#16 April 2023

TMAP EAP Newsletter

Spring Has Sprung

***Happy Easter for those who celebrate this holiday.***

|  |
| --- |
| MAP TOP HELPERSMAP has proud partners with local treatment centers to make sure we have top programs available to help our union members. MAP visits those centers regularly to keep good relationships going and to make sure our programs align with best practices.Cumberland HeightsBradford HealthVertava Health |
|  |
|  |

NHTSA

***CBD and THC***

We are in a time where CBD and some marijuana products are legal but illegal on a federal level. Some workplaces have removed THC from their drug tests. However, people who carry safety sensitive or commercial operators’ positions, CBD and THC are not allowed no matter state laws. A person cannot do CBD or THC in any form and keep these careers. The big question currently, “do I want to use this product or keep my job?”

CBD is not regulated so the labels are often untrue to the consumer whose job is on the line. THC smokers beware- marijuana used to contain 1-2 % THC but current levels are 25% THC. Mental health problems are higher with use of THC, especially among developing brains. Brains are fully developed at 21 years old for females and 24 years old for males. (Sorry guys ☹)

Speaking of CBD and THC, April is also the new 4/20 Holiday.

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |
| --- |
| Text  Description automatically generated**420 Drug-Impaired Driving Prevention CampaignApril 20, 2023 (Thursday)**Although its origins are uncertain, April 20th (more commonly known as 420) has become synonymous with marijuana use and, in some circles, this date is considered a "**marijuana holiday**.”  Consequently, there will likely be an increase in marijuana use.As highway safety advocates, your efforts will help reduce the number of crashes and fatalities due to drug-impaired driving.  Make a difference by increasing enforcement efforts, raising public awareness, and maximizing your local resources.arrow-10x10 Click [here](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAzMzAuNzQzMDIwNTEiLCJ1cmwiOiJodHRwczovL3d3dy50cmFmZmljc2FmZXR5bWFya2V0aW5nLmdvdi9nZXQtbWF0ZXJpYWxzL2RydWctaW1wYWlyZWQtZHJpdmluZy9pZi15b3UtZmVlbC1kaWZmZXJlbnQteW91LWRyaXZlLWRpZmZlcmVudC80MjAtaW1wYWlyZWQtZHJpdmluZyJ9.gh79Lx8J9JX0BCqewpmh6FkTRunG7VJwZjUF-FHMg_A/s/1504358945/br/157143448108-l) to download your campaign materials now.On behalf of the NHTSA team, thanks for your proactive support in highway traffic safety.TSM Logo Blue 600 |

TSM is NHTSA's one-stop-shop for the latest highway traffic safety communications news, campaign materials, and marketing techniques. Let us know your thoughts and ideas at Feedback-TSM@dot.gov. If you have questions or problems with the subscription service, or you wish to unsubscribe, please contact [subscriberhelp.govdelivery.com](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAzMzAuNzQzMDIwNTEiLCJ1cmwiOiJodHRwczovL3N1YnNjcmliZXJoZWxwLmdvdmRlbGl2ZXJ5LmNvbS8ifQ.XDuRZs0l2wyxouKw1c3WbJ0FCzXCk0HqW4OSspuqVYA/s/1504358945/br/157143448108-l).

|  |  |
| --- | --- |
|  |  |

 |

***LIHEAP-***

If you or someone you know is struggling to pay utilities or rent, call your local Action Commission, and get some help. LIHEAP is helpful to families who struggle to pay their electric bills during those colder winter months and hotter summer months. Davidson County has the LIHEAP application online and can be faxed in for assistance from Metro Action Commission.

If you need to talk, MAP is always able and ready to answer your call and get you on our schedule.

TMAP

April Tyson, LPC-MHSP, MAC, SAP, CEAP

1901 Lindell Ave, Nashville, TN 37203

615-651-0676

atyson@tnaflcio.org