



# OPERATION IMPACT

## Marijuana Education Program

Understanding the role that cannabis has to play both recreationally and medically is very complex. The scientific community agrees there is a lot we do not know. Strength has increased dramatically. Perception of both benefits and risks remains confusing to many.

Leaders in the field of behavioral health have designed an educational program. Our goal is to help participants make fact-based decisions about personal use of marijuana. Critical thinking skills can help decipher the barrage of information in opinion-forming and decision-making processes.

## AGENDA

- Introduction: Program and personal goals
  - Informed choice and critical thinking
    - Beyond flower and seed
    - Cannabis 101
  - Medical vs. Recreational cannabis
- The Neurotransmitter and Endocannabinoid Systems
  - Acute and prolonged effects of cannabis
- Brain under construction: Marijuana and the teenage brain
  - Impaired driving: Cannabis impact on highway safety
  - Risky business: Marijuana and mental health
    - Anxiety management
    - Safety and harm reduction
    - Personal and family dynamics

**OFFERED MONTHLY VIA ZOOM**