



# HOW MARIJUANA POTENCY HAS CHANGED

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THIS ISN'T THE MARIJUANA  
YOU REMEMBER

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**Cannabis Potency Comparison Chart**  
**Why Today's Products Are Triggering Psychotic Breaks**

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# How Marijuana Potency Has Changed

## The THC Timeline: 1990s To Today

2-3%  
THC

1990s - Average Marijuana

4-5%  
THC

Early 2000s - Average Marijuana

20-30%  
THC

Today - Average Marijuana

70-90%  
THC

Today - Vape Cartridges

80-95%  
THC

Today - Concentrates/Dabs/Wax

THAT'S NOT A LITTLE MORE POTENT.  
THAT'S 10-30X STRONGER.

# The Beer Vs. Vodka Analogy

**1990s**  
**MARIJUANA =**  
**LIGHT BEER**  
**(2-3% THC)**

**TODAY'S**  
**CONCENTRATES =**  
**EVERCLEAR**  
**(80-95% THC)**

One beer = mild relaxation

One shot = toxic overdose

**When parents say "my kid only smokes occasionally," they don't realize that "occasionally" with today's marijuana is like occasionally drinking a bottle of vodka instead of a beer.**

**The game has completely changed.**



# What Your Child Is Really Using

# Flower/Bud (Traditional Marijuana)

**THC Content:** 20-30% (average today)

**Method:** Smoked in joints, blunts, pipes, or bongs

**Risk Level:**  **HIGH**

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**What parents think:**

**"At least it's not the strong stuff"**

**Reality:** This is 10x stronger than the marijuana you remember

## Vape Cartridges/Pens

**THC Content:** 70-90%

**Method:** Inhaled via vape pen (looks like e-cigarette)

**Risk Level:**  **VERY HIGH**

**Why it's dangerous:**

- Discreet (no smell, looks like nicotine vape)
- Highly concentrated
- Easy to use multiple times per day
- Parents often don't know they're using

**Common brands:** Brass Knuckles, Dank Vapes, TKO, Kingpen

# Concentrates (Dabs, Wax, Shatter, Budder)

**THC Content:** 80-95%

**Method:** Heated and inhaled using special "rig" device

**Risk Level:**  EXTREME

## Why it's dangerous:

- Near-pure THC
- Single use = 10-20 joints worth of THC
- Immediate, intense high
- High risk for psychotic episodes

**Looks like:** Honey-colored wax, glass-like shards, or sticky substance

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# Edibles (Gummies, Brownies, Cookies, Drinks)

**THC Content:** 10-100mg per serving (1 serving = 1 gummy or 1 cookie)

**Method:** Oral consumption

**Risk Level:**  VERY HIGH

## Why it's dangerous:

- Delayed onset (30-120 minutes) leads to overconsumption
- Effects last 4-12 hours (vs. 2-3 hours smoked)
- Difficult to control dosing
- Looks exactly like regular candy/food

**Warning:** Edibles in the home are a danger to younger children who may consume them accidentally

# High-Potency Products = High Risk For Psychosis

## Research shows:

- Daily use of high-potency marijuana (>10% THC) increases psychosis risk by 5x
- Using concentrates/dabs increases risk even more
- Younger users (teens/early 20s) are at highest risk
- Psychotic breaks can occur after just **weeks of use** with high-potency products



# How High-Potency THC Affects The Brain

# What Is THC?

**THC (Tetrahydrocannabinol)** is the psychoactive chemical compound in marijuana that produces the "high!"

**At low doses (2-5% THC):** Mild relaxation, altered perception

**At high doses (20-95% THC):** Brain chemistry disruption, psychosis

## The Brain Chemistry Breakdown

### What Happens In The Brain

<b>Step 1: THC Enters The Brain</b>	THC binds to cannabinoid receptors throughout the brain
<b>STEP 2: Receptors Become Flooded</b>	High concentrations of THC overwhelm the receptors
<b>STEP 3: Brain Chemistry Disrupted</b>	<p>The brain can't regulate:</p> <ul style="list-style-type: none"><li>• Reality vs. hallucination</li><li>• Rational thought vs. paranoid thinking</li><li>• Normal emotional responses</li></ul>
<b>STEP 4: Psychosis Emerges</b>	<p>Results in:</p> <ul style="list-style-type: none"><li>• Hallucinations (seeing/hearing things)</li><li>• Delusions (false beliefs)</li><li>• Paranoia (fear of persecution)</li><li>• Disorganized thinking and behavior</li></ul>

# The Developing Brain Is Most Vulnerable

## AGE 12-25: CRITICAL DEVELOPMENT PERIOD

The prefrontal cortex (decision-making, impulse control, rational thinking) doesn't fully develop until age 25.

### High-Potency Thc During This Period Can:

- Disrupt normal brain development
- Trigger lasting mental health issues
- Increase psychosis risk 3-5x

**The younger your son or daughter started using, the higher the risk.**

### Can The Brain Recover?

#### YES - with abstinence and proper treatment:

- ✓ Brain chemistry can rebalance
- ✓ Cannabinoid receptors can normalize
- ✓ New neural pathways can form
- ✓ Cognitive function can improve

#### BUT - this requires:

- Complete abstinence from marijuana
- Adequate time (60-90 days minimum)

- Integrated treatment addressing addiction + psychosis
- Medical and therapeutic support

**The brain CAN heal. But it needs the right environment and enough time.**



# Who Is At Highest Risk For Cannabis-Induced Psychosis?

While CIP can happen to anyone using high-potency marijuana, certain factors increase vulnerability:

## High Risk Factors

### **Started marijuana use before age 18**

(Developing brain is most vulnerable)

### **Daily or near-daily use**

(Frequent exposure increases risk)

### **Using high-potency products**

(Vapes, concentrates, dabs = highest risk)

### **Family history of mental illness**

(Especially psychotic disorders, bipolar, schizophrenia)

### **History of trauma or adverse childhood experiences**

(Increases vulnerability to all mental health conditions)

### **Male gender**

(Slightly higher risk, though females are also vulnerable)

### **Co-occurring mental health conditions**

(Depression, anxiety, ADHD increase risk)

**IMPORTANT: Even without risk factors, high-potency marijuana can trigger psychosis.**

**We've seen psychotic breaks in young adults with:**

- No family history of mental illness
- No previous mental health issues
- Only occasional use (not daily)
- No other risk factors

**The potency of today's products is the variable that changed everything.**

**The Genetic Vulnerability Factor**

**1 IN 4**

**Approximately 1 in 4 people carry genetic variants that increase vulnerability to marijuana-induced psychosis**