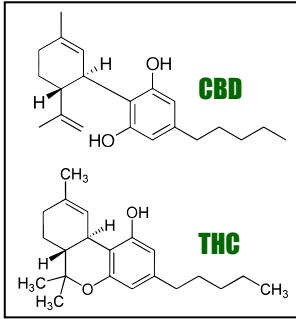


Cannabis today

- Cannabis is a plant that contains mind and mood altering chemicals. Two of these are cannabidiol (CBD) and delta-9 tetrahydrocannabinol (THC.)
- There are currently more than 2,000 different strains and varieties of cannabis. Their effects on the mind and body may vary greatly from person to person.
- Cannabis strains at dispensaries in Humboldt County can vary from 2 to 30 percent THC. The amount of CBD and THC varies between different strains.¹
- Cannabis concentrates (also known as hash, butane hash oil, dabs, wax, kief, honey, honey oil, shatter) are products created by extracting THC from the cannabis plant. Concentrates may contain more than 90 percent THC and are consumed by smoking, vaporizing or eating.



Cannabis, Alcohol & Other Drug Programs in Humboldt County

humboldt.gov/AODServices

- **Department of Health & Human Services Alcohol & Other Drug Treatment Programs**
720 Wood St., Eureka, CA 95501
707-476-4054
- **Department of Health & Human Services Healthy Moms Program** (assessment and referrals only)
2910 H St., Eureka, CA 95501
707-441-5220
- **Adolescent Treatment Program**
1711 Third St., Eureka, CA 95501
707-268-3370
- **Alcohol & Drug Care Services, Inc.**
1335 C St., Eureka, CA 95501
707-445-DTOX, 707-445-3869
- **Marijuana Anonymous Humboldt County**
Church of the Joyful Healer, Room 5
1944 Central Ave., McKinleyville, CA 95519
707-834-3211
- **United Indian Health Services**
1600 Weott Way, Arcata, CA 95521
707-825-5060
- **Department of Health & Human Services Alcohol & Other Drug Prevention Program**
908 Seventh St., Eureka, CA 95501
707-268-2132

Southern Humboldt

- **Redwoods Rural Health Center**
101 West Coast Road, Redway, CA 95560
707-923-2783

Eastern Humboldt

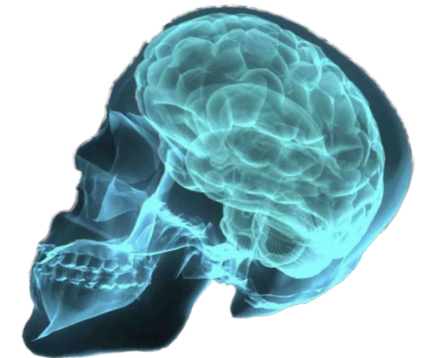
- **K'ima:w Medical Center**
535 Airport Road, Hoopa, CA 95546
530-625-4261 ext. 450

What you need to know about

CANNABIS

and the

TEEN BRAIN



KNOW THE FACTS

Long-term effects of cannabis use during adolescence may include altered brain development, poor performance in school and a reduction in IQ.^{5,8}

- During adolescence, the region of the brain associated with problem solving, planning, memory and emotional regulation is still developing. This is called the prefrontal cortex and it is not fully developed until about age 25. The prefrontal cortex is particularly vulnerable to cannabis, alcohol and other drug use during this time.²
- The American Association of Pediatrics (AAP) issued a policy statement recommending that children or teens not use cannabis, alcohol or tobacco before age 21, due to concerns about effects on the developing brain.³
- The AAP recognizes that medical cannabis may be an option for unique life-limiting or debilitating conditions in youth. Always seek medical advice for proper treatment.³
- Children and teens' brains and personalities are under rapid development. As a result, they can

become addicted more often and more rapidly than adults.⁴

- Cannabis may worsen symptoms for those living with psychosis, schizophrenia or anxiety disorder. Those with a family history of these ailments should avoid cannabis. These conditions often first appear in adolescence and should be evaluated by a medical professional.^{2,3}
- *“Most of these extremely potent forms of new cannabis products like dabs, edibles, and even the odorless and flavored e-cigarette cartridges, appear to be marketed toward adolescents and young users who have still developing brains, making them much more vulnerable to newfound toxic health consequences from exposure to chemical compounds in marijuana.”⁷*



To learn more about Humboldt Allies for Substance Abuse Prevention visit humboldtasap.wordpress.com

REV 8/3/17

Sources and further reading

1. Humboldt Patient Resource Center, Arcata, CA.
2. *Dare to delay: the impacts of adolescent alcohol and marijuana use onset on cognition, brain structure and function*, Frontiers in Psychiatry, July 2013.
3. *The Impact of Marijuana Policies on Youth: Clinical Research, and Legal Update*, American Association of Pediatrics Policy Statement, January 2015.
4. *Impact of Marijuana on Children and Adolescents*, California Society of Addiction Medicine, September 2009.
5. *Adverse Health Effects of Marijuana Use*, New England Journal of Medicine, June 2014.
6. *Scientific Perspective on Marijuana on the Eve of Its Legalization*, Dr. Darryl Inaba
7. *Cannabis use and risk of psychotic or affective mental health outcomes: a systematic review*, The Lancet, July 2007.
8. *Dare to delay: the impacts of adolescent alcohol and marijuana use onset on cognition, brain structure and function*, Frontiers in Psychiatry, July 2013.

REMEMBER:

The legal age for use and possession of recreational cannabis is 21.

