



PARENT ACTION PLAN

What To Do Right Now:
Your Step-by-Step Guide

www.SanctuaryClinics.com

Cannabis-Induced Psychosis
Intervention Guide

YOUR MISSION

Get your son or daughter from crisis to treatment in the shortest time possible while maintaining your relationship and their safety.

This plan gives you the exact steps to take today, this week, and this month.

IF THIS IS AN EMERGENCY

CALL 911 OR GO TO ER IMMEDIATELY IF:

- Suicidal thoughts or threats
- Violent behavior
- Unable to eat, drink, or care for basic needs
- Rapid deterioration
- Danger to self or others

OTHERWISE, FOLLOW THE 4-STEP ACTION PLAN BELOW



STEP 1:
DOCUMENT
EVERYTHING
(Do This Today)

Why This Matters:

The timeline is the key to distinguishing CIP from schizophrenia. Clinicians NEED this information for accurate diagnosis.

What To Document:

MARIJUANA USE TIMELINE

- When did they start using? (month/year)
- When did use increase? (frequency or potency)
- What are they using? (flower, vapes, dabs, edibles)
- How often? (daily, weekly, occasionally)

SYMPTOM TIMELINE

- When did you first notice symptoms? (be specific)
- What symptoms appeared first?
- How have symptoms progressed?
- Any patterns? (worse at certain times, better when away from marijuana)

MEDICAL HISTORY

- ER visits (dates, what was said)
- Hospitalizations (dates, diagnoses given)
- Medications tried (names, responses)
- Previous diagnoses

ACTION: Create a simple timeline document. You can use:

- Spreadsheet (dates in one column, events in another)
- Written notebook (chronological order)
- This template (fill in dates):
 - [DATE] Started using marijuana
 - [DATE] Use increased to daily/switched to vapes
 - [DATE] First noticed [symptom]
 - [DATE] [Symptom] got worse
 - [DATE] First ER visit - told [diagnosis]
 - [DATE] Started medication [name]

TIME REQUIRED: 30-60 minutes today



STEP 2:
HAVE THE
CONVERSATION
(Do This This
Week)

THE GOAL:

Plant the seed that marijuana may be causing their symptoms, without pushing them into defensiveness.

THE SCRIPT:

OPENING:

"[Name], I need to talk to you about something I'm really worried about. Can we sit down for a few minutes?"

ACKNOWLEDGE THEIR EXPERIENCE:

"I know you're going through something really scary right now. [The paranoia/voices/symptoms] must be terrifying."

CONNECT THE DOTS GENTLY:

"I've been learning that today's marijuana - especially vapes and dabs - is way stronger than it used to be. Like 10-30 times stronger. And that can actually cause the brain to not be able to tell what's real and what's not."

SHOW THE EVIDENCE:

[Show them the Potency Chart]

"Look at this. Did you know vapes are 70-90% THC? That's not the same as regular marijuana."

MAKE THE CONNECTION PERSONAL:

"The symptoms you're having - they started around the same time you started using [daily/vapes/dabs]. That's not a coincidence."

OFFER HOPE:

"Here's what I learned: If this is Cannabis-Induced Psychosis - which is different from schizophrenia - your brain can actually heal. But you have to stop using, and you need the right kind of treatment."

ASK, DON'T DEMAND:

"Would you be willing to talk to specialists who see this every day? Just to get their opinion?"

WHAT NOT TO SAY:

- ✗ "You're an addict"
- ✗ "This is your fault"
- ✗ "Just stop using drugs"
- ✗ "You're being selfish"
- ✗ "I knew this would happen"

WHAT TO SAY:

- ✓ "I love you and I'm scared"
- ✓ "This is medical, not moral"
- ✓ "Your brain can heal"
- ✓ "We'll figure this out together"
- ✓ "I'm not giving up on you"

IF THEY REFUSE/GET ANGRY:

That's normal. Don't force it.

Say: "I hear you. I'm not trying to make you do anything right now. But I'm going to learn more about this, and I'm here when you're ready to talk."

Then:

- Leave resources where they can find them (this guide, the potency chart)
- Plant seeds in casual conversation later
- Keep the door open
- Don't lecture or nag

Many young adults need to hear it multiple times before they're ready.

TIME REQUIRED: 20-30 minutes for conversation

TIMING: When they're calm, not in crisis, not high



**STEP 3:
SEEK
INTEGRATED
TREATMENT
(Start This Week)**

WHY STANDARD TREATMENT FAILS CIP:

✗ **Standard Rehab:**

- Treats addiction only
- Not equipped for active psychosis
- Too short (28 days)

✗ **Psychiatric Hospital:**

- Stabilizes crisis only (5-7 days)
- Doesn't address addiction
- No continuity of care

✗ **Outpatient Therapy:**

- Not intensive enough
- Assumes they can function independently
- Easy to keep using between sessions

✓ **WHAT YOUR SON OR DAUGHTER NEEDS:**

INTEGRATED RESIDENTIAL TREATMENT that includes:

- ✓ 60-90 day minimum program length
- ✓ Treats addiction + psychosis simultaneously
- ✓ Licensed dual-diagnosis specialists
- ✓ Medical/psychiatric supervision
- ✓ Evidence-based therapy (CBT, DBT, trauma)
- ✓ Neuroscience (brain mapping, neurofeedback)
- ✓ Family involvement
- ✓ Spiritual component (mind, body, spirit)
- ✓ Strong aftercare plan

HOW TO EVALUATE TREATMENT PROGRAMS:

QUESTIONS TO ASK:

- *"Do you specialize in Cannabis-Induced Psychosis?"*
(Most say "we treat dual diagnosis" - push for CIP-specific experience)
- *"What is your typical program length for CIP?"*
(Look for 60-90 days, not 28-30 days)
- *"How do you treat addiction and psychosis simultaneously?"*
(Should have integrated team, not referrals to outside providers)
- *"What is your staff-to-patient ratio?"*
(Lower is better - look for 1:3 or better)
- *"Do you use neuroscience/neurofeedback?"*
(Shows they're using cutting-edge brain healing approaches)
- *"How do you involve family?"*
(Should include family therapy, education, ongoing communication)
- *"What does aftercare look like?"*
(Support shouldn't end at discharge)
- *"What are your outcomes specifically for CIP?"*
(Ask for data, success rates, where patients are now)

WHY SANCTUARY CLINICS:

- ✓ **We specialize in CIP** (not just "dual diagnosis")
- ✓ **60-90 day programs** (adequate time for brain healing)
- ✓ **State-of-the-art neuroscience** (brain mapping, neurofeedback)
- ✓ **Christ-centered community** (staff lives on campus)
- ✓ **Licensed clinical excellence** + spiritual foundation
- ✓ **Family-centered** (you're part of the process)

Call for free consultation: (850) 828-0440

TIME REQUIRED: 2-4 hours this week researching
and calling programs



STEP 4:
ACT WITH
URGENCY
(Understand Why
This Week Matters)

THE TIMELINE THAT CHANGES EVERYTHING:

0-6 MONTHS SINCE SYMPTOMS STARTED:

- Optimal treatment window
- Best outcomes
- Highest chance of complete recovery
- **ACTION: Schedule evaluation THIS WEEK**

6-12 MONTHS SINCE SYMPTOMS STARTED:

- Window closing
- Risk increasing
- Good outcomes still possible but harder
- **ACTION: Schedule evaluation IMMEDIATELY**

12+ MONTHS SINCE SYMPTOMS STARTED:

- High risk of progression to schizophrenia
- Intervention urgent
- Outcomes less certain but still worth pursuing
- **ACTION: This is a crisis - call today**

WHY WAITING IS DANGEROUS:

Research shows:

- 50% of untreated CIP cases progress to **permanent schizophrenia**
- The longer psychosis persists, the harder it is to reverse
- Brain changes become more established over time
- Early intervention = dramatically better outcomes

Every week matters.

WHAT "ACTING QUICKLY" MEANS:

THIS WEEK:

- ✓ Complete documentation (Step 1)
- ✓ Have the conversation (Step 2)
- ✓ Research treatment options (Step 3)
- ✓ Call Sanctuary for consultation
- ✓ Verify insurance coverage

NEXT WEEK:

- ✓ Schedule clinical evaluation
- ✓ Begin admission process if appropriate
- ✓ Arrange time off work/logistics
- ✓ Prepare family for treatment

WITHIN 2-4 WEEKS:

Child enters treatment



WHAT IF THEY REFUSE TREATMENT?

YOUR OPTIONS:

1. WAIT FOR CRISIS

- Sometimes rock bottom comes first
- Be ready to act when it does
- Have plan in place

2. INTERVENTION

- Professional interventionists can help
- Success rate is higher with professional guidance
- Sanctuary can recommend intervention specialists

3. INVOLUNTARY COMMITMENT

- Laws vary by state
- Usually requires imminent danger to self/others
- Consult with attorney or mental health professional
- This is last resort but sometimes necessary

4. LEVERAGE & BOUNDARIES

- "You can live here IF you go to treatment"
- "I'll support you financially IF you get help"
- Remove enablers (money, car, housing)
- Let natural consequences happen

THE HARD TRUTH:

You cannot force recovery.

But you CAN:

- ✓ Set clear boundaries
- ✓ Remove enablers
- ✓ Be ready when they're ready
- ✓ Keep offering the path forward
- ✓ Take care of yourself in the meantime

Don't set yourself on fire to keep them warm.



YOUR SUPPORT SYSTEM

YOU CAN'T DO THIS ALONE

BUILD YOUR TEAM:

- **Spouse/Partner** - Get on same page about boundaries and plan
- **Family Therapist** - For YOU and your family
- **Support Group** - Other parents who understand (Al-Anon, NAMI)
- **Church Community** - Spiritual support
- **Treatment Team** - Once child is in treatment

TAKE CARE OF YOURSELF:

You're no good to your child if you collapse.

- ✓ Sleep
- ✓ Eat
- ✓ Exercise
- ✓ Pray/meditate
- ✓ Talk to someone
- ✓ Set boundaries
- ✓ Take breaks

This is a marathon, not a sprint.



NEXT STEPS - CHOOSE YOUR PATH

PATH 1: I'M READY TO ACT NOW

Call Sanctuary Clinics: (850) 828-0440

We'll:

- Review your child's situation
- Determine if CIP evaluation is appropriate
- Explain treatment options
- Verify insurance
- Answer all questions
- Create action plan

PATH 2: I NEED MORE INFORMATION FIRST

Register for Ask The Specialist:

SanctuaryClinics.com/ask-specialist

Free Live Q&A Every Wednesday 11am ET

Get your specific questions answered:

- "How do I get them to agree to evaluation?"
- "What if they won't stop using?"
- "How do I know which program is right?"
- "What does treatment actually look like?"

PATH 3: I'M NOT READY YET



Get the complete video series:

[SanctuaryClinics.com/cip-videos](https://www.SanctuaryClinics.com/cip-videos)

5 videos delivered daily:

- Day 1: What's happening to your child
- Day 2: Why today's marijuana is different
- Day 3: CIP vs. schizophrenia
- Day 4: What parents can do (you are here)
- Day 5: Treatment that works



YOUR ACTION CHECKLIST

PRINT THIS AND CHECK OFF AS YOU GO:

TODAY:

Create timeline document (30-60 min)

Gather medical records you have

Read through conversation script

Decide on best time to talk this week

THIS WEEK:

Have the conversation with your child

Call Sanctuary for consultation: (850) 828-0440

Register for Ask The Specialist (if helpful)

Research 2-3 other programs for comparison

Check insurance coverage for residential treatment

NEXT WEEK:

Schedule clinical evaluation

Begin admission paperwork (if appropriate)

Arrange logistics (time off work, child care, etc.)

Talk to immediate family about the plan

WITHIN 30 DAYS:

Child enters treatment

OR have concrete plan/next steps

REMEMBER:

You didn't cause this.

You can't cure this alone.

But you CAN help your child get the right treatment.

Cannabis-Induced Psychosis is often reversible—

IF you get the right diagnosis and the right treatment in time.

The window is 6-12 months.

Don't wait.



SANCTUARY CLINICS

Specialists in Cannabis-Induced Psychosis

Phone: (850) 828-0440

Web: SanctuaryClinics.com

Address: 984 Boston Highway, Monticello, FL 32344

Ask The Specialist

Every Thursday 7pm EST

Register: SanctuaryClinics.com/ask-specialist

*Your child's story doesn't have to end with "schizophrenia."
There is hope. There is help. There is healing.*

Take the first step today.