

Marijuana Wax

A dangerous new marijuana product called "Wax" is surfacing. Wax looks and feels like lip balm, is easy to conceal in lip balm jars, and packs a kick, with one dose equivalent to smoking 15-20 joints of marijuana. Made from the oils of marijuana plants, it has a high level of THC – the chemical that gets a user high. Police in cities across the country are discovering an increased use of the drug with teens and in recent drug busts.



Wax can be eaten or smoked. The process of ingesting the product is called "dabbing" or taking a hit of a "dab." A "dab" of the wax is placed into a bong and smoked, just like regular marijuana. Some people prefer to use electronic cigarettes or vaporizers, which can heat its core to 320 degrees, simply evaporating the wax as opposed to burning it. This produces a cleaner, more pure high with fewer toxins.

Getting its name due to its appearance, the marijuana concentrate is also known by other terms such as ear wax, butter and honeycomb. It is also called BHO, which stands for "butane hash oil" or "butane honey oil."

While the method of making wax is easy, it is *very, very* dangerous. Many people, including teens, are trying to make it at home and are getting burned from it. The process of producing BHO is called "blasting," while producers are known as "blasters." The marijuana is placed into a long tube or pipe, which is then hit with a rush of highly flammable butane – like lighter fluid. The butane is used to extract THC, marijuana's active ingredient, from the marijuana leaf, reducing it to an oil, which then hardens into an extremely potent form that resembles wax.

When making at home, wax is to marijuana as freebasing is to cocaine or heroin and what the shake-and-bake method is to meth. The things you need to use to make it are highly flammable and combustible and you may end up blowing up your house or burning yourself. Vapors from the butane gas can fill a room and ignite with the smallest of sparks, just like gas.

The DEA has issued a warning about the dangers of making wax following numerous reports of wax-related fires and explosions while attempting butane extractions. People are looking up how to make it on YouTube, then doing it all day, with fumes filling their house, prompting explosions. Hospitals are also seeing increasing numbers of wax explosion victims and are calling it an epidemic. One amateur attempt to make wax sent four teens to the hospital. The explosion was powerful enough to blow out windows and trigger the sprinkler system in the condo where it occurred.

Because it is a concentrated form of the oils in marijuana, it delivers a more potent dose of THC. THC content of leaf marijuana averages 14 percent, while the THC content of marijuana concentrate averages 54 percent, with some samples as high as 99 percent. It's an extra kick that gets users higher and gets them higher faster. Think of wax like 100 proof vodka vs. 50 proof. And, it isn't cheap, at least four times more expensive than regular marijuana.

Wax, at its worst, can be *extremely* hallucinogenic. One teen had to be handcuffed to a hospital bed and reported feeling like he was going to die. Others have been hospitalized after suffering psychotic episodes. Patients were hallucinating and needed to be sedated because they were so agitated that they could not be controlled. One DEA agent warned they have seen people have an onset of psychosis and even brain damage from exposure to that high of concentration of THC.

There is also a big concern about the quality of the marijuana – who's been growing it and what they have used. Contaminants (i.e., pesticides, herbicides, fungi) on the marijuana plants are going to come off into the extract. Along with that are concerns about the health risks of ingesting butane into the lungs.

And Nebraskans beware - wax is being sold in the newly opened marijuana dispensaries in Colorado to customers who want a quicker, more intense buzz from pot.

(Sources: www.foxnews.com; www.complex.com; www.alternet.org)

Danger Alert: N-B MB "Hits" Nebraska

Last school year, SCIP's September newsletter alerted readers to a new synthetic drug, N-Bomb (25I-NBOMe and 25C-NBOMe), that was trending on the West Coast and, at the time, had led to the death of two Arizona teens.

That was then and this is NOW...Now, the synthetic drug N-Bomb (also known as Smile's, Pandora, Dime & Vortex) has made its way into our backyard, and quite possibly our school yards. Recently, more than 2,000 hits, with a street value of around \$45,000, was seized in an apartment in Omaha. According to local law enforcement in Omaha, the synthetic drug hit Omaha a little over 6 months ago. And while law enforcement in Lincoln report that they have not come across it yet, to believe it has not made its way to such a diverse college city would be unwise.

The synthetic drug N-Bomb, like LSD, most frequently comes in the form of white, light brown or tan powder, small squares of blotter paper, or liquid drops. The liquid and powder are ingested orally or used nasally, and the blotter paper is held under the tongue until the chemical is absorbed into the bloodstream. The blotter paper, in many cases, bears playful decorations like clowns or cartoon characters.



N-Bomb mimics the effects of LSD, ecstasy and meth. Side effects include hallucinations and feelings of euphoria; confusion and paranoia; body tremors and shaking; insomnia; nausea; agitation and aggression; increased body temperature causing excessive sweating which can lead to seizures; and raising blood pressure to dangerous levels that may also cause seizures and/or lead to a stroke and/or heart failure. Effects of the drug can last between six to ten hours.

Experts in the field consider it to be one of the most lethal drugs to date, and what young people don't know is the synthetic drug is far deadlier than LSD. So deadly that just one dose, not an overdose, ONE dose, can be fatal. Twenty-one deaths, all teens or individuals in their early 20's, have been linked directly to N-Bomb in the last 30 months, and there have been many, many more hospitalizations where some patients needed to be induced into a medical coma due to the violent, uncontrollable seizures the drug was causing.

Because of deadly designer drugs like N-Bomb, now, more than ever, parents need to arm themselves with the facts and dangers about teen drug use and talk with their kids. It could be the difference between life and death!

(Sources: www.knowthescore.info; www.klkntv.com; www.ketv.com)

Grief's Connection to Unhealthy Behaviors

The death of a loved one can be an overwhelming experience for anyone. But for a child, whose entire world is defined by their connection to a handful of people, the death of one of those individuals is terrifying, isolating, confusing...devastating.

Six percent of children under the age of 18 will experience the death of a parent, one in five will experience the death of an immediate family member, and approximately 90 percent will experience the death of someone significant in their lives before graduating from high school.

Unresolved childhood grief is often linked with depression, violence, truancy, school failure, substance abuse and suicidal tendencies. Following a traumatic loss, finding someone who understands often makes the difference between going down the right or wrong path. Research demonstrates that children who experience unresolved childhood grief from the loss of a father are: 1) Five times more likely to complete suicide; 2) Nine times more likely to drop out of school; 3) Ten times more likely to engage in substance abuse; and 4) Twenty times more at risk for behavioral disorders. In addition, 94 percent of young people in drug and alcohol rehabilitation programs have experienced the death of a loved one.



By supporting bereaved children who are at risk of developing these complications and providing them with life coping skills, the potential social, emotional and health problems associated with unresolved grief can be minimized. Ultimately, they learn that while grief is terribly hard work, hope and healing are possible, and no one ever has to grieve alone.

(Source: Mourning Hope Grief Center, Lincoln, NE)

RESOURCES

With the holiday season upon us, the death of a loved one, recent or not, can make grief even more prominent. Below are some resources for accessing grief support counseling, individual or group, in various regions throughout the state of Nebraska.

Lincoln Area:

Mourning Hope Grief Center companions grieving children, teens, young adults and their families when someone significant in their lives has a serious illness or has died. Youth have the opportunity to participate in peer-based grief support groups with kids their own age who have experienced similar losses. They are taught healthy coping skills for dealing with loss and are given the freedom to grieve in their own way, at their own pace. Mourning Hope Grief Center provides support groups, community education, grief resources and referrals.

Address: 4919 Baldwin Avenue, Lincoln, NE

Phone: (402) 488-8989

Website: www.mourninghope.org

Omaha Area:

Ted E. Bear Hollow provides a multitude of support options for kids and adults dealing with loss. Monthly support groups are open for families to attend at any time and are a great way to get familiarized with the different programs; facilitators work with youth and adults in separate age/developmental groups. An 8-Session Support Group allows the same families to attend all

sessions together, which provides comfort and security, as they progress through a series of grief-related topics. Ted E. Bear Hollow also hosts several camps for all age groups. KidsKamp is an afternoon filled with crafts and activities to honor and remember special people who have died. Camp Hope is a weekend retreat for grieving teens hanging out with other teens and participating in a variety of activities such as horseback riding, drumming, hiking, photography and a campfire. An afternoon camp called "Tinsel & Tears" helps grieving families as they prepare for the holidays. Families work together with volunteers to make special holiday memories and crafts to honor the lives of those who have died. All programs are provided free of charge.

Address: 7811 Farnam Drive, Omaha, NE

Phone: (402) 502-2773

Website: www.tedebearhollow.org

Northeast Nebraska Area:

Hospice of Siouxland offers Camp Courage, a supportive environment for children ages 6-17 who have experienced the loss of a family member or friend, in which they can gain an understanding of grief and loss and develop healthy coping skills.

Address: 4300 Hamilton Blvd, Sioux City, IA

Phone: (712) 233-4144

AseraCare Hospice can provide one-on-one grief counseling as well as provide other resources for kids and adults to help them address their grief.

Address: 1909 Vicki Lane, Norfolk, NE

Phone: (402) 379-4158

Panhandle Area:

Panhandle Mental Health Clinic offers a grief support group and provides certified grief recovery specialists to help people move beyond death, divorce, and other losses by facilitating Grief Recovery Outreach Programs.

Address: 4110 Avenue D, Scottsbluff, NE

Phone: (308) 635-3171 or (877) 492-7001

St. Agnes Catholic Church offers a grief support group.

Address: 2314 Third Avenue, Scottsbluff, NE

Phone: (308) 632-2541

Dugan Kramer Funeral Home offers online grief support to help you through the difficult time of loss. It doesn't matter what time of day, or what day of the week you need support, you can access online counseling services, join in group grief support, or watch interactive videos. No matter how you feel at any moment, you have access, so you're never alone.

Address: 3201 Avenue B, Scottsbluff, NE

Phone: (308) 632-4101

Jolliffe Funeral Home provides only immediate support following a loss. Their children's program offers interactive discussions of what happens when a person dies, helping children understand the processes of dying, death and bereavement and how it affects their lives. They have designed a program to meet the needs of the family, in respect to the families children's ages, faith issues and cultural beliefs. Individual appointments can be made for a time that is mutually convenient to the family and the funeral home. The intention of the program is to give kids a better understanding, and remove the mystery around what happens when a person dies.

Address: 2104 Broadway, Scottsbluff, NE

Phone: (308) 632-2121

or

Address: 824 Main Street, Bridgeport, NE

Phone: (308) 262-1753

Kearney Area:

First United Methodist Church provides a weekly support group addressing several kinds of grief including the loss of children, spouses, parents, siblings, etc.

Address: 4500 Linden Drive, Kearney, NE

Phone: (308) 237-3158

Nebraska Communities:

Throughout all Nebraska regions, there are also a multitude of participating SCIP agencies, as well as other agencies, that can provide individual grief counseling.

Coping With Stress

No matter how much we would like to change it, stress is a part of all of our lives. It is impossible to avoid stress, and surprisingly, small amounts of stress can actually be good for you. However, too much stress can result in various problems. Stress affects everyone from infants to adults. With stress inevitably part of all of our lives, it is important that we recognize the signs and symptoms of experiencing too much stress as well as learn tools to help cope with stress.

Stress comes in many different ways; it may be changes in life, pressures (actual or perceived) to perform at school or work at a certain level, social life, relationships, money or providing for one's basic needs. Regardless of the cause of the stress, there are many clues that your body will give you if you are under too much stress. High levels of stress can lead to increased risk of illness, increased risk of accidents, decreased satisfaction with life and increased risk of alcohol and/or drug use. Signs/symptoms of experiencing too much stress include:

Tight throat
Sweaty palms
Headaches
Fatigue
Indigestion, nausea, diarrhea

Depression
Restlessness
Changes in sleeping or eating patterns
High blood pressure, coronary disease, ulcers

STRESS MANAGEMENT KIT

1. Print this graphic on durable paper.



2. Stick paper to hard, solid surface - horizontal or vertical will do, depending upon your situation.

3. Follow instructions until you die, become unconscious or decide there is a better way.

4. If you wake & stress persists repeat step 3.

Often we feel that stress will never decrease and banging our head against a blunt object may be the best solution; however there are several more effective methods. When you are experiencing stress, don't ignore it. Recognize what is causing stress in your life so that you can learn to most effectively control it, not let it control you. Often times children do not always know what is causing them to feel the way they do. To assist them and help build skills, notice when something is bothering your child and help them name the feeling and why they are having it. An example of this may be "you seem overwhelmed by the amount of homework you have this evening." Noticing the stressors our children feel and helping them label the emotion connected to the stress will assist them in reducing the stress.

While you can not always control the way events affect you, you can decide largely how stressful you are going to allow the event to be in your life. Try taking steps to change your interpretation of the things that cause you stress. The key is to try to come up with alternative

responses for stressful situations. Have you ever stopped and realized that stressed spelled backwards is desserts? Of course, it is not always possible to reframe every situation. There are times when the stress of a situation is just that, stress. In those instances, it is best to use your problem-solving skills. When faced with a situation that induces stress, try to clearly define the exact problem, then generate a list of various ways the problem can be managed. Note that problems are not always solved but sometimes managed to help reduce the stress and impact it has. Often times, stress is experienced due to overscheduled lives. Remember that your time is priceless so spend it wisely! Get organized and try to plan your activities in advance, make lists and then rank each item on the list in order of priority. Children often feel stress and a lack of control when they do not know what is coming next so sharing the plan, making a routine and helping children understand changes in routine will help to decrease stress. Additionally, when we create an environment with less stress in our lives subsequently our children feel less stress.

Taking care of ourselves physically can help reduce stress in our lives and improve our mental health at the same time. An adequate and consistent sleep schedule is important to your physical and mental well-being. People who do not get enough sleep and /or rest will not have the energy required to combat life's stresses. In addition to sleep habits, the food you put in your body also affects stress levels. Food is what gives you the energy to face the things that induce stress. Increasing consumption of fruits, vegetables and whole grains while decreasing foods high in fat, cholesterol, sugars and caffeine is best. To go along with adequate sleep and proper fuel is the need for regular exercise. Exercise is an excellent way to work out tension and efficiently reduce stress. Exercise, when done regularly, is one of the best ways to all around reduce stress, and when paired with healthy eating and good sleep habits, can have a profound effect on one's life.

Don't forget that even in the most stressful of times in life there are positives. When people are under stress they tend to focus on negative events. It is important to not lose perspective on life, try to maintain a focus on the positives. It may take longer to identify them but take the time to celebrate what is going right. For every one thing that is not going right, or is causing stress, a person can generally identify 5 things that bring them joy. In the moments where things seem most stressful and thoughts are filled with negativism, make a list of all the positives in life.

Lastly, seek professional assistance if you or a loved one has significant problems coping with stress. Professionals can provide assistance in learning how to most effectively cope with life's stressors. For a list of community resources, please visit www.lmep.com/SCIP/CommunityResources.aspx.

(Resources: www.parenting-ed.org; www.kidshealth.org; www.earlyexperiences.org; www.greatergood.berkeley.edu)



For nearly thirty years, psychologists have agreed on four major parenting styles: authoritative, permissive, authoritarian and uninvolved. Each style reflects a different way of relating and communicating to your kids and involves different combinations of emotional responsiveness, discipline, communication style and expectations. When a parent knows what their parenting style is, they are able to parent most effectively. To learn more about parenting styles visit WWW.TALKABOUTALCOHOL.ORG.

AUTHORITATIVE

- High levels of warmth
- Encourage two-way communication
- Exercise control and fair discipline
- Clear expectations and consequences

AUTHORITARIAN

- Obedience oriented
- High expectations
- Strict rules
- One-sided communication
- Rigid/harsh punishment

PERMISSIVE

- Friend first approach
- Avoid confrontation
- Few demands/low expectations
- Little discipline or consequences

UNINVOLVED

- Hands off approach
- Little emotional involvement
- Basic needs are met
- No expectations or consequences

