



Photo courtesy of Melissa Engle Photography

Summer 2014

Training Center Flourishes

Since the beginning—1966, to be exact—our agency has committed to providing education on addiction. From big-name conference headliners to a volunteered hour spent with recovering people, we're happiest when we have an audience that wants to understand addiction and how best to prevent it.

Over the years we've expanded our training topics and our geographic range. We are now the main training provider for the Lancaster County Office of Juvenile Probation. Currently, lead trainer Bevan Allen is adding noon-time "Lunch n' Learn" sessions for behavioral health professionals, applying to be an Act 48-approved provider for teachers' continuing education, and refining her slate of trainings. Some of her current offerings include:

- Improving Interpersonal Communications
- Violence Prevention
- Conflict Resolution
- Leadership/Team-Building
- The Crisis Cycle/Crisis Management
- Community Gang Awareness
- Transient Student Support

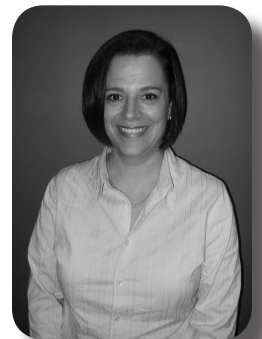
Contact her at ballen@compassmark.org to learn more about the Compass Mark Training Center and all we have to offer.

Taking Healthy Risks

Compass Mark has new employees to share with you, so we decided to ask them this: ***"What is a healthy risk you have taken recently, and what was the result?"***

"In the fall of 2013, I was asked by Project Forward Leap to chaperone a trip for 24 high school students to Barcelona and Paris. I had only been to Europe once before, many years ago, and at that time, I was not used to being responsible for anyone else.

I accepted the invitation. I had a wonderful time and learned a great deal about the students I traveled with, the places we visited and myself."



~ Justine Webster is our Community School Director at Lincoln Middle School, School District of Lancaster

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2 What you need to know about medical marijuana

3 Our staff members take healthy risks

3 Uganda needs addiction services

4 Fall conference save-the-date

Staff Members

Carol Kuntz, Executive Director	William Paré
Bevan Allen	Kimberly Robinson-Hodges
Michelle Allen	Richard Rush
Donna Becker	Amy Sechrist
David Bender	Marisa Seubert
James Bender	Phyllis Spencer
Marie Bolettieri	Paulette Tyler
Maria Brown	Desiree Weber
Carmen Cruz	Justine Webster
Jean Gerdes	... and many part-time
Tara Loew	facilitators and volunteers

Medical Marijuana

Compass Mark uses the terms "marijuana" and "cannabis" interchangeably, but recognizes "cannabis" as the proper botanical name for the plant.

THC

One of 60+ compounds in marijuana- the primary active ingredient producing psychoactive effects

CBD

Another compound in marijuana said to have a broader range of medical applications

Common Botanical Strains

Sativa

High THC content • From South America, SE Asia

Indica

Higher CBD content • From Afghanistan, Morocco, Tibet

Methods of Consumption

Smoking (inhaled)
Tinctures- liquid suspended in alcohol (injected)
Vaporizing (inhaled)
Capsules (injected)
Eating (injected)
Topical rubs (absorbed)
Oral spray (injected)

Possible Medical Applications

Appears to shrink cancer cells Lessens intensity of PTSD Anti-inflammatory Treatment of seizures

Negative Consequences from Regular Smoking

Memory problems Difficult to avoid impaired driving Addiction for 1 in 10 people Linked to schizophrenia

What's Happening in Colorado?

Colorado voters passed a constitutional amendment allowing medical marijuana in 2000, with distribution starting in the early 2000s. The Colorado Legislature then enacted the Colorado Medical Marijuana Code in 2009, and many more dispensaries of the substance opened at this time. Limited recreational use of marijuana became legal on January 1, 2014.

100%

The increase in Colorado treatment center admissions for cannabis abuse or dependence from 2009-2014

74%

of teens in one Colorado rehab had used someone else's medical marijuana an average of

50

 times

45%

The increase in suspensions for drug violations in Colorado schools from 2007-08 to 2010-11

What's Happening in PA?

Pennsylvania Senate Bill 1182- The Compassionate Use of Medical Cannabis Act would "legalize the use of medical cannabis by patients as recommended by attending physicians." Originally introduced by Senators Daylin Leach (D-Montgomery/Delaware) and Mike Folmer (R- Dauphin/Lebanon/York) in January, 2014, an amendment to the bill will be submitted to the Senate Law & Justice Committee this summer.

Going Forward

Perception of Harm

Studies show that increased access to cannabis is making it seem MORE safe across all age groups, genders, races & ethnicities in Colorado. Low perception of harm is directly linked to increased use. ***Accurate, objective education about the negative effects of cannabis is needed.***

Public Health

Low perception of harm is best addressed through a public health approach. Our country has increased seat belt use and lowered tobacco use and alcohol-impaired driving using such campaigns. ***We must expand the scope of our prevention message.***

Prevention & Treatment

Youth in states with medical marijuana have marijuana abuse/dependence rates almost twice as high as youth in states without such laws. Increased funding for prevention and treatment is essential. ***Compass Mark will take every opportunity to make sure our legislators hear this message.***

Taking Healthy Risks

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A few years ago I left teaching to start a master's program in Education Leadership. Teaching was something I was good at and passionate about, so leaving it for the non-profit world was a big leap, especially after working so incredibly hard to get there.

Although I miss teaching history, my job at Compass Mark allows me to have more of an impact on the kids and the community: it also directly utilizes both of my bachelor's degrees in Secondary Social Studies Education as well as Strategic & Organizational Communications, Concentrating in Public Relations. It plays on all of my passions: helping others, helping youth, communicating messages, and creatively branding a wonderful organization.

~ Tara Loew is both our Youth Programs Assistant and Social Media Coordinator

A healthy risk I have taken lately was to simply say "No" to additional commitments. I know my limits and have my time invested where it matters the most. Committing to anything when your heart tells you otherwise only sets you up for failure, and others for a disappointment!

~ Welcome Bevan Allen, our Lead Trainer



I took the risk of finally sitting my spouse down and voicing my concerns over his eating habits. With our age increasing, his blood pressure rising and him becoming pre-diabetic, I wanted a frank discussion of my concerns and how we could remedy the situation to help him achieve a healthier lifestyle.

After a lot of hard work and dramatic lifestyle changes, his numbers are now all normal, and he even exercises with me!

~ Meet our new Administrative Assistant, Desiree Weber



Amy Goes to Uganda



Compass Mark prevention specialist Amy Sechrist heads to Mukono, Uganda in September with the GOAL Project as part of a volunteer team to increase addiction-related knowledge and resources at Uganda Christian University (UCU).

Week One will include strategic planning with members of UCU's administration and counseling department, who are holding their first stakeholders meeting in June. Local police, business owners, treatment professionals and government officials will be asked to partner with the university to reduce levels of alcohol and drug abuse in the community.

Amy and the GOAL Project team will focus in Week Two on setting up an addiction resource center, modeling the structure of 12-step recovery meetings, and training student peer counselors to spot the signs and symptoms of abuse and to skillfully intervene.

Amy says, "Compass Mark has given me access to such good training over my 10 years in this field. That people want to learn about addiction but don't have the opportunity is unacceptable, and I'm happy to be able to pass on something of value."

- Contribute towards Amy's travel expenses at www.crowdrise.com/amyinuganda
- Attend an African jewelry & bag sale on July 26, 3-5pm at the Quaker Meeting House, Tulane Terrace, Lancaster
- Don't miss an evening of African food and auction of African crafts and paintings- August 10, 12:30-2pm at the Willow Street Mennonite Church, East Penn Grant Road

We're grateful for the financial and technical support provided by the
 Lancaster County Drug & Alcohol Commission.

From Challenges to Choices:
 Creating Positive Change

Lancaster County's Conference on Substance Abuse
 Prevention & Treatment

SUBSTANCE ABUSE:



October 29, 2014

Lancaster Lebanon IU-13
 1020 New Holland Avenue
 Lancaster, PA 17601



24 Hour, 7 Days a Week Call Center:
 866-769-6822
 www.whitedeerrun.com
 www.bowlinggreenbrandywine.com

Registration opens online September 1, 2014

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