

Research Updates
February 2019



Brain Disease Model of Addiction: Nice 2-page summary by Hazelden Betty Ford Foundation at: <https://www.hazeldenbettyford.org/education/bcr/addiction-research/brain-disease-model-ru-316>.

Spike in Use of Vaping: Electronic cigarettes (e-cigarettes) are the most commonly used tobacco product of US youth. Cannabis and other substances can be used in e-cigarettes; in 2015, approximately one-third of US middle and high school students reported using e-cigarettes with nonnicotine substances. Students who vape are doing so more frequently than last year, using flavored liquids more often, and a quarter of users vaped at least 20 of the last 30 days. Flavors are a major reason they use. The increase in users in Spring 2018 was 48% to 78% (FDA and CDC). Partnership for Drug Free Kids has a good booklet on *VAPING: What You Need to Know And How to Talk With Your Kids About Vaping*.



"No youth should vape".

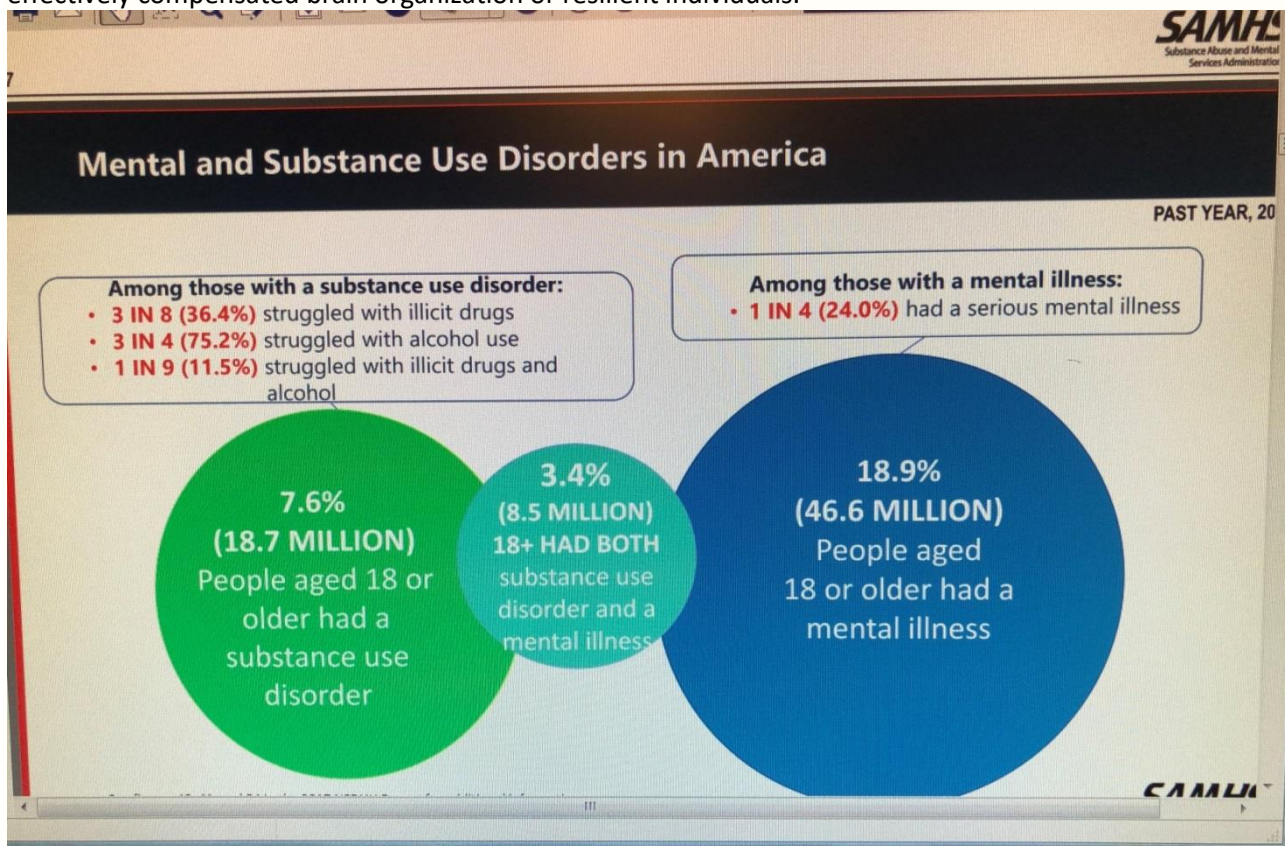
Good Series of Articles on Born on Drugs: For Moms trying to keep kids and stay sober. **Orange County Register December 29-31, 2018.** (See <https://www.ocregister.com/2018/12/29/born-on-drugs-for-moms-trying-to-keep-kids-and-stay-sober-theyre-at-the-mercy-of-child-protective...>) Includes Santa Clara County, CA's Judge Erica Yew (CA Courts via YouTube).

Remember your stress levels impact your clients and students! When you see others yawn, you do, because of your mirror neurons. When your clients/students sense your stress, theirs increases. So remember:

1. Take care of your basic needs: food, water, breaks.
2. Strongly separate work and home.
3. Give yourself brain breaks. Stop. Do a breathing or mindfulness exercise on your own or with a group.

What Advocates of Legalizing Pot Don't Want You to Know (NY Times 1.5.19): The huge shift is largely driven by decades long lobbying by marijuana legalization advocates and for-profit cannabis companies who have shrewdly recast marijuana as a medicine rather than intoxicant. Large studies in peer-reviewed journals show marijuana increases the risk of psychosis and schizophrenia, with scientific literature being far more negative than 20 years ago. Recreational marijuana legalization doesn't end the black market in unregulated cannabis. But it does lower prices, increase availability and acceptability and drive up use. It appears to lead to an increase in violent crime. The FBI reports that in Alaska, Colorado, Oregon, and Washington there have been sharp increases in murders and aggravated assault since 2014.

Alterations in Brain Networks Explain Why Some Children Are Resilient to Maltreatment (Biological Psychiatry, December, 2018). "Maltreated individuals without psychiatric symptoms are not unaffected or immune. Rather, they have additional brain changes that enable them to effectively compensate." Kyoko Ohashi, Ph.D. "These findings suggest that treatment might work instead by reversing some of the effects of maltreatment on brain development. These findings suggest that treatment might work instead by moving the brain organization more into line with more effectively compensated brain organization or resilient individuals."



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