

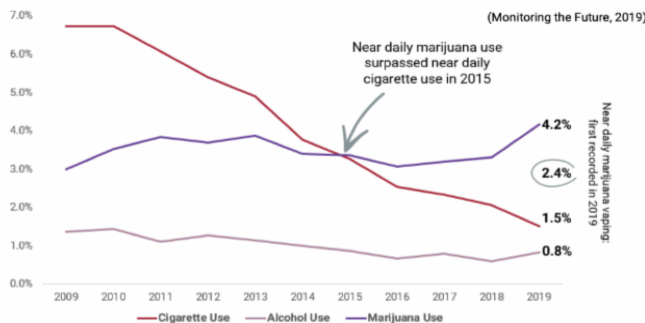
Mental Health Awareness and Prevention Week

May is **Mental Health Awareness Month**, and this week also happens to be **National Prevention Week**, as sponsored by the Substance Abuse and Mental Health Services Administration. Given the myriad of risks that marijuana use presents to the mental health of our children, we must remain informed, while we continue conversations about these risks with the adolescents in our lives.

Marijuana legalization in many states, commercialization, and normalization has led to a concerning rise in use among our young people. The infographic below shows the recent rise in youth use. Please [click here](#), or on the infographic, for a web page dedicated to Marijuana and Mental health.

SAM Smart Approaches to Marijuana preventing another big tobacco

YOUTH USE

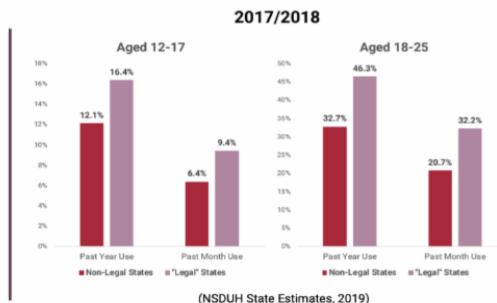


Young people use more potent marijuana, more often.

- Near daily marijuana use among 8th, 10th, and 12th graders increased 26.3% from 2018 to 2019 (Monitoring the Future, 2019).
- Studies show youth vaping of any kind increases the risk of future marijuana vaping, presenting another risk amid a youth vaping epidemic (Kowitt et. al., 2019).
- Young people report vaping marijuana in increasingly large numbers since such data was first recorded in 2017 (Monitoring the Future, 2019).
- Marijuana vaping delivers more potent forms of marijuana through vaporized concentrates, which can contain as much as 99% THC.

Marijuana use among young people in "legal" states is alarmingly high.

- Past year and past month marijuana use among 12 to 17 year-olds in "legal" states increased around 3.5%, each from 2016-2017 to 2017-2018 (NSDUH State Comparisons, 2019).
- Past year and past month marijuana use among 18 to 25 year-olds increased nearly 4.4% each from 2016-2017 to 2017-2018 (NSDUH State Comparisons, 2019).
- While 23.8% of 12 to 17 year-olds in non-legal states perceive a risk from smoking marijuana once a month, only 17.4% in "legal" states perceive such a risk (NSDUH State Comparisons, 2019).
- One study found cases of Cannabis Use Disorder (CUD) in young people in "legal" states grew 25% following legalization (Cerde et. al., 2019).



Recent data show nearly **9.2 million** young people aged 12 to 25 used marijuana in the past month (2018). Past month marijuana use is indicative of frequent use.

(NSDUH, 2019)

As always, I am available to students and parents should you have concerns for yourself, a family member, or a friend. Please reach out to me at danielle.gamar@irvingtonschools.org All communication is confidential.