

Dr. Lynn Fox, Chair ~ FoxLynn@me.com



Dear Elk Members and Families,

November is the beginning of the holiday season which means family activities and celebration.

However for many the holidays are the most difficult time of the year because one or more family members are addicted to alcohol, marijuana, opioids or other drugs. So often the celebration becomes a disappointment—harsh reality exhibited and hopelessness felt when a family member shows up “under the influence of drugs.” The joyous dinner/event ends on a negative note with pain and emotional turmoil.

May the [AALM Resources](#) shared this month help you understand important information about marijuana use. The multiple [LINKS](#) will provide assistance and research that you can use now.

Also, I suggest you check out the 3-minute video available on Drug Free America Foundation website: Protective Factors and what adults can do to help prevent youth from using alcohol, tobacco, and other drugs.

Finally I would like to thank the DAP Core Team Members who are available to help our Elks Lodge share information and resources to the Community regarding Drug Awareness and Prevention.

Dr. Lynn Fox  
Chair,  
DAP at Lodge1108



[Elks1108.org/DAP](http://Elks1108.org/DAP)  
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**Speak Up:** Talk to your friends, your kids, their friends, elected officials. Correct the false information that is harming our kids, communities, society.

AALM Current Facts and LINKS about Marijuana Harm:

- **Addiction** - One of every 6 kids who try marijuana will become addicted; 50% of daily adolescent users will succumb to addiction as well
- **Dropping Out** - Teens under age 17 who use marijuana every day are 60 percent less likely to graduate from high school
- **Moving On To Other Drugs** - Teen users are eight times more likely to use other illicit drugs later in life
- **Psychosis** - Users have twice the risk of having a psychotic break than non-users and daily users have a 4 times greater risk
- **Schizophrenia** - Users are six times as likely to develop schizophrenia as non-users
- **Suicide** - Teen users are 7 times more likely to attempt suicide than their non-using peers
- **Adult Addiction is now seen as a childhood-onset disease!** 90% of adult addicts started using something (marijuana, alcohol, nicotine, other) before 18

**Marijuana Anonymous** is for friends and families whose lives are affected by a loved one's marijuana use.

**Prevention begins prior to birth and continues throughout the life course.**

Understanding protective factors and how to build strong healthy youth and families can help prevent youth from experiencing adverse childhood experiences and initiating into substance use.

Check out and share this new video and resources to raise awareness on prevention and help build drug-free youth and families.

