

News From the SAS Team

MAR. '21

Legalization of Marijuana in VA

Marijuana is one of the most commonly used drugs among young people, and there have been recent changes to its legality in the state of Virginia. On July 1st, 2020, marijuana was decriminalized, meaning that possession of less than an ounce of the drug would result in only a \$25 civil fine. Another major change occurred regarding marijuana as of February 27th, 2021. The House of Delegates, and State Senate voted to pass a bill making recreational use and possession of marijuana legal for adults aged 21 and over. This is scheduled to take effect on **January 1st, 2024**.

Marijuana will remain illegal for adolescents. While it is unclear what exact impact this will have on adolescent marijuana use in Virginia, other states that have legalized marijuana for adults have seen an increase in adolescent marijuana use. On February 16th, the County Board of Supervisors tasked the CCJB and CSB to study the impacts that legalization of marijuana could have on Loudoun County. Parents are encouraged to talk to their teens about marijuana, and remind them that regardless of its legal status, marijuana is a drug that is harmful to the developing brain, and the younger someone starts using marijuana, the more likely they are to become addicted to it. Reach out to your school's Student Assistance Specialist for more information.

Youth Wellness Seminar

Joseph Green is a spoken-word artist, motivational speaker and educator who uses his own story of recovery to motivate youth and adults "towards self-forgiveness, redemption, and the irreplaceable role of love in the human revolution." Mr. Green will be the keynote speaker for a special event April 1st: the **Spring Break Virtual Youth Wellness Seminar**, hosted by the Prevention Alliance of Loudoun. This virtual seminar will consist of workshops for middle and high school students focused on enhancing their well-being and connecting to others. Swag items will be provided to the first 500 registrants and all attendees will have a chance to win raffle prizes. Mr. Green's powerful introduction video can be viewed at https://youtu.be/_Np7HrdsGrE. To register your student for the April 1st **Spring Break Virtual Youth Wellness Seminar**, [click here](#).

Our Team is Growing! LCPS is expanding the Student Assistance team with four new positions in 2021 to increase our capacity to provide substance use and mental health programs and support to LCPS families.

How to Contact Your SAS



Fiona Brown, LPC

If you have questions or need support regarding substance use, contact your school's SAS, Fiona Brown, at Fiona.Brown@lcps.org. Additional information and resources along with staff assignments and contact information can be found on our page: <https://www.lcps.org/Page/1398>

See next page for links to Info & Resources!

Information and Resources

Increase your knowledge

<https://www.lcps.org/Page/223622> - Parent/Student SUD information

<https://www.lcps.org/Page/201540> - Alcohol Information

<https://www.lcps.org/Page/184676> - Drug Information

<https://www.lcps.org/Page/201538> - Tobacco and E-Cig Information

<https://easyread.drugabuse.gov/> - Easy-to-read drug facts

<https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-resources> - COVID-19 & Substance Use

<https://www.sciencedirect.com/science/article/pii/S1054139X20303992>—Stanford study on vaping increasing COVID-19 risk

<https://www.dea.gov/factsheets> - DEA website - drug-specific information, pill identifiers, social media trends

Support for you as a loved one

<https://healthtools.aarp.org/pill-identifier>—Resource for identifying unknown pills/capsules

<https://www.familiesagainstnarcotics.org/> - Resource for families

<https://drugfree.org/article/online-support-community-for-parents-caregivers/> - Online Support Community for parents/caregivers

<https://www.alanondistrict10.org/> - Support for family members of someone struggling with addiction—Zoom meetings

<https://www.alanondistrict10.org/zoom-meetings>—Support for children of parents struggling with addiction—Zoom meetings

Find a treatment provider

<https://findtreatment.gov/> - SAMHSA treatment locator

1-800-662-HELP (4357) TTY: 1-800-487-4889

www.samhsa.gov/find-help/national-helpline - SAMSHA National Helpline

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/> - Online Recovery Community: Self-Management and Recovery Training

<https://recoverydharma.org/> - Recovery community based on Buddhist Principles, virtual meetings available

https://na.org/?ID=virtual_meetings—Virtual Narcotics Anonymous meetings

<https://nvintergroup.org/> - Virtual Alcoholics Anonymous meetings

Upcoming Webinar-style Events:

Spring Break Youth Virtual Wellness Seminar—April 1st, 11:00—4:00 | Register [Here](#)

6th grade—Seneca Ridge MS, 3/11 & 3/12

9th grade—Woodgrove HS 3/16-3/18

8th grade—Farmwell Station MS, 3/18-3/19

Parent Coffee *Substance Use Trends During a Pandemic*—Harper Park MS, 3/19 @ 9am

Parent Coffee *SA Trends, Research & How to Find Support*—Riverside HS, 3/24 @ 9:30am