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PARENTING IN  
RECOVERY

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## TRAVIS COUNTY FAMILY DRUG TREATMENT COURT

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# CBD: ROLLING THE DICE

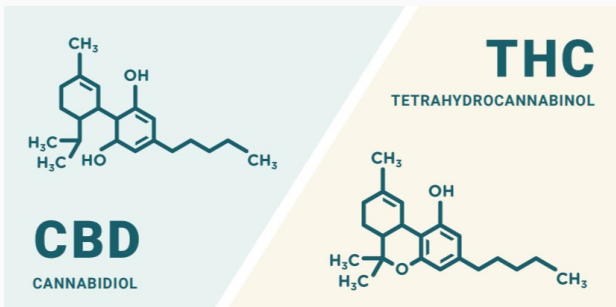
The risks associated with  
CBD use

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# WHAT IS CBD?

CBD STANDS FOR CANNABIDIOL. IT IS THE SECOND MOST PREVALENT OF THE ACTIVE INGREDIENTS OF CANNABIS (MARIJUANA). WHILE CBD IS AN ESSENTIAL COMPONENT OF MARIJUANA, IT IS DERIVED DIRECTLY FROM THE HEMP PLANT, WHICH IS A COUSIN OF THE MARIJUANA PLANT.\*

CBD IS OFTEN EXTRACTED TO PRODUCE CONCENTRATED TINCTURES, EDIBLES, LOTIONS/SALVES AND BATH BOMBS. HEMP IS ALSO SMOKED AS A MEANS OF CONSUMPTION.



# THE RISKS OF CBD IN RECOVERY

ALTHOUGH CBD IS LEGAL, IT'S USE IS NOT PERMITTED IN THE PIR PROGRAM. THERE ARE SEVERAL REASONS FOR THIS:

- CBD CAN CONTAIN TRACE AMOUNTS OF THC IN IT. THIS MEANS THAT EVEN IF YOU INITIALLY PASS A DRUG TEST AFTER BEGINNING USE, THESE TRACE AMOUNTS CAN BUILD UP IN YOUR SYSTEM AND CAUSE YOU TO FAIL A DRUG TEST.
- IT'S USE CAN BE TRIGGERING.
- LIKE ANY SUBSTANCE, YOU CAN BECOME DEPENDENT ON IT.



# ALTERNATIVES TO CBD

CBD IS MOST COMMONLY USED TO TREAT PAIN, EPILEPSY, PARKINSON'S, CROHN'S, ANXIETY, AND INSOMNIA. ALTHOUGH LEGAL, AN INDIVIDUAL SHOULD ALWAYS SEEK MEDICAL ADVICE FIRST. FOR INDIVIDUALS IN RECOVERY, THERE ARE OTHER WAYS TO TREAT PHYSICAL AND MENTAL AILMENTS.

- PHYSICAL DISCOMFORT- YOU SHOULD ALWAYS SEEK THE CARE OF A MEDICAL PROFESSIONAL BEFORE TAKING CBD. IT IS IMPORTANT TO FIGURE OUT THE EXACT CAUSE AND TREAT ACCORDINGLY. ALSO, BECAUSE CBD ISN'T CLOSELY REGULATED, IT CAN CONTAIN UNKNOWN INGREDIENTS THAT HAVE THE POTENTIAL TO WORSEN A CONDITION.
- MENTAL HEALTH- IF YOU ARE EXPERIENCING ANXIETY OR OTHER EMOTIONS RELATED TO MENTAL HEALTH, REACH OUT TO A THERAPIST AND/OR PSYCHIATRIST. MINDFULNESS/MEDITATION, GROUNDING EXERCISES AND OTHER COPING SKILLS CAN ALSO BE EXTREMELY HELPFUL, BUT IT IS IMPORTANT TO HAVE THE HELP OF A PROFESSIONAL.



THE PIR TEAM IS HERE TO SUPPORT YOU ON YOUR RECOVERY JOURNEY. NEVER HESITATE TO REACH OUT FOR HELP, WE ARE MORE THAN HAPPY TO HELP CONNECT YOU WITH PEOPLE OR RESOURCES WHO CAN BE OF ASSISTANCE.

\*DEFINITION SOURCED FROM HARVARD UNIVERSITY