



## Mar-Anon Family Groups

Support and Hope For Those  
Affected By Another's Marijuana use

### About Us

Mar-Anon is a fellowship of those affected by another person's marijuana use. Its foundation is the Twelve Steps, adapted from Marijuana Anonymous, which can be a powerful, life-changing tool. We come together to work the steps and offer hope, comfort, and support for other members. We use the steps as a path of self-discovery and personal change.

The words marijuana and cannabis are being used interchangeably in this brochure.



# You are not alone.

Mar-Anon.com  
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## What is CIP, Cannabis-Induced Psychosis?



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## What is CIP, Cannabis Induced-Psychosis?

A mental health disorder characterized by the loss of connection with reality induced by THC (Tetrahydrocannabinol) in the cannabis plant.

## What are the symptoms of CIP?

Symptoms can be mild or severe and can occur for a few minutes or for years.

Symptoms can be:

- Paranoia
- Hallucinations (especially auditory)
- Delusions
- Grandiosity
- Irritability
- Anxiety and agitation
- Depersonalization
- Disorganized thinking, speech, behavior
- Racing thoughts
- Obsessive ideation

## Can CIP be life-threatening?

Experiencing CIP can be scary. Some, not all, people who experience CIP are at a higher risk for self-harm and/or harming others. Please call 911 or seek medical intervention if someone is a threat to themselves or others.

## Do people recover from CIP?

Yes, the first episode of CIP usually resolves, but it's important not to use marijuana again.

## Is Cannabis Induced-Psychosis common?

ERs report that CIP is becoming a common diagnosis due to the increased accessibility of marijuana products in more concentrated forms and decreased perception of harm.

## Can CIP lead to a schizophrenia diagnosis?

Out of all the drugs that can induce psychosis, cannabis results in the highest conversion rate from temporary psychotic symptoms to a chronic psychotic disorder like schizophrenia or bipolar disorder.

<u>Drug</u>	<u>Conversion Rate</u>
cannabis	47%
amphetamine	32%
hallucinogens	28%
opioids	21%

Source:  
<https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2017.17020223>

Please note: Even after one episode of CIP, the brain is more vulnerable to experiencing psychosis again.

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## Is there a cure for CIP?

No, there is not a cure for CIP, but the brain can heal.

To improve the outcomes, achieve long-term recovery, and decrease the risk for another episode of CIP, we recommend:

- Stopping all marijuana use
- Working with medical professionals
- Working with recovery professionals
- Surround yourself with healthy peers and family members
- Encourage families members to work their own recovery programs and learn about co-dependency.

## How do I help a loved one with CIP?

It's important that we don't shame or blame our loved ones suffering from CIP. Learning about cannabis use disorder, cannabis-induced psychosis, and seeking help and support for ourselves is key for a family's recovery. We recommend talking to your medical doctor, seeking professional counseling, and attending support meetings like Mar-anon.

*We heal the best within a supportive community.*

Contact us at:  
[maranon.group@gmail.com](mailto:maranon.group@gmail.com)



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