



## Siletz Salem Area Office

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Salem, OR 97305  
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Fax: 503-390-8099

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**CTSI OFFICES  
HOLIDAY CLOSURE  
INDIGENOUS PEOPLES DAY  
OCTOBER 10**



**SALEM AREA OFFICE  
TRUNK OR TREAT**

**SILETZ TRIBAL HOUSEHOLDS WITH CHILDREN  
AND JOM FAMILIES ARE INVITED TO STOP BY  
THE SILETZ SALEM AREA OFFICE FOR OUR  
TRUNK OR TREAT EVENT, SUNDAY, OCTOBER 24,  
11:00 AM TO 1:00 PM, OR UNTIL SUPPLIES LAST.**




## Crochet Class Highlights



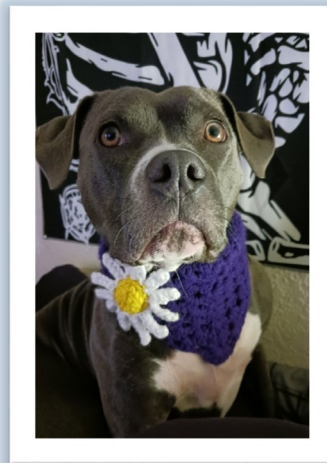
Eva used her new skills to crochet a cute octopus and small purse.

This class was highly successful! Youth and elders came together with a common interest; to gain skills to complete their own crocheted projects. They learned the following crochet stitches: slip, single, half-double, double, and v-stitch. We are excited to share with you their comments and a couple of their finished projects!

Melissa used her new crochet skills and made a beautiful scarf for her fur baby Daisy.



"The crocheting class was very fun!! I learned a lot about crocheting and new patterns for crocheting. It inspired me to keep crocheting at such a young age. I can do crochet as I get older"  
~ Eva Jurado - 5th Grade



"I've never crocheted until the class. I really enjoyed it."  
~ Melissa Lane

### Elder News

Donna Kessinger, Elder Rep for the Salem area would like to thank all the Elders who participated in making the Salem area basket for the Elders Raffle a huge success! Thanks also to Jackie Taylor for finding a basket and helping assemble the basket and bonus box. Thanks to Debra Cearley and Jeremy Cearley for taking it to Siletz.

|            |                 |                     |
|------------|-----------------|---------------------|
| Thanks to: | Beverly Owen    | Jackie Taylor       |
|            | Brenda Arellana | Lodynee Mackaravitz |
|            | Charlene Martin | Lori Brown          |
|            | Cynthia Lozano  | Lydia Kentta        |
|            | Debra Cearley   | Terry Andrews       |
|            | Donna Kessinger | Teresa Cavender     |
|            | Edmond Ben      | Troy Kessinger Sr.  |
|            | Gerald Ben      | Vern Kessinger Jr.  |





*October is Mental Health Awareness month*

503-390-9494 X1854  
[Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us)  
Monday-Friday  
8:00am - 4:30pm

It seems like so much in life right now is out of our individual control, which naturally worsens symptoms of mental health challenges. Shifting your focus onto what in your own life you can affect can help ease symptoms of stress, anxiety, and depression.

***Here are a few tips for maintaining positive mental health when life feels out of control.***

Focus on your own sense of purpose. Consider all the positives in your life. Consider creating a simple daily ritual: Brew a cup of tea or make some hot chocolate, sit in a favorite chair snuggled in a cozy blanket, and spend some time mindfully writing in a journal, reflecting on why you do what you do every day .

Carry a focus object that represents this meaning. Select a small object or picture, and carry it with you. When you catch yourself feeling anxious, sad, or caught up in all that is wrong, pull yourself out of it by studying how it looks, what it feels like in your hands, and how it sounds or smells if that’s applicable.

Separate yourself from your anxiety and other negative thoughts and feelings. When you notice that you’re caught up in negative thoughts, pause and remind yourself, “I’m having the thought that...” This acknowledges your thoughts in a nonjudgmental way and kindly reminds you that this is a thought rather than an absolute truth.

*These tips can’t change things that are beyond our control, but they can help you maintain a sense of centeredness for your mental health.*

When you have concerns about your mental health, talking with a doctor is an important step in reclaiming your wellbeing. This can be easier said than done. Use these tips for talking to a doctor about your mental health so you can be a strong self-advocate for your quality life.

**How to Talk to Your Doctor About Your Mental Health**

Think differently about stigma. Mental health stigma can prevent people from seeking help. Don’t let the fear of others’ thoughts keep you from doing what is best for you. Remember that stigma arises from misinformation and a lack of understanding. Just because some people are ignorant about mental health doesn’t mean that you should suffer because of it. Reaching out for help can improve your life, and nothing you do or do not do will affect the lives of people who stigmatize.



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### Prepare.

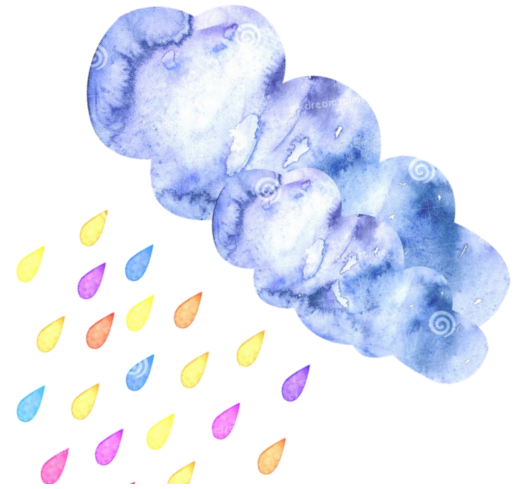
Make a list of your mental illness symptoms and what is going well, and take it to the appointment. This will help you and your doctor hone in on what to do.

Take notes. Jot down your doctor’s thoughts and suggestions so you can reflect on them later. You don’t have to make any decisions during your brief appointment. Gather information and look up articles about it later so you can decide what does and does not fit you.

Working with a doctor is an important part of your journey toward optimum mental health. By advocating for yourself and communicating, you put yourself in charge of your wellbeing.



**Feeling Overwhelmed?  
Try the RAIN Technique.**



**R** Recognize what is happening (“What is happening in this moment? How am I feeling?” “Where do I feel it in my body?”)

“I’m so mad at myself for failing my spelling test. I want to cry.”

**A** Allow life to be just as it is (“I can let the thoughts or feelings just be here. Even if I don’t like it.”)

“I am mad and I feel like crying. It’s uncomfortable but I can allow myself to feel this way.”

**I** Investigate with kindness (“Why do I feel this way?” “Is it really true?”)

“I am mad and I feel like crying. It’s uncomfortable but I can allow myself to feel this way.”

**N** N-Non-Identification (“I am having a thought or emotion, but I am not that thought or emotion.”)

“I can have angry and disappointed feelings without being those feelings. I am bigger than how I feel in this moment.”

**RAIN**  
A Mindful Tool For Dealing With Emotions

The situation you want to address: \_\_\_\_\_

Recognize the emotion underlying this situation: \_\_\_\_\_

Accept the emotion within you: \_\_\_\_\_

**Investigate it:**  
 Your Physical Sensations: \_\_\_\_\_  
 Your Experience: \_\_\_\_\_  
 Your Thoughts: \_\_\_\_\_

**Non-Identification:** \_\_\_\_\_

End Quote: \_\_\_\_\_

www.calmsage.com





## SILETZ HOME VISITING PROGRAM - *Lori Christy, Home Visitor*

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If you are expecting a baby, or have an infant under one, please check out our Home Visiting program. We are here to provide support, encouragement and share parenting and life skills for a positive parenting experience. To find out more about the Home Visiting program, please contact Lori Christy at 503-390-9494 or [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us).



### Fall Activities for Toddlers

- 1) Go for a walk in the rain.
- 2) Grab a bucket and go on a fall scavenger hunt. Find a leaf, nut or seed, twig, small rock... add your own ideas.
- 3) Sing a fall song: Leaves are Falling  
(Sung to: *Are You Sleeping?*)  
Leaves are falling (children stand, hold arms high and wiggle fingers like leaves falling from branches)  
Leaves are falling  
To the ground (crouch down to the ground)  
To the ground  
Look at all the colors (stand and swirl arms all around)  
Look at all the colors  
Red yellow brown  
Red yellow brown
- 4) Give a pumpkin a bath.
- 5) Have an indoor picnic on a rainy day.
- 6) Go to the library and check out books to read at home snuggled in a blanket.
- 7) Bake cookies and share with a friend.
- 8) Visit a farm, pumpkin patch or apple orchard.
- 9) Paint a pumpkin.
- 10) Make a blanket fort and have a pajama party.

# EDUCATION NEWS - Sonya Moody-Jurado, Education Specialist

Sonyamj@ctsi.nsn.us  
503-390-9494 x 1856  
Monday - Thursday  
8:00 am - 4:30 pm

## EDUCATION PROGRAM COMPONENTS



- Higher Education
- Adult Vocational Training (AVT)
- Supplemental Education (JOM)
- Adult Education
- Tribal Youth Employment & Education Program (TYEE)

### JOM

#### **PUMPKIN DISTRIBUTION**

The JOM Program will distribute pumpkins to JOM students on Sunday, October 24, 2022 from 11:00-4:00pm. Come pick out a pumpkin at the Siletz Tribal Office. 1 pumpkin per child, or 3 maximum per family.



#### **SILETZ TRIBAL YOUTH CONFERENCE**

Our annual Youth Conference this year is November 5-6, 2022. The conference will be held at B’Nai B’rith Conference Center for Siletz Tribal Youth (7<sup>th</sup>-12<sup>th</sup> Grades). Applications will be mailed to Tribal youth.

### HIGHER EDUCATION/ADULT VOCATIONAL TRAINING

#### **FAFSA**

The applications for FAFSA (Free Application for Federal Student Aid) opens on October 1, 2022 for the 2023/2024 School Year. The Tribal deadline to complete your FAFSA is June 20, 2023, but please turn in your application early. Federal and State money is on a first come-first serve basis and given out until gone.

### ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me at (503) 390-9494.

# USDA FOOD DISTRIBUTION PROGRAM - Sammy Hall, FDP Director

#### Siletz

|           |       |                   |
|-----------|-------|-------------------|
| Monday    | Oct 3 | 9:00 am – 3:00 pm |
| Tuesday   | Oct 4 | 9:00 am – 3:00 pm |
| Wednesday | Oct 5 | 9:00 am – 3:00 pm |
| Thursday  | Oct 6 | 9:00 am – 3:00 pm |
| Friday    | Oct 7 | 9:00 am – 3:00 pm |

#### Salem

|           |        |                            |
|-----------|--------|----------------------------|
| Monday    | Oct 24 | 1:30 pm - 6:30 pm          |
| Tuesday   | Oct 25 | 9:00 am - 6:30 pm          |
| Wednesday | Oct 26 | <b>By appointment only</b> |

Call the Salem Warehouse only on Salem distribution days/times specified.  
503-391-5760 -OR- 800-922-1399 ext. 1869  
SALEM WAREHOUSE LOCATION  
3160 Blossom Drive NE, Suite 185

#### Sammy Hall, FDP Director

sammyh@ctsi.nsn.us  
541-444-8279

#### Fax

Siletz: 541-444-8306  
Salem: 503-391-4296

We would like to see more people sharing their recipes.



“like” us on facebook at “Siletz Tribal FDPDR” and share your recipes.

# ENERGY ASSISTANCE - LIHEAP



## What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a federally-funded program that helps low-income households with their home energy bills. This can be electric and/or natural gas.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)

## What Assistance does LIHEAP provide?

- Heating Assistance (Applicants must only have a tribal member in the household and be income eligible.)
- Crisis Assistance (Shut off or Final Notice exceeding base award.)

## Enrolled Siletz Tribal Member

The applicant, or a child residing in the household, must be an enrolled Siletz tribal member.

## Residence Location

The residence must be located within the 11 county service area.

## Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

## Program Key points

LIHEAP is divided into two categories: 1) Heating 2) Crisis.

LIHEAP awards will depend on family size, income and need.

**When returning an application, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time.**

Required documentation includes, but is not limited to:

- o Social Security Cards for ALL household members (NO EXCEPTIONS!)
- o Tribal ID/ CIB
- o Most recent billing statement
- o Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

Applications are available via email or US Postal upon request.

**If you have any additional questions, please don't hesitate to call Casey Godwin in the Siletz Tribal Housing Department at (541) 444-8311 or (541)270-0194.**



# NATURAL RESOURCES DEPARTMENT

## ATTENTION 2022 DEER EARLY BOW TAG HOLDERS

Tribal hunters who were issued deer early archery tags from the Siletz Tribe for the 8/27/2022-9/25/2022 season are required to return UNFILLED early season tags to the Natural Resources Department no later than October 7, 2022. The interest in bow hunting has increased and the number of deer archery tags is limited to 50 total for the split seasons. All UNFILLED deer bow tags must be returned by 10/7/2022 to be available for requests for deer late archery season. The first distribution of deer late bow tags is for tribal hunters who did not receive a tag during the early season. The first distribution day for deer late bow tags is October 17, 2022. Call Natural Resources at (541) 444-8227, (541) 444-8232, or 800-922-1399, ext. 1232 for assistance.



2022/2023

### HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

#### HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50

CABELAS GIFT CARDS

#### FISHING INCENTIVE

\$50

CABELAS GIFT CARD

#### SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

[mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)

or

Rosie Williams at

541-444-8227

[rosiew@ctsi.nsn.us](mailto:rosiew@ctsi.nsn.us)

## CUT WOOD FOR THE ELDERS DAY

The Tribal Natural Resources Committee and Natural Resources Department will sponsor one last “Cut Wood For The Elders Day” of the year on **Saturday, October 15<sup>th</sup>**. The woodcut will be held on the **Tribe’s Logsden Road property to the right of the Tribal Food Distribution Warehouse** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don’t have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8:00 AM** and go until around 2:00 pm.

The primary goal of this event will be to deliver firewood to elders that did not get wood at the last woodcut. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1212 or 541-444-8212

to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event!





# 477 - SELF SUFFICIENCY PROGRAM - *Angelica Espino, TSS*

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. We are still accepting applications and conducting appointments over the phone and through email.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email [477SSP@ctsi.nsn.us](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

### For Siletz tribal members we offer:

Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), and Diverted Services.

**We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe):**

Emergency Assistance, Classroom Training (CRT), Direct Placement, On the Job Training (OJT), and Work Experience (WEX)

*Participants in 477 - Self Sufficiency Programs must meet the eligibility requirements.*

## Core Services

Need assistance with finding a JOB??? Core Services is what you need

### Services:

Job Referrals, Resumes, Cover Letter, Employment Counseling/Coaching, Job Search Assistance, Mock Interviews

### Support Services:

Interview Clothing, Transportation  
Directly tied to a job opportunity



**Emergency Assistance:** Tribal families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

**Direct Placement:** Support services (work clothing, tools, transportation assistance etc.) for eligible Native Americans that recently gained employment. Must apply within 7-days of hire.

**Classroom Training:** Financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/ Occupational Training.

### Important 477-SSP Dates to Remember:

**October 5th:** Monthly Contact, Monthly Report Forms, Self Sufficiency Activities Timesheets, and Job Search Forms are due.

**TBD:** (Online Activity)

**October 13:** Education, 10AM - 12PM

(Online Monthly Training)

### For More Information Contact:

Tribal Service Specialist:

Angelica Espino

**Phone:** 503-390-9494 ext. 1853

**Email:** [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)



# SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM (STVRP) - Toni Leija, VRC/Job Developer

## OCTOBER AWARENESS: DYSLEXIA – A Reading Disorder

### What is Dyslexia?

Dyslexia is a learning disorder that affects reading, spelling and writing. Individuals with this condition have normal intelligence. They may struggle with reading and phonics (articulation). The individual may switch letters or have difficulty decoding sounds.

### Risk Factors:

- ◆ Family history
- ◆ Premature birth or low birth weight
- ◆ Exposure to alcohol or drugs, ie., nicotine during pregnancy
- ◆ Infection that alters the developing brain in the womb.

**Symptoms:** Individuals may have difficulty in reading, memorizing, and identifying words, including:

- ◆ Delay in speech
- ◆ Misspells words
- ◆ Issue recalling or naming letters, numbers and colors
- ◆ Difficulty with learning numbers
- ◆ Trouble learning

There is no single test to identify this condition. It does not require lab tests or imaging.

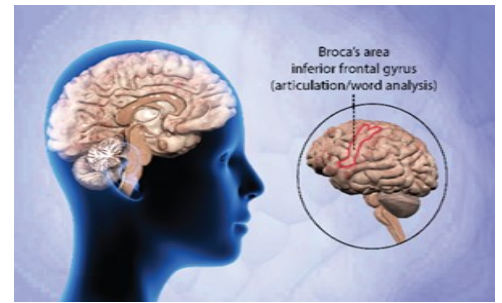
It affects the part of the brain called the “Broca’s” area (inferior frontal gyrus) that is involved in articulation and word analysis.

### Types of Dyslexia:

**Primary Dyslexia-** most common type. It involves dysfunction of the left side of the brain and remains unchanged with age.

**Developmental Dyslexia-** There may be problems with brain development during the early stages of fetal development.

**Trauma Dyslexia-** This occurs after some form of brain trauma or injury which may control reading and writing.



## Do I Have Dyslexia?

Explaining Symptoms & Myths for Kids

.....

**You might have dyslexia if:**

- You have or had trouble with letter reversals (b and d) and words reversals (was and saw).
- You have or had troubles with reading aloud.
- You have or had trouble with words problems in math.
- You have or had trouble learning how to read. The process is slow, labored and not much fun.
- You have or had trouble understanding jokes, punchlines, sarcasm and inferences.
- You have or had trouble with spelling. "When life gives you melons, you might be dyslexic."
- You have or had trouble following a series of written or aural directions.
- You have trouble with recalling names or words. "Hey mom! Where is the thing-a-ma-jig in that doohickey?"
- You have or had trouble mispronouncing words such as "aminal" for "animal."
- You have or had trouble telling directions such as right and left, east and west, and greater than and lesser than.
- You have or had trouble with rhyming words.

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(Continued on following page)

An individual can benefit from tutoring and/or techniques or methods that suits their learning style.

**Accommodations:** Selective job placement, periodic check-ins, tape recorders, and electronic check-lists. Reality counseling and feedback may empower the individual to focus on realistic employment goals rendering positive employment outcomes.

Inquire of the Job Development Specialists/Vocational Rehabilitation in the area offices:

**Makayla Jackson**

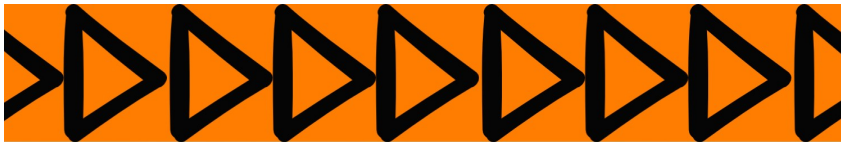
Job Developer/Counselor (Eugene)  
541-484-4234, ext. 1752

**Tamra Russell**

Job Developer/Counselor (Portland)  
503-238-1512, ext. 1411

**Toni Leija**

Job Developer/Counselor (Salem)  
503-390-9494, ext. 1861



**SIGN UP TODAY FOR FALL SESSION ON-LINE LANGUAGE CLASSES**


**LEARN NUU-WEE-YA'**

**TUESDAYS, SEPTEMBER 20-DECEMBER 6**  
5:00 PM-BEGINNING CONVERSATION 1  
5:45 PM- BEGINNING CONVERSATION 2


**THURSDAYS, SEPTEMBER 22-DECEMBER 8**  
5:00 PM-ONGOING CONVERSATION

**SATURDAYS 10/29, 11/19, 12/3**  
NOON-IMMERSION CONVERSATION HOUR


TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:nickv@ctsi.nsn.us) OR 541-484-4234 X1757




**Visit the Salem Area Office Facebook page:**  
[www.facebook.com/SalemAreaOffice/](http://www.facebook.com/SalemAreaOffice/)




**Visit the CTSI Language Facebook page:**  
[www.ctsi.nsn.us/heritage/language/](http://www.ctsi.nsn.us/heritage/language/)



**Visit the CTSI Youth Facebook page:**  
[www.facebook.com/CTSIYouth](http://www.facebook.com/CTSIYouth)



**Visit the Siletz Health Clinic Facebook page:**  
[www.facebook.com/SiletzHealthClinic](http://www.facebook.com/SiletzHealthClinic)



**CTSI VIRTUAL CULTURE NIGHTS**


ALL TRIBAL MEMBERS AND FAMILIES WELCOME

**Upcoming Dates:**

October 19 at 6pm:  
Mvn' (Traditional Houses)

December 7 at 6pm:  
Nee-dash

Sponsored by the Education and Culture Departments  
Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or 541-484-4234 x1757 to sign up





**Entering fall:**

The weather is cooling, the leaves are turning colors, and the rains are coming back. It has been a hot summer, and fires have again devastated the wild areas we hold dear. The Run to the Rogue had to be virtual again, but it was a special event that many participated in!

**Coping with the change of season:**

- 1) The days are going to start getting shorter, the skies more frequently darkened by clouds, and it will become increasingly important to maximize the daylight hours.
- 2) Exercise remains important but harder to come by with the rain; try inside activities such as using a step or similar to do step aerobics while you watch your favorite shows.
- 3) As the daylight decreases, if you notice your mood decreasing with it, try spending a few moments each day in front of a UV light source.

**Mental Health Specialist (MHS) services include:**

Brainspotting; couples counseling; youth, adult and family counseling with emphasis in experiential healing; and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have.

**An October haiku by the MHS:**

October brings us  
Pumpkins, corn mazes, and treats,  
Possibly a trick.

**Email Rachel your own haiku and she'll put it in her newsletter; first-come, first-served.**

[rachelz@ctsi.nsn.us](mailto:rachelz@ctsi.nsn.us)

**Traditional Coping:**

The fall is a time for the Siletz people to start preparing for the winter, and in that process comes the importance of making sure our Elders are ready. If you have time, join a wood-cutting event, reach out to the members of the community in the most need and lend a helping hand. The Siletz people are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles and smudge, while following social distancing guidelines. Live life in a healthy, good way.



**Portland & Salem Area Offices**

Virtual Appointments Available Monday - Friday

8:00 am - 4:30 pm

(In person appointments are available with advance arrangement)

(503) 200-4340



## Marijuana Use and Addiction

Marijuana use can lead to the development of problem use, known as a marijuana use disorder, which takes the form of addiction in severe cases. Recent data suggest that 30% of those who use marijuana may have some degree of marijuana use disorder.<sup>18</sup> People who begin using marijuana before the age of 18 are four to seven times more likely to develop a marijuana use disorder than adults.<sup>19</sup>

Marijuana use disorders are often associated with *dependence*—in which a person feels withdrawal symptoms when not taking the drug. People who use marijuana frequently often report irritability, mood and sleep difficulties, decreased appetite, cravings, restlessness, and/or various forms of physical discomfort that peak within the first week after quitting and last up to 2 weeks.<sup>20,21</sup> Marijuana dependence occurs when the brain adapts to large amounts of the drug by reducing production of and sensitivity to its own endocannabinoid neurotransmitters.<sup>22,23</sup>

Marijuana use disorder becomes addiction when the person cannot stop using the drug even though it interferes with many aspects of his or her life. Estimates of the number of people addicted to marijuana are controversial, in part because epidemiological studies of substance use often use dependence as a proxy for addiction even though it is possible to be dependent without being addicted. Those studies suggest that 9% of people who use marijuana will become dependent on it,<sup>24,25</sup> rising to about 17% in those who start using in their teens.<sup>26,27</sup>

## Marijuana, Memory, and the Hippocampus

Distribution of cannabinoid receptors in the rat brain. Brain image reveals high levels (shown in orange and yellow) of cannabinoid receptors in many areas, including the cortex, hippocampus, cerebellum, and nucleus accumbens (ventral striatum).

Memory impairment from marijuana use occurs because THC alters how the hippocampus, a brain area responsible for memory formation, processes information. Most of the evidence supporting this assertion comes from animal studies. For example, rats exposed to THC *in utero*, soon after birth, or during adolescence, show notable problems with specific learning/memory tasks later in life. Moreover, cognitive impairment in adult rats is associated with structural and functional changes in the hippocampus from THC exposure during adolescence.



As people age, they lose neurons in the hippocampus, which decreases their ability to learn new information. Chronic THC exposure may hasten age-related loss of hippocampal neurons. In one study, rats exposed to THC every day for 8 months (approximately 30% of their lifespan) showed a level of nerve cell loss at 11 to 12 months of age that equaled that of unexposed animals twice their age.

Source: National Institute on Drug Abuse  
<https://nida.nih.gov/publications/research-reports/marijuana/marijuana-addictive>



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