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# CACY COMMUNICATOR

VOLUME 2, ISSUE 4

JANUARY 2015

## CACY'S Core

**Purpose:** To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.



## Sign up for Know! Parent Tips

Know! Provides parents (or grandparents and other caregivers) with twice monthly, FREE Know! Parent Tips via email that contain current facts about alcohol, tobacco and other drugs, as well as steps they can take to help children resist peer pressure. To sign up, go to <http://starttalking.ohio.gov/parents/parenttipssignup.aspx>

## Weed Through the Myths. Get the Facts!

National Drug Facts Week will be held January 26th through February 1st, aiming to shatter the myths about drug use and addiction. Do you know myths vs. facts about Marijuana?

### 1. Marijuana is not addictive.

Answer: FALSE. 1 out of every 10 marijuana users will become addicted. When use begins in adolescence, the rate is 1 in 6.

2. The potency of today's marijuana is: **a.** About the same as the marijuana from the 1970's. **b.** A little stronger than the marijuana from the 1970's. **c.** About 10x stronger than the marijuana from the 1970's. **d.** At least 100x stronger than the marijuana from the 1970's.

Answer: C.

### 3. Marijuana use doesn't hurt anyone.

Answer: FALSE. Studies show marijuana use was involved in

461,028 hospital emergency room visits in the U.S. in 2010. Marijuana use can result in 4x great risk of a heart attack within an hour after use.

### 4. Using marijuana is safer than drinking alcohol.

Answer: FALSE. Marijuana use impairs memory, reflexes, judgment, attention, cognitive skills and perception. These impairments can also linger well past the experience of the high.

### 5. It is safe to drive after using marijuana.

Answer: FALSE. Marijuana is much more impairing mentally than shows physically.

### 6. Smoking marijuana is safer than smoking cigarettes.

Answer: FALSE. Marijuana smoke has 3-10 times the tar as tobacco. One joint has been found to result in similar airflow obstruction as up to 5 tobacco cigarettes.

### 7. No one has ever died from marijuana use.

Answer: FALSE. A 2012 study found that individuals treated for addiction to marijuana had a higher mortality rate than those with diagnoses related to cocaine or alcohol.

### 8. Marijuana is safe because it's natural.

Answer: FALSE. Marijuana even in its most natural forms has been proven to carry both health and safety risks.

9. One ounce of marijuana yields: **a.** Approx. 3 cigarette sized joints, **b.** Approx. 8 cigarette sized joints, **c.** Approx. 15 cigarette sized joints, **d.** Approx. 84 cigarette sized joints.

Answer: D. 1 joint, at minimum, results in 4 hours of intoxication. 84 joints x 4hours= 336 hours high per ounce of marijuana. 336 hours= **14 days of continual high per ounce.**

## Risks of Combining Benzodiazepines with Other Substances

A recent report released by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that 32 percent of hospital emergency room visits involving benzodiazepines, such as Valium or Xanax, resulted in serious medical outcomes such as hospitalization; or in rare cases death.

Benzodiazepines are a class of drugs used to relieve symptoms of anxiety, panic attacks and seizures. They are usually safe when taken as pre-

scribed; however, benzodiazepines can sometimes cause adverse effects if used improperly or in combination with substances like opioid pain relievers or alcohol.

Serious health results occurred in 50 percent of hospital emergency visits involving the combined use of benzodiazepines, opioid pain relievers and alcohol.

SAMHSA's report also indicates that older patients may be at a higher risk

for serious health outcomes. Seventy percent of emergency room visits involving people aged 65 or older who had combined benzodiazepines with alcohol and opioid pain relievers resulted in serious outcomes., compared to 39 percent of visits involving people aged 12 to 34.

It is important to always use medication exactly as directed and to keep your medication safe to help prevent abuse by others.

# Resources



## **“Start the Talk” Underage Drinking Interactive Tool**

<http://www.samhsa.gov/underagedrinking/>

## **The Partnership at Drugfree.org**

<http://www.drugfree.org/>

## **Drug Free Action Alliance**

<https://www.drugfreeactionalliance.org/>

## **Start Talking**

<http://starttalking.ohio.gov/Parents.aspx>

## **National Institute on Drug Abuse**

<http://www.drugabuse.gov/>

## **Too Smart to Start**

<http://www.toosmarttostart.samhsa.gov/Start.aspx>

## **Smart Bet— Problem Gambling**

<https://www.drugfreeactionalliance.org/smart-bet>

## **KnowBullying App**

[http://store.samhsa.gov/apps/bullying/?WT.mc\\_id=EB\\_20140815\\_KNOWBULLYINGAPP](http://store.samhsa.gov/apps/bullying/?WT.mc_id=EB_20140815_KNOWBULLYINGAPP)

## **National Drugs Facts Week**

<http://teens.drugabuse.gov/national-drug-facts-week>