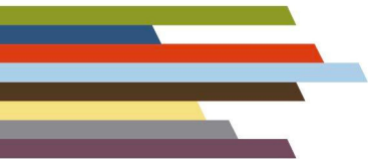




Xashiishadda gudaha Mareekanka

Agabka Dadka U Dhalan Maine

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Badeecadan waxaa soo saaray Laurie Jevons oo hoos imaanaysa Xarunta Wareejinta Tiknoolajiyadda Ka -hortagga ee New England ee 2021 (PTTC) Barnaamijka Wehelnimada. New England PTTC iyo barnaamijkan waxaa taageera SAMHSA oo ka tirsan Waaxda Caafimaadka Mareekanka iyo Adeegyada Aadanaha (HHS). Waxa ku jira waa kuwa qoraaga mana aha inay matalaan aragtida rasmiga ah, sidoo kale ansaxinta, SAMHSA/HHS, ama Dowladda Mareekanka

Isticmaalka xashiishka ee muwaadin kasta oo ajnabi ah waxay keeni kartaa in laga masaafuriyo Mareekanka

In kasta oo Maine u sharciyeeyay xashiishadda (maandooriyaha) isticmaalka dadka waaweyn, Mareekanku wuxuu u tixgeliyaa xashiishadda Jadwalka 1 Dawo, sha rci darroah sharciga federaalka. Maaddaama sharciga federaalku uu ka sarreeyo sharciga gobolka, dadka aan u dhalan waxaa laga yaabaa inay la kulmaan ciqaab isticmaalka ama haysashada xashiishka, oo ay ku jirto xitaa ka shaqeynta warshadaha xashiishka. Agabkani, qofka aan u dhalan waxaa loola jeedaa qof kasta oo ku nool, ka shaqeeya, ama ku safraya Mareekanka oo aan haysan dhalashada Mareekanka. Tan waxaa ku jira kuwa haysta kaarka cagaaran (degane rasmi ah), qaxooti iyo magangelyo doon, muhaajiriin aan sharci haysan, kuwa leh xaalado kale (sida Tallaabada Dib loo Dhigay ee Carruurta Imaata), iyo sidoo kale Fiisooyinka Muhaajiriinta Gaarka ah (SIVs) ee Fasiraada/Turjumaannada Ciraaq iyo Afgaanistaan

Baro Waxbadan:

[Waxa Dadka Aan Muwaadiniinta Ahayn Ogaanayaan](#)



Da'weynta Maine Isticmaasha Maandooriyaha

Hoosta Maine's Da'weynta Isticmaasha Maandooriyaha sharciga, da'weynta ka sareeya da'da 21 waxay iibsaa, lahaansho, kobcin kartaa xashiishka. Xashiishka ayaa sharci u ah muwaadiniinta Mareekanka ee ka weyn 21 jir inay isticmaalaan ama haystaan inta ay ku sugan yihiin Maine, laakiin ma aha sharci in xashiishka lagu qaado khadadka gobolka ama xuduudaha caalamiga ah. Waa sharci daro in qofna u isticmaalo xashiishka meelaha dadweynaha (oo ay ku jiraan jardiinooyinka, waddooyinka dhinaceeda iyo maqaayadaha). Wali waa sharci darro in qof kasta oo ka yar 21 sano uu haysto ama qaado xashiishka, xitaa Maine.

Qeexidda Xashiishka

Xashiishka¹ (sidoo kale loo yaqaan maandooriye, haramaha, dheriga, cawska, reefer, geedo, jooqto ah) waxaa ku jira xeryo badan oo ay ka mid yihiin THC (delta-9-tetrahydrocannabinol), CBD (xashiishada), iyo geed xashiishka.

Xashiishka waxaa loo cabi karaa dhowr siyaabood, oo ay ka

- mid yihiin: sigaar-cabbidda (kala -goosyada, afxumo, shiishad-biyaha, shiishada)
- la cuni karo (alaabta la galiyay)
- uumiga
- jiidis (wax xoog leh, jajab, burooyinkeeda)



Ubaxa/ wadajirka



La cuni karo



Xooga saara

THC (delta-9-tetrahydrocannabinol)

THC waa maskaxda beddesha qayb ka mid ah muqaadaraadka. THC waxay keentaa dareen farxadeed iyo nasasho, waxay kordhisaa dareenka waxayna beddeshaa aragtida waqtiga. THC waxay kaloo wax u dhimeysaa xirfadaha dareenka, waxay sababi kartaa walaac ama dhalanteed, waxayna wax u dhimaysaa shaqada sambabka sigaarka oo soo noqnoqda. THC waa qaybta firfircoon ee xashiishka oo laga helay tijaabooyinka daroogada. Iyada oo ku xidhan tirada iyo inta jeer ee THC la cunay, raadadka THC ayaa laga yaabaa inay jidhka ku jiraan maalmo ama usbuucyo.

“Calaamadda guud” waxay tilmaamaysaa badeecad ay ku jirto THC, waxaana laga yaabaa in lagu muujiyo nacnacyada/ cuntooyinka, ubaxa maandooriyaha lafteeda, ama xoogga la saaro.



Qeexida Xashiishka (sii waday)

Xashiish (haashka)

Haashka wuxuu ka mid yahay noocyada xashiishka ee ugu xoogga badan. Haashka waxaa laga soo qaatay raaxada (cusbi qalalan) ee geedka xashiishka waxaana lagu sifeeyay saliid, subag, waxsoosaar (THC xooga saara). Feejignaanta THC ee ubaxa xashiishka ayaa celcelis ahaan qiyaastii ah 20%, laakiin waxay noqon kartaa ilaa 80% xoogagga.

CBD (xashiishada)

CBD waa qayb aan beddelin maskaxda ee xashiishka. CBD waxaa loo isticmaali karaa in lagu daaweeyo welwelka, hurdo la aanta, iyo xanuunka dheerada (sida bararka kala goysyada jirka), in kasta oo cilmi-baarista ku saabsan saameynta CBD ay xaddidan tahay. CBD waxaa lagu dari karaa boomaatada/ kareemada, jellada, dareeraha, ama qalimaanta la dhuuqo. Maaddaama ay yar tahay xeerarka alaabada CBD, way adkaan kartaa in la ogaado inta CBD ama THC shey dhab ahaantii ku jira.

Qalabyada

Waaxda Caddaaladda ee Mareekanka ayaa ku qeexaysa agabka qalab kasta oo loo isticmaalo soo saaridda, qarinta, ama cabida daroogada. Tan waxaa ku jiri kara waraaqo duuban, tuubooyin, shiishad-biyoodka, duleeliyaha, ama beebka galaaska.

In kasta oo agabyada qaar loo isticmaali karo ujeedooyin sharciga (sida tubaakada), fulinta sharciga ayaa laga yaabaa inay tijaabiso agabka walxaha aan la ogolayn. Waa sharci in dadka aan muwaadinka ahayn ay diidaan oggolaanshaha baaritaanka alaabta, maaddaama haysashada alaabtu ay horseedi karto in la baaro.



Duleeliyaha



Beeb nuugida

Daawada Maandooriyaha Maine

Hoosta Maine's Daawada Maandooriyaha Sharciga, bukaanka ka sareeya da'ada oo ah 18 jir haysta kaarka aqoonsiga daawada maandooriyaha oo ansax ah ayaa xashiishka ka iibsas kara daryeel bixiye diiwaangashan. Si kastaba ha ahaatee, xashiishka waa sharci-darro federaal waxayna u horseedi kartaa cawaaqib xun dadka aan u dhalan (xitaa kuwa haysta kaarka daawada maandooriyaha oo ansax ah). **Haddii aadan ahayn muwaadin oo aad dareento in xashiishka caafimaad ay tahay sida kaliya ee lagu daaweyn karo astaamaha, waa muhiim inaad la tashato la-taliye sharci.** Xusuusnow: degane Maine ahaan, xuquuqdaadu way is-beddeshaa markaad u safrayso meel ka baxsan gobolka Maine. Muwaadin ahaan, xuquuqdaada sidoo kale way is-beddeli kartaa markaad u safreyso meel ka baxsan Mareekanka.

Saamaynta Caafimaadka ee Isticmaalka Maandooriye

Isticmaalka xashiishka ee THC waxay saamaysaa xusuusta iyo barashada, taas oo laga yaabo inay cawaaqib xun ku yeelato dugsiga ama shaqada. THC waxay kaloo saamaysaa waqtiga falcelinta waxayna wax u dhimeysaa isuduwidada iyo dheelitirka. Maadaama qiiqa xashiishka ay ku jirto kiimiko la mid ah tubaakada, kuwa sigaarka caba ayaa la kulmi kara cudurada sambabka ama arrimaha neefsashada.² Ma jirto qaddar sugan xashiishka si loo isticmaalo inta aad uurka leedahay ama naas -nuujinta, maaddaama THC lala xiriiriyay inay saamayn ku leedahay horumarka ilmaha.³

Baro Waxbadan:

Wanaagsan inaad Ogaato



Macluumaadka Dadka Aan Muwaadiniinta Ahayn

Ah Soogalootiga Xarunta Ilaha Sharciga waxay ku talineysaa in laga fogaado xashiishka nooc kasta ha ahaatee. Taasi waxaa ka mid ah:

- haysashada xashiishka ama agabyada (waraaqaha duuban, tuubooyin, shiidiyeyasha) marka aad guriga ka baxsan tahay
- ku dhejinta baraha bulshada sawirro la xiriira xashiishadda oo
- leh sawirro ama fiidiyowyo xashiish ah oo xiran dhar ay ku
- qoran yihiin ereyo xashiish ah ama calaamado ka hadlaya
- isticmaalka xashiishadda ama lahaanshaha socdaalka ama madaxda xadka⁴

Waddanka Mareekanka, dadka aan u dhalan waxay lee yihiin xuquuq oo ay la socdaan saraakiil boolis iyo Socdaalka iyo Dhaqangelinta Kastamka (ICE). Tani waxaa kamid ah **xuquuqda aamusnaanta**, sidoo kale **xaqa diidmada oggolaanshaha baaritaanka** qofkaaga ama alaabtaada. Haddii uu wax kaa weydiyo laanta socdaalka ama sarkaalka boolisku wax ku saabsan haysashada ama isticmaalkii hore ee xashiishka, waxba ha qiranin adigoon la tashan lataliye sharci.

Waraysiyada socdaalka waxaa ku jiri kara su'aalo ku saabsan adeegsiga xashiishka hore, haysashada, ama shaqada. Haddii aadan isticmaalin ama aadan haysan xashiishka, waxaad ku jawaabi kartaa maya.

Haddii aad hore u isticmaashay ama haysatay xashiishka, waad diidi kartaa inaad ka jawaabto su'aasha oo weydiiso inaad la hadasho qareen.

Baro Waxbadan:
Garoo Xuquuqdaada



Tixgelino Kale

Dhalashada

Dadka aan u dhalan ee qirta inay isticmaaleen ama la shaqeeyeen xashiishka waa la diidi karaad halashada waayo waxa sharciga socdaalku ugu yeerayo 'akhlaaq wanaagsan. Dawladda Maraykanku waxay u aragtaa haysashada xashiishadda ama agabka, soo-saarka, ama qaybinta/kala-siinta xashiishka inay tahay mid baalmarsan sharciga federaalka. Xitaa haddii qof aan muwaadin ahayn si rasmi ah loogu soo oogin ama loo qiran inuu isticmaalo, waa inay awoodaan inay caddeeyaan inaysan dembi gelin.

Ka shaqaynta Warshadaha Xashiishka

Dadka aan muwaadinka ahayn waa inay ogaadaan in ka shaqayntaxashiishka warshadaha (guryo koray, xafiisyo, ama tas -hiilaad tijaabo) ayaa laga yaabaa inay keenaan codsiyada la diiday ee deganaanshaha joojtada ah, haynta, ama masaafurinta. Tan waxaa ka mid ah shaqooyinka la xiriira beerista sida jaridda, waraabinta, goosashada, iyo sidoo kale shaqooyinka nadiifinta ama tas -hiilaadka fayadhowrka. Loo-shaqeeyayaashu sidoo kale waxay tijaabin karaan mukhaadaraadka shaqaalaha, shaqaaluhuna waa laga joojin karaa shaqada isticmaalka xashiishka.

Gargaarka Dhaqaale

Ardayda caalamiga ah ee dhigta jaamacad Mareykan ah (xitaa gobol sida Maine oo kale ah oo sharciyeeyay isticmaalka xashiishka da'weynta), isticmaalka xashiishka ayaa xadgudub ku ah fiisahaaga FI. Haysashada xashiishadda ee muwaadiniinta Mareykanka ayaa sidoo kale saamayn karta raadinta tacliinta sare, maadaama xukunku saamayn ku yeelan karo federaalka dhaqaalaha gargaar ka u qalmitaanka.⁵

Ilaha



Wanaagsan tahay
inaad Ogaato



Soo-galootiga Sharci ah
Xarunta Ilaha



Garo Xuquuqdaada

Tixraacyada

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5. Get smart about drugs. Federal Student Aid and Consequences of a Drug Conviction | Get Smart About Drugs. (n.d.). Laga soo ceshaday Sebteembar 16, 2021, laga bilaabo <https://www.getsmartaboutdrugs.gov/consequences/federal-student-aid-and-drug-use>.

Xashiishku waa sharci daro hoos timaada sharciga Mareekanka.



Dadka aan muwaadinka ahayn waxaa laga yaabaa inay la kulmaan ciqaab isticmaalka ama haysashada xashiishka, ama ka shaqaynta warshadaha xashiishka (oo ay ku jiraan kobaca guryaha, shaybaarada, ama goobaha baaritaanka). Icticmaalka xashiishka ee muwaadin kasta oo ajnabi ah waxay keeni kartaa in lagu hayo ama laga masaafuriyo Mareekanka.

Ah Soo-galoot iga Xarunta Ilaha Sharciga waxay ku talinaysaa dadka aan u dhalan inay iska ilaaliyaan xashiishka nooc kasta oo ay ku jirto:

- haysashadaxashiishka ama agabyada (waraaqahaduuban, tuubooyin, shiidiyeyaasha) marka aad guriga kabaxsan tahay
- kudhejinta xashiishka la xiriira sawirada ee barahá bulshada
- ku haysashada sawirrada ama fiidyowiyada xashiishka taleefankaaga
- xirashada dhar ay ku qoran yihiin ereyo xashiish ama calaamado

Garo Xuquuqdaada

Mareekanka, dadka aan u dhalan leeyihiin xuquuq oo leh saraakiil boolis iyo Laanta Socdaalka iyo Dhaqangelinta Kastamka (ICE).

Tani waxaa kamid ah:

- Xaqa ah in la aamuso
- Xaqa aad u leedahay inaad diido oggolaanshaha in la baaro qofkaaga ama alaabtaada
- Haddii uu socdaalka ama sarkaalka boolisku wax kaa weydiiyo haysashada ama isticmaalka xashiishka ee hore, waxba ha qiran ayadoon la-tashanaayo la-taliye sharci

Baro Waxbadan:
Garo Xuquuqdaada



New England (NH&VT Region 1)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SAMHSA
Substance Abuse and Mental Health
Services Administration