

# The Dangerous Connection Between Youth THC Use and Suicidal Thinking, Attempts, and Suicide



## Program Description

Laura Stack's 19-year-old son, Johnny, died by suicide after five years of heavy THC use. What is the connection to youth THC use and suicide? In Colorado, the #1 cause of death in youth ages 15-18 is suicide, and the #1 substance found in their toxicology reports is THC (35%).

In this presentation, Laura Stack discusses Five Ways THC is Associated with Increased Suicidality, using her son as an example with ample peer-review research studies. She also discusses the Gifts of Grief and how she survived her son's suicide.

## Speaker Bio

For 30 years, Laura Stack was best known in the business world as "The Productivity Pro." Her career as a keynote speaker, bestselling author of eight books, and corporate spokesperson came to a screeching halt after her son's death. Her platform now brings prevention education to drug prevention conferences, community groups, and schools to stop youth marijuana use. Johnny's story has been told in People Magazine, the New York Times, the Wall Street Journal, PBS, and Dr. Phil. Laura is a powerful speaker who brings Johnny's personal warning and solid research together in her book, *The Dangerous Truth About Today's Marijuana: Johnny Stack's Life and Death Story*. Described as a force of nature with unstoppable drive and unwavering purpose, Laura is determined to get teens to #StopDabbing.

## Suicide Prevention Conferences

### Five Ways THC is Associated with Increased Suicidality:

1. Cannabis-derived medications are known to increase the risk of suicidal thoughts or behavior in patients taking these medications.
2. THC can trigger Cannabis-Induced Psychosis (CIP). Many studies have confirmed that the risk of suicide in patients with first-episode psychosis (FEP) is high (delusions, self-harm, command voices).
3. CIP (early age of onset, high frequency, high potency), can trigger schizophrenia. Suicide is the largest contributor to the decreased life expectancy in individuals with schizophrenia.
4. THC use can lead to the onset of mental illnesses, including depression and anxiety. There is a high rate of suicide in individuals with mental illness.
5. THC use can lead to the decrease of serotonin, a neurotransmitter found to be lower in the spinal fluid of persons who died by suicide

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