

WEBVTT

1 "Mack, Kari" (1038440192)  
00:00:01.283 --> 00:00:23.419

Hello, and thank you for joining us for sickness substance, use disorder. Awareness series. My name is Carrie Mac and along with my coworkers, Jordan. Nielsen, Stephanie ghusl and Wanda. Russell, we appreciate you for joining us here today, we are a team of nurses and behavioral clinicians for the substance use disorder team here.

2 "Mack, Kari" (1038440192)  
00:00:23.419 --> 00:00:45.560

For, at every north part of Sigma, due to the format of this seminar, you will not be able to ask questions during the presentation you are however, able to add questions at any time in the Q and a section found at the lower right side of your screen we will try to address as many questions as time permits during the last 15 minutes of our, our together. Please. Let me.

3 "Mack, Kari" (1038440192)  
00:00:45.560 --> 00:00:58.950

Your questions to the seminar topic, if you have specific questions regarding substance use disorder treatment, or your policy, please contact myself or 1 of my team members, and our contact information can be found on the last slide of the PowerPoint.

4 "Mack, Kari" (1038440192)  
00:00:58.950 --> 00:01:08.100

Today's PowerPoint will be part of the presentation here in Webex or you can click the link found in the chat section, which is near the Q and a section as well.

5 "Mack, Kari" (1038440192)  
00:01:08.100 --> 00:01:16.140

Today I have the pleasure of introducing art right? And Aubrey atoms for our March webinar on support.

6 "Mack, Kari" (1038440192)  
00:01:16.140 --> 00:01:19.860

And hope for those affected by another's marijuana, use.

7 "Mack, Kari" (1038440192)  
00:01:19.860 --> 00:01:28.380

Bart is 1 of the founding members of maranon he has enjoyed being a camp counselor day camp director and teacher.

8 "Mack, Kari" (1038440192)  
00:01:28.380 --> 00:01:33.930

He earned his bachelor's degree in recreation from San Francisco State, and as teaching.

9 "Mack, Kari" (1038440192)  
00:01:33.930 --> 00:01:53.930

And his teaching credential from Chapman University, he retired in 2019, and lived in Northern California with his wife, Hazel, and volunteers with maranon. Family groups aren't used to think marijuana was harmless. He says in my twenties, when I used to smoke pot, I said stuff like, it's just pot. It's not a big deal.

10 "Mack, Kari" (1038440192)  
00:01:53.930 --> 00:02:05.310

I was wrong. It was a very big deal for my son Kevin, my wife and I witnessed our son experienced many episodes of cannabis and do psychosis diagnosis in the DSM.

11 "Mack, Kari" (1038440192)  
00:02:05.310 --> 00:02:13.800

He died by suicide in 2018 at 28, 9 years old. 1 of his last statements he made to me was, cannabis has ruined my life.

12 "Mack, Kari" (1038440192)  
00:02:13.800 --> 00:02:16.860

Bart is honoring his son by helping others.

13 "Mack, Kari" (1038440192)  
00:02:16.860 --> 00:02:23.850

Aubrey Adams is a Colorado mom with a BS and exercise science and health promotion.

14 "Mack, Kari" (1038440192)  
00:02:23.850 --> 00:02:33.090

After experiencing the devastating consequences of today's industrialized marijuana she found recovery for herself and her 2 sons in Houston, Texas.

15 "Mack, Kari" (1038440192)  
00:02:33.090 --> 00:02:38.280

Graduated from this parent driven enthusiastic recovery community.

16 "Mack, Kari" (1038440192)  
00:02:38.280 --> 00:02:42.870

Where she has served as a host mom for Houston recovery for over 4 years.

17 "Mack, Kari" (1038440192)  
00:02:42.870 --> 00:02:48.570

Now, she has developed a family recovery resources and support meetings through her organization.

18 "Mack, Kari" (1038440192)  
00:02:48.570 --> 00:03:01.770

Every brain matters to bring hope and solutions to other families. She is also 1 of the founding members of maranon, a 12 step program that gets support and hope to families affected by another person's marijuana use.

19 "Mack, Kari" (1038440192)  
00:03:01.770 --> 00:03:10.800

She hosts a podcast called it's just pot. What's the problem where she openly discusses the public health crisis caused by marijuana expansion?

20 "Mack, Kari" (1038440192)  
00:03:10.800 --> 00:03:30.800

Aubrey was honored to receive a drug free American foundations 2021. Moxie award. Her op Ed was published in the USA today in Denver. Gazette. She is a family support consultant, working on a national certification as a family, peer specialist. I will now turn it over to our.

21 "Mack, Kari" (1038440192)  
00:03:30.800 --> 00:03:33.761  
Centers from.

22 "Bart B." (2004939264)  
00:03:33.761 --> 00:03:38.100  
Thanks Kerry for having us and we really appreciate it. Um.

23 "Bart B." (2004939264)  
00:03:38.100 --> 00:03:46.320  
So, Baron on, it's a 12 step program designed specifically for those affected by another's marijuana use.

24 "Bart B." (2004939264)  
00:03:46.320 --> 00:04:00.959  
And I need to go on because I've already been introduced, but, you know, I am the president, and they started the zoom meetings for marathon in, uh, 2020.

25 "Aubree A." (3736220416)  
00:04:00.959 --> 00:04:20.630  
And thank you for that wonderful welcome. And opportunity for being here, I am to 1 of the founding members of maranon, and just want to add that during the crisis when my family was experiencing the harm of marijuana use I had met bars and learned about his story and.

26 "Aubree A." (3736220416)  
00:04:20.630 --> 00:04:40.630  
He inspired me to continue to recover, which is a fancy word for healing and introduced me to the maranon group. And he'll talk more about that later. But I watched him despite the tragic loss of his son still reach out to others to provide a lot of support and.

27 "Aubree A." (3736220416)  
00:04:40.630 --> 00:04:50.395  
Um, and enjoy his life and not inspired me to jump on and and work with him with this program. So, thanks for having us.

28 "Bart B." (2004939264)  
00:04:50.395 --> 00:04:57.329  
So, in 2019 drum Adams, who was the surgeon general.

29 "Bart B." (2004939264)  
00:04:57.329 --> 00:05:06.329

He said recent increases in access to marijuana and its potency along with misperceptions of safety of marijuana.

30 "Bart B." (2004939264)

00:05:06.329 --> 00:05:10.469

In danger our most precious resource, our nation's youth.

31 "Bart B." (2004939264)

00:05:15.997 --> 00:05:19.619

Before we introduce the.

32 "Aubree A." (3736220416)

00:05:19.619 --> 00:05:39.289

A maranon program to you, we just want to talk a little bit about what today's marijuana looks like and how it is different from the marijuana that was available before in the 70 S80. S and the 90 s and even early 2 thousand's. So today's marijuana is different because they have increased the.

33 "Aubree A." (3736220416)

00:05:39.289 --> 00:05:59.289

See, in the products, which increases the risk of developing a substance use disorder, also, these products are much more accessible. It's very common for families to have marijuana shops in their neighborhoods, or downtown in there. A lot of these products are available in the smoking.

34 "Aubree A." (3736220416)

00:05:59.289 --> 00:06:12.599

Get shops, today's marijuana is different than yesterday was marijuana to because they are produced in fast and easy to use delivery systems like the vapes or the edibles.

35 "Aubree A." (3736220416)

00:06:12.599 --> 00:06:32.599

Also, today's products can look like normal foods so it could just be a candy or soda and the consumer might not even know that it contains the addictive chemical in the cannabis plant THC also because of campaigns to change policy.

36 "Aubree A." (3736220416)

00:06:32.599 --> 00:06:49.019

Perception of harm has decreased so, people are not aware of of how dangerous these products can potentially be. So, there's just a a big lack of education. A misunderstanding with today's products.

37 "Aubree A." (3736220416)

00:06:49.019 --> 00:07:09.019

Also, with the change of policies, there's been a normalization a commercialization to to promote these products and and I often referred to them as industrialized products. It's really not the, the flowered marijuana in the joint that maybe some people were smoking back in the 70 s and 8.

38 "Aubree A." (3736220416)

00:07:09.019 --> 00:07:16.169

That is, is now, um, a very different looking products and I'll explain what they look like here.

39 "Aubree A." (3736220416)

00:07:16.169 --> 00:07:36.169

So here's, uh, pictures of products from Colorado, these are all marijuana products that are legalized for the States there's sells to water. There's a powder or sugar, it looks like that that's the THC powder that people can put in their coffees and teas. There are many THC pills available.

40 "Aubree A." (3736220416)

00:07:36.169 --> 00:07:56.169

They're cookies, lollipops candies and, like I mentioned before, vapes and vapes can look like everyday things like crams. So they're very discreet to use. And they can be in chocolate bar. So we got these photos from a website called photos dot Org website was put together.

41 "Aubree A." (3736220416)

00:07:56.169 --> 00:08:07.169

By a local nonprofit in Colorado that advocates for the health and safety of colorado's children. So, check it out. If you want to learn more about the products.

42 "Aubree A." (3736220416)

00:08:07.169 --> 00:08:27.169

Oops, there we go also here's some pictures that I took in marijuana shop in Denver. Here's the address. Here's the vapes that have birthday cake flavoring some kind of crystallized form that you can put, like, on a margarita that that's actually and those that crystallized.

43 "Aubree A." (3736220416)

00:08:27.169 --> 00:08:47.169

Form there's a THC inhalers available, so people could, you could be thinking they're inhaling a beautiful, but they're actually inhaling THC. The active ingredient in the cannabis plant. They mentioned more Dummies drinks that look like sodas.

44 "Aubree A." (3736220416)

00:08:47.169 --> 00:08:51.209

And candies that look like rainbows.

45 "Aubree A." (3736220416)

00:08:51.209 --> 00:09:13.519

And on this page, the picture in the middle is a 2 liter bottle of eliminate, and I wanted to put that picture in this presentation because this came from 1 of the members and maranon whose son has cannabis, used disorder in cannabis and do psychosis. So this is a THC eliminate from.

46 "Aubree A." (3736220416)

00:09:13.519 --> 00:09:33.519

Washington state marijuana and then we have different products called wax, shatter dabs crumble. It's at the bottom there where it looks kind

of like a honey wax and on the side of it's called crumble. What those are are just all high levels of.

47 "Aubree A." (3736220416)

00:09:33.519 --> 00:09:49.349

And they can look kind of differently where they can look kind of sticky or crumbly, depending on the content of water and air that they put in that product. And again, that blue pill right there. That's actually a pill from the state of Colorado.

48 "Aubree A." (3736220416)

00:09:49.349 --> 00:10:05.489

Not only have States industrialized marijuana, but there's also, um, a loophole that occurred in the 2018 farm bill um, that can produce a TFC variance. So.

49 "Aubree A." (3736220416)

00:10:05.489 --> 00:10:25.489

The 2018 farm bill legalized hemp plants, which mainly contain CBD or cannabidiol. Um, but they're allowed to have a dry weight of 0.3%, Delta 9, which seems like just a small amount, but it can turn into a large amount. So.

50 "Aubree A." (3736220416)

00:10:25.489 --> 00:10:45.489

We go to the side picture there. If you have 1, gummy made from these have plants that go by the law. I've only having point 0, 3% Delta 9 that it's by driveway. So the 1 gummy can weigh 3.2grams, which converts into.

51 "Aubree A." (3736220416)

00:10:45.489 --> 00:11:05.489

Actually, 9.6milligrams of THC, and most people aren't going to eat 1 gummy. So a handful of domains like 11 gummies would weigh 35.1grams, which can, which would convert that this is allowed to have 11 gummies 105.3.

52 "Aubree A." (3736220416)

00:11:05.489 --> 00:11:15.869

Milligrams of that is a very, very large amount of that have been that has been legalized in our by our federal government.

53 "Aubree A." (3736220416)

00:11:15.869 --> 00:11:35.869

And not only are they allowed to have products like that? But drug drug entrepreneurs are taken advantage of a loophole in this bill. And what they're doing is they're using CBD to synthesize different THC variants, such as Delta to attract more younger users.

54 "Aubree A." (3736220416)

00:11:35.869 --> 00:11:43.169

And these products are easily accessible and gas stations, dollar stores, smoke, shops and online.

55 "Aubree A." (3736220416)

00:11:43.169 --> 00:11:46.496  
So, like I said before in the loophole.

56 "Bart B." (2004939264)  
00:11:46.496 --> 00:11:50.182  
Not included, um.

57 "Aubree A." (3736220416)  
00:11:50.182 --> 00:11:59.219  
In the farm bill of the 2018 farm belt, they state is mostly legalized the CBD molecule, which you see in this chart, but they can.

58 "Aubree A." (3736220416)  
00:11:59.219 --> 00:12:19.219  
Change the bonds, the molecules there and convert it into the delta and then from down to 8, they can, they can convert it to THC 0. and in the middle there, we have listed all the different variants. The THC that are available through this federal policy.

59 "Aubree A." (3736220416)  
00:12:19.219 --> 00:12:39.259  
So, there's a variety of them, so people might not even know that oh, is actually a product. And when you walk into gas stations across America, you will see a display, like, in gas stations on their counter that look like this these products might look like they're harmless. But these are.

60 "Aubree A." (3736220416)  
00:12:39.259 --> 00:12:45.359  
Very dangerous products, um, and unfortunately are still legal through the federal government.

61 "Aubree A." (3736220416)  
00:12:45.359 --> 00:12:51.449  
Um, here's some products from the hamper Bill did that uh.

62 "Aubree A." (3736220416)  
00:12:51.449 --> 00:12:59.849  
That they are making just to show you a little bit here. This is a, a vape from cake. It says.

63 "Aubree A." (3736220416)  
00:12:59.849 --> 00:13:19.849  
Delta H, at the bottom here 2.0gram. So, in this little vial, you think oh, there's only 2 grams of but that converts to 2000 milligrams of which is a very, very large amount of THC because the science shows that just 10 milligrams can produce. Um.

64 "Aubree A." (3736220416)  
00:13:19.849 --> 00:13:39.849  
Product behavior, and then you can see how they have mimic different cereals they have put on the lower right. Hand side an FDA symbol on there. But these are not approved through the FTA. Also. There are a lot of them contain QR codes, which will direct the consumer to.

65 "Aubree A." (3736220416)  
00:13:39.849 --> 00:13:45.089  
Website to buy more or social media site to promote these products.

66 "Aubree A." (3736220416)  
00:13:45.089 --> 00:13:51.029  
And here is just some more products available, um, that are derived from hap.

67 "Aubree A." (3736220416)  
00:13:51.029 --> 00:14:00.059  
And so now that we've introduced these products to you, BART is going to introduce the maranon program.

68 "Bart B." (2004939264)  
00:14:00.059 --> 00:14:05.219  
Thanks so many times we've heard it's just part. What's the problem?

69 "Bart B." (2004939264)  
00:14:05.219 --> 00:14:10.379  
Confusion and self doubt and so we spend between the belief that marijuana is harmless.

70 "Bart B." (2004939264)  
00:14:10.379 --> 00:14:15.599  
And our own conviction that something's wrong in our relationship with habitual user.

71 "Bart B." (2004939264)  
00:14:15.599 --> 00:14:19.559  
We can feel isolated beginning to to feel like we're going crazy.

72 "Bart B." (2004939264)  
00:14:19.559 --> 00:14:25.799  
We had maranon understand, although we think it's less serious than other drugs or alcohol.

73 "Bart B." (2004939264)  
00:14:25.799 --> 00:14:29.099  
Marijuana is a mind and the altering drug.

74 "Bart B." (2004939264)  
00:14:29.099 --> 00:14:32.999  
That can be addictive for some people for those.

75 "Bart B." (2004939264)  
00:14:32.999 --> 00:14:38.849  
To seek recovery for marijuana there is a 12 step program called marijuana anonymous.

76 "Bart B." (2004939264)  
00:14:38.849 --> 00:14:44.339  
For friends and family members whose lives are affected by a loved ones. I want to use.



77 "Bart B." (2004939264)  
00:14:44.339 --> 00:14:54.299  
There is marijuana maranon family groups like any addictive behaviour.  
Habitual marijuana use has the impact that extends beyond the user.

78 "Bart B." (2004939264)  
00:14:54.299 --> 00:14:59.069  
And maranon, we seek to recover from the effects of our loved ones.

79 "Bart B." (2004939264)  
00:14:59.069 --> 00:15:02.699  
Used by learning about addiction and codependency.

80 "Bart B." (2004939264)  
00:15:02.699 --> 00:15:05.789  
Taking responsibility for our own lives.

81 "Bart B." (2004939264)  
00:15:05.789 --> 00:15:09.719  
And by sharing the experience strength and hope with 1, another.

82 "Bart B." (2004939264)  
00:15:09.719 --> 00:15:14.189  
The requirement for membership in maranon family groups.

83 "Bart B." (2004939264)  
00:15:14.189 --> 00:15:21.599  
Does that a person be affected by another? Is marijuana use? Is there any  
way to raise up the slide?

84 "Bart B." (2004939264)  
00:15:21.599 --> 00:15:26.941  
Hm. If that's it. That's fine. Okay. Okay.

85 "Aubree A." (3736220416)  
00:15:26.941 --> 00:15:28.361  
You want me to finish it by.

86 "Bart B." (2004939264)  
00:15:28.361 --> 00:15:32.306  
Sure, um, and just dealing with someone's.

87 "Aubree A." (3736220416)  
00:15:32.306 --> 00:15:48.182  
Substance use can be a painful struggle, but 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.

88 "Bart B." (2004939264)  
00:15:48.182 --> 00:15:52.229  
Great thanks. So we understand the effects of marijuana.

89 "Bart B." (2004939264)

00:15:52.229 --> 00:16:12.229

Uh, so many people who get onto a zoom call for the 1st time, they are relieved because so often they go to a neighbor or family member and they say that their family member is using too much, uh, you know, marijuana and is having.

90 "Bart B." (2004939264)

00:16:12.229 --> 00:16:17.969

Maybe some psychosis or different issues and that.

91 "Bart B." (2004939264)

00:16:17.969 --> 00:16:28.709

Person that they're speaking to says oh, no, no, it's all good. It's natural. It's not addictive and there's nothing wrong with it. And so they don't feel supported. And so that's why we have.

92 "Bart B." (2004939264)

00:16:28.709 --> 00:16:39.989

Because we do understand the effects of marijuana, the widespread belief that marijuana cannot be addictive, creates added stress for the users and family members who are already suffering.

93 "Bart B." (2004939264)

00:16:39.989 --> 00:16:59.279

With alcohol, cocaine, or even gambling, it's 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. The non family groups takes no position on the legal.

94 "Bart B." (2004939264)

00:16:59.279 --> 00:17:10.409

Medical or political status of marijuana, we recognize that the increased availability of marijuana and legalization creates additional challenges and controversy.

95 "Bart B." (2004939264)

00:17:10.409 --> 00:17:25.919

So, 1 of our members after again, after about 2 years that found us, and she said, I felt so lost for the past 2 years and maranon has given me a community where I finally feel.

96 "Bart B." (2004939264)

00:17:25.919 --> 00:17:40.709

Understood so, uh, it's, uh, interesting about the, uh, origins of maranon, uh, to, uh, before I talk about and I need to really talk about the 1st.

97 "Bart B." (2004939264)

00:17:40.709 --> 00:17:46.379

The original 12 step program, which was alcoholics, anonymous.

98 "Bart B." (2004939264)

00:17:46.379 --> 00:17:57.149

Started by 2 individuals back in 935, they were the main founders and so they were the 1st, 12 step program.

99 "Bart B." (2004939264)

00:17:57.149 --> 00:18:05.939

And then, in 9,950 s, a group of women got together and started a program called Allen.

100 "Bart B." (2004939264)

00:18:05.939 --> 00:18:10.079

Because they realized that they need the support to.

101 "Bart B." (2004939264)

00:18:10.079 --> 00:18:18.089

So these are loved ones of the hot so, then fast forward to the 980 s.

102 "Bart B." (2004939264)

00:18:18.089 --> 00:18:28.379

Actually, 3 different groups started something like a marijuana anonymous and again, a 12 step program.

103 "Bart B." (2004939264)

00:18:28.379 --> 00:18:44.549

Um, to help people, uh, you know, recover from canvas, use disorder and then, uh, in 9,993, a group of women in California started maranon.

104 "Bart B." (2004939264)

00:18:44.549 --> 00:18:47.729

And so it's kind of confusing, but.

105 "Bart B." (2004939264)

00:18:47.729 --> 00:18:57.119

Basically marathon is for the family members of people that are having a problem with marijuana and.

106 "Bart B." (2004939264)

00:18:57.119 --> 00:19:02.159

So, just to kind of give me an idea Alan on.

107 "Bart B." (2004939264)

00:19:02.159 --> 00:19:19.829

This is the family members that, you know, have someone in their life that is having a problem with alcohol and actually now could even do any drug, any substance. And so marijuana marijuana.

108 "Bart B." (2004939264)

00:19:19.829 --> 00:19:30.959

maranon specifically is for, uh, you know, people who have family members that are having a problem with marijuana. And, um, so then in 2015, uh, Brooke.

109 "Bart B." (2004939264)

00:19:30.959 --> 00:19:35.459

She developed a, a, the website outreach email.

110 "Bart B." (2004939264)  
00:19:35.459 --> 00:19:39.779  
And actually, uh, she created a, um.

111 "Bart B." (2004939264)  
00:19:39.779 --> 00:19:46.139  
A Google group and a chat group, and she helped a lot of people and kept the website going.

112 "Bart B." (2004939264)  
00:19:46.139 --> 00:19:51.359  
Uh, thank goodness until I found it in October of 2020.

113 "Bart B." (2004939264)  
00:19:51.359 --> 00:20:06.059  
And so I didn't realize, but she was the only 1 keeping the website going and really keeping mirror and I going so, then I asked her if I could start maranon meetings and she said, yes, please, go ahead.

114 "Bart B." (2004939264)  
00:20:06.059 --> 00:20:09.059  
And I started the zoom meetings.

115 "Bart B." (2004939264)  
00:20:09.059 --> 00:20:14.039  
And, um, October 2020, but we had about 150 members.

116 "Bart B." (2004939264)  
00:20:14.039 --> 00:20:22.529  
Uh, at that time, and now we have almost 8,800 numbers so thank goodness Aubrey came along.

117 "Bart B." (2004939264)  
00:20:22.529 --> 00:20:41.519  
After I've been doing these meetings for about a month and helped out with the website, the brochures and social media, and then Tracy came along and helped us form the 500, because we are now a nonprofit tax exempt organization.

118 "Aubree A." (3736220416)  
00:20:44.723 --> 00:21:01.519  
And I'm going to go over kind of the foundation of the 12 step program for us that we've adapted for marijuana anonymous. We work closely with them as we develop this program and any 12 step fellowship follows these.

119 "Aubree A." (3736220416)  
00:21:01.519 --> 00:21:21.519  
12 steps to to gain that healing that clarity and find the serenity back in their lives with dealing with somebody else's substance use disorder. Cannabis used disorder. These are suggested 12 steps. They're not a requirement to join the program. We do encourage members to work the 12 steps with.

120 "Aubree A." (3736220416)  
00:21:21.519 --> 00:21:41.519

The sponsor to get the most out of the program that they can and attend meetings. But so I'll just briefly go over each 1 step 1, is we admitted we were powerless over marijuana and that our lives have become unmanageable. Meaning though we recognize we can't control it too. We came.

121 "Aubree A." (3736220416)  
00:21:41.519 --> 00:22:01.519

I believe that a power greater than ourselves could restore us to sanity and that can be kind of confusing that step too, because people think, well, what's a power, you know, higher power or power greater than ourselves and some people will refer to that power as God the universe, or whatever the definition is. I know 1.

122 "Aubree A." (3736220416)  
00:22:01.519 --> 00:22:20.489

And said, he knows the ocean's more powerful than him so that he didn't really have a foundation of religion or anything like that. But he had a spiritual faith, and he said, well, I know that that's going to be my greater power to help me get through this in each member picks whatever their higher power is. Um.

123 "Aubree A." (3736220416)  
00:22:20.489 --> 00:22:40.489

3, we made a decision to turn our will and our lives over to the care of our higher power meaning that we are going to let God or the universe or whatever. Our higher power is to take control of whatever. We can't control for made a searching. And fearless moral inventory of ourselves.

124 "Aubree A." (3736220416)  
00:22:40.489 --> 00:23:00.489

Meaning that we are looking with and we are looking at what part we might have played in the process of this of these challenges 5, admit to this higher power to ourselves into another human, being the exact nature of our wrongs. So, 5 means that we looked within and we found.

125 "Aubree A." (3736220416)  
00:23:00.489 --> 00:23:15.089

Yeah, we did play a part. Maybe we can show up better and maybe we were shaming our loved 1 or we're projecting our emotions, our anger on them because they're having a challenging time with their marijuana use.

126 "Aubree A." (3736220416)  
00:23:15.089 --> 00:23:19.769

Uh, 6, we entirely ready to give these, um.

127 "Aubree A." (3736220416)  
00:23:19.769 --> 00:23:32.459

Defects of character. Sorry? Sex. We are entirely ready to have these defects of character removed. Meaning that we're ready to do change. We're ready to do some self change.

128 "Aubree A." (3736220416)

00:23:32.459 --> 00:23:37.708

7, humbly ask, I think I might have skipped a step, but I.

129 "Bart B." (2004939264)

00:23:37.708 --> 00:23:40.115

Get this done? No, no, no. Okay. Okay.

130 "Aubree A." (3736220416)

00:23:40.115 --> 00:24:01.399

Okay, and 6, we're entirely ready to have these defects of character. We moved meaning we're ready for that self change 7 humbly asked to have our shortcomings removed. Meaning we're gonna ask for our higher powers, helped to to improve these defects of characters or shortcomings, or the part we have.

131 "Aubree A." (3736220416)

00:24:01.399 --> 00:24:21.399

Played in the disease process of addiction 8 made a list of all persons that we are harmed and came willing to make amends to them. All meaning 8 is just that we are willing to look at that part and where we can improve in our lives. 9, direct to.

132 "Aubree A." (3736220416)

00:24:21.399 --> 00:24:41.399

People whenever possible, except when to do, so would injure them, or others meaning that we are actually taking action in this step and making those amends to the people that we have might have showed up in an unhealthy way. And it's not just saying, you're sorry. It's actually taking accountability so working that out with a sponsor is is.

133 "Aubree A." (3736220416)

00:24:41.399 --> 00:24:44.429

Very, um, healing 10.

134 "Aubree A." (3736220416)

00:24:44.429 --> 00:25:04.429

Continue to take personal inventory, and when we're wrong, promptly admitted it. So the 10:11:and 12 are something what we call the maintenance steps that we do on a daily basis. So 10 we're taking that daily inventory of ourselves and we're where we went wrong. We're promptly making amends with that person.

135 "Aubree A." (3736220416)

00:25:04.429 --> 00:25:24.429

That we might have showed up not as healthy, and as supportive as we could be, um, 11 thought through prayer meditation to improve our conscious contact with our program, our lives and our higher power. I mean, every day we're praying or meditating for our higher powers guidance to make sure that we are just saying as hell.

136 "Aubree A." (3736220416)

00:25:24.429 --> 00:25:44.429

Emotionally, as we can 12 having had a spiritual awakening as a result of these steps, we tried to carry this message to family and France and marijuana addicts, or people with the substance use disorder and to practice these principles in our daily affairs. Meaning that we have found that.

137 "Aubree A." (3736220416)

00:25:44.429 --> 00:26:04.429

Serenity, um, by working the 12 steps, regardless of the circumstances of our loved ones, if they're continuing to use or not, and that we want to share this piece and serenity that we have found through the 12 steps. So we want to give it away. And we want to support and serve other families.

138 "Aubree A." (3736220416)

00:26:04.429 --> 00:26:13.139

That might be experiencing the same and when we work these 12 steps, we, we find out that we're not alone and that we don't have to do this alone.

139 "Bart B." (2004939264)

00:26:20.578 --> 00:26:38.779

Traditional oh, yeah. Sorry. Sorry. Um, so you get to the 12 traditions uh, again, uh, just to kind of talk a little bit more about the maranon program in general. There are actually many people that, uh, attend our meetings who are not working the 12 steps and so.

140 "Bart B." (2004939264)

00:26:38.779 --> 00:26:46.769

But we'd like to say, just take what you like to need the rest, take what helps you take, what applies and what you're ready for.

141 "Bart B." (2004939264)

00:26:46.769 --> 00:26:55.589

And don't worry about the rest so there's no, like, requirements that you have to work the 12 steps, or you have to get a sponsor. We've just found that usually.

142 "Bart B." (2004939264)

00:26:55.589 --> 00:27:08.249

It does help, um, people if they do, uh, just do the best that they can. So, um, we have 12 traditions and these are again, uh, in every 12 step program.

143 "Bart B." (2004939264)

00:27:08.249 --> 00:27:28.249

There's now over 112 step programs, and millions of people, uh, belong to at least 1:12:step program, which whether it's whether it's alcoholics, anonymous or marijuana, anonymous or gamblers anonymous anyway, there's so many 12 step program. Now that again.

144 "Bart B." (2004939264)

00:27:28.249 --> 00:27:38.909

Are helping millions of people, so I'm not going to go through each tradition, but these are adapted from marijuana anonymous, which again was adapted from alcoholics, anonymous.

145 "Bart B." (2004939264)  
00:27:38.909 --> 00:27:51.929  
I'll just read the top there. It says these guidelines have been the means of promoting harmony and growth in May 12 step programs experience suggests that the of the group depends upon adherence to these traditions.

146 "Bart B." (2004939264)  
00:27:51.929 --> 00:28:02.983  
We also have resource pamphlets so what is maranon and also talks about the sponsorship.

147 "Aubree A." (3736220416)  
00:28:02.983 --> 00:28:16.198  
And we also recognize that we are a little different than other 12 step programs. And BART is going to talk about the 1st disorder. Cannabis used to sort of not talk about the next.

148 "Bart B." (2004939264)  
00:28:16.198 --> 00:28:19.919  
Okay, thanks. Okay. So canvas use disorder.

149 "Bart B." (2004939264)  
00:28:19.919 --> 00:28:23.279  
It's an addiction or dependency to.

150 "Bart B." (2004939264)  
00:28:23.279 --> 00:28:30.659  
And that's the California plant in the marijuana plan the symptoms can be used for at least 1 year.

151 "Bart B." (2004939264)  
00:28:30.659 --> 00:28:36.359  
He's in larger amounts over a longer period of time as you build a tolerance.

152 "Bart B." (2004939264)  
00:28:36.359 --> 00:28:39.959  
Failed efforts to discontinue reduce this.

153 "Bart B." (2004939264)  
00:28:39.959 --> 00:28:46.619  
A significant amount of time seeking, or using cannabis or recovering from the negative effects of cannabis.

154 "Bart B." (2004939264)  
00:28:46.619 --> 00:28:52.979  
Cravings or desire to use cannabis continued use despite adverse consequences.

155 "Bart B." (2004939264)  
00:28:52.979 --> 00:29:06.389



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.

156 "Bart B." (2004939264)  
00:29:06.389 --> 00:29:10.949  
Continued use despite physical and or psychological problems.

157 "Bart B." (2004939264)  
00:29:10.949 --> 00:29:15.209  
Larger amounts of cannabis needed to get the desired effects.

158 "Bart B." (2004939264)  
00:29:15.209 --> 00:29:23.931  
And also, with all symptoms on my screen, I can't see the different mile use case if you can do that.

159 "Aubree A." (3736220416)  
00:29:23.931 --> 00:29:41.779  
Sure, so if you have 2 to 3 symptoms listed here, then most medical professionals will diagnose what mild cannabis used disorder 4 to 5 symptoms moderate cannabis use disorder and 6 some more. It's a considered.

160 "Aubree A." (3736220416)  
00:29:41.779 --> 00:29:48.829  
Severe cannabis use disorder also we have. Oh, sorry. Go ahead.

161 "Bart B." (2004939264)  
00:29:48.829 --> 00:29:52.259  
Oh, so yes, so canvas used to sort of with draw symptoms.

162 "Bart B." (2004939264)  
00:29:52.259 --> 00:29:59.189  
Um, can include irritability, anger or aggressiveness anxiety.

163 "Bart B." (2004939264)  
00:29:59.189 --> 00:30:07.379  
Sleep disturbances or nightmares decreased appetite, restlessness, depression, abdominal pain.

164 "Bart B." (2004939264)  
00:30:07.379 --> 00:30:13.169  
Fever chills or sweating headaches then tremors are shaking us.

165 "Bart B." (2004939264)  
00:30:13.169 --> 00:30:33.169  
And so it's important to know that these are with drug symptoms for some people and that if someone just stops cold turkey, it's going to be, um, you know, it's going to be challenging. Especially if someone's used for a long time or they used a lot.

166 "Bart B." (2004939264)  
00:30:33.169 --> 00:30:41.639

Uh, cannabis and the National Institute on drug abuse, and the recent data suggests about 30%.

167 "Bart B." (2004939264)

00:30:41.639 --> 00:30:48.052

Those who use marijuana may have some degree of cannabis use this order.

168 "Aubree A." (3736220416)

00:30:48.052 --> 00:31:08.599

So, not only in maranon do our, some of our loved ones, have the addiction to marijuana, or the cannabis used disorder. That Barb just described many of family members. The many of the members that come to maranon have loved ones that have cannabis and do psychosis or what we refer to as.

169 "Aubree A." (3736220416)

00:31:08.599 --> 00:31:23.572

And this is a mental health disorder characterized by the loss of connection with reality, and just by the, and the cannabis plan, and some of the symptoms, um, can be paranoia. Hello?

170 "Bart B." (2004939264)

00:31:23.572 --> 00:31:26.522

Donations especially auditory hallucinations.

171 "Aubree A." (3736220416)

00:31:26.522 --> 00:31:38.819

Delusions grandiosity thinking sometimes I think they're rock stars are God themselves, um, irritability, anxiety and agitation.

172 "Aubree A." (3736220416)

00:31:38.819 --> 00:31:58.439

D, personalization meaning that they kind of feel like they're living their life outside of their body. Um, it can be very difficult and disturbing for them to feel that way all the time disorganized thinking speech behavior, racing thoughts or obsessive ideality, ideas.

173 "Aubree A." (3736220416)

00:31:58.439 --> 00:32:18.439

And out of all the drugs that can induce psychosis cannabis results in the highest conversion rate, from those temporary psychotic symptoms to chronic psychiatric disorders, like schizophrenia or bipolar with psychosis and schizophrenia.

174 "Aubree A." (3736220416)

00:32:18.439 --> 00:32:38.439

As chronic psychosis, so there's a conversion rate, um, chart that we displayed here, um, as you can see people who have experienced a cannabis induced psychosis episode has a 47% chance of converting to the chronic psychiatric disorder like the schizophrenia bipolar.

175 "Aubree A." (3736220416)

00:32:38.439 --> 00:32:58.439

And means is at 32% hallucinogens at 28% and opioids at 21%. They notice that alcohol is not even listed on this chart because you, you can become, you can develop a chronic psychiatric disorder from alcohol but you have to.

176 "Aubree A." (3736220416)

00:32:58.439 --> 00:33:18.439

Is the drug for many, many years before that can happen and a recent study from Denmark just came out that it was very alarming. Um, it concluded that as many as 30% of cases of schizophrenia among men age, 21 to 30 might have been prevented.

177 "Aubree A." (3736220416)

00:33:18.439 --> 00:33:21.719

Adverting their cannabis use disorder.

178 "Aubree A." (3736220416)

00:33:21.719 --> 00:33:34.679

So, it's very important that family members who have loved ones, um, experiencing this, get the support they need through programs like maranon. So we can show up as healthy as we can. Um.

179 "Aubree A." (3736220416)

00:33:34.679 --> 00:33:37.709

To help and not, um.

180 "Aubree A." (3736220416)

00:33:37.709 --> 00:33:40.769

Uh, hurt the process of the disease.

181 "Aubree A." (3736220416)

00:33:40.769 --> 00:34:03.469

Another syndrome, another diagnosis that many of our members are experiencing with their loved ones as a condition called cannabinoid, hyper syndrome, meaning the cannabinoids or the chemicals in the cannabis plant, including, um, the CBD hyper.

182 "Aubree A." (3736220416)

00:34:03.469 --> 00:34:23.469

Meaning hyper meaning excessive, meaning vomiting and syndrome meaning it's diagnosed by a group of symptoms. There's not an exact test to diagnosis. So cannabinoid hyperostosis syndrome is a medical condition resulting from overuse of the chemicals are the cannabinoids.

183 "Aubree A." (3736220416)

00:34:23.469 --> 00:34:43.469

Of the cannabis plan where people experience abdominal pain nausea, vomiting or squatting, meaning that the vomiting could be so severe that they're screaming while they're vomiting. I'm in this syndrome. Like I've mentioned before can occur with the overuse of products.

184 "Aubree A." (3736220416)

00:34:43.469 --> 00:35:04.189

To the good news is it is curable, but the use needs to stop of all marijuana or cannabis products. The bad news is, is that this can lead to death. It can be fatal. If the user's not discontinued because people become very, um, malnourished and dehydrated.

185 "Aubree A." (3736220416)

00:35:04.189 --> 00:35:24.189

Can die of organ failure or seizures and this is really where people experience a toxic level of the cannabis. I'm just like, if people drink too much alcohol, they will vomit it out. The difference between why this syndrome is so chronic and so severe. Is that the.

186 "Aubree A." (3736220416)

00:35:24.189 --> 00:35:44.189

Cannabinoids are the chemicals and the cannabis plant on fat soluble and not water soluble like alcohol is so the severity of the vomiting can last a lot longer where alcohol usually people recover within a day but, uh, people who experiences syndrome can take hours, days, weeks or months.

187 "Aubree A." (3736220416)

00:35:44.189 --> 00:35:46.869

To recover.

188 "Bart B." (2004939264)

00:35:46.869 --> 00:35:58.649

Great yeah, so the resources for marijuana, anonymous for people who are addicted or have cannabis use disorder, uh, our livelihood that's their main book.

189 "Bart B." (2004939264)

00:35:58.649 --> 00:36:06.119

And then also, just to let everybody know if you want, uh, 10 and 2, the marijuana anonymous.

190 "Bart B." (2004939264)

00:36:06.119 --> 00:36:26.119

It's like, if you go to meeting and marijuana, anonymous dot org, then you go to find a meeting. There's about 500 meetings a week and many of them are open. And so, if the meeting it says open that means anyone can attend. Uh, they, they also have a pamphlet on what about.

191 "Bart B." (2004939264)

00:36:26.119 --> 00:36:35.249

And another, uh, pamphlet, which is really helpful, uh, detoxing for marijuana. So knowing what to expect.

192 "Bart B." (2004939264)

00:36:38.849 --> 00:36:41.999

We also have pamphlets in Spanish.

193 "Bart B." (2004939264)

00:36:41.999 --> 00:36:47.159

And, yeah, we have some members from Canada.

194 "Bart B." (2004939264)  
00:36:47.159 --> 00:36:50.519  
Australia England.

195 "Bart B." (2004939264)  
00:36:50.519 --> 00:36:58.979  
Um, and just a few different places in Europe and Mexico. So, as we grow.

196 "Bart B." (2004939264)  
00:36:58.979 --> 00:37:12.600  
Because we do get about 10 to 15 new members a week. Um, we are developing, you know, more and more information and eventually in different languages.

197 "Aubree A." (3736220416)  
00:37:12.600 --> 00:37:23.759  
And there's a lot of resources that we use, we adapt from Alan on and other 12 set fellowships since we are a newer, 12 step program and.

198 "Aubree A." (3736220416)  
00:37:23.759 --> 00:37:43.759  
In the rooms or recovery, you'll see a letter. That is written by somebody with substance, use disorder, addiction to alcohol, or another drug and so, you'll see this letter being circulated a lot. We're we're not going to read this letter. Right now is kind of heavy. Um, but we have adopted this resource and.

199 "Aubree A." (3736220416)  
00:37:43.759 --> 00:38:05.409  
And made it to fit our families. So we wrote a letter from a person with cannabis and do psychosis and this letters been developed by different family members, and people who have actually experienced cannabis under psychosis and have recovered. We did this as a team effort. And BART is going to read this letter to, you.

200 "Bart B." (2004939264)  
00:38:05.409 --> 00:38:14.070  
I have canvas do psychosis. I need your help. Marijuana has caused me to experience a break from reality.

201 "Bart B." (2004939264)  
00:38:14.070 --> 00:38:18.210  
The delusions hallucinations I'm experiencing seem real to me.

202 "Bart B." (2004939264)  
00:38:18.210 --> 00:38:21.300  
Please don't tell me otherwise, or say that I'm crazy.

203 "Bart B." (2004939264)  
00:38:21.300 --> 00:38:25.710  
Don't blame shame scold me or let me promote your anger.

204 "Bart B." (2004939264)

00:38:25.710 --> 00:38:29.280

Arguing with me, they pushed me away.

205 "Bart B." (2004939264)

00:38:29.280 --> 00:38:34.470

But I'm experiencing a mental health crisis. Don't excuse any negative behaviors.

206 "Bart B." (2004939264)

00:38:34.470 --> 00:38:40.020

Please maintain healthy boundaries with me. Accountability allows me to recover.

207 "Bart B." (2004939264)

00:38:40.020 --> 00:38:51.120

Call for help if I try dangerous things or if I am a threat to myself for others. Even when you think I'm bluffing lock up any weapons in the house. I know you're scared.

208 "Bart B." (2004939264)

00:38:51.120 --> 00:38:55.950

I'm scared too. Please don't make me responsible for your for your affairs.

209 "Bart B." (2004939264)

00:38:55.950 --> 00:38:59.760

Seek support for yourself. I know it's not easy.

210 "Bart B." (2004939264)

00:38:59.760 --> 00:39:04.920

Do you need me before this happened have hope and know that I am in there somewhere?

211 "Bart B." (2004939264)

00:39:04.920 --> 00:39:09.480

Do you learn all you can about marijuana and marijuana's psychosis?

212 "Bart B." (2004939264)

00:39:09.480 --> 00:39:14.880

Attend marathon means and go to open marijuana, anonymous meetings.

213 "Bart B." (2004939264)

00:39:14.880 --> 00:39:19.350

There are the people who can help you see the situation clearly I love you.

214 "Bart B." (2004939264)

00:39:19.350 --> 00:39:23.080

Your loved 1 with Thank you.

215 "Aubree A." (3736220416)

00:39:23.080 --> 00:39:39.391

Thank you BART, and also we are in the process of developing a letter from somebody experiences cannabis cannabinoid hyperostosis syndrome. So it'll be labeled. I have cannabinoid hyper. I need your help.

216 "Bart B." (2004939264)

00:39:39.391 --> 00:39:45.240

You also have that many resources because we're so new. We don't have our own literature.

217 "Bart B." (2004939264)

00:39:45.240 --> 00:39:49.890

Do you have a little bit of that on our website? However.

218 "Bart B." (2004939264)

00:39:49.890 --> 00:39:54.750

We use, um, Alan on literature because, and we just use we just change the word.

219 "Bart B." (2004939264)

00:39:54.750 --> 00:40:01.500

Uh, alcohol to marijuana let me come to that word and then we have books, like, courage to change.

220 "Bart B." (2004939264)

00:40:01.500 --> 00:40:09.720

Which is a daily reader, and also the language of letting go by my baby also a daily reader.

221 "Bart B." (2004939264)

00:40:09.720 --> 00:40:29.720

So, to be also wrote a book called codependent, no, more many people in maranon and Al anon, and groups like that, consider themselves to have codependent tendencies. And so that's why we also get a lot from books like.

222 "Bart B." (2004939264)

00:40:29.720 --> 00:40:36.930

To let it go just to let everybody know that, um, we will eventually be developing our own.

223 "Bart B." (2004939264)

00:40:36.930 --> 00:40:51.809

Literature, uh, eventually, so, as we, uh, as we, you know, get more people to volunteer, that's I want to stress that we are 100 volunteer organization. So thanks.

224 "Aubree A." (3736220416)

00:40:51.809 --> 00:41:09.140

And just go ahead and just to kind of give an example and summarize what 1 of our meetings might look like and each meeting can be a little bit different, depending on the members of that group and how they decide how they want to run the meetings. But typically.

225 "Aubree A." (3736220416)

00:41:09.140 --> 00:41:29.140

And the way BART started the zoo meetings, and I came in and help them in 2020, was we had a person share a topic about recovery. And then that person shares their experience, their strength and their hope around that topic. And then we open it up to the other.

226 "Aubree A." (3736220416)

00:41:29.140 --> 00:41:49.140

In the meeting to share their experience strength and help around that topic, and we don't initially allow any cross talking. So, we can provide a non judgmental space for sharing where people can show up and be true to themselves and use their authentic voices and not be judged.

227 "Aubree A." (3736220416)

00:41:49.140 --> 00:42:09.140

I mean, it really does create that healing environment by repeating over and over again and hearing different perspectives of the members of what their experience, what their experience was, what their strength was to get through that experience and how they are finding hope. And so, as we mentioned before, we have about 10 weekly meetings.

228 "Aubree A." (3736220416)

00:42:09.140 --> 00:42:29.140

9 of them are on zoom 1 as an in person meeting in California and some of the meetings, the people that have developed all these different meetings. They'll focus on like, if they have adult qualifier. So, if they have a spouse or loved 1, sister, brother, mom and dad, aunt, and uncle, who might be having problems with.

229 "Aubree A." (3736220416)

00:42:29.140 --> 00:42:35.910

Cannabis years, um, and on Tuesdays and Saturdays, we have meetings that focus on, um.

230 "Aubree A." (3736220416)

00:42:35.910 --> 00:42:53.970

People have family members with cannabis and do psychosis and I saw on Saturdays people that have loved ones with cannabinoid hyperostosis syndrome tend to come to that meeting. And though some family members, their loved ones can have all 3 diagnoses. Um.

231 "Aubree A." (3736220416)

00:42:53.970 --> 00:43:13.970

And then on the 1st, Saturday of every month, we run a newcomers meeting where, uh, the newcomer can meet 1 of the board members and get an orientation of the program. We give them just a few simple steps to get started. Because it could be very, very overwhelmed. There's a, there's a sense of relief when other family members find us that, uh.

232 "Aubree A." (3736220416)

00:43:13.970 --> 00:43:33.970

Had explained before where they feel like, oh, here's a group where I don't have to explain that marijuana has harmed. My loved 1. but now, what do I do? There's so much to learn. There's so much to do. So we'll,



we'll break it down to them. Um, simply and give them a few tools to get started and start connecting them with us and other.

233 "Aubree A." (3736220416)

00:43:33.970 --> 00:43:53.970

So, they know they're not alone and that they can, they can survive this and get through the challenges that their families might be going through also that all our meetings, at this point are open, meaning that you don't have to have a certain qualifier or a certain diagnoses of a family member to attend the meetings.

234 "Aubree A." (3736220416)

00:43:53.970 --> 00:44:09.360

All anybody could attend any meeting that we run and even if anybody here wants to check out 1 of our meetings, you are welcome to come in and check that out. We just set down some ground rules that we keep the privacy of each individual. Um.

235 "Aubree A." (3736220416)

00:44:09.360 --> 00:44:12.919

Uh, telling that meeting, you know, private.

236 "Bart B." (2004939264)

00:44:12.919 --> 00:44:19.500

And then we do have a annual convention that we do in conjunction with marijuana, anonymous.

237 "Bart B." (2004939264)

00:44:19.500 --> 00:44:24.900

And, uh, a mom's fellow group group, the 1st, Wednesday of every month.

238 "Bart B." (2004939264)

00:44:24.900 --> 00:44:30.098

And so please check us out. I check it out on the website.

239 "Aubree A." (3736220416)

00:44:30.098 --> 00:44:41.970

Yeah, we try to have fun fellowship, but not just talk about the hard times we get together and it's 1 of the most talent experiences. I had to be able to come together with other family members. Who understand.

240 "Aubree A." (3736220416)

00:44:41.970 --> 00:45:01.970

We also have developed some social media sites. We do have some public groups on Facebook or X that used to be Twitter. Those aren't really heavily used because most people want to remain anonymous. So, our private Facebook group is a great place for members to come post.

241 "Aubree A." (3736220416)

00:45:01.970 --> 00:45:21.970

Our concerns reach out for tools of recovery, and they can post anonymously there too. We also have a private what'sapp group that was developed by somebody in a different country. And it's a great way to

freely communicate with other members and provide fellowship with each other.

242 "Bart B." (2004939264)  
00:45:21.970 --> 00:45:27.090  
So just real quick, uh, the way the program works.

243 "Bart B." (2004939264)  
00:45:27.090 --> 00:45:35.100  
2 blue, 10 meetings to get the support, uh, again, if they feel they are ready, or they want to sponsor, and they start working the steps.

244 "Bart B." (2004939264)  
00:45:35.100 --> 00:45:41.280  
Uh, try to help each other out by exchanging phone numbers or email addresses.

245 "Bart B." (2004939264)  
00:45:41.280 --> 00:45:54.600  
Make sure to protect everyone's anonymity, everybody's privacy try to help out by a meeting or helping to lead a meeting, become a sponsor of someone's available and ready for that.

246 "Bart B." (2004939264)  
00:45:54.600 --> 00:46:14.600  
And also a fellowship well, thanks so much for having us. And if you have any questions, I think that can be, um, directed. I think we have very soon now. But then also, after this, um, you can go to maranon dot group at Gmail dot com.

247 "Bart B." (2004939264)  
00:46:14.600 --> 00:46:21.168  
If you have any questions, and also our website hyphen a com thanks so much for having us.

248 "Aubree A." (3736220416)  
00:46:21.168 --> 00:46:30.609  
Thank you so much for allowing maranon and Bart night to be part of your behavior health awareness series. Thank you for having us.

249 "Nielsen, Jordan" (3790617088)  
00:46:30.609 --> 00:46:50.750  
Okay, thank you so much guys are going to move into our question and answer portion of the presentation. You can continue to submit questions if you'd like but as they said, if any of the questions aren't answered, feel free to email then. So, starting off here, just in regards to sponsorship sponsor.

250 "Nielsen, Jordan" (3790617088)  
00:46:50.750 --> 00:46:57.090  
Is encouraged in a lot of different groups and so in regards to sponsorship for.

251 "Nielsen, Jordan" (3790617088)

00:46:57.090 --> 00:47:08.363

You guys is encouraged for a loved 1 to also have a sponsor and if so, what are some good characteristics of a sponsor? Go ahead.

252 "Aubree A." (3736220416)

00:47:08.363 --> 00:47:27.210

Okay, yes, I mean, we do recommend that family members get their own sponsor and work the 12 steps with the sponsor and the maranon fellowship for their family member, or loved 1 that might be having cannabis use disorder or something. Of course, it's.

253 "Aubree A." (3736220416)

00:47:27.210 --> 00:47:38.310

Very beneficial for them to work a 12 step program and find a sponsor. We tend to to encourage our members to not.

254 "Aubree A." (3736220416)

00:47:38.310 --> 00:47:51.783

Um, uh, try to control what the other family members doing that might have the addiction to marijuana and leave it up to them. If they want to get their own sponsor. But it is very highly encouraged.

255 "Bart B." (2004939264)

00:47:51.783 --> 00:47:58.310

Good question also um, if they they don't find, uh, say they want to go to a in person.

256 "Bart B." (2004939264)

00:47:58.310 --> 00:48:11.580

The person who's got the addiction, and we found that some, quite a few people actually go to alcoholics, anonymous or maybe Narcotics Anonymous instead of marijuana anonymous, because they've found.

257 "Bart B." (2004939264)

00:48:11.580 --> 00:48:17.340

More meetings are available, so, and again, when they say alcohol.

258 "Bart B." (2004939264)

00:48:17.340 --> 00:48:21.030

They just change it in their head to marijuana so it's.

259 "Bart B." (2004939264)

00:48:21.030 --> 00:48:24.048

Wherever you need to go to get support.

260 "Aubree A." (3736220416)

00:48:24.048 --> 00:48:41.030

And also, some good characteristics of a sponsor are somebody who's actively working a program, meaning that they're actively engaged in a 12 step fellowship that they have a sponsor themselves and that they are attending meetings and doing.

261 "Aubree A." (3736220416)

00:48:41.030 --> 00:49:01.030

Recovery activities, somebody who's just really engaged and committed to their recovery. Also. Sometimes, as bard mentioned, we don't have a ton of sponsors in our program yet because a lot of our members are newcomers, but really just having the willingness to be a sponsor the requirements to be a sponsor.

262 "Aubree A." (3736220416)  
00:49:01.030 --> 00:49:11.749

In the maranon program, we asked that they have completed step 3 with their, their, their own sponsor, and that they have the willingness to do. So.

263 "Nielsen, Jordan" (3790617088)  
00:49:11.749 --> 00:49:25.862

Thank you next question, how do you suggest approach approaching a loved 1 suffering from to encourage getting help or prioritizing their needs?

264 "Aubree A." (3736220416)  
00:49:25.862 --> 00:49:44.720

Well, it depends on what stage they're at. So that that's a great question. Mostly as loving as you can is accepting as you can and communicating in a clear kind respectful way that you have concerns about their use. We do recommend.

265 "Aubree A." (3736220416)  
00:49:44.720 --> 00:50:06.410

Because it can be looked at as controlling, trying to control their use. Um, you know, I think if you could be, as honest as you possibly can to your loved 1 and say, hey, I love you no matter what you're going to do, whatever behaviors you have or if you're going to use this drug or not. I just want you to.

266 "Aubree A." (3736220416)  
00:50:06.410 --> 00:50:26.410

I'm really concerned about it. This is what I'm seeing if it's a child that has that problem. Of course, there's more steps you can take work with a professional who understands addiction and family dynamics. If it's somebody who's older, that's an adult qualifier.

267 "Aubree A." (3736220416)  
00:50:26.410 --> 00:50:46.410

There are like, we can we can give them resources, like, learn the stages of change and how to appropriately respond to that. Loved 1 also engaging in this 12 step program, attending meetings and hearing other members. How they've approached their loved ones will give you the tools. And how to clearly kindly and.

268 "Aubree A." (3736220416)  
00:50:46.410 --> 00:51:03.480

Back fully communicate with them. We also talk a lot about boundaries and and what those boundaries mean and many members who people who come to me and I think they're showing up to our program, but not to our, I shouldn't say to this program.

269 "Aubree A." (3736220416)

00:51:03.480 --> 00:51:23.480

To change the person that has the addiction to marijuana and what we find is we can't change them, but we can change ourselves and we can learn how to show up as healthy as we possibly can and put boundaries around us. So, we have a lack of participation.

270 "Aubree A." (3736220416)

00:51:23.480 --> 00:51:43.480

And their disease that they're going through, um, also we learn how to strengthen healthy connection with them instead of focusing on the problem behaviors. I hope that makes sense but it's a, it's a complicated thing. There's nothing there's nothing easy about dealing with someone else's.

271 "Aubree A." (3736220416)

00:51:43.480 --> 00:52:04.370

Um, substance, use disorder, so it's a complicated question. And, um, sometimes what works for 1 family might not work for another. That's why we encourage people to show up to the meetings. Um, really take what they, like, leave the rest. Like Bart mentioned in the presentation work. With professional.

272 "Aubree A." (3736220416)

00:52:04.370 --> 00:52:12.812

That can help guide you and then get that sponsorship going with somebody like bar me. So we can help help guide you how to communicate with your.

273 "Bart B." (2004939264)

00:52:12.812 --> 00:52:21.270

1, another thing is, if you do decide to work with a professional, which I highly recommend my 1st, question to the professional would be to, you.

274 "Bart B." (2004939264)

00:52:21.270 --> 00:52:30.780

Think that, uh, cannabis can be a, uh, addictive drug for some people. Yeah. And if they say, uh, no, it's not addictive or they say.

275 "Bart B." (2004939264)

00:52:30.780 --> 00:52:39.780

You know, cause if they say anything that, uh, diminishes cannabis and how serious it can be, personally, I would not go to that therapist.

276 "Bart B." (2004939264)

00:52:39.780 --> 00:52:43.570

Very good point.

277 "Nielsen, Jordan" (3790617088)

00:52:43.570 --> 00:52:58.503

All right, next question, many of the products you showed during your presentation could easily be enticing to children, or even mimic household items that we see. Do you have any tips on how to talk to your children about the use of canvas?

278 "Bart B." (2004939264)  
00:52:58.503 --> 00:53:00.546  
Let's you again.

279 "Aubree A." (3736220416)  
00:53:00.546 --> 00:53:18.500  
This was honestly as you can talk to them without sugar coating, anything, let them know that. Um, you know, especially if it's a youth that any kind of candy they take from somebody, or if they're consuming foods at other people's places that, you know, they might want.

280 "Aubree A." (3736220416)  
00:53:18.500 --> 00:53:38.500  
Refrain from that at this time especially if you don't know that family while it's very common unfortunately that people are mistakenly consuming these products thinking they are normal foods. Are candy not knowing that they contain. So it's kind of a scary era that.

281 "Aubree A." (3736220416)  
00:53:38.500 --> 00:53:58.500  
We're living in right now, but I definitely am a proponent of just being honest and clear allowing your loved 1 to know that you're available for any kind of question or conversation. And if they have any doubts that maybe they might think it's a marijuana candy or not just to refrain from it. And.

282 "Aubree A." (3736220416)  
00:53:58.500 --> 00:54:07.885  
Um, you know what, you have available at your house, if you don't have marijuana products in your house. So yeah, that's that's a that's another complicated.

283 "Bart B." (2004939264)  
00:54:07.885 --> 00:54:11.100  
And then, unfortunately, um.

284 "Bart B." (2004939264)  
00:54:11.100 --> 00:54:23.850  
Many of these products are available to kids because the farm bill, and just like the object explained earlier. So there's no age limit. So they can go in.

285 "Bart B." (2004939264)  
00:54:23.850 --> 00:54:36.894  
Uh, and, uh, to the store and buy, em, uh, even if you're over 10 years old, so be being aware of that and checking the candy and making sure, uh, that, you know, it doesn't have any. And.

286 "Aubree A." (3736220416)  
00:54:36.894 --> 00:54:51.460  
Also, if they feel like they have consumed a marijuana product, and they're having adverse effects, let them know that you're available to help them no matter what the circumstances are.

287 "Nielsen, Jordan" (3790617088)

00:54:51.460 --> 00:55:02.499

All right, I think we have time for 1 more question. Are there separate meetings for family members and for a person seeking recovery.

288 "Bart B." (2004939264)

00:55:02.499 --> 00:55:21.870

Yes, so there's marijuana anonymous so people seeking recovery from canvas, use this order. And there's also Alcoholics Anonymous. If someone feels more comfortable. Um, there's, uh, you know, like say about 500.

289 "Bart B." (2004939264)

00:55:21.870 --> 00:55:34.440

Weekly meetings, uh, bare Juan anonymous and there's thousands of meetings with alcoholics, anonymous, and many more on, uh, in person meetings with alcoholics, anonymous.

290 "Bart B." (2004939264)

00:55:34.440 --> 00:55:37.860

Then there are with Daryl wanted on this, so I would say whichever.

291 "Bart B." (2004939264)

00:55:37.860 --> 00:55:46.110

Meeting, uh, group, uh, helps them they should to try out different. That's another thing is the 1st, actually.

292 "Bart B." (2004939264)

00:55:46.110 --> 00:55:50.190

Alan Andy, and I went to many, many years ago before I knew about marijuana.

293 "Bart B." (2004939264)

00:55:50.190 --> 00:55:54.030

I am my actually, my wife and I thought oh.

294 "Bart B." (2004939264)

00:55:54.030 --> 00:56:11.100

That isn't for us, and the reason is because it had like, 4 people in the meeting it was the in person and so we didn't go to any more Allen on meetings. So that's why, um, we went back 5 years later to a different meeting with like, 50 people and it was a much different experience. So.

295 "Bart B." (2004939264)

00:56:11.100 --> 00:56:15.690

My suggestion is for your love line and for you too.

296 "Bart B." (2004939264)

00:56:15.690 --> 00:56:20.775

Try out different meetings to see which ones fit the best for you.

297 "Aubree A." (3736220416)

00:56:20.775 --> 00:56:33.600

Yeah, just to summarize marijuana. Anonymous is for the person that is the user and maranon is for the family members of the user.

298 "Nielsen, Jordan" (3790617088)

00:56:33.600 --> 00:56:50.460

Perfect, thank you for that clarification. So we're almost at the top of the hour I want to thank and again for this informative presentation, there will be a 5 question survey on the side panel. We currently ask that you just take a few moments to fill.

299 "Nielsen, Jordan" (3790617088)

00:56:50.460 --> 00:57:10.710

This out to just help us keep our seminars relevant to you. I mean, if you haven't already done, so feel free to listen to the replays at any past years seminars and our next seminar will be in April. That'll be the 3rd week, and it'll be on the 17th so we look forward to seeing you guys then thank you.