What are marijuana concentrates?

A marijuana concentrate is a highly potent THC concentrated mass that is most similar in appearance to either honey or butter, which is why it is referred to or known on the street as “honey oil” or “budder.”

WHAT IS ITS ORIGIN? Marijuana concentrates contain extraordinarily high THC levels that could range from 40 to 80 percent. This form of marijuana can be up to four times stronger in THC content than high grade or top shelf marijuana, which normally measures around 20 percent THC levels. Many methods are utilized to convert or “manufacture” marijuana into marijuana concentrates. One method is the butane extraction process. This process is particularly dangerous because it uses highly flammable butane to extract the THC from the cannabis plant. Given the extremely volatile nature of butane, this process has resulted in violent explosions. THC extraction labs are being reported nationwide, particularly in the western states and in states where local and state marijuana laws are more relaxed.

What are common street names? 710 (the word “OIL” flipped and spelled backwards), wax, ear wax, honey oil, budder, butane hash oil, butane honey oil (BHO), shatter, dabs (dabbing), black glass, and errl.

What does it look like? Marijuana concentrates are similar in appearance to honey or butter and are either brown or gold in color. How is it abused? One form of abuse occurs orally by infusing marijuana concentrates in various food or drink products; however, smoking remains the most popular form of ingestion by use of water or oil pipes. A disturbing aspect of this emerging threat is the ingestion of concentrates via electronic cigarettes (also known as e-cigarettes) or vaporizers. Many users of marijuana concentrates prefer the e-cigarette/vaporizer because it’s smokeless, odorless, and easy to hide or conceal. The user takes a small amount of marijuana concentrate, referred to as a “dab,” then heats the substance using the e-cigarette/vaporizer producing vapors that ensures an instant “high” effect upon the user. Using an e-cigarette/vaporizer to ingest marijuana concentrates is commonly referred to as “dabbing” or “vaping.”

What are the Effects of Using Marijuana Concentrates? Being a highly concentrated form of marijuana, the effects upon the user may be more psychologically and physically intense than plant marijuana use. To date, long term effects of marijuana concentrate use are not yet fully known; but, the effects of plant marijuana use are known. These effects include paranoia, anxiety, panic attacks, and hallucinations. Additionally, the use of plant marijuana increases one’s heart rate and blood pressure. Plant marijuana users may also experience withdrawal and addiction problems.

DRUGS OF ABUSE | A DEA Resource Guide: 2017 EDITION
Photos from getsmartaboutdrugs.org

Is 710 the new 420?

Well, it is hard to say. Most people are familiar with 420 as being what many typically call a “stoners holiday” on April 20th. As marijuana use increases and legalization is coming about more and more, there is a major increase in the use of marijuana oils and concentrates (see page 1 for details). 710, or OIL backwards/upside down, designates July 10th as a day for those with an affinity for concentrates. Oil is a term used to describe highly potent cannabis concentrates. In reality, both are probably not going away anytime soon. Parents and educators be sure to learn more and we can help, Stacey.O’Dell@dor.org.

Knowledge is Power—Let us help you learn more

Steuben Council on Addictions is available to provide community presentations on a myriad of topics relating to substance abuse, prevention, parent information, information for schools and their employees, churches, youth groups and more within Steuben County. We are capable of customizing presentations to the area of interest, timeframe requested and makeup of the audience. For further information or to schedule a presentation, please contact Prevention Educator Stacey O’Dell at Stacey.O’Dell@dor.org or (607) 776-6441 x205.

Topics include but are not limited to: Current adolescent drug trends, Societal drug trends, Vaping and eCigs, The Opioid Epidemic, Underage Drinking; Gambling and its effect on families and society, Substance abuse and employment, Impact of substance use on children and education, etc.
Tips for safe celebrations

Here are some suggestions to help make celebrating them safe for everyone:

- Set clear rules that help them to make great memories that will last a lifetime.
- Talk openly and honestly with your teen.
- It is ok to repeat your expectations.
- Be sure they know that you will not be providing them with alcohol.
- Know where they are going to be.
- Make sure they know that you will be the only person they can ride home with.

- Be up when they arrive home.
- Acknowledge their strengths and when they do responsible things.

Many well-meaning parents provide alcohol for parties or allow alcohol to be consumed at their home on the false belief that it is safer, but the fact is underage drinking is illegal and so is providing alcohol to minors.

If you make alcohol available in your home or on your property for minors or purchase it for them, you can be prosecuted.

When it comes to celebrating your High School Graduate keep it alcohol free to reduce temptation and to ensure safety for all of your guests.

Resource link

In response to the ever changing world around us, we have compiled links and resources to help families and educators address new and changing needs. We want to be sure that students, parents and teachers have plenty of information to help them out when it comes to social skills, substance abuse, conversation starters, mental health and more. Included here you will find links to age appropriate stories, activities, articles and more that can be helpful tools for you.

In our elementary section we have included a great collection of social skills story books that children can watch and keep up on important topics. Some areas include mindfulness, resiliency, asking for help, handling emotions and more.

In our middle and high school section, there are opportunities for reflection, discussion and activities that are paired with each Storyteller video when they access the Natural Highs information.

The parent section is full of information to help parents with common struggles from dealing with adolescent emotions to having conversations about tough topics. There are resources being added, so be sure to bookmark the following link:

https://www.catholiccharitiessteuben.org/services/substance-free-living/prevention-services/steuben-council-on-addictions/student-resources/

Hosting an Underage Drinking Bash?

We’ll SEE You There

Substance Free Living  
A service priority for Catholic Charities of Steuben
What to ask your doctor when prescribed opioids

(HealthDay News, Robert Preidt) -- If your doctor prescribes opioid painkillers such as hydrocodone, oxycodone, codeine or morphine for you, there are a number of questions you should ask, the U.S. Food and Drug Administration advises. Opioids can be used to treat certain kinds of acute and chronic pain, but can have some serious side effects, most notably addiction.

If you’re prescribed opioids, the FDA says you should ask: Why do I need this medication? Is it right for me? Are there nonopioid pain medicines I could take instead?

If your doctor thinks a prescription opioid is the best way to manage your pain, ask: to be prescribed the lowest dose and the smallest quantity you’ll need; how to reduce the risk of potential side effects; when and how to stop or taper its use; and when to follow up on how well it’s working.

Take opioids exactly as prescribed by your health care provider. If you still have pain, call your health care provider. Don’t take an extra dose of opioids.

Learn to identify serious side effects — such as excessive sleepiness or craving more of the medication — so you and your family will know when to call a doctor or go to the hospital.

Ask your pharmacist if your opioid prescription comes with a Medication Guide (paper handouts that come with many prescription medicines) that can provide you with more information. Tell your health care provider if you’ve had problems with substance misuse or addiction to drugs or alcohol, or a history of smoking cigarettes, or if anyone in your family has had problems with substance misuse, alcoholism or drug addiction.

You also need to inform your health care provider about all other medicines you’re taking, especially those prescribed to treat anxiety, sleeping problems or seizures. Even medicines you take only occasionally could interact with the opioid medication.

If you have youngsters at home, the FDA recommends storing your opioid medications in a lockbox. An accidental dose of an opioid meant for an adult can cause a fatal overdose in a child. The lockbox will also prevent anyone from stealing your opioid medications.

More information
The U.S. National Institute on Drug Abuse has more about prescription opioids.
SOURCE: U.S. Food and Drug Administration, news release, May 2020

Substance Free Living
A service priority for Catholic Charities of Steuben

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Steuben Council on Addictions (SCA) is a program of Substance Free Living, a service priority for Catholic Charities of Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information please contact Stacey O’Dell, Prevention Educator at sodell@dor.org or (607) 776-6441, ext. 205.