

CHEMICAL HEALTH TREND CORNER:

Click these links for more info:

<http://www.monitoringthefuture.org//pressreleases/18drugpr.pdf>

<http://www.monitoringthefuture.org//pubs/monographs/mtf-overview2018.pdf>

Understanding the difference between Cannabis (Marijuana) THC and CBD, their properties, benefits and side effects.

As the legal use of marijuana and other cannabis products grows, consumers are becoming more curious about their options. This includes cannabidiol (CBD) and tetrahydrocannabinol (THC), two natural compounds found in plants of the Cannabis genus.

CBD is found primarily in extractions from the hemp plant. It's sold in gels, gummies, oils, supplements, extracts, and more.

THC is the main psychoactive compound in marijuana that gives the high sensation. It can be consumed by smoking marijuana. It's also available in oils, edibles, tinctures, capsules, and more.

Both compounds interact with your body's endocannabinoid system but they have very different effects.

FREE NEEDLE DISPOSAL MAY 2, 2019 12:30PM – 5:30PM GRHS PARKING LOT

(Glencoe Hospital North Parking Lot – Watch for Signs)
1805 HENNEPIN AVE N. GLENCOE

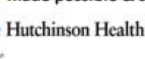
Needles **MUST BE** in a screw top – hard plastic container
(if needles are not brought in proper containers they will not be accepted)

All Needles, Sharps and Epi-pens Accepted



Volunteers and law enforcement will be present to help guide, process and answer questions but **WILL NOT** help carry, handle or touch your container(s) of needles.

made possible & sponsored by:



This event is free and open to the public.

If you have questions please contact us at mcleodmeada@yahoo.com OR 320-864-1257

National Adolescent Drug Trends 2018

In 2018, nearly 50,000 students from over 400 schools were surveyed. The following links will cover: vaping surges, use of nicotine in 2018, marijuana vaping, and the use of most other substances remains steady.



Read on to learn more about these compounds. While they may have a lot in common, they have some key differences that determine how they're used.

CBD vs. THC: Chemical structure

Both CBD and THC have the exact same molecular structure: 21 carbon atoms, 30 hydrogen atoms, and 2 oxygen atoms. A slight difference in how the atoms are arranged accounts for the differing impacts on your body.

Both CBD and THC are chemically similar to your body's own endocannabinoids. This allows them to interact with your cannabinoid receptors. The interaction impacts the release of neurotransmitters in your brain. Neurotransmitters are chemicals responsible for relaying messages between cells and have roles in pain, immune function, stress, sleep, to name a few.

CBD vs. THC: Psychoactive components

Despite their similar chemical structures, CBD and THC don't have the same psychoactive effects. In fact, CBD is a nonpsychoactive compound. That means it doesn't produce the "high" associated with THC.

THC binds with the cannabinoid 1 (CB1) receptors in the brain. It produces a high or sense of euphoria.

CBD binds very weakly, if at all, to CB1 receptors. In fact, it can interfere with the binding of THC and dampen the psychoactive effects.

CBD vs. THC: Legality

The issues of legality for both CBD and THC in the United States are evolving regularly. All forms of cannabis are illegal in states that haven't legalized it. Marijuana and THC are on the list of controlled substances, so they're prohibited under federal law.

However, many states including Washington, D.C., have passed cannabis-related laws making medical marijuana with high levels of THC legal. The marijuana may need to be prescribed by a licensed physician.

In addition, several states have made recreational use of marijuana and THC legal. It still remains illegal federally. The laws are changing; be familiar with the laws in your state.

In states where marijuana is legal for recreational or medical purposes, you should be able to buy CBD legally. In some states, legislatures have passed laws that make CBD for medical purposes legal. CBD does not need to be made from marijuana and is legal when made from hemp.

Before you try to buy either product, be aware of your state's laws. If you possess cannabis-related products in a state where they're illegal or don't have a medical prescription in states where the products are legal for medical treatment, you could face legal penalties.

[Read more here](#)

What's the Difference between Non-Psychoactive Marijuana CBD and Hemp CBD?

By Mike Adams The Fresh Toast July 18, 2018

There is a lot of noise reverberating throughout the United States these days regarding cannabidiol (CBD).

It is the primary non-psychoactive chemical of the cannabis plant, beneficial in the treatment of a variety of conditions from epilepsy to chronic pain. Some patients believe CBD has the most medicinal benefit of all the cannabis compounds. But most of them do not realize that there are actually two versions of this product on the market. One is created from hemp, while the other marijuana.

So, what's the difference?

It is first important to understand what CBD is. It is one out of at least 100 cannabinoids found naturally in the cannabis plant. For the past few years, there have been countless reports released about the medicinal power of this marijuana component. It really began gaining traction once people began to see how CBD could reduce seizure frequency in epileptic children without getting them stoned.

Several states have passed ultra-restrictive CBD laws as a means to help sick children. But the federal government still considers it an illegal drug.

Yet, CBD products are found on retail shelves all over the country – even in areas of total prohibition.

It is the distinction between CBD derived from marijuana and CBD from hemp oil that sets them apart.

Marijuana is harvested for its buds, which contains psychoactive properties known to produce stoned effects.

When it comes to hemp, the stalks and seed are the targets of this crop. These plants do not contain enough THC to get anyone high. In fact, for cannabis to be considered hemp, it must have no more than 0.3 percent THC.

Although CBD oil and hemp oil are both low in THC, the difference in the amount of CBD these products contain is huge. Hemp oil has only traces of CBD (around 3.5 percent,) while CBD oil can have up to 20 percent. It is the higher concentration that makes CBD beneficial in the treatment of various health disorders. Hemp oil based CBD products do not contain enough of the compound to be considered much more than a health supplement.

These are the products found in health food stores all over the country – legal in all 50 states.

Just think of hemp oil-based CBD as a vitamin (high in Potassium and Magnesium) and the CBD oil bud-based products to be pharmaceutical grade.

Why Vaping is so Dangerous for Teens

By Michael Nedelman, CNN-January 17, 2019

Teen vaping was a 'predictable problem' Experts say that one Juul pod -- a cartridge of nicotine-rich liquid that users plug into the dominant e-cig brand -- contains the same amount of nicotine as a pack of cigarettes."Levy said that it's not uncommon for kids to report symptoms that "sound a lot like nicotine toxicity," including headaches and stomach aches. She suspects these devices cause nicotine levels in the blood to peak higher than they do with traditional cigarettes.



Teens' Brains might be more Vulnerable to Nicotine

Levy said the impact of vapes on teens is changing the way people think about nicotine products. Smoking was largely

seen as a "medical problem" that could lead to cancer and other physical ailments, she said. Now, vaping is increasingly being seen as a psychiatric problem over concerns that nicotine is cultivating addictive behaviors among kids and interfering with their brain development. "The circuits underlying pleasure and the pursuit of novel, enjoyable experiences develop much faster than the circuits that promote decision making, impulse control and rational thinking," Leventhal said.



We know from cigarette users that those who try nicotine products early in life are more likely to develop dependence to the drug, said Leventhal. This may also lead to the disruption of brain circuits that underlie attention and cognitive skills, he added.

[Read more here](#)

Preparing for College Emotionally

Problem-solving skills can help students keep from being overwhelmed

Author: Juliann Garey

PARENT THE POWER OF PARENTS YOUR CHILD

Parenting & Prevention Newsletter



Email us at: mcleodmeada@yahoo.com

<http://mcleodmeada.org/>

Tuition isn't the only thing that's relentlessly on the rise on American college campuses. Multiple studies show a significant increase in college mental health problems in the last few years, and campus counseling services report being overwhelmed with students seeking help.

Why so much emotional distress, especially during the first year away from home? Everything from academic pressure to over-protective parenting to excessive engagement in social media has been blamed for the spike in anxiety and depression.

What's clear is that adolescents making the transition from high school to college need not only academic skills to ace the classwork, and time-management skills to stay afloat, but emotional problem-solving skills to handle the challenges. As parents, we can't shadow them in the freshman dorm, but we can help supply them, before they leave home, with a toolbox of skills and habits to use when they become stressed or overwhelmed.

"What we're seeing is a lot of kids are getting through middle school and high school doing okay, but they go off to college and it's too much," says Dr. Lindsey Giller, a clinical psychologist in the Mood Disorders Center at the Child Mind Institute. Some kids are just overwhelmed by organization and time management issues, increased academic pressure and managing their lives independently — the

emotional roller-coaster of a new social universe.

And if they're away from home, they don't have the support network they've been used to. This is especially true of kids who find themselves on a large campus where it's difficult to get to know their professors and harder to find their social niche.

"Often the result," says Dr. Lindsay Macchia, an associate psychologist in the Mood Disorders Center at the Child Mind Institute, "is what's called emotional dysregulation — their mood is all over the charts. What we want to figure out is what skills are going to help them re-regulate and take better control over their mood, so it doesn't get in the way of their friendships, their academics, or typical day-to-day life."

College Mental Health Skills

So how do we prepare our kids for the rigors and life challenges that college brings?

[Click here to find out](#)