

Petersen Family Counseling

Happy Holidays and a Happy New Year from Petersen Family Counseling

Learn about the risks of teen and young adult marijuana use from our colleagues at Kokua Recovery

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Marijuana Use and the Teenage Brain: Lasting, Dangerous Effects

From our colleagues at Kokua Recovery

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Regular use of marijuana during an individual's teenage years has been shown to lead to:

- **Depression and anxiety:** Multiple studies have shown that prolonged marijuana use in youth can lead to depression and anxiety. Unfortunately, many young people turn to marijuana to cope with their depression/anxiety which can then create a cycle of drug use that negatively impacts productivity and future success.
- **A failure to launch:** Frequent marijuana use can impact motivation within teens. It can cause failure to hit important developmental milestones such as moving out of their parents' homes, pursuing an education or career, and forming meaningful relationships with others.
- **Slower cognition:** Frequent marijuana use in teens does major damage to the part of the brain related to cause and effect thinking known as the prefrontal cortex. The prefrontal cortex doesn't typically become fully developed before the age of 25. Prior to that age, prolonged use of marijuana can severely damage an individual's ability to distinguish between actions and their effects.



Warning Signs Parents Should be on the Lookout For:

- Slipping grades
- Skipping school
- Withdrawing from family
- Increasing usage of numbing substances
- Excessive video game use
- Withdrawing from family life
- Changes in friendship groups

The prevalence of marijuana use amongst today's youth is troubling. Most people see marijuana as a relatively harmless drug, with talks of legalization growing more widespread by the year. However harmless the public perception of cannabis is, its negative effects on the teenage brain are notable and deeply concerning.

For more information around how to support teens and young adults around marijuana use contact Kokua Recovery!

We Are Now Offering Substance Abuse Assessments



**Petersen Family Counseling is
Offering Substance Abuse
Assessments with a Licensed
Addiction Counselor!**

For information around substance abuse assessments with Caitlin Pugliese, LCSW, LAC contact us today!

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