

Synthetic Marijuana a Growing Trend Among Teens

- Law enforcement officials in many areas of the country are reporting increasing use of synthetic cannabinoid (substances present in marijuana) products by teens and young adults as these products are widely available.
- Often hyped as a legal alternative to marijuana, individuals subject to scheduled or random drug screening tests allegedly also have used synthetic cannabinoid products to avoid a positive test for cannabis and the resulting consequences. Many synthetic cannabinoid users also abuse marijuana.
- These products typically include olive-colored herbs, combination of herbs, or plant materials enhanced with synthetic cannabinoids or cannabinoid mimicking compounds
- The products often are marketed as “natural herbal incense” and include warnings that they “are not for human consumption”. They are being sold via the Internet, head shops and similar locations.
- However, they have many adverse effects, including panic attacks, agitation, tachycardia (in the range of 110 to 150 beats per minute), elevated blood pressure (in the 140-160/100-110 range), anxiety, pallor, numbness and tingling, vomiting (which can be severe and may require sedation), hallucinations (which can be intense), and, in some cases, tremors, and seizures.
- Common brand names for synthetic cannabinoids include K2, Spice, Spice Gold, Spice Diamond, Yucatan Fire, Solar Flare, K2 Summit, Genie, PEP Spice, and Fire n’ Ice.



The Drug of the Day



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CEO

In our society there always seems to be a new "drug of the day" that we are always needing to respond to because people are experiencing serious consequences from its use, abuse, and at times combining it with alcohol and other drugs creating additional problems.

Why is this? There are probably many factors contributing to the phenomenon. In the humble opinion of this author, listed below are some of them:

- We live in an addictive society. Take your pick from the smorgasbord of choices to stay disconnected from yourself, others, and the world around you.
- The cultural message that we give to youth is that pain and unpleasantness should be avoided at all cost. However, pain is a natural part of life. One needs to find ways to move through these emotions, feel them, and move on. If one suppresses pain, one also suppresses the ability to experience joy and happiness.
- We also have become a society of "adrenaline junkies". We are people who favor activities for the adrenaline rush that accompanies them. Look at all the extreme sport competitions and extreme stunts that have become popular. Adrenaline junkies like to "live life on the edge". Alcohol and drugs fit in well with this lifestyle.
- Thrown in the mix are the normal developmental issues of adolescent experimentation, identity formation, brain development, and young people believing they are invincible.

**PREVENTION, TREATMENT, AND
ENFORCEMENT WORKS**

Our Professional Staff

TSP professional staff currently consists of 67 ethnically diverse full and part-time clinicians almost all of whom have a masters degree in psychology, counseling, social work, or related field. A number of staff are also licensed or are working towards licensure in their respective area. Our intervention/therapy teams also include parent advocates, peer support specialists, and case managers. We are also an internship or practicum site for a number of graduate programs. In addition, TSP provides psychiatric services by a part-time psychiatrist as well as ARNP.

All clinical staff receive excellent supervision from seasoned clinical supervisors. All of our clinical services are overseen by a seasoned doctoral level clinical director. Professional staff are provided with training in the evidenced based approaches that TSP employs as well as ongoing training regarding important clinical issues related to substance abuse and mental health.

Our services and how to contact us

We currently provide outpatient and intensive outpatient substance abuse and mental health services to youth and adults. Our services include assessments, individual counseling, relationship and couple counseling, family counseling, case management, psycho-educational and therapy groups, school based services, and aftercare services. Services are office based and in-home and school-based. Our hours are tailored to meet the needs of our clients. Fees are based on a sliding scale and we also accept a few different insurances.

If you would like to set up an appointment or speak to someone further about our services, please contact us at (954) 327-4060. You can also check us out at our website at www.startingplace.org

**SAVE THE DATE
TSP ANNUAL BREAKFAST
TUESDAY, OCTOBER 5TH
8 AM- 10 AM**