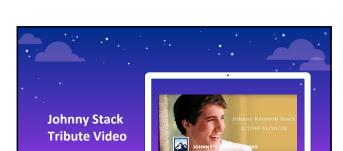
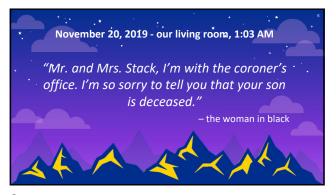


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# The Timeline 2012: Colorado became the 1<sup>st</sup> state to legalize recreational marijuana. 2014: 9<sup>th</sup> grade. According to Johnny, pot was "everywhere," and easy to get.

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The Impacts of Marijuana Use on Adolescents

1. Marijuana addiction. (a)
2. A decrease in IQ. (b)
3. Increased risk of addiction with higher potency. (c)
4. Increases the odds you'll use other drugs. (d)
5. Makes you a worse driver. (a)
6. More likely to drop out of school. (f)
7. Can result in psychosis and schizophrenia. (g)
8. Decreases fertility rates. (h)
9. Lowers motivation to do things. (i)
10. Makes you paranoid and think others intend to harm you. (j)
11. Damages your health. (k)
12. Can kill you from throwing up. (l)

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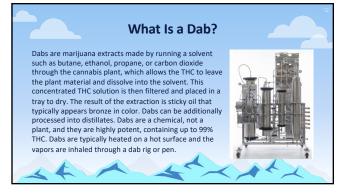
## The Timeline

2012: Colorado became the 1<sup>st</sup> state to legalize recreational marijuana.

2014: 9<sup>th</sup> grade. According to Johnny, pot was "everywhere," and easy to get.

2015: Concentrates appeared on the market and "dabbing" became popular.

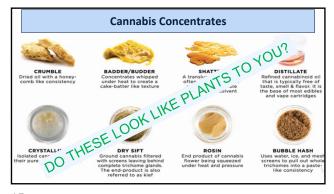
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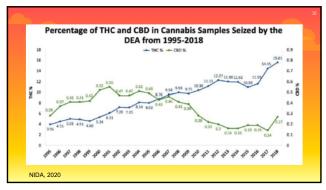


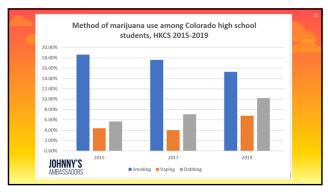




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# **Substance Use Disorder (SUD)**

2-3 criteria indicate a mild disorder; 4-5 a moderate disorder; 6 or more a severe disorder:

- Taking the substance in larger amounts or for longer than the you meant to Wanting to cut down or stop using the substance but not managing to Spending a lot of time getting, using, or recovering from use of the substance

- Spending a lot of time getting, using, or recovering from use of the substance
   Cravings and urges to use the substance
   Not managing to do what you should at work, home or school, because of substance use
   Continuing to use, even when it causes problems in relationships
   Gliving up important social, occupational, or recreational activities due to substance use
   Using substances again and again, even when it puts you in danger
   Continuing to use, even when the you know you have a physical or psychological problem that could have been caused or made worse by the substance
   Needing more of the substance to get the effect you want (tolerance)
- 11. Development of withdrawal symptoms, which can be relieved by taking more of it

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### **The Timeline**

2016: Around his 16<sup>th</sup> birthday, Johnny started using dabs. Mood changes and anxiety begin.

2017: The fall of his senior year, the unraveling begins: defiance, running away, verbal abuse, daily marijuana use 2018: After his 18<sup>th</sup> birthday, Johnny leaves the home. Frequent, high-THC marijuana use, dealing, legal troubles, plummeting grades, and threats. Graduates high school with honors. 2018: In late August, Johnny attends university #1 on a scholarship. "I've been dabbing for two weeks non-stop." 1st Suicide attempt. 2018: Sept. to Dec, withdrawal from school, recovers at home.

2019: January, goes to university #2. April, psychotic break

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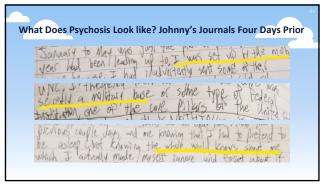
# Can Marijuana Cause Psychosis?

Researchers first needed to determine which came first, the marijuana use or the psychosis.

Those at the forefront of such studies were eventually convinced that  $\underline{\text{the association was causal}}$ .

The consensus is that <u>use of marijuana with a THC content</u> over 10% increases the risk of a psychotic disorder by 4 to 5-fold

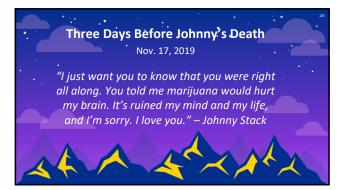




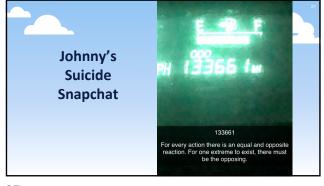
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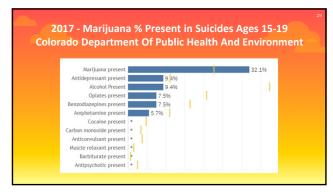




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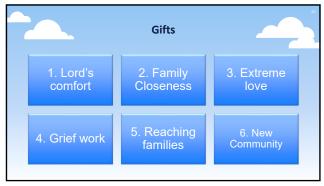




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# What Can You Do? Use the 5-E™ Method Educate – Learn ALL about marijuana yourself. Engage – Talk to your children and grandchildren (open-ended questions, reflections, listening). Empower – Encourage and reward good choices. Enforce – Protect when poor choices are made. Escalate – If your child displays suicidality, call the National Suicide Hotline at 800-273-TALK.



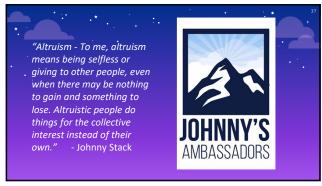


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### Johnny's Ambassadors

To help us heal from our tragedy, we (Laura and John Stack) formed a 501c3 nonprofit, Johnny's Ambassadors, in April 2020. Johnny's Ambassadors educates parents and teens about the dangers of today's high-THC marijuana on adolescent brain development and suicide.

We hope to help other families by honestly and boldly sharing Johnny's story and asking other Ambassadors to do the same. We keep Johnny's spirit of altruism alive by getting teens to #StopDabbing. Johnny's life has great purpose and will not be in vain!



### What Can You Do As An Ambassador?

- **1. Support** We would gratefully <u>accept your donations</u> to help us develop and offer our online teen curriculum.

  2. Sign up – Join our <u>Facebook page</u> and <u>newsletter</u>.
- **3. Share** Share our posts to your social media and network.
- 4. Show up -Volunteer to lead a City Team for the 2<sup>nd</sup> Annual 
  #StopDabbing Walk on Sunday, September 19, 2021 (22 so far).

  5. Speak out Become a Certified Johnny's Ambassador and teach our
- materials contact me at Laura@JohnnysAmbassadors.org **6. Shout** – it from the rooftops about how dangerous high-potency
- marijuana is for our youth!

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