


The Dangerous Truth About Today's Marijuana: Johnny Stack's Life and Death Story


By Laura Stack, Founder & CEO



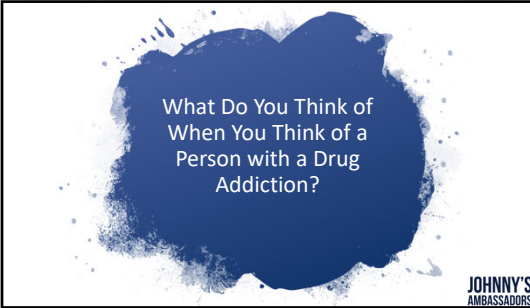

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Suicide is an emotional topic. Discussing suicide and loss can bring up unexpected emotions or feelings. Feel free to disconnect at any time. The National Suicide Hotline is 800-273-TALK.



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What Do You Think of When You Think of a Person with a Drug Addiction?



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Johnny Stack

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November 21, 2019

Our living room

1:03 AM

"Mr. and Mrs. Stack, I'm with the coroner's office. I'm so sorry to tell you that your son is deceased."

— the woman in black

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What Happened?




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The Timeline

- 2012 Colorado became the 1st state to legalize recreational marijuana.
- 2014 Johnny was in 9th grade when it was commercialized, and according to him, pot was "everywhere," and easy to get.
- 2014 Johnny uses marijuana for the first time (at a party from a friend's brother who had a med card). They all wanted to "see what getting high was like."
- 2015 Concentrates grew exponentially in the marketplace and "dabbing" became popular.

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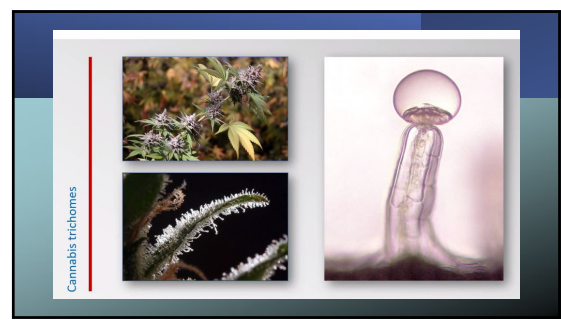


NO. NOT THAT KIND OF DABBING!

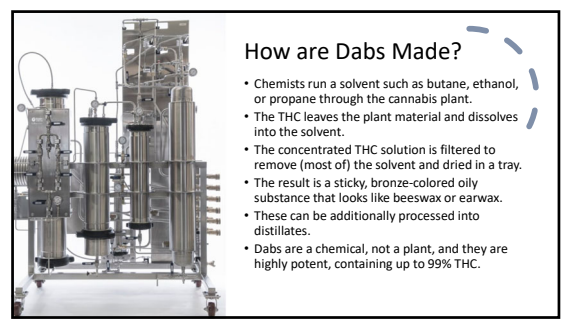


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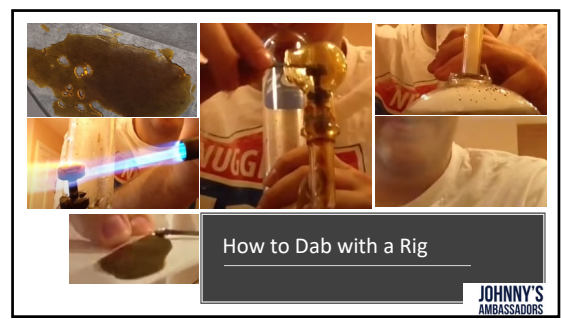
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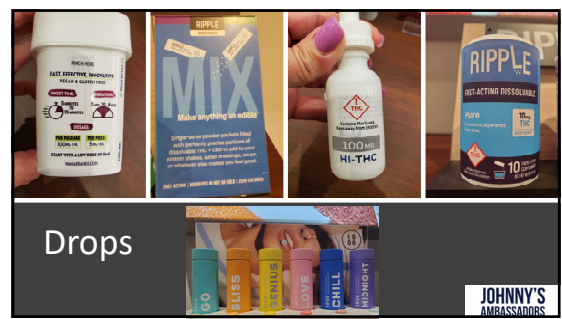
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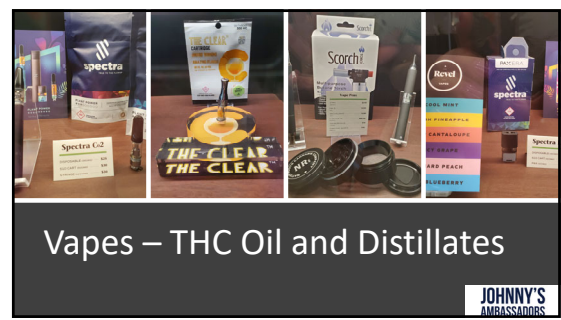
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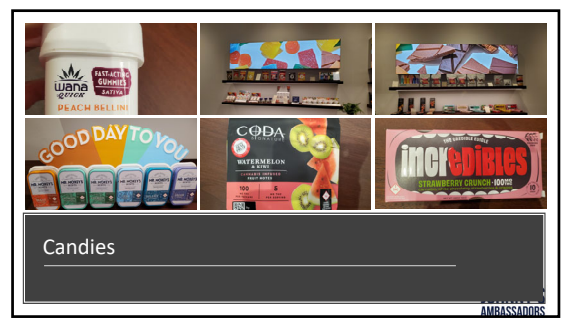
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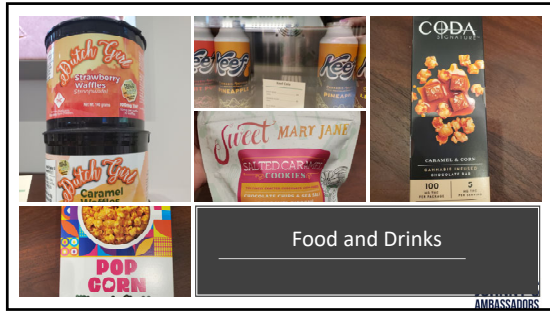
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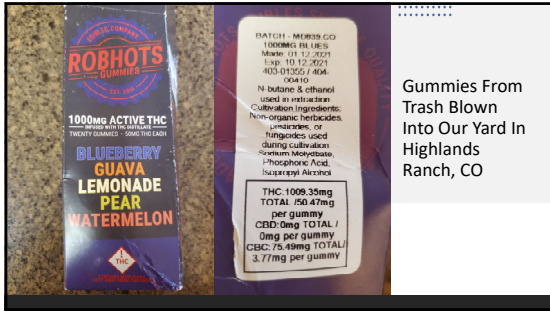


Food and Drinks

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Gummies From Trash Blown Into Our Yard In Highlands Ranch, CO

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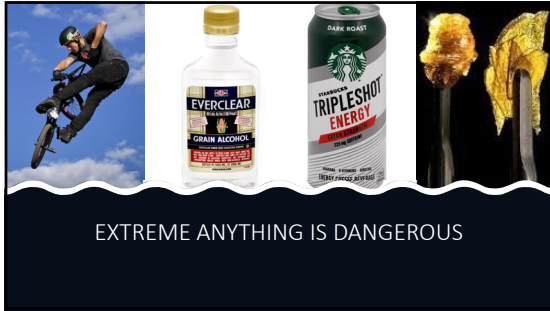
Delta-8 THC is Now on the Scene
It is psychoactive but made legally from CBD extracted from hemp chemically derived.

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Consumption Method	Potency	Total THC
Edible (one serving)	Varies	10 mg
Bowl (.25 g of flower) 60% loss to burning	18%	18 mg
Joint (.4 g of flower) requires more pot	18%	36 mg
Vape (1 g cart = 200 puffs)	80%	800 mg (4 mg per puff)
Dab (1 g of wax assume 8 "servings")	80%	800 mg (100 mg per serving)

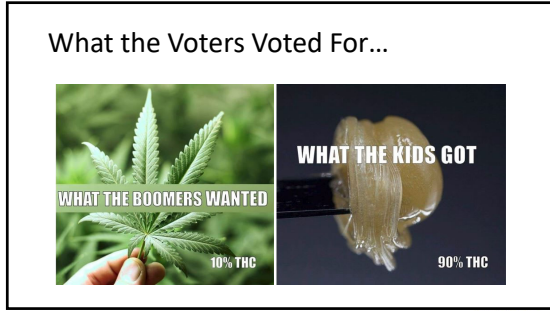
How Much THC Is In Each Method?
(Sample estimates gathered from cannabis websites, based on an "average" size and allowing for loss to combustion.)

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EXTREME ANYTHING IS DANGEROUS

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Synaptogenesis: the formation of synapses between neurons in the nervous system

Apoptosis: the controlled pruning of cells as a normal part of growth to allow specialization

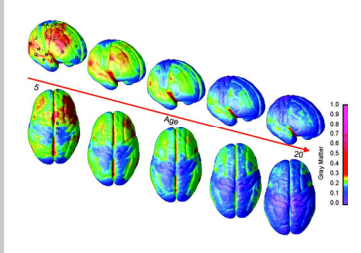
Myelination: the formation of sheaths around pathways to increase efficiency in transmission.

Human Brain Formation

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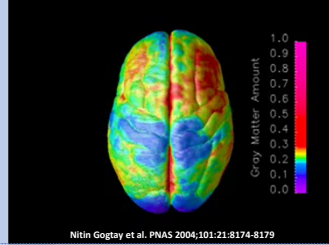
Right lateral and top views of the dynamic sequence of GM maturation over the cortical surface



Nih: Gogtay et al. PNAS 2004; 101:21:8174-8179 ©2004 by National Academy of Sciences

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Why is Marijuana So Much Worse for Adolescents? Their Brains Aren't Formed.



Video of Adolescent Brain Formation
Ages 5 to 20


Nitin Gogtay et al. PNAS 2004; 101:21:8174-8179

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The THC and Anandamide molecules are so similar, THC can "trick" the brain and bind to the CB1 receptors and block normal neurological function.

Brain's Chemical



Anandamide

Drug

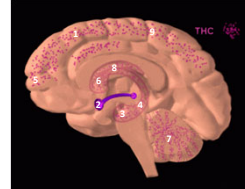


THC

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Regions of the Brain Containing CB1 Receptors Impacted During Adolescent Brain Formation

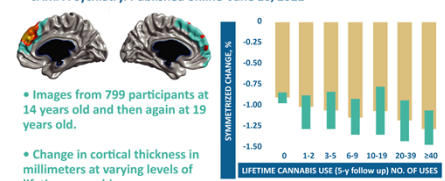
Brain Part	Function	THC Impact
1. Prefrontal cortex	Executive function and higher reasoning	Increases impulsiveness and reduces judgment
2. Nucleus accumbens	The reward circuit	Increases euphoria
3. Amygdala	Emotions, fear, anxiety	Increases paranoia, panic
4. Hippocampus	Learning new information	Impairs memory
5. Orbitofrontal cortex	Motivation and drive	Decreases desire to do things
6. Basal ganglia	Planning and starting movement	Slows reaction time
7. Cerebellum	Motor skills, balance	Impairs coordination
8. Hypothalamus	Eating, sex drive	Increases appetite
9. Neocortex	Feeling and movement	Alters sensations



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Association of Cannabis Use During Adolescence With Neurodevelopment
- JAMA Psychiatry. Published online June 16, 2021



- Images from 799 participants at 14 years old and then again at 19 years old.
- Change in cortical thickness in millimeters at varying levels of lifetime cannabis use.

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The Result of Legalizing "Medical" Marijuana for 18-Year-Olds



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The Timeline

- 2016 Johnny starts driving. Mood changes and anxiety begin.
- 2017 The fall of his senior year, the unraveling begins: defiance, running away, verbal abuse, marijuana vaping
- 2018 After his 18th birthday, Johnny leaves the home. Frequent, high-THC marijuana use, dealing, legal troubles, plummeting grades, and threats.
- 2018 Johnny gets a med card.

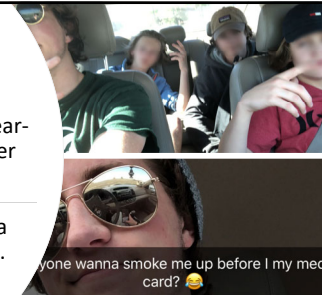
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Johnny Came Full Circle.

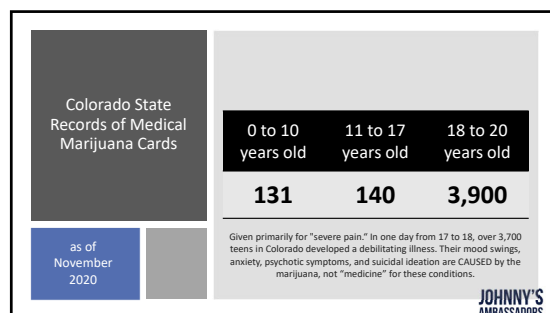
He is Now the 18-Year-Old Marijuana Dealer with a Med Card.

Johnny didn't have a single medical issue.

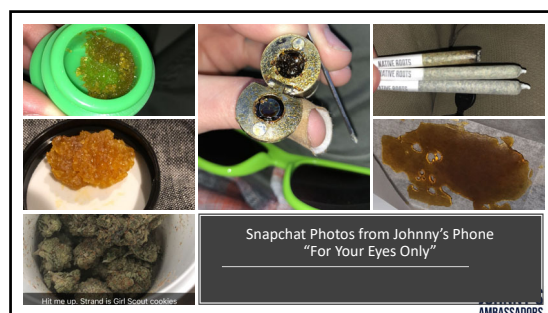
...you wanna smoke me up before I my med card? 🤔



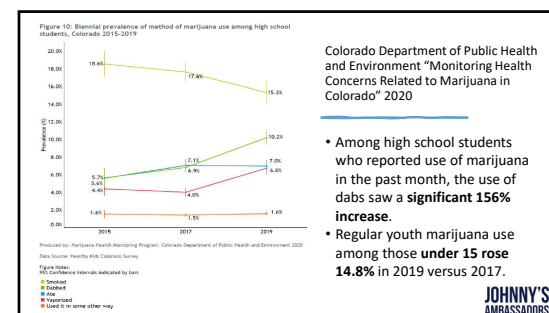
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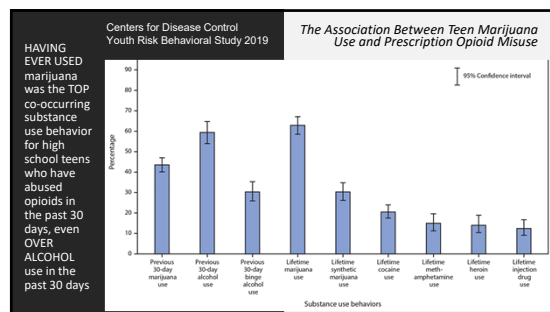
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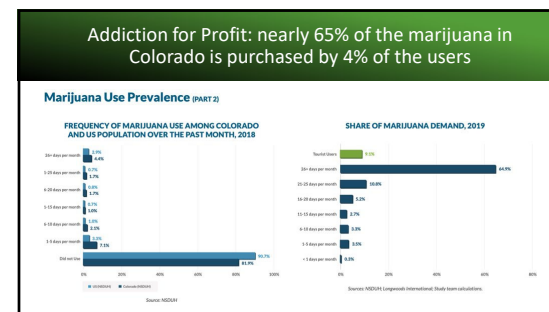
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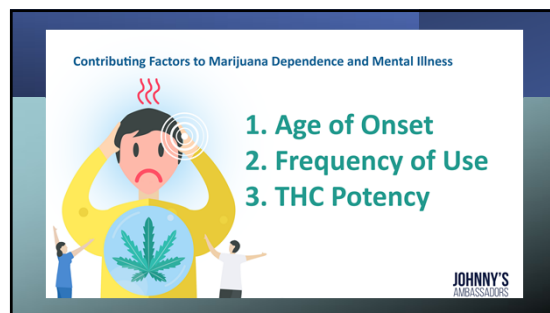
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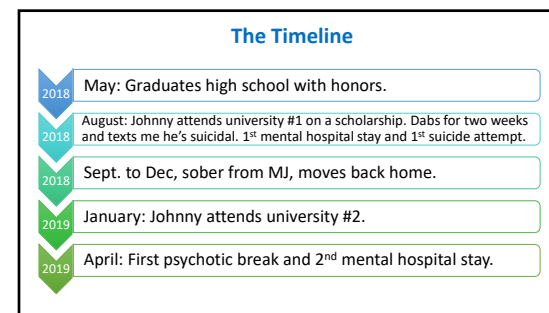
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Johnny's Suicide Snapchat

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For every action there is an equal and opposite reaction. For one extreme to exist, there must be the opposing.

From a website: "Angelnum ber 666 is a ren index that your life is in perfect balance. The Universe is telling you that, after a long period of struggle, your life goals are accomplished. Your guardian angels are there to protect you and show you the way."

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National Institute on Drug Abuse (NIDA), part of the National Institutes of Health – June 2021 study

280,000 young adults ages 18-35:

Cannabis use was associated with increased risks of thoughts of suicide, suicide plan, and suicide attempt (regardless of whether someone was also experiencing depression).

<https://www.nih.gov/news-events/news-releases/cannabis-use-may-be-associated-suicidality-young-adults>

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Large longitudinal study of over 2000 adolescents conducted in Australia and New Zealand – Lancet 2014

Daily users before age 17 years = suicide attempt 7-fold

Frequency	Suicide Attempt Odds Ratio
LESS THAN MONTHLY	1
MONTHLY OR MORE	3
WEEKLY OR MORE	4
DAILY	7

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(14\)70307-4/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(14)70307-4/fulltext)

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The Impact of Adolescent Cannabis Use, Mood Disorder, and Lack of Education on Attempted Suicide in Young Adulthood

- World Psychiatry, Oct. 2014

700 teens ages 12-15: Marijuana use in those who weren't depressed before increased the risk of a suicide attempt 7.5-fold.

Any use of cannabis in the early adolescent period is a strong independent predictor of attempted suicide in young adulthood.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4219077/pdf/wps0015-0322.pdf>

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Suicide Toxicology Results by Age Group, 2019

Substance	Ages 10 to 19	Ages 20+
Cocaine	8%	6%
Amphetamine	10%	18%
Antidepressant	22%	18%
Opioid	8%	22%
Alcohol	27%	51%
Marijuana	51%	28%

SOURCE: CDPIE, Colorado Violent Death Reporting System

NOTE: Toxicology results were available for 62% of suicides from 2019. As a result, there may be underrepresentation in the numbers and percentages presented.

In 2019, of suicides among Colorado youth aged 10-19, marijuana was present in 51 percent of toxicology reports.

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What Can Parents Do?

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Parenting Recommendations
(I wish I'd done a better job doing these things)

- Start talking about marijuana (and alcohol and cigarette) use early!
- Discuss short-term and long-term risks of marijuana risks
- Set clear NO USE rules, including appropriate consequences for breaking these rules
- Do not use marijuana yourself
- Keep lines of communication open
- Keep track of your children and their phones
- Pick up anywhere, anytime – no questions asked
- Monitor your own behavior (do you use substances to celebrate?)
- Help your child plan for social pressure to use

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Teach a Healthy Fear of Marijuana

What did you teach your children about rattlesnakes?

STAY AWAY, because it can bite you!

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The Death of a Son and Birth of a Mission

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Please Become One of Johnny's Ambassadors!

Sign Up	Join our weekly newsletter: JohnnysAmbassadors.org/blog
Share	Join and share our Facebook posts: facebook.com/groups/JohnnysAmbassadors
Show Up	Join us for the 3 rd Annual #StopDabbing Walk on Sunday, September 18, 2022: StopDabbingWalk.com
Speak Out	Get involved: JohnnysAmbassadors.org/join
Support	We gratefully accept donations: JohnnysAmbassadors.org/donate

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AMBASSADORS**

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"If Johnny hadn't started using marijuana, I know he would still be alive today."
By Laura Stack, MBA, CSP, CPAE

ON SALE NOW!
JohnnysAmbassadors.org/book

the dangerous TRUTH about today's MARIJUANA
Laura Stack

Available on Amazon and anywhere books are sold:

The Dangerous Truth About Today's Marijuana: Johnny Stack's Life and Death Story

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Scan This QR Code To Go To Our LinkTree For a Complete List of Free Educational Resources!

Questions? Email me at
Laura@JohnnysAmbassadors.org

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