

## Your Health

# Top Mental News of 2018

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### The Opioid Epidemic

- THERE WAS A LACK OF AWARENESS REGARDING THE DANGERS OF OPIOIDS.
- THERE WAS A LACK OF REGULATION REGARDING PRESCRIBING THESE MEDICATIONS. (METRO-DETROIT FBI/DEA RAIDED TO THREE PAIN CLINICS RESPONSIBLE FOR 13 MILLION PRESCRIPTIONS.
- BIG PHARMA MISLEAD DOCTORS INTO THINKING THESE MEDICATIONS WERE NOT ADDICTIVE.
- THERE WAS A LACK OF ALTERNATIVE MEDICATIONS TO ADDRESS PAIN ISSUES. (OPIOID CREAMS/CBD.)
- NUMBER OF OPIOID DEATH TRIPLED FROM 1999 TO 2016; KILLING 60K ANNUALLY.

### The Medical Marijuana Movement

- PSYCHOACTIVE IS THE COMPOUND IN MARIJUANA
- IT IS RESPONSIBLE FOR THE "HIGH" PEOPLE FEEL. THERE
- THERE ARE TWO MAN-MADE DRUGS CALLED
- DRONABINOL
- (MARINOL) AND
- NABILONE
- (CESAMET) THAT ARE
- SYNTHETIC FORMS OF THC. THEY ARE FDA-APPROVED TO PREVENT NAUSEA AND VOMITING IN PEOPLE RECEIVING CHEMOTHERAPY.
- CBD OR CANNABIDIOL IS ANOTHER COMPOUND IN MARIJUANA THAT IS NOT PSYCHOACTIVE.
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### Stop Bullying Now

- Over 3.2 million students are victims of bullying each year.
- Approximately 160,000 teens skip school every day because of bullying.
- 17% of American students report being bullied 2 to 3 times a month or more within a school semester.
- Take a stand in your community by hosting a Bullying Policy Makeover event customizing your school's anti-bullying policy.
- 1 in 4 teachers see nothing wrong with bullying and will only intervene 4% of the time.
- By age 14 less than 30% of boys and 40% of girls will talk to their peers about bullying.