Unity Is Harmony

Unity is harmony within and amongst people. It is built with a shared vision for the good of all and a common goal. Unity is appreciating the value of each person and their unique contribution. When there is willingness to accommodate others, unity blossoms.
Nothing but a “Hazy” Future: The Real Effects of Marijuana on Teens

By: Heela Azizi
3rd AUA Medical Student

Dr. David Suarez
Board Member

“Pot, Mary Jane, Grass, Hash, Weed”. We often hear these names used interchangeably on the street as it refers to Cannabis, otherwise known as Marijuana. Regardless of the name, this drug is a hallucinogen – a substance which distorts how the mind perceives the world you live in. Just regular use of marijuana may permanently damage a teen’s developing brain – and could lead to a reduction in IQ, other drug use, and mental health issues.

According to a study published in the Journal of Neuroscience earlier this year, research shows that marijuana is responsible for structural changes in the brains of 18 to 25 year-olds who smoked pot at least once per week, compared to those of youth with little to no history of marijuana use. As invincible as we think we are, sometimes the actions and behaviors we engage in can be harmful and permanent. Our human brain tends to undergo important developmental changes up to the age of 25. Because our brains are under rapid development, it susceptible to addiction and dependence. About 17.4% of 13 year-olds become addicted within the first two years of marijuana use.

Exposure to marijuana at an early age leads to a “hazy” future. Studies show that teens who smoke pot daily are 60% less likely to finish high school or get a university degree than their peers who do not smoke pot. Exposure of marijuana during adolescence heavily influences emotional development and related to anxiety and depressive disorders.

So why is there an urge to do it if it has all these negative effects? Is it peer pressure? Curiosity? Is it really worth the “high”? As a community, our goal should be to limit access to marijuana for those under age and to have our teaching institutions provide resources to identify and help students using marijuana to know the dangerous effects it brings.

References: Journal of Neuroscience (April 2016), California Society of Addiction Medicine (September 2009)
Introducing Bridge to New Opportunities Program

⇒ This program serves youth aged 9 to 18 years old that have a current diagnosis of or indicators of history of substance abuse and/or alcohol abuse. This program helps:

- Clients to identify maladaptive behaviors, identify the functions of negative responses, and replacing them with healthy coping skills.
- Clients to recovery of substance and/or alcohol abuse.
- Family members to identify expected stages of recovery while client is going through the process of recovery of substance abuse or alcohol abuse.
- Clients and their families about set-ups, relapse, and also about proactive approaches to avoid relapse.
- Clients with crisis intervention.

⇒ Treatment is provided at times convenient for the client and family, a minimum of two per week, for a minimum of 2, over a 6 month period.

⇒ The program connects the individual and family with necessary community resources.

⇒ The program is delivered in the individual’s home and community.

⇒ All Harmony Development Center Specialists are Masters level clinicians supervised by licensed staff.

Supporting the Community: Mayor Wayne Messam’s Annual 3K Run and Health Fair

FREE 3K Run/Walk/Health Fair

- Kids Zone • Health Screenings • Onsite Registration

Health Screenings:

- Physical Fitness:
  - Blood Pressure
  - Height

- Family Planning:
  - Smoking Cessation
  - Diabetes Screenings
  - October Pregnancy Risk Assessment Women’s
  - Mammogram Screening

Kids Zone:

- Rock Climbing
- Face Painting
- Teddy Bear Clinic

For more information and to register call 305-492-3184 or email waylamb@ymail.com

Mayor Wayne Messam, along with Harmony Ambassadors and a special appearance by Mayor Wayne Messam’s Annual 3K Run and Health Fair.

Mayor Wayne Messam’s Annual 3K Run and Health Fair.

Mayor Wayne Messam’s Annual 3K Run and Health Fair.

Mayor Wayne Messam’s Annual 3K Run and Health Fair.

Mayor Wayne Messam’s Annual 3K Run and Health Fair.
Harmony Development Center wants to take this opportunity to thank everyone who helped to make successful our 2nd yearly event.

Please join us on our Living in Harmony 3rd Annual Awards Dinner that will take place on Friday October 14, 2016!
Harmony Development Center wants to congratulate one of our youth student for his accomplishment.

After successfully completing one of our programs, he received a full Football Scholarship.

He was able to project positive peer influences and he was also recognized for his hard work and dedication towards his academic success.

He improved his grades from Ds to As and Bs. HDC therapist, Mrs. Thompson, was very satisfied with the student's improvement results.

As a part of the support system, the family invited the therapist to attend the client’s signing football draft at the Flanagan Charles W. HS for Michigan State University.

Harmony Development Center is very proud of the success of our youth member!
Together we are critical in our community

With your financial support HDC has uninterrupted success in improving family relationships, obtaining youth academic achievement and school attendance, preventing teen pregnancy, preventing substance abuse, preventing delinquency, and keeping Broward County families from becoming part of the welfare system.

Donate Now

www.harmonydevelopmentcenter.org

Thank You!

Donations are greatly appreciated!!

SAVE THE DATE TO OUR LIVING IN HARMONY 3RD ANNUAL AWARDS DINNER!

OCTOBER 14TH 2016

Our Sponsors:

Total Wine & MORE

Greater Horizons Academy

GreenLife IOP

TOSHIBA