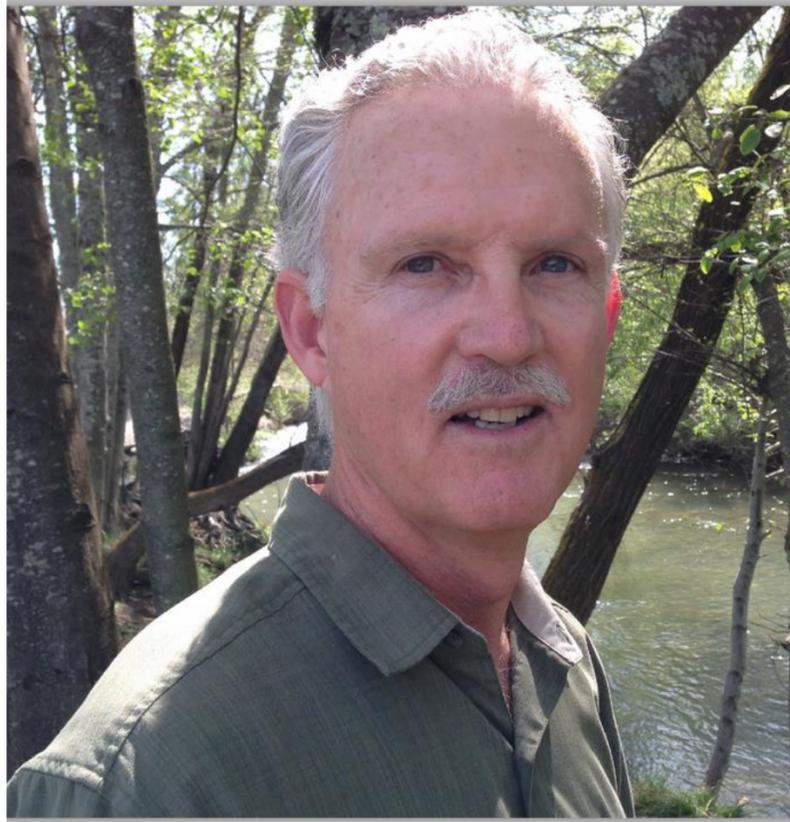




Mar-Anon

Mar-Anon Family Groups is a 12-step program designed specifically for those who are affected by another's marijuana use.



Bart Bright

Mar-Anon President of the Board of Directors



Aubree Adams

Mar-Anon Executive Board of Directors

September 2, 2019

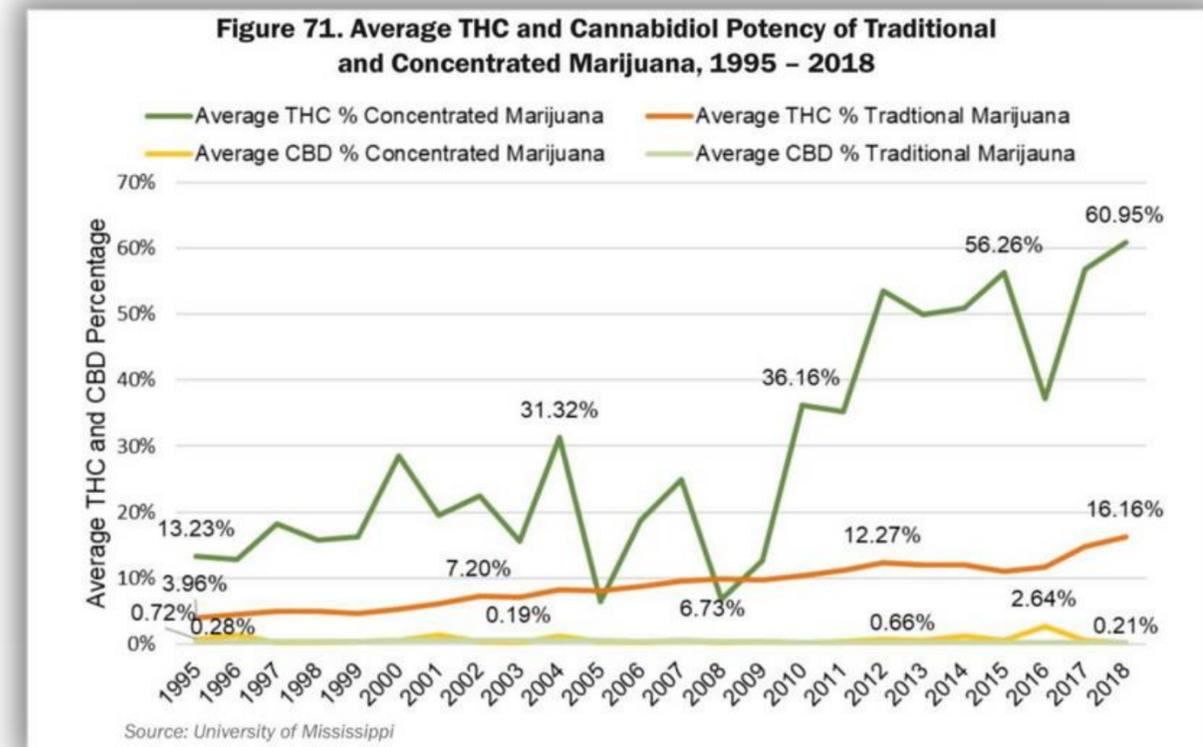
“Recent increases in access to marijuana and in its potency, along with misperceptions of safety of marijuana endanger our most precious resource, our nation's youth.”

Jerome Adams, Surgeon General 2017-2021



Today's Marijuana

- Increased potency which increases the risk of developing a substance use disorder (addiction)
- Increased accessibility
- Fast and easy-to-use delivery systems (vapes and edibles)
- THC is infused into normal-looking foods
- Decreased perception of harms and risks
- Lack of education
- Normalization, commercialization and industrialized products



Today's Industrilized Marijuana

<https://thcphotos.org>



Today's Industrilized Marijuana

Eurlora - 16th St Mall Dispensary in Denver



Today's Industrilized Marijuana



2018 Farm Bill Legalized THC Variants

The 2018 Farm Bill legalized hemp plants that mainly contain cannabidiol (CBD) and are allowed to have a dry weight of 0.3% Delta-9-THC. Drug entrepreneurs are taking advantage of the various loopholes in this bill by using CBD to synthesize other THC-variants, such as Delta-8-THC, to attract more youth users. These products are easily accessible at gas stations, Dollar stores, smoke shops, and online.

WHAT DOES 0.3% BY DRY WEIGHT ACTUALLY MEAN?

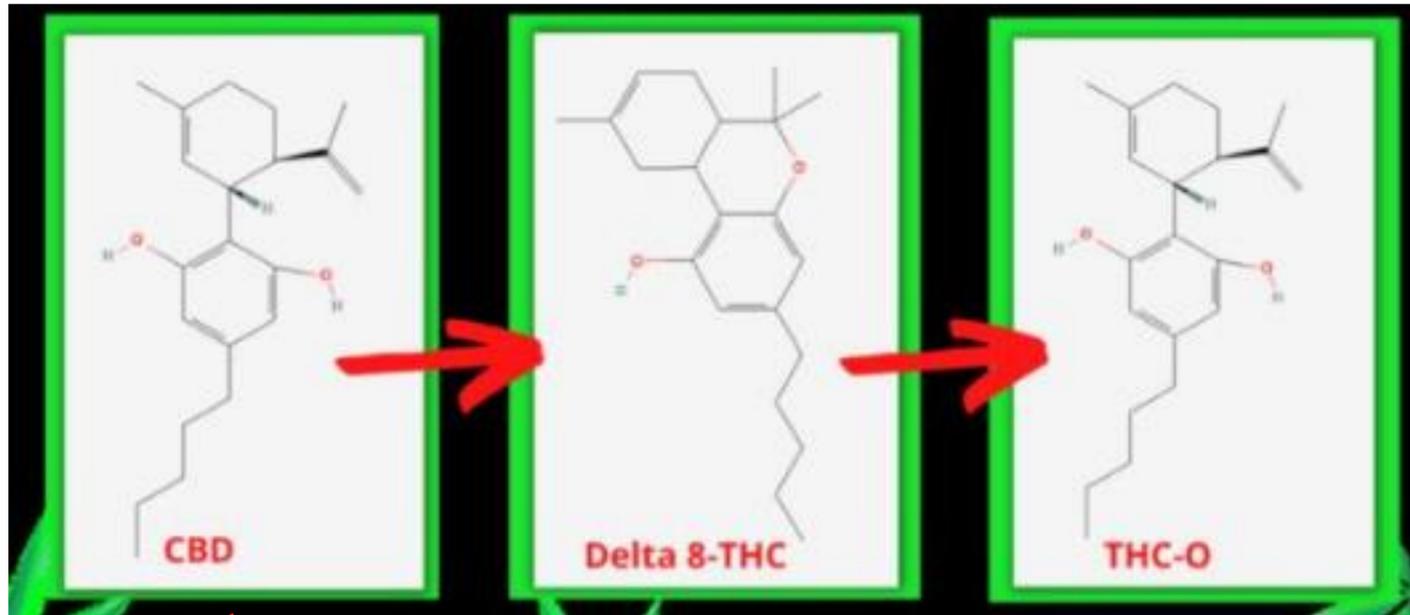
- 0.3% is the same as 0.3/100 or 3/1000
- So...3/1000 represents 3 mg of THC per 1g (1,000mg=1 g) of product dry weight.

The language in the bill is deceiving...until the weights of common food items are considered in grams.

That's a lot of THC!



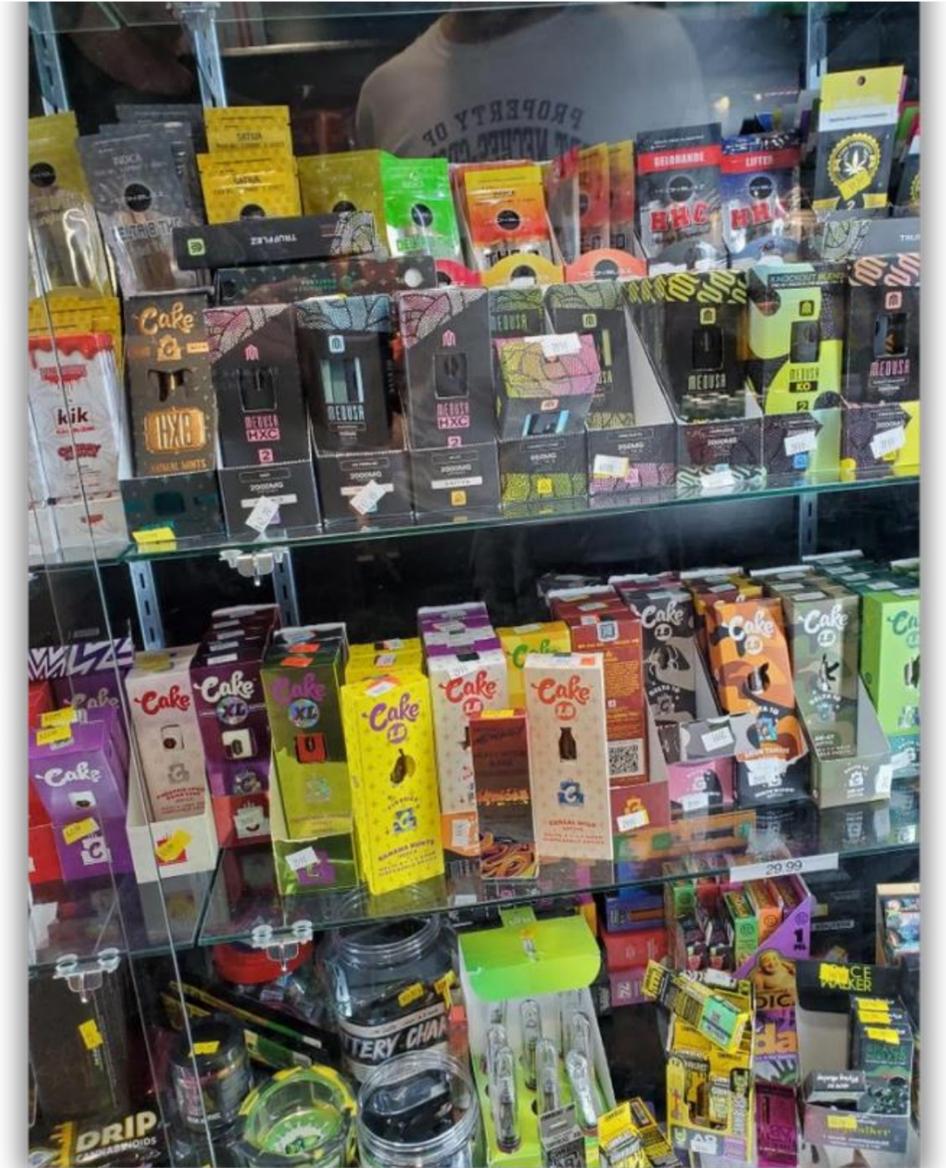
2018 Farm Bill Legalized THC Variants



Here is a current list of THC variants:

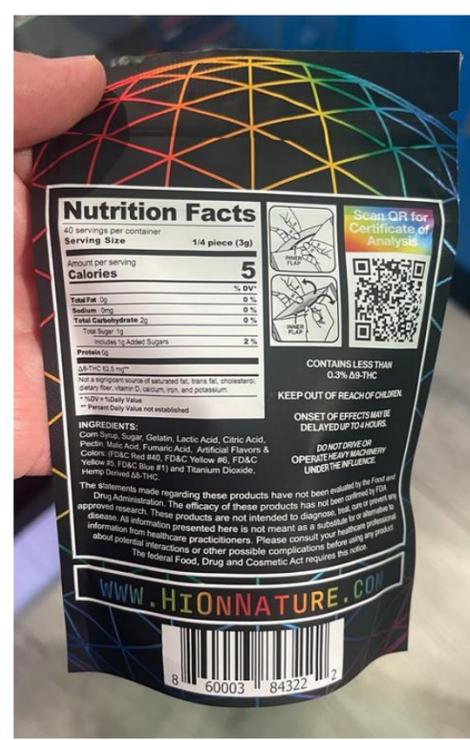
- Delta-8-THC
- Delta-9-THC
- Delta-10-THC
- THC-O
- HHC-Hydrogenated THC
- HHC-O
- THC-P
- THC-H
- THC-V

New analogs are continually being formulated...



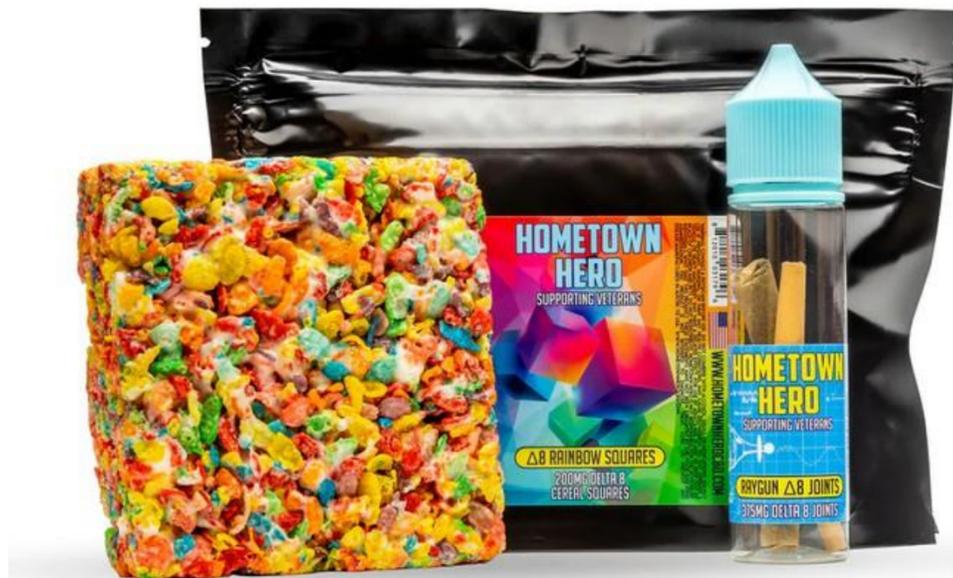
2018 Farm Bill Legalized THC Variants

NEIGHBORHOOD SMOKE VAPE CBD SHOP
6811 HWY BLVD., KATY TX 77494



2018 Farm Bill Legalized THC Varients

Internet



MANY TIMES, WE HAVE HEARD: “IT’S JUST POT – WHAT’S THE PROBLEM?”

Confusion and self-doubt ensue. We spin between the belief that marijuana is harmless and our own conviction that something is wrong in our relationship with a habitual user. We can feel isolated. We can even feel like we are going crazy.

We in Mar-Anon understand. Although many think it less serious than other drugs or alcohol, marijuana is a mind and mood altering drug that can be addictive for some people. For those who seek recovery from marijuana use, there is a 12-Step program – Marijuana Anonymous. For friends and families whose lives are affected by a loved one’s marijuana use, there is Mar-Anon Family Groups.

Like any addictive behavior, habitual marijuana use has an impact that extends beyond the user. In Mar-Anon, we seek to recover from the effects of our loved ones use by learning about addiction and co-dependency; taking responsibility for our own lives; and by sharing experience, strength and hope with one another. The only requirement for membership in Mar-Anon Family Groups is that a person be affected by another’s marijuana use.

Dealing with someone else’s substance use can be a painful struggle but it also creates opportunity. While we have found that we cannot change others, we can transform ourselves and create more serenity, clarity, and happiness in our lives.

WE UNDERSTAND THE EFFECTS OF MARIJUANA

The widespread belief that marijuana cannot be addictive creates added stress for users and family members who are already suffering. With alcohol, cocaine, or even gambling, it is commonly understood that these addictions are illnesses and often require outside help. Marijuana users, on the other hand, can struggle for years in a vacuum without information or intervention. Though Mar-Anon Family Groups takes no position on the legal, medical, or political status of marijuana, we recognize that the increased availability of marijuana and legalization creates additional challenges and controversy.

“I felt so lost for the past 2 years, and Mar-Anon has given me a community where I finally feel understood.”

– Johanna



ORIGINS - FOUNDING MEMBERS

Around 1993- A group of women in California started a Mar-Anon meeting and made a logo.

2015-2016- Brook P. developed the Mar-Anon website, created an outreach email, took calls from hurting souls who just needed someone to listen and finally understand, ran a weekly chat meeting, set up a Google forum, and co-ran a weekly email meeting. She meshed together MA and Al-Anon's 12 steps and got them approved by Al-Anon.

October 2020 - 150 members

Bart B. - started two Zoom meetings a week, responds to many inquiries

Aubree A. - facilitated meeting, developed website content, Mar-Anon literature, and social media

Tracy F. - administration, filing incorporation documentation, 501(c)(3) approval, website, Google Group and bylaws

SEPTEMBER 2023 - 10 weekly Zoom meetings, **1** in-person meeting, **1,742 members**

12-STEPS FOR MAR-ANON FAMILY GROUPS

Suggested Twelve Steps for Mar-Anon:

1. We admitted we were powerless over marijuana, that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of a higher power.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to this higher power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have these defects of character removed.
7. Humbly asked to have our shortcomings removed.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with our program, our lives and our higher power.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to family and friends of marijuana addicts and to practice these principles in all our affairs.

REMEMBER:

You are not alone!

*The Twelve Steps of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to reprint and adapt the Twelve Steps does not mean that Alcoholics Anonymous is affiliated with this program.

12-TRADITIONS FOR MAR-ANON FAMILY GROUPS

These guidelines have been the means of promoting harmony and growth in many Twelve Step programs. Experience suggests that the unity of the group depends upon adherence to these Traditions. (Adapted from Marijuana Anonymous)

1. Our common welfare should come first; personal recovery depends upon Mar-Anon unity.
2. For our group purpose, there is but one ultimate authority, a loving Higher Power whose expression may come through in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is to be affected by another's marijuana use.
4. Each group should be autonomous except in matters affecting other groups or Mar Anon as a whole.
5. Each group has but one primary purpose, to those affected by another's marijuana use.
6. Mar-Anon groups ought never to endorse, finance, or lend the Mar-Anon name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Mar-Anon group ought to be fully self-supporting, declining outside contributions.
8. Mar-Anon should remain forever nonprofessional, but our service centers may employ special workers.
9. Mar-Anon, as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.
10. Mar-Anon has no opinion on outside issues; hence the Mar-Anon name ought never to be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need to guard with special care the anonymity of all fellow Mar-Anon members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

RESOURCES - PAMPHLETS

What is Mar-Anon?



Mar-Anon Family Groups

Support and hope for those affected
by another's marijuana use

Mar-Anon.com
maranon.group@gmail.com

What is Sponsorship?



Mar-Anon Family Groups

Support And Hope For Those
Affected By Another's Marijuana Use

Mar-Anon.com
maranon.group@gmail.com

CANNABIS USE DISORDER (CUD)

An addiction or dependency to THC (Tetrahydrocannabinol), a chemical in the marijuana plant.

Symptoms:

- Use for at least 1 year
- Using larger amounts over a longer period of time
- Failed efforts to discontinue or reduce use
- A significant amount of time seeking or using cannabis, or recovering from the negative effects of cannabis
- Cravings or desire to use cannabis
- Continued use despite adverse consequences
- Work, school, hygiene, responsibility to family and friends are superseded by the desire to use
- Use of cannabis during activities like driving and operating heavy equipment
- Continued use despite physical and/or psychological problems
- Larger amounts of cannabis needed to get the desired effects
- Withdrawal symptoms

Mild CUD - 2 to 3 symptoms

Moderate CUD - 4 to 5 symptoms

Severe CUD - 6 or more symptoms

What is CUD,
Cannabis Use Disorder?



Mar-Anon Family Groups

Support and hope for those affected
by another's marijuana use

Mar-Anon.com
maranon.group@gmail.com

CANNABIS USE DISORDER (CUD)

Withdrawal symptoms

- Irritability
- Anger/aggressiveness
- Anxiety
- Sleep disturbances/nightmares
- Decreased appetite
- Restlessness
- Depression
- Abdominal pain
- Fever/chills/sweating
- Headache
- Tremors/shakiness

**National Institute on Drug Abuse:
Recent data suggest 30% of those
who use marijuana may have
some degree of CUD.**

What is CUD,
Cannabis Use Disorder?



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by another's marijuana use

Mar-Anon.com
maranon.group@gmail.com

CANNABIS-INDUCED PSYCHOSIS (CIP)

A mental health disorder characterized by the loss of connection with reality induced by THC (Tetrahydrocannabinol) in the cannabis plant.

Symptoms can be:

- Paranoia
- Hallucinations (especially auditory)
- Delusions
- Grandiosity
- Irritability
- Anxiety and agitation
- Depersonalization
- Disorganized thinking, speech, behavior
- Racing thoughts
- Obsessive ideation

**What is CIP,
Cannabis-Induced
Psychosis?**



Mar-Anon Family Groups

Support And Hope For Those
Affected By Another's marijuana Use

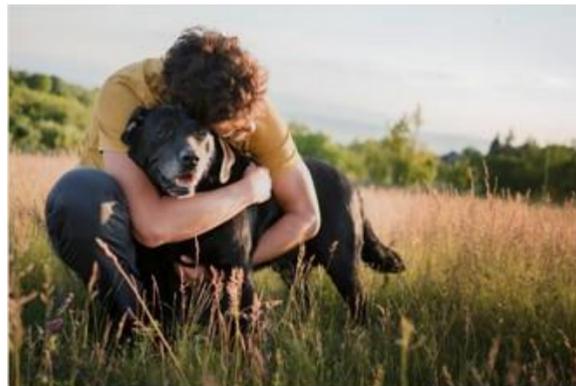
Mar-Anon.com
maranon.group@gmail.com

CANNABIS-INDUCED PSYCHOSIS (CIP)

Out of all the drugs that can induce psychosis, cannabis results in the highest conversion rate from temporary psychotic symptoms to a chronic psychotic disorder like schizophrenia or bipolar disorder.

<i>Drug</i>	<i>Conversion Rate</i>
<i>cannabis</i>	<i>47%</i>
<i>amphetamine</i>	<i>32%</i>
<i>hallucinogens</i>	<i>28%</i>
<i>opioids</i>	<i>21%</i>

Source: <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2017.17020223>



Young men at highest risk of schizophrenia linked with cannabis use disorder

NIH study highlights the need to proactively screen for, prevent, and treat cannabis use disorder among young people

National Institute on Drug Abuse / Oct 2, 2023

As many as 30% of cases of schizophrenia among men aged 21-30 might have been prevented by averting cannabis use disorder.

**What is CIP,
Cannabis-Induced
Psychosis?**



Mar-Anon Family Groups

Support And Hope For Those
Affected By Another's marijuana Use

Mar-Anon.com
maranon.group@gmail.com

CANNABINOID HYPEREMESIS SYNDROME

Medical condition resulting from overuse of the chemicals (cannabinoids) of the cannabis plant where people experience abdominal pain, nausea, cyclic vomiting or scromiting. This syndrome can occur with the use of CBD products too.



Curable - use needs to stop

It can be fatal

What is CHS,
Cannabinoid
Hyperemesis
Syndrome?

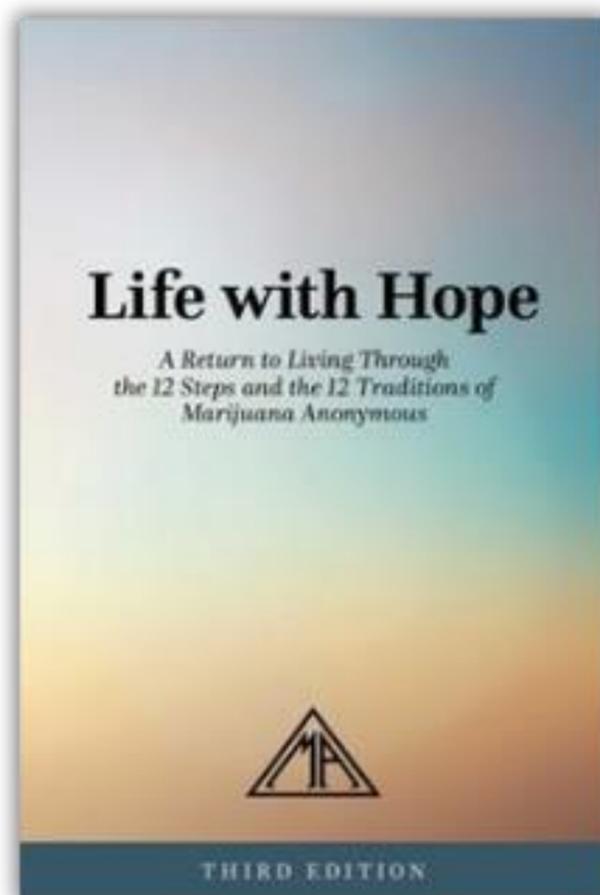


Mar-Anon Family Groups

Support And Hope For Those
Affected By Another's Marijuana Use

Mar-Anon.com
maranon.group@gmail.com

RESOURCES - MARIJUANA ANONYMOUS



What about
CBD?



MARIJUANA ANONYMOUS
A Twelve Step Program of Recovery
for Marijuana Addicts

Marijuana Anonymous World Services
5551 Hollywood Blvd #1043
Hollywood, CA 90028-6814
+1.800.766.6779
www.marijuana-anonymous.org
info@marijuana-anonymous.org

Order books, etc. at
www.aneuleafpublications.org

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Detoxing from
Marijuana



MARIJUANA ANONYMOUS
A Twelve Step Program of Recovery
for Marijuana Addicts

Marijuana Anonymous World Services
5551 Hollywood Blvd #1043
Hollywood, CA 90028-6814
+1.800.766.6779
www.marijuana-anonymous.org
info@marijuana-anonymous.org

Order books, etc. at
www.aneuleafpublications.org

P-04

RESOURCES - PAMPHLETS- SPANISH

¿Qué es Mar-Anon?



Grupos de Familia Mar-Anon

Ayuda y esperanza para los familiares y amigos de adictos a la Marihuana

Mar-Anon.com
maranon.group@gmail.com

¿Qué es el Trastorno por consumo de cannabis? (CUD)



Grupos de Familia Mar-Anon

Ayuda y esperanza para los familiares y amigos de adictos a la Marihuana

Mar-Anon.com
maranon.group@gmail.com

¿Qué es un apadrinamiento?



Grupos de Familia Mar-Anon

Ayuda y esperanza para los familiares y amigos de adictos a la Marihuana

Mar-Anon.com
maranon.group@gmail.com

¿Qué es el CHS, Síndrome de Hiperémesis Cannabinoide?



Grupos de Familia Mar-Anon

Ayuda y esperanza para los familiares y amigos de adictos a la Marihuana

Mar-Anon.com
maranon.group@gmail.com

¿Qué la Psicosis Inducida por Cannabis o CIP?



Grupos de Familia Mar-Anon

Ayuda y esperanza para los familiares y amigos de adictos a la Marihuana

Mar-Anon.com
maranon.group@gmail.com

RESOURCES - LETTERS

CANNABIS USE DISORDER (CUD)

The following is a letter from a person with CUD:

I Have Marijuana Addiction. I Need Your Help.

Don't lecture, blame or scold me. You wouldn't be angry with me if I had cancer or diabetes.

Don't let me provoke your anger. If you attack me verbally or physically, you will only confirm my bad opinion about myself.

Don't let your love and anxiety for me lead you into doing what I ought to do for myself. Don't accept my promises. I will promise anything to get you off my back. The nature of my illness can prevent me from keeping my promises, even though I might mean them at the time.

Don't make empty threats. Once you have made a decision, stick to it.

Denial of reality is a symptom of my illness. I am likely to lose respect for those I can fool too easily.

Don't let me take advantage of you or exploit you in any way. Don't cover up for me or try in any way to spare me the consequences of my using. Don't lie for me or pay my bills, or meet my obligations. It may avert or reduce the very crisis that would prompt me to seek help. I can continue to deny I have a problem as long as you provide an automatic escape from the consequences of my using.

Above all, do learn all you can about marijuana and marijuana addiction, and your role in relation to me. Go to open Marijuana Anonymous meetings when you can. Attend Mar-Anon and Al-Anon meetings regularly, read their literature, and keep in touch with Mar-Anon and Al-Anon members. They're the people who can help you see the situation clearly.

I love you, ...

RESOURCES - LETTERS

CANNABIS-INDUCED PSYCHOSIS (CIP)

I Have Cannabis-Induced Psychosis. I Need Your Help.

Marijuana caused me to experience a break from reality.

The delusions and hallucinations I am experiencing seem real to me. Please don't tell me otherwise or say that I'm crazy.

Don't blame, shame, scold me, or let me provoke your anger. Arguing with me may push me away.

When I am experiencing a mental health crisis, don't excuse any negative behaviors. Please maintain healthy boundaries with me.

Accountability allows me to recover.

Call for help if I try dangerous things or if I am a threat to myself or others, even when you think I'm bluffing. Lock up any weapons in the house.

I know you're scared. I'm scared, too.

Please don't make me responsible for your fears. Seek support for yourself.

I know it's not easy. You knew me before this happened. Have hope and know that I am in there somewhere.

Do learn all you can about marijuana and marijuana psychosis, attend Mar-anon meetings, and go to OPEN Marijuana Anonymous meetings. They're the people who can help you see the situation clearly.

I love you, Your loved one with CIP.

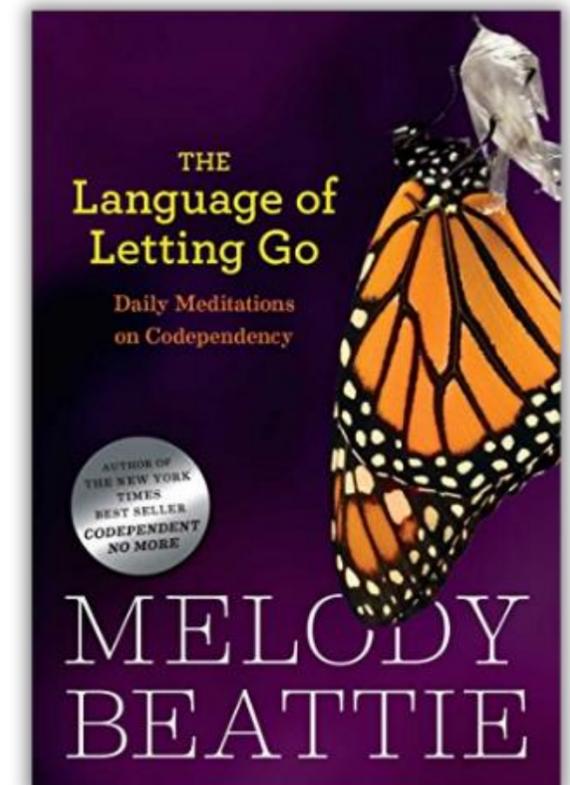
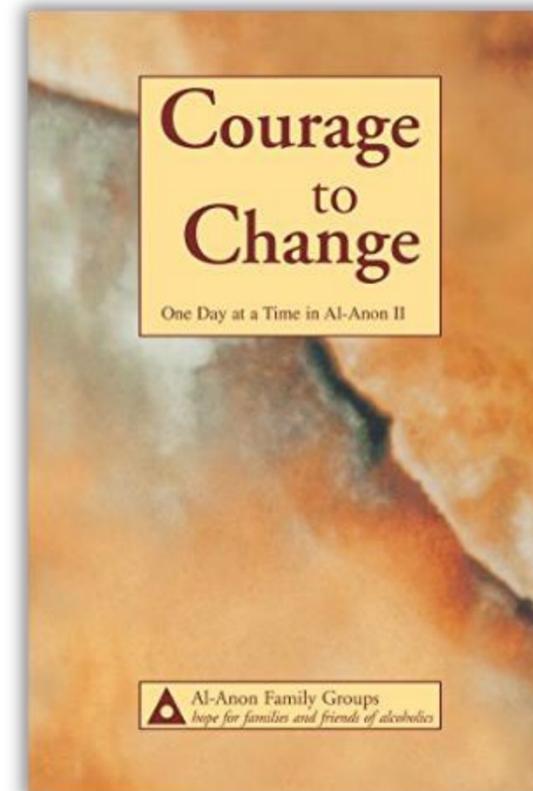
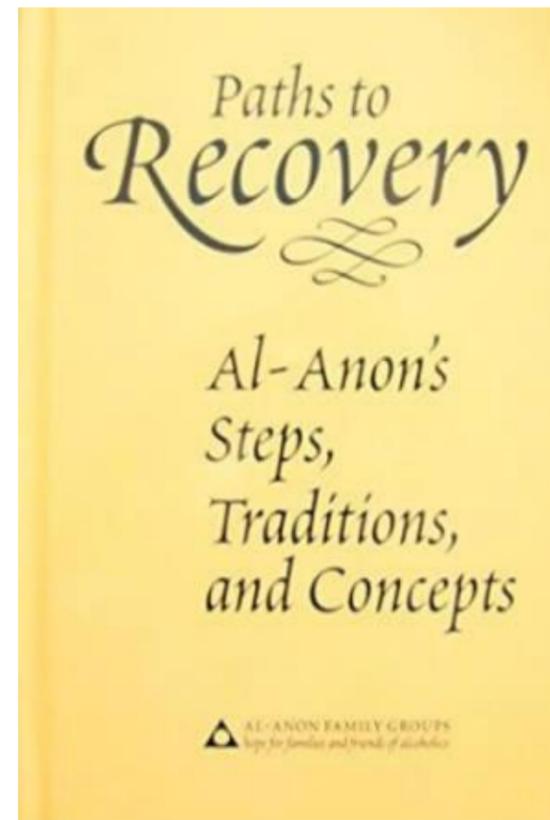
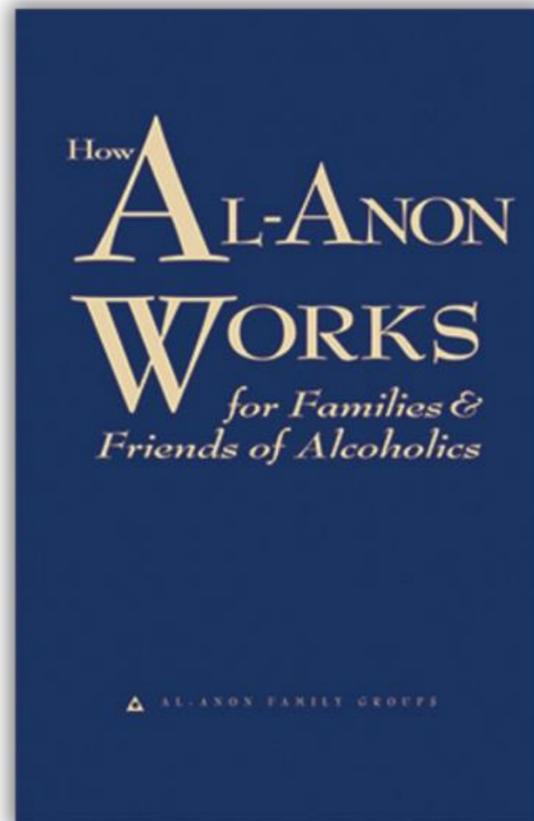
Resource: Mar-anon Families (mar-anon.com).

RESOURCES - LETTERS

CANNABINOID HYPEREMESIS SYNDROME(CHS)

Please visit the website for the CHS letter.

RESOURCES - BOOKS



MEETINGS

In meetings, we have a topic, and members share their experiences, strengths, and hopes.

No cross-talking

10 weekly meetings

9 Zoom meetings and 1 in-person meetings

- Adult qualifiers - Wednesday evenings
- Cannabis-induced Psychosis - Tuesday noon and Saturday morning
- Cannabinoid Hyperemesis Syndrome -Saturday morning
- New Comers meeting 1st Saturday of every month



FELLOWSHIP

Moms Fellowship Group - 1st Wednesday of every month

Annual Retreat/convention with Marijuana Anonymous



MAR-ANON
Retreat

**JOIN US ON SEPT 2ND, 2023,
IN SEATTLE WASHINGTON.**

Mar-Anon Meeting
10:30 am: We will hold a hybrid Mar-Anon meeting at the Marijuana Anonymous Convention

Speakers Meeting
2:30 pm: Hybrid meeting featuring members of Marijuana Anonymous who will share their experience, strength, and hope.

Fun Fellowship
We will end the day with dinner, a trip to Pikes Fish Market, and a Ferry ride. Times will be provided after your RSVP.

RSVP
maranon.group@gmail.com

Location: Marijuana Anonymous Convention
Crowne Plaza Seattle Airport
17338 International Blvd.
Seattle, WA 98188

Order Mar-anon shirts here: 

The flyer features a light purple background with a white brushstroke effect behind the title. It includes three icons: a meeting icon, a speaker icon, and a group icon. On the right side, there are three photographs: two women talking, a person at a market stall, and a night view of a city skyline.

SOCIAL MEDIA

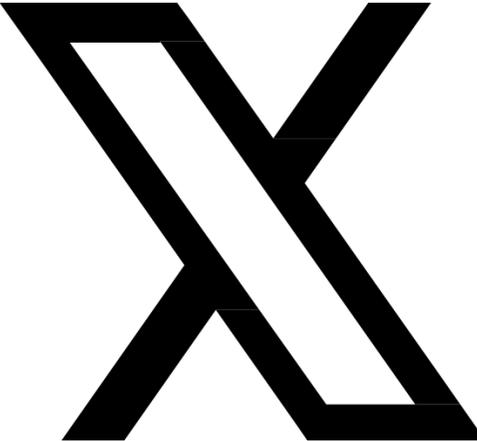
Public
Facebook Group



Private
Facebook Group



Public
X Group



Private
Whatsapp Group



SUMMARY - HOW THE PROGRAM WORKS



Attend meetings

- take turns leading a topic
- share out our experience, strength, and hope
- no cross-talking (allows everyone to share without being judged)



Find a sponsor to take you through the steps



Provide support, acceptance and comfort for other members



Protect everyone's privacy



Service

- become a sponsor
- run meetings
- volunteer for Mar-Anon



Fellowship and spread this message of hope and healing to others

THANK YOU!



You are not alone.

Mar-Anon.com

maranon.group@gmail.com



Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Wanda Russell – 800.274.7603 x342063

Kari Mack – 800.274.7603 x1034994

Jordan Nielsen – 800.274.7603 x382620