



December, 2016

SUBSTANCE USE PREVENTION PARTNERSHIP

Strengthening our communities to support alcohol and drug free youth in Lincoln County.

MARK YOUR CALENDAR: COALITION ANNUAL RETREAT

Our next coalition meeting is our annual retreat and will be on Thursday, January 12th from 3pm - 6pm. We will spend time developing our long term work plan, and refreshments will be provided! Please RSVP to patriciab@mcdph.org if you plan to attend.

TIP OF THE MONTH



Please feel free to share our tip of the month with your mailing list. It's available here: <http://healthylincolncounty.org/substance.html> or on our [Facebook page](#).

MARIJUANA: WHAT PARENTS NEED TO KNOW

Marijuana use among high school students in Lincoln County is now higher (18%) than tobacco cigarette use (11%). It's also important to note that today's marijuana is not the same as the marijuana of 10, 20 or 30 years ago. The level of THC - marijuana's main psychoactive ingredient - has risen from about 4 percent in 1995 to about 12 percent in 2014. Additionally, half of Lincoln County high school students believe it would be easy to get marijuana if they wanted it, and 2 out of 3 don't think regular marijuana use is risky or harmful. However, marijuana can have impacts on a teenager's developing brain. It can alter their senses, change their mood, and impair their body movements, thinking, problem-solving, and memory.

Talk to your teen today about marijuana

"When I was a kid..." doesn't really work when talking with your kids about marijuana today. Legal or otherwise, marijuana is a hot topic, and it is more important than ever for parents to address the issue early and often. Parents are the most powerful influence in a child's life. Parents can use that influence to protect their child's



health and development.

- If you're not up to speed on the basics of marijuana, spend some time learning about it; what it looks like, what it's called, how it can be used and the short and long term effects
- Get in the right frame of mind: keep an open mind, put yourself in their shoes, be clear about your goals and stay calm.
- Be positive- scare tactics don't usually work well with teenagers; don't lecture them; and be aware of your body language.
- Use active listening skills with open ended questions, letting your teen know you are hearing her/him, sum up and ask her/him follow up questions, and offer empathy and compassion.

There are many tools and tips to help parents talk with their kids about marijuana. [For more resources, click here.](#)

MARIJUANA: WHAT EMPLOYERS NEED TO KNOW

Originally published in *Healthy Maine Works* newsletter: Whether marijuana is legal to use as medicine or pleasure, most employers are concerned about the risk to their businesses. Recent statistics show that hospitality, construction and entertainment businesses employ the most number of people who used illicit drugs between 2003 and 2012 (National Survey on Drug Use and Health).



Scientists are now investigating how much marijuana a person must use to be impaired. Employers wonder how impairment will affect their businesses and what they can do to prevent problems. One thing is clear, as marijuana use continues to increase; employers will have a harder time hiring drug-free workers.

In states that have legalized recreational marijuana, the number of workers testing positive for the drug increased 20 percent in Colorado and 23 percent in Washington. This is beyond the national average of six percent (National Drug-Free Workplace Alliance).

Driving is one of the most common safety sensitive roles performed by employees. Recent data from both Washington and Colorado show that incidents of drivers involved in deadly crashes which tested positive for marijuana has increased. Scientific studies show that marijuana affects critical driving skills such as reaction time, coordination, decision-making and perception, and is the most prevalent illegal drug detected in impaired drivers.

Employers whose staff performs safety-sensitive jobs such as vehicle or equipment operation, or whose positions require critical response and/or vital monitoring duties are at particularly high risk. These employers would benefit by engaging strong proactive measures that prevent and decrease substance-related workplace incidents.

Numerous studies have found that employees who use marijuana and other drugs, reduce employer's profit due to increased absenteeism, workplace accidents and injuries and higher healthcare costs. Increased marijuana use and many conflicting laws about marijuana across the country have caused an increase in court cases as marijuana-using employees sue employers for their right to use. The courts have ruled in favor of employers but small businesses have suffered the most because the cost of fighting these lawsuits can be more than what small business owners can afford. The best way to protect a business from the negative consequences of marijuana is to be informed and proactive.

What Employers Can Do

- * Create or revise your drug-free workplace policy and update your employee handbook to reflect the company's stand on marijuana use and the consequences of policy violations.
- * Stay informed about changes to local and state laws and ordinances and licensing rules and regulations.
- * Check in with your insurance company regularly to evaluate your current policy. Are there changes regarding coverage needed? Maybe there are incentives or discounts.
- * Educate your supervisory staff and employees about the dangers and risk of marijuana use.
- * Consult with union officials to determine how changes to laws will affect workers.

MARIJUANA: WHAT TOWNS NEED TO KNOW

The Marijuana Legalization Act will allow statewide personal recreational use of marijuana as well as the sale of marijuana in retail stores, subject to regulation.

Personal Use

- Anyone 21 or older would be able to possess and use up to 2.5 ounces of prepared marijuana, and cultivate a limited number of marijuana plants at their residence.
- Smoking marijuana would be limited to places where people can smoke tobacco products, but other consumption of marijuana products would generally be allowed.

A municipality may not ban recreational marijuana entirely, or the cultivation of marijuana on a limited scale in a personal residence.

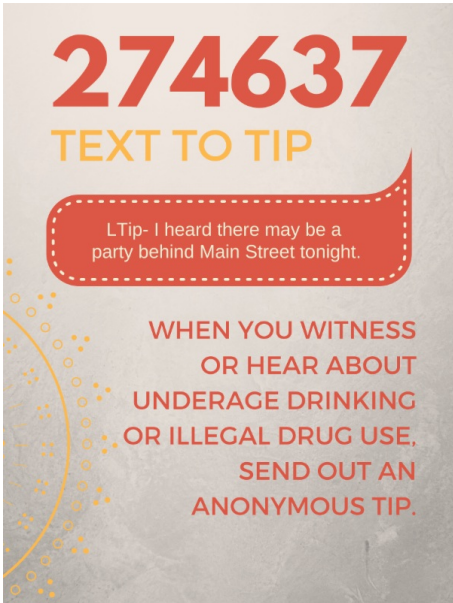
Retail Establishments

- This initiative would allow sale of marijuana in retail stores, subject to regulation.
- A "Retail marijuana establishment" means a retail marijuana store, a retail marijuana cultivation facility, a retail marijuana products manufacturing facility, or a retail marijuana testing facility.
- A "Retail marijuana social club" means an entity licensed to sell retail marijuana and retail marijuana products to consumers for consumption on the licensed premises.
- Licenses for all retail establishments are conditioned on municipal approval.

A municipality may:

- Prohibit retail marijuana establishments and social clubs; or
- Limit the number of retail establishments and social clubs; and
- Regulate the location and operation of retail establishments and social clubs (including local land use ordinances, a separate local licensing requirement, and any other restrictions on time, place, manner, and the number of marijuana businesses within the municipality).

Healthy Lincoln County, along with other partners will be hosting a local workshop for town staff, elected officials and other interested parties to learn more. Stay tuned!



**DO YOU HAVE THIS NUMBER
SAVED IN YOUR CONTACTS?**

If not, then add it now. Under name, type "L-Tip" and in the number box, type in "274637". It's that easy. If you have a child or teen with a cell phone, have them add the number to their contacts as well. In order to text a tip, it helps to have the number already saved in your contacts.

If you see or hear about underage drinking or illegal drug use, you can easily and anonymously text a tip to local law enforcement. You may just save a life.

You can also submit a tip online through the Healthy Lincoln County website at www.healthylincolncounty.org



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