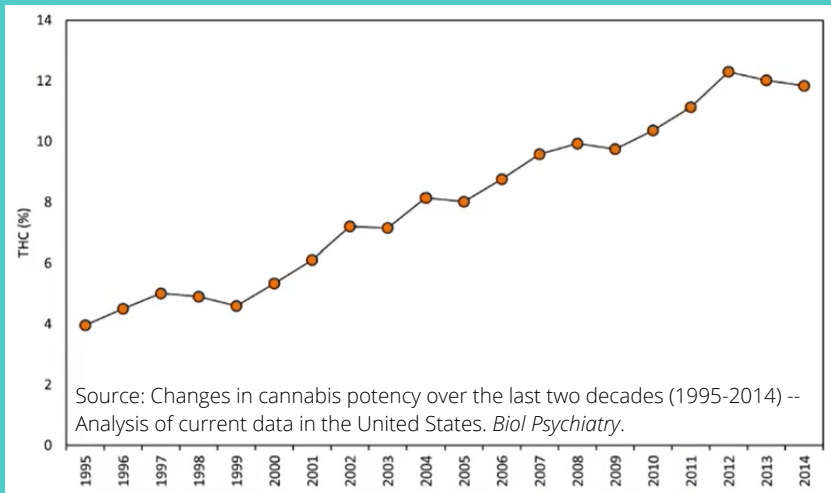


WHAT THE SCIENCE SAYS ABOUT SUBSTANCE USE AND MENTAL HEALTH

People living with mental illness report using marijuana at a rate of at least twice that of people without mental illness. The potency of THC, the principle psychoactive agent in cannabis, has dramatically increased. Jason Kilmer, Ph.D. a Univ. of WA Associate Professor of Psychiatry and Behavioral Sciences speaks on the topic of how increased THC potency, combined with daily use of cannabis over 10% THC (defined as high potency), increases the risk of psychosis five to six times compared to people who don't use. (22:40)



The potency of THC has increased dramatically from a low of 1.5% in the 1970's to 13.8% nationwide in 2017 (Seattle 21.62% in 2017). For those that participate in 'dabbing', or the act of inhaling high concentrations of THC, the nationwide THC potency rate is 55.85% but in Seattle it's 71.71%.



"If we worry about the mental health of our adolescents, we've got to worry about cannabis use." - Dr. Jason Kilmer

Studies across Europe, the UK, and Canada have shown that adolescents who use highly potent cannabis are known to have an increase in addiction and generalized anxiety disorder. (23:09)



To watch the full conversation with Dr. Kilmer visit:
<https://fb.watch/63u9SgHdVb/>

*Conversation on increased THC potency starts at min 19:30.