advisory warning pregnant women to NOT
 use (MJ) to help with nausea (2019)
- Marijuana use in men DOUBLES the risk of partner miscarriage rate

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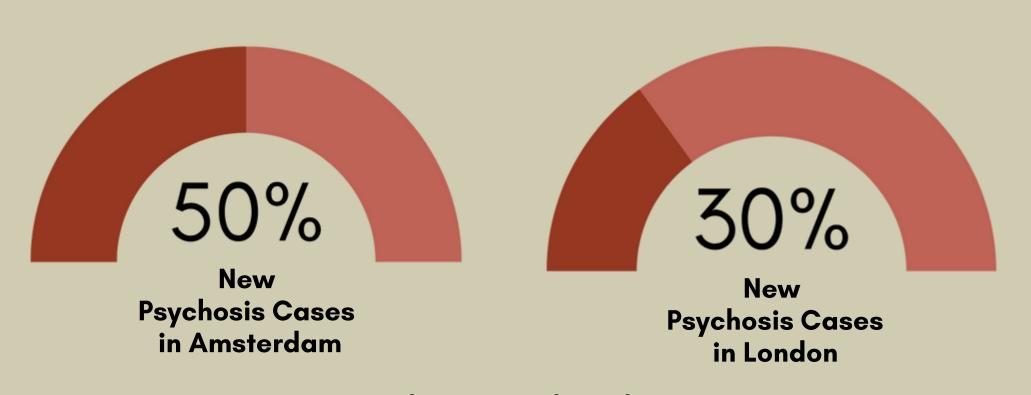
MARIJUANA GATEWAY DRUG

- Recent research study links marijuana use to a greater risk for developing an addiction to other drugs
- Research shows early MJ can more than DOUBLE risk of other drug use later in life
- 95-97% of cocaine and heroin users started with MJ



NEGATIVE MENTAL HEALTH MARIJUANA

- Daily use of high potency marijuana is linked to greater rates of psychosis.
- Frequency of marijuana use AND higher THC potency is associated with most severe impact on Mental Health.



Lancet Psychiatry Journal March 2019

NEGATIVE MENTAL HEALTH MARIJUANA



- Specific mental health changes with increase frequency/potency of marijuana:
 - Psychosis (Schizophrenia)
 - Suicidality
 - Reshaping of brain pathways
 - Addiction (MUD)
 - Worsening of PTSD
 - 2 studies found elevated risk of suicidal thoughts & behaviors in military personnel with PTSD who use marijuana



MARIJUANA USE DISORDER (MUD) & ADDICTION

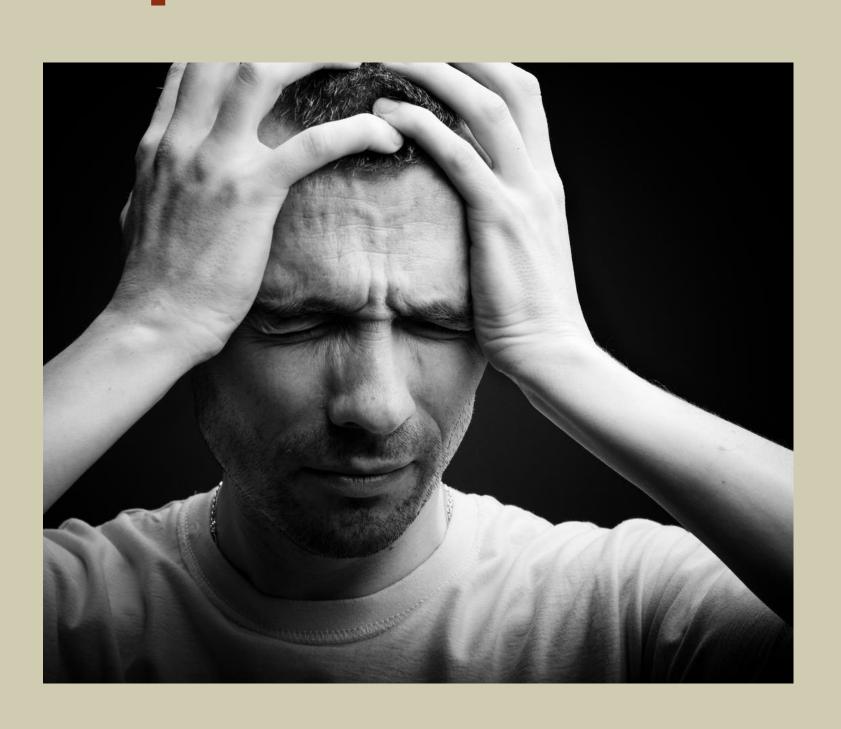
NIDA reports 30% of all marijuana users have MUD

 Using MJ before age 18 makes you 7X more likely to get MUD compared to those who start later

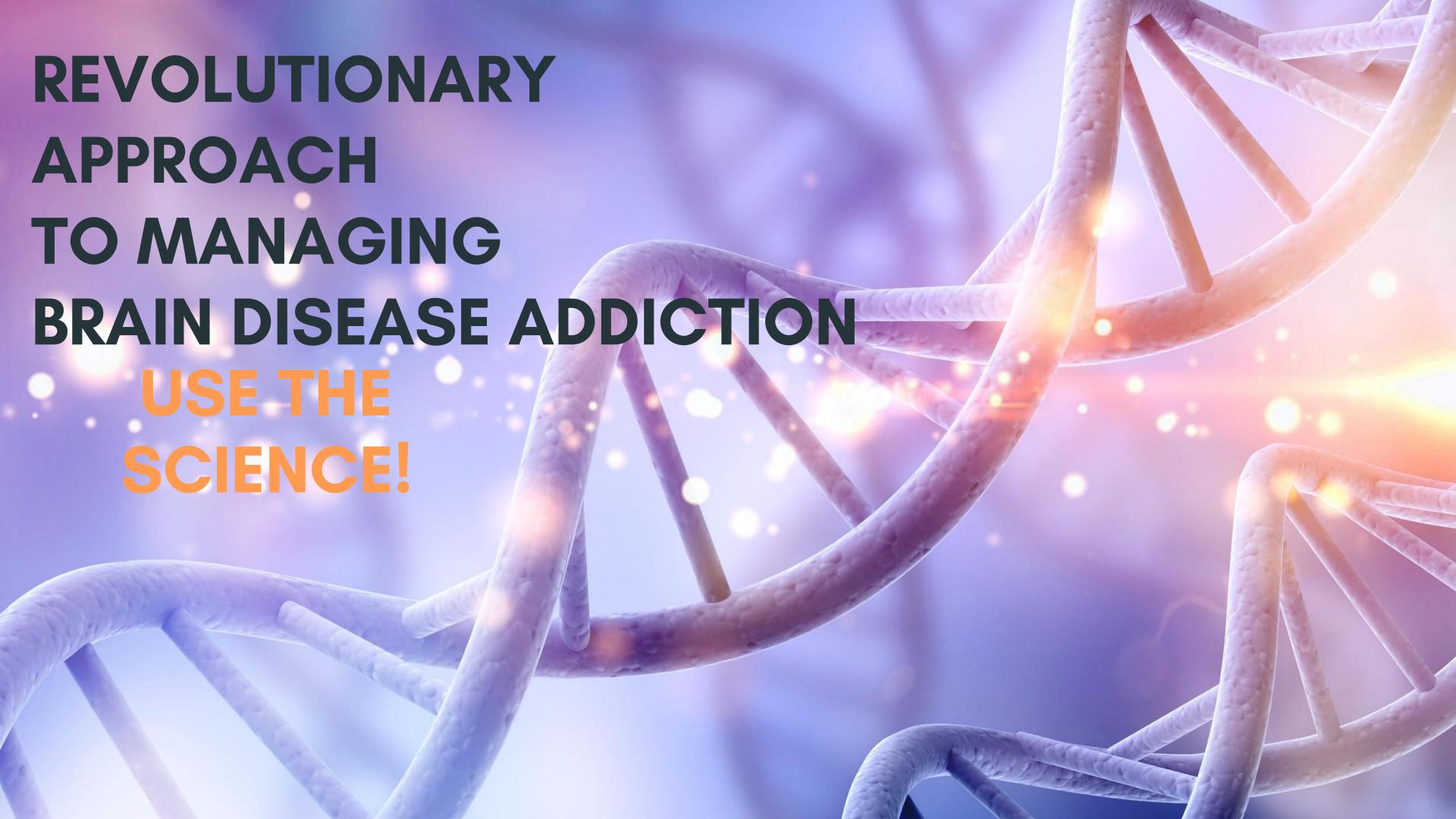




MARIJUANA WITHDRAWAL



- Marijuana addiction is linked to withdrawal syndrome making it hard to quit
- Symptoms
 - Irritability
 - Cravings
 - Anxiety
 - Sleep Difficulties
 - Increased Aggression



COMPREHENSIVE APPROACH

ADDICTION REQUIRES A MULTI-DIMENSIONAL TREATMENT APPROACH
TO HELP SUSTAIN LONG-TERM SOBRIETY

Cortex

- Learning
- Multi Tasking
- Problem Solving
- Decision Making
- Working Memory
- Processing Speed

Limbic Region

- Drive
- Survival Instinct
- Demand Generation*

*Uncontrollable urge for drugs and alcohol

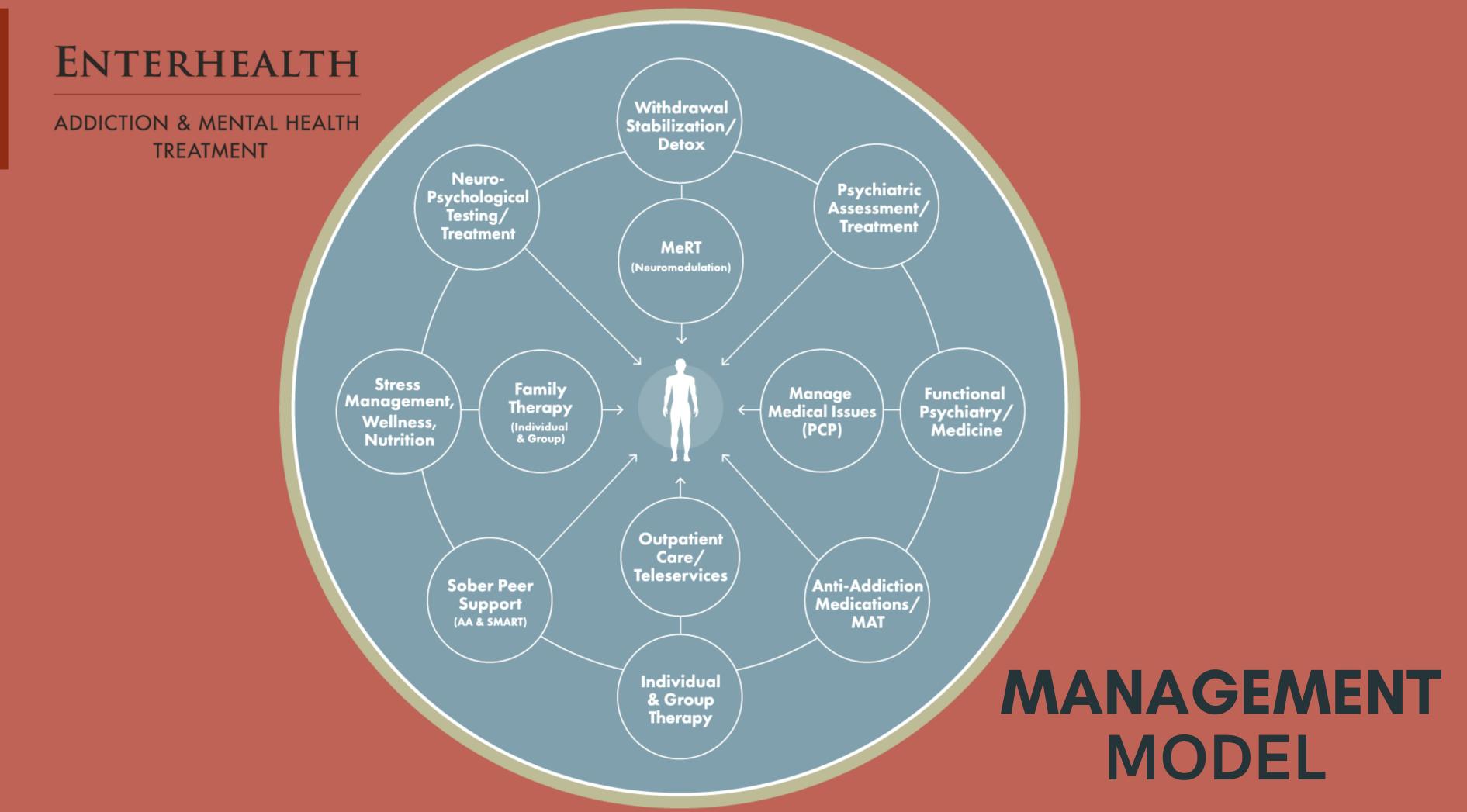
THERAPY:

- INDIVIDUAL/FAMILY/GROUP
- AA/SMART RECOVERY FELLOWSHIP
- FAITH-BASED GUIDANCE & SUPPORT
- TRAUMA, STRESS MANAGEMENT
- NUTRITION & WELLNESS

THERAPY:

- ANTI-ADDICTION MEDICATION
- DUAL DISORDER MEDICATION

(AS NEEDED)



MARIJUANA ANTI-ADDICTION MEDICATIONS

MEDICATION SPECIFICALLY FOR MJ

THERE ARE NO ANTI-ADDICTION
MEDICATIONS SPECIFICALLY FOR
MARIJUANA.

MANY CANDIDATES ARE IN RESEARCH TRIALS

2 MEDICATION OPTIONS

REDUCE ANXIETY & ENHANCE SLEEP WITH NO ADDICTIVE POTENTIAL

- QUETIAPINE (SEROQUEL)
- TRAZODONE (DESYREL)
- HYDROXYZINE (VISTARIL)
- SSRI & SNRI

CLOSING THOUGHTS

- There is a GREAT deal of misinformation in the public domain and very little science regarding the myriad, inaccurate MJ myths.
- All brains are significantly injured by MJ even with infrequent drug use.
- Vaping marijuana is becoming more common and can be even more dangerous.

- Drug addiction is a chronic medical disease that causes significant mild to moderate temporary, traumatic brain injuries.
- Marijuana is addictive and unsafe for anyone at today's potency levels.
- Marijuana is VERY unsafe for any use by pregnant women.

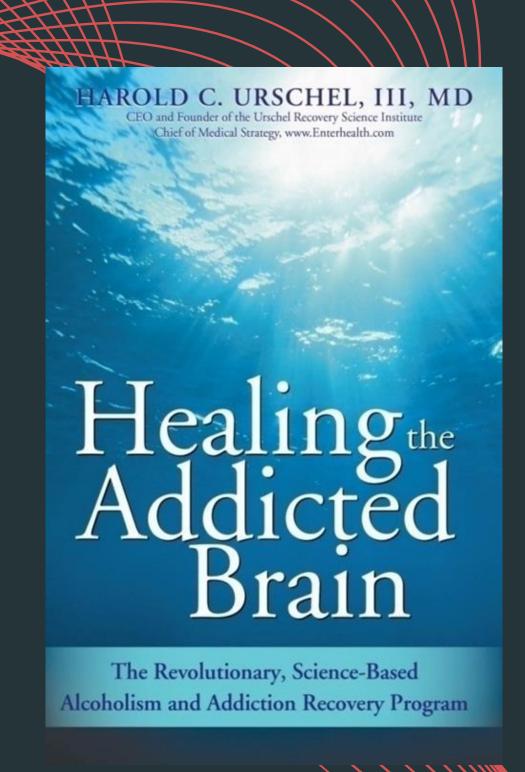
CLOSING THOUGHTS



- Marijuana and THC may be legal in some states, but it is NOT safe by any means.
- Reams of solid scientific research are showing the real and significant medical and mental health dangers of MJ.
- The MJ companies and cartels significantly misrepresent the benefits.

- We have NO need for medical MJ –
 have pure FDA approved
 medications that help with certain
 medical issues without the dangers
 of using MJ.
 - Most people in our society (including physicians) do NOT know this information.
- Treatment of marijuana dependence and addiction is highly successful when approached from a scientific standpoint.
- It takes between 6 to 18 months of complete abstinence for the brain to heal.

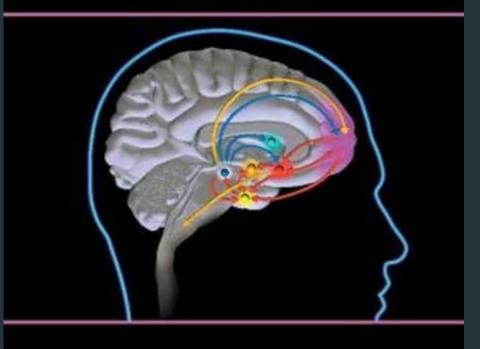
For a free e-copy of chapter one of Healing the Addicted Brain visit www.enterhealth.com





The Neuroscience of Addiction

FRANCESCA MAPUA FILBEY



Parent Resources

www.enterhealth.com

https://nida.nih.gov/

https://www.niaaa.nih.gov/

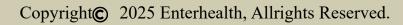
https://drugfree.org/

Teen Resources

https://drugfree.org/

teens.drugabuse.gov

https://www.thetruth.com/



Center for BrainHealth Website

https://centerforbrainhealth.org

U.S. Centers for Disease Control and Prevention

https://www.cdc.gov/overdose-prevention/treatment/index.html

National Institute on Drug Abuse Website

https://nida.nih.gov

Filbey Lab Website

www.Filbeylab.com

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