

Teens and Marijuana

With recreational marijuana now legal in Michigan if you're 21 years old, it could be easier for teens to get their hands on it, even though it is illegal for them to use it.

Some parents may be worried about their teens being around marijuana while others may not. However, all parents should keep the risks in mind, as marijuana should be considered a safety issue.

"Recent research has shown that even marijuana may have more harmful physical, mental, and psychomotor effects than first believed, and the National Institute on Drug Abuse (NIDA) reports that marijuana users can become psychologically dependent, and addicted," according to the Detroit Wayne Mental Health Authority.

Addiction risk

While most people who use marijuana will not become addicted, according to the NIDA, using it repeatedly can lead to something called marijuana use disorder – and addiction is the most severe form.

"The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs," NIDA says.

This is problematic for teens because they are more prone to marijuana addiction than adults. One study found that teens who used marijuana before age 18 were up to seven times more likely to develop an addiction than people in their 20s, according to a study in Drug and Alcohol Dependence journal.

THC levels

The active ingredient in marijuana is tetrahydrocannabinol, commonly called THC. Both joints and edibles – foods that have marijuana in them – have THC. The amount of marijuana in joints is easier to control than edibles because any amount can be added when combining marijuana with food.

Teens may be more likely to take edibles than to smoke because there is no smell, so their use is easier to hide, and edibles are more appetizing. They're also adding marijuana extracts to their vape pens which can be very dangerous as vaping marijuana is odorless and high potency.

"The most important factor to remember, however, is that THC remains the active ingredient in both methods of marijuana intake – carrying with it the same psychoactive qualities and potentially adverse consequences," according to drugabuse.com.

Brain development

Heavy marijuana use can hurt brain development, according to research by The National Academy of Sciences. The problem is intensified in young people, and researchers found that quitting marijuana did not fully restore cognitive function in users that had started young.

Researchers suggest that this means heavy marijuana use causes brain damage in adolescents, particularly worrying because brains develop well into people's 20s, according to research in the Journal of Adolescent Health.

Talk to your teens

Parents are vital when it comes to whether their teens use marijuana, or any kind of drugs. They can support positive behaviors by offering encouragement, setting limits, working together to problem solve, monitoring their children's whereabouts and staying positively involved, according to the Detroit Wayne Mental Health Authority.

If you notice signs of alcohol or substance use in your teen, talk to someone or call the Detroit Wayne Mental Health Authority's 24/7 helpline at 800-241-4949 or visit dwmha.com. Here to Talk. Here to Help.

3 tips to refresh your home and your spirit this spring



BPT

Every spring, the changing season brings a desire for renewal. It's a time of growth, transition and revitalization. The latest trend in home cleaning popularized by Marie Kondo reveals what many of us yearn for — not just decluttering, but a fresh start, a clean slate. We dream of an open, airy, bright home where everyone can thrive and be their best selves. But how do we get there, when our houses are filled with stuff — not to mention the accumulated dust and stale air of winter?

Here are three ways you can re-energize your home and yourself this spring.

Take a tour of your home

Whether mentally or literally, tour your home with a notebook or tablet and jot down the areas causing you the most tension or stress when you look at them. Is it the laundry pile that never seems to go away in the bedroom? The kitchen cabinet that's so overstuffed that something falls out every time you open it?

Prioritize the ones that bother you the most. Take a good look at each problem and prepare for a radical declutter.

Maybe the laundry pile exists because your closets and dresser drawers are overfull. When was the last time you assessed your pajamas or jeans collection? As recommended by the Kondo technique, take out the entire contents of the pajama drawer, hold and look at each item. Which ones do you really love to wear? You'll be able to fit them back in your drawer more neatly when

you have fewer items. For the others, if you don't love them, it's time to let them go. If you would love them "if only" they didn't have a button missing, but you haven't had the interest in replacing the button in over a year, it's time to move on.

Same thing with your kitchen cabinet — take out all the pots and pans and examine which ones are taking up space, but you never use. For items you only use once a year, like a roasting pan big enough for a turkey, store them elsewhere

Do the deep clean

Once you've tackled a couple of the biggest trouble spots, you'll start to feel lighter and less stressed every time you enter that room or area of the house. You can now accomplish the cleaning and dusting under and around the problem area that you couldn't manage before.

For each area you declutter, clean thoroughly before putting back the items you're keeping. If it's a drawer, wipe out the dust and grime and make sure it's dry before replacing items. For a closet or room in the house, dust and wipe down from top to bottom, removing dirt from ceiling to floor.

Refresh your rooms

Typical cleaning products won't have the desired effect of leaving your room not only looking good, but smelling and feeling good every time you enter it.

Take the time to clear, refresh and revive your space and your mind with aromatherapy. Using essential oils from Aura Cacia will result in not only refreshing the entire environment of your home, but will invigorate and energize your spirit. Try the Springtime Forest Diffusion Blend, which uses 8 drops of Aura Cacia's Sandalwood Essential Oil, 5 drops of Vetiver Essential Oil and 5 drops of Lemon Essential Oil to infuse your rooms with the fresh, natural aromas and a feeling of spring. See auracacia.com for more ideas to not just clean, but refresh your entire home — and spirit.

Spring cleaning gives you the chance for renewal — and inspires a sense of new purpose as you enjoy the changing season. Let your home become a vital part of your re-energized attitude this spring.

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