

High Profile

Cannabis Shop

Cannabis Explained

High Profile's
intro guide
for the budding
connoisseur.



High Profile

Cannabis Shop

As longtime industry insiders, we're dedicated to building the best experience and selection for our customers, serving as the premier cannabis destination for the communities in which we operate.

With a focus on full-spectrum products, we continually discover and proudly offer the industry's premier brands for both medical and recreational customers. Our budtenders are knowledgeable, attentive, and focused on helping shoppers enjoy the ultimate High Profile experience.

For menus and more info visit our website at

www.highprofilecannabis.com

So, what is Cannabis, its many types, and effects? Let's break it down.

Cannabis generally refers to two plants with psychoactive properties known as Cannabis sativa and Cannabis indica. Cannabis is produced by drying and harvesting the flowers of these plants.

Cannabis users have said that it has a wide range of effects, from uplifting to calming, energizing to relaxing, and everywhere in between. Cannabis is frequently prescribed to help with a range of medical conditions including chronic pain, glaucoma, poor appetite, and more. Science has only scratched the surface on cannabis's potential for treatment, and its many possible benefits are continually being studied.

Types of Cannabis

There are a few main types of cannabis – Indicas, Sativas, and Hybrids. These groupings are commonly used to categorize the effects the respective cannabis is likely to have when consumed. Indicas are said to be relaxing, Sativas uplifting, and Hybrids a combination of the two. It's important to note that these classifications are more tied to botanic groupings than the actual experience they provide – some Indicas might be uplifting, while you might find yourself 'couch locked' with a Hybrid or Sativa. Your cannabis experience will also be influenced by other factors, including the way it's consumed and how much is consumed. Your body's chemistry, mood, environment, and expectations are also components in the type of 'high' you will have. Here are some more general cannabis category guidelines:

Indicas are commonly said to provide a

relaxing body high with happy, soothing, and sleepy effects. They are often used at night for unwinding and treating insomnia with both mentally and physically calming results reported by users.

Sativas are thought of as good daytime options because of their reputation as uplifting and energizing. The "head high" Sativa consumers experience is often said to increase focus and creativity while calming stress and anxiety.

Hybrids are a mix of Indicas and Sativa and often share the same parentage. Most cannabis strains are Hybrids, with pure Indicas and Sativas becoming increasingly rare. Hybrid effects are heavily influenced by their parent strains and often described as more 'Indica-leaning/dominant', 'Sativa-leaning/dominant', or 'balanced'.

Cannabinoids are naturally occurring compounds in cannabis that produce an array of effects on the body and mind. There are more than 100 varieties of cannabinoids, with Cannabidiol (CBD) and Tetrahydrocannabinol (THC) being two of the most frequently studied and well-understood.

Tetrahydrocannabinol (THC) THC is the main psychoactive compound in cannabis. THC is responsible for the "high" felt with cannabis use.

Cannabidiol (CBD) CBD is a psychoactive cannabinoid, yet it has no intoxicating or euphoria-inducing effects, meaning it will not get you "high." CBD is often used to help reduce inflammation and pain, carrying many of the same medicinal benefits as THC without the psychoactive effect. CBD may help ease nausea, migraines, seizures, and anxiety. Researchers are still studying the extent of CBD's medicinal uses.

NIH: National Institute on Drug Abuse (Drug Facts)

https://assets.nationbuilder.com/americansforsafeaccess/pages/13917/attachments/original/1671209657/Patients_guide_12-22_revised.pdf?1671209657

What is marijuana?

Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant. The plant contains the mind-altering chemical THC and other similar compounds. Extracts can also be made from the cannabis plant (see “Marijuana Extracts”).

According to the [National Survey on Drug Use and Health](#), cannabis (marijuana) is one of the most used drugs in the United States, and its use is widespread among young people. In 2021, 35.4% of young adults aged 18 to 25 (11.8 million people) reported using marijuana in the past year.¹ According to the [Monitoring the Future survey](#), rates of past year marijuana use among middle and high school students have remained relatively steady since the late 1990s. In 2022, 30.7% of 12th graders reported using marijuana in the past year and 6.3% reported using marijuana daily. In addition, many young people also use vaping devices to consume cannabis products. In 2022, nearly 20.6% of 12th graders reported that they [vaped marijuana](#) in the past year and 2.1% reported that they did so daily.²

Legalization of marijuana for medical use or adult recreational use in a growing number of states may affect these views. Read more about marijuana as medicine in our [DrugFacts: Marijuana as Medicine](#).

How do people use marijuana?

People smoke marijuana in hand-rolled cigarettes (joints) or in pipes or water pipes (bongs). They also smoke it in blunts—emptied cigars that have been partly or completely refilled with marijuana. To avoid inhaling smoke, some people are using vaporizers. These devices pull the active ingredients (including THC) from the marijuana and collect their vapor in a storage unit. A person then inhales the vapor, not the smoke. Some vaporizers use a liquid marijuana extract.

People can mix marijuana in food (edibles), such as brownies, cookies, or candy, or brew it as a tea. A newly popular method of use is smoking or eating different forms of THC-rich resins (see “Marijuana Extracts”).

Marijuana Extracts

Smoking THC-rich resins extracted from the marijuana plant is on the rise. People call this practice dabbing. These extracts come in various forms, such as:

- hash oil or honey oil—a gooey liquid
- wax or budder—a soft solid with a texture like lip balm
- shatter—a hard, amber-colored solid

These extracts can deliver extremely large amounts of THC to the body, and their use has sent some people to the emergency room. Another danger is in preparing these extracts, which usually involves butane (lighter fluid). A number of people have caused fires and explosions and have been seriously

burned from using butane to make extracts at home.^{3,4}

How does marijuana affect the brain?

Marijuana has both short-and long-term effects on the brain.

Short-Term Effects

When a person smokes marijuana, THC quickly passes from the lungs into the bloodstream. The blood carries the chemical to the brain and other organs throughout the body. The body absorbs THC more slowly when the person eats or drinks it. In that case, they generally feel the effects after 30 minutes to 1 hour.

THC acts on specific brain cell receptors that ordinarily react to natural THC-like chemicals. These natural chemicals play a role in normal brain development and function.

Marijuana over activates parts of the brain that contain the highest number of these receptors. This causes the “high” that people feel.

Other effects include:

- altered senses (for example, seeing brighter colors)
- altered sense of time
- changes in mood
- impaired body movement
- difficulty with thinking and problem-solving
- impaired memory
- hallucinations (when taken in high doses)
- delusions (when taken in high doses)
- psychosis (risk is highest with regular use of high potency marijuana)

Long-Term Effects

Marijuana also affects brain development. When people begin using marijuana as teenagers, the drug may impair thinking, memory, and learning functions and affect how the brain builds connections between the areas necessary for these functions. Researchers are still studying how long marijuana’s effects last and whether some changes may be permanent.

For example, a study from New Zealand conducted in part by researchers at Duke University showed that people who started smoking marijuana heavily in their teens and had an ongoing marijuana use disorder lost an average of 8 IQ points between ages 13 and 38. The lost mental abilities didn’t fully return in those who quit marijuana as adults. Those who started smoking marijuana as adults didn’t show notable IQ declines.⁵

In another recent study on twins, those who used marijuana showed a significant decline in general knowledge and in verbal ability (equivalent to 4 IQ points) between the preteen years and early adulthood, but no predictable difference was found between twins when one used marijuana and the other didn’t. This suggests that the IQ decline in marijuana users may be caused by something other than marijuana, such as shared familial factors (e.g., genetics, family environment).⁶ NIDA’s Adolescent Brain Cognitive Development (ABCD) study, a major longitudinal study, is tracking a large sample of young Americans from late childhood to early adulthood to help clarify how and to what extent marijuana and other substances, alone and in combination, affect adolescent brain development. Read more about the ABCD study on our [Longitudinal Study of Adolescent Brain and Cognitive Development \(ABCD Study\) webpage](#).

A Rise in Marijuana's THC Levels

The amount of THC in marijuana has been increasing steadily over the past few decades.⁷ For a person who's new to marijuana use, this may mean exposure to higher THC levels with a greater chance of a harmful reaction. Higher THC levels may explain the rise in emergency room visits involving marijuana use.

The popularity of edibles also increases the chance of harmful reactions. Edibles take longer to digest and produce a high. Therefore, people may consume more to feel the effects faster, leading to dangerous results.

Higher THC levels may also mean a greater risk for addiction if people are regularly exposing themselves to high doses.

What are the other health effects of marijuana?

Marijuana use may have a wide range of effects, both physical and mental.

Physical Effects

- **Breathing problems.** Marijuana smoke irritates the lungs, and people who smoke marijuana frequently can have the same breathing problems as those who smoke tobacco. These problems include daily cough and phlegm, more frequent lung illness, and a higher risk of lung infections. Researchers so far haven't found a higher risk for lung cancer in people who smoke marijuana.⁸
- **Increased heart rate.** Marijuana raises heart rate for up to 3 hours after smoking. This effect may increase the chance of heart attack. Older people and those with heart problems may be at higher risk.
- **Problems with child development during and after pregnancy.** One study found that about 20% of pregnant women 24-years-

old and younger screened positive for marijuana. However, this study also found that women were about twice as likely to screen positive for marijuana use via a drug test than they state in self-reported measures.⁹ This suggests that self-reported rates of marijuana use in pregnant females is not an accurate measure of marijuana use and may be underreporting their use. Additionally, in one study of dispensaries, nonmedical personnel at marijuana dispensaries were recommending marijuana to pregnant women for nausea, but medical experts warn against it. This concerns medical experts because marijuana use during pregnancy is linked to lower birth weight¹⁰ and increased risk of both brain and behavioral problems in babies. If a pregnant woman uses marijuana, the drug may affect certain developing parts of the fetus's brain. Children exposed to marijuana in the womb have an increased risk of problems with attention,¹¹ memory, and problem-solving compared to unexposed children.¹² Some research also suggests that moderate amounts of THC are excreted into the breast milk of nursing mothers.¹³ With regular use, THC can reach amounts in breast milk that could affect the baby's developing brain. Other recent research suggests an increased risk of preterm births.²⁷ More research is needed. Read our [Marijuana Research Report](#) for more information about marijuana and pregnancy.

- **Intense nausea and vomiting.** Regular, long-term marijuana use can lead some people to develop Cannabinoid Hyperemesis Syndrome. This causes users to experience regular cycles of severe nausea, vomiting, and dehydration, sometimes requiring emergency medical attention.¹⁴

Reports of deaths related to vaping

The Food and Drug Administration has alerted the public to hundreds of reports of

serious lung illnesses associated with vaping, including several deaths. They are working with the Centers for Disease Control and Prevention (CDC) to investigate the cause of these illnesses. Many of the suspect products tested by the states or federal health officials have been identified as vaping products containing THC, the main psychotropic ingredient in marijuana. Some of the patients reported a mixture of THC and nicotine; and some reported vaping nicotine alone. No one substance has been identified in all of the samples tested, and it is unclear if the illnesses are related to one single compound. Until more details are known, FDA officials have warned people not to use any vaping products bought on the street, and they warn against modifying any products purchased in stores. They are also asking people and health professionals to [report](#) any adverse effects. The CDC has posted an information [page](#) for consumers.

Mental Effects

Long-term marijuana use has been linked to mental illness in some people, such as:

- temporary hallucinations
- temporary paranoia
- worsening symptoms in patients with schizophrenia—a severe mental disorder with symptoms such as hallucinations, paranoia, and disorganized thinking

Marijuana use has also been linked to other mental health problems, such as depression, anxiety, and suicidal thoughts among teens. However, study findings have been mixed.

Are there effects of inhaling secondhand marijuana smoke?

Failing a Drug Test?

While it's possible to fail a drug test after inhaling secondhand marijuana smoke, it's unlikely. Studies show that very little THC is released in the air when a person exhales. Research findings suggest that, unless people are in an enclosed room, breathing in lots of smoke for hours at close range, they aren't likely to fail a drug test.^{15,16} Even if some THC was found in the blood, it wouldn't be enough to fail a test.

Getting High from Passive Exposure?

Similarly, it's unlikely that secondhand marijuana smoke would give nonsmoking people in a confined space a high from passive exposure. Studies have shown that people who don't use marijuana report only mild effects of the drug from a nearby smoker, under extreme conditions (breathing in lots of marijuana smoke for hours in an enclosed room).¹⁷

Other Health Effects?

More research is needed to know if secondhand marijuana smoke has similar health risks as secondhand tobacco smoke. A recent study on rats suggests that secondhand marijuana smoke can do as much damage to the heart and blood vessels as secondhand tobacco smoke.²⁰ But researchers haven't fully explored the effect of secondhand marijuana smoke on humans. What they do know is that the toxins and tar found in marijuana smoke could affect vulnerable people, such as children or people with asthma.

How Does Marijuana Affect a Person's Life?

Compared to those who don't use marijuana, those who frequently use large amounts report the following:

- lower life satisfaction

- poorer mental health
- poorer physical health
- more relationship problems

People also report less academic and career success. For example, marijuana use is linked to a higher likelihood of dropping out of school.¹⁸ It's also linked to more job absences, accidents, and injuries.¹⁹

Is marijuana a gateway drug?

Use of alcohol, tobacco, and marijuana are likely to come before use of other drugs.^{21,22} Animal studies have shown that early exposure to addictive substances, including THC, may change how the brain responds to other drugs. For example, when rodents are repeatedly exposed to THC when they're young, they later show an enhanced response to other addictive substances—such as morphine or nicotine—in the areas of the brain that control reward, and they're more likely to show addiction-like behaviors.^{23,24}

Although these findings support the idea of marijuana as a “gateway drug,” the majority of people who use marijuana don't go on to use other “harder” drugs. It's also important to note that other factors besides biological mechanisms, such as a person's social environment, are also critical in a person's risk for drug use and addiction. Read more about marijuana as a gateway drug in our [Marijuana Research Report](#).

Can a person overdose on marijuana?

An [overdose](#) occurs when a person uses enough of the drug to produce life-threatening symptoms or death. There are no reports of teens or adults dying from marijuana alone. However, some people who use marijuana can

feel some very uncomfortable side effects, especially when using marijuana products with high THC levels. People have reported symptoms such as anxiety and paranoia, and in rare cases, an extreme psychotic reaction (which can include delusions and hallucinations) that can lead them to seek treatment in an emergency room.

While a psychotic reaction can occur following any method of use, emergency room responders have seen an increasing number of cases involving marijuana edibles. Some people (especially preteens and teens) who know very little about edibles don't realize that it takes longer for the body to feel marijuana's effects when eaten rather than smoked. So they consume more of the edible, trying to get high faster or thinking they haven't taken enough. In addition, some babies and toddlers have been seriously ill after ingesting marijuana or marijuana edibles left around the house.

Is marijuana addictive?

Marijuana use can lead to the development of a substance use disorder, a medical illness in which the person is unable to stop using even though it's causing health and social problems in their life. Severe substance use disorders are also known as addiction. Research suggests that between 9 and 30 percent of those who use marijuana may develop some degree of marijuana use disorder.²⁵ People who begin using marijuana before age 18 are four to seven times more likely than adults to develop a marijuana use disorder.²⁶

Many people who use marijuana long term and are trying to quit report mild withdrawal symptoms that make quitting difficult. These include:

- grouchiness
- sleeplessness
- decreased appetite

- anxiety
- cravings

What treatments are available for marijuana use disorder?

No medications are currently available to treat marijuana use disorder, but behavioral support has been shown to be effective. Examples include therapy and motivational incentives (providing rewards to patients who remain drug-free). Continuing research may lead to new medications that help ease withdrawal symptoms, block the effects of marijuana, and prevent relapse.

Points to Remember

- Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant.
- The plant contains the mind-altering chemical THC and other related compounds.
- People use marijuana by smoking, eating, drinking, or inhaling it.
- Smoking and vaping THC-rich extracts from the marijuana plant (a practice called dabbing) is on the rise.
- THC overactivates certain brain cell receptors, resulting in effects such as:
 - altered senses
 - changes in mood
 - impaired body movement
 - difficulty with thinking and problem-solving
 - impaired memory and learning
- Marijuana use can have a wide range of health effects, including:
 - hallucinations and paranoia
 - breathing problems
 - possible harm to a fetus's brain in pregnant women
 - The amount of THC in marijuana has been increasing steadily in recent decades, creating more harmful effects in some people.
 - It's unlikely that a person will fail a drug test or get high from passive exposure by inhaling secondhand marijuana smoke.
 - There aren't any reports of teens and adults dying from using marijuana alone, but marijuana use can cause some very uncomfortable side effects, such as anxiety and paranoia and, in rare cases, extreme psychotic reactions.
 - Marijuana use can lead to a substance use disorder, which can develop into an addiction in severe cases.
 - No medications are currently available to treat marijuana use disorder, but behavioral support can be effective.

Learn More

For more information about marijuana and marijuana use, visit our:

- [Marijuana webpage](#)
- [Drugged Driving DrugFacts](#)

References listed at bottom of web page

Terpenes

Cannabis contains hundreds of terpenes giving each flower its unique scent and flavor profile. There are eight main umbrella terpenes in cannabis, each holding distinct flavors, scents, and commonly reported effects. Research in the field is increasing as it becomes more apparent terpenes have a direct influence on CBD and THC – known as the entourage effect. Terpenes are the aromatherapy of the botanical world and are also present in trees, flowers, fruit, hops, and more. When cannabis is dried and cured, the molecular structure of terpenes are changed causing them to become terpenoids.

Pinene – Pine flavor, also found in rosemary, parsley, and pine trees.

Believed by users to be anti-inflammatory, anti-bacterial, and a bronchial dilator.

Humulene – Woody flavor, also found in cloves and basil.

Believed by users to be anti-inflammatory and appetite suppressant.

Limonene – Citrus flavor, also found in peppermint, and orange peels.

Believed by users to be uplifting, anti-anxiety, and an antidepressant.

Myrcene – Earthy flavor, also found in thyme and hops.

Believed by users to be euphoria-inducing, relaxing, and responsible for 'couch lock'.

Caryophyllene – Spicy flavor, also found in cinnamon and black pepper.

Believed by users to be anti-anxiety and an analgesic.

Linalool – Floral flavor, also found in lavender.

Believed to be anti-epileptic and anti-anxiety.

Ocimene – Sweet flavor, also found in mint and orchids.

Believed by users to be anti-inflammatory and anti-oxidative.

Terpinolene – Herbal flavor, also found in nutmeg and cumin.

Believed by users to be anti-bacterial and sleep-inducing.



There are many other types of terpenes in cannabis. We encourage you to research the available information to find the best strains for you.

Getting Started

If this is your first experience with cannabis, or if you're revisiting cannabis after abstaining for some time, we recommend starting off slowly with small doses spread out over time. The effects of cannabis can last anywhere from one to eight hours, and be influenced by your metabolism, body type, and weight. It's best to avoid mixing cannabis with alcohol, cigarettes, or other types of substances when first starting to consume.

Your High Profile Budtenders are here to help you discover the perfect products, methods, and doses to fit your unique needs.





Choosing a Consumption Method

Because cannabis has different effects on everyone, there are many factors that should be taken into consideration when deciding which form to choose. Keep in mind, an active consumer of cannabis may have a much higher tolerance than someone who has never tried it before. See the methods of consumption listed below:

Smoking/Vaping/Dabbing

- When you feel the effect
= seconds/minutes
- How long the effect lasts
= 1-3 hours

Inhaling cannabis smoke is one of the quickest ways to feel its effects. How long the effects last depend upon how long smoke or vapor is held in the lungs before exhaling as well as how many puffs are taken per minute. Since smoking, vaping, and dabbing take a bit of practice, beginners are likely to experience shorter durations of effect.

Edibles

- When you feel the effect
= 1-3 hours
- How long the effect lasts
= 4-6 hours

In addition to being more discreet, convenient, and easy to consume, edibles such as capsules, gummies, chocolate bars, or baked goods deliver longer lasting experiences. The speed with which the effects are felt can be increased by consuming edibles with foods that are high in saturated fats. Therefore, baked goods are a popular choice for cannabis edibles, especially those with coconut oil, which accelerates the absorption process.

Tinctures

- When you feel the effect
= seconds/minutes
- How long the effect lasts
= 4-6 hours

Cannabis tinctures are placed under the tongue (known as the sublingual method) and absorbed into the bloodstream almost as quickly as smoking or vaporizing. After holding the dose under the tongue for a few seconds, it is then swallowed and processed by the digestive system increasing the duration of its effects.

Topical

- When you feel the effect
= 30 minutes – 1 hour
- How long the effect lasts
= 6-8 hours

Just as nicotine patches deliver a consistent dose of nicotine over the course of an entire day, a transdermal patch delivers a consistent dose of THC or CBD. Because it is applied to your skin, the dose is continuously absorbed into your bloodstream. What you give up in slower bioavailability, you gain in the longest-lasting experiences of all ingestion methods.

Storage

If you plan on storing your cannabis for any length of time, make sure to limit product exposure to light, extreme temperatures, or very high or low humidities. This will protect your flower from losing terpenes, molding, or degrading. An opaque glass jar with an airtight seal is ideal for flower preservation. Cannabis-infused products may enjoy a longer shelf-life if refrigerated. Oils or tinctures can last for years in an airtight container.

Poisoning

According to the CDC, edibles, or food and drink products infused with marijuana hold different risks associated with consumption, including increased risk of poisoning. Unlike smoking marijuana, edibles can:

- Take anywhere from 30 minutes to two hours to take effect. Not immediately feeling the effects or thinking the edibles are 'not working', some consume too many which can lead to poisoning and/or serious injury.

- Cause effects that last longer than expected depending on the amount, when you last ate, and medications or alcohol currently being used.

- Be very difficult to measure. The amount of THC, the active ingredient in marijuana, is very difficult to measure and is often not precisely known in edible products. Many users can be caught off-guard by the strength and long-lasting effects of edibles.

A small safety note on edibles here. Since becoming legal in many states, there has been an increase in cases of children accidentally ingesting marijuana products, mistaking them for candy or treats and resulting in emergency medical care. We strongly recommend keeping all edibles in a safe place securely out of reach of children.

<https://www.cdc.gov/marijuana/health-effects/index.html>



Cannabis and Minors

While the long-term benefits and risks of cannabis are still being studied, there is already extensive research highlighting its detrimental effects on minors and their development.

These risks include impaired attention, reduced IQ, memory, learning, decision making and planning skills, decreased reaction time, judgement, and coordination. It has also been associated with other mental health problems, such as depression, anxiety, and suicidal thoughts among teens. This means someone who uses cannabis may not do well in school and have trouble remembering things.

Developing brains like those in babies, children, and teenagers, are especially susceptible to these harmful effects. Studies show cannabis use by mothers during pregnancy may be linked to child development problems with attention, memory, problem-solving skills, and behavior problems in their children.

Potential Risks and Side Effects

Marijuana use may have a wide range of effects, both physical and mental.

- Breathing Problems
- Increased Heart Rate
- Nausea and Vomiting
- Changes in Mood
- Impaired Body Movement
- Impaired Memory, Learning and Problem Solving

“Cannabis as Medicine”, Americans for Safe Access, August 2016.

<https://assets.nationbuilder.com/americansfor->

[safeaccess/pages/13917/attachments/original/1671209657/Patients_guide_12-22_revised.pdf?1671209657](https://assets.nationbuilder.com/americansfor-safeaccess/pages/13917/attachments/original/1671209657/Patients_guide_12-22_revised.pdf?1671209657)

Mental Effects:

Long-term marijuana use has been linked to mental illness in some people, such as:

- temporary hallucinations
- temporary paranoia
- worsening symptoms in patients with schizophrenia—a severe mental disorder with symptoms such as hallucinations, paranoia, and disorganized thinking.

Cannabis use can lead to substance use disorder, often referred to as addiction. See the back of this brochure for important contact information regarding health and safety. Visit the Let’s Talk Cannabis Illinois and National Institute on Drug Abuse websites for additional resources.

High Profile is Committed to Social Equity & Social Justice

As the development of the licensed cannabis industry continues, cannabis companies have a deep obligation to work toward righting the wrongs of the War on Drugs. High Profile is proud to help bring the benefits of legalized cannabis into affected communities and empower individuals from such communities to enter the burgeoning legal industry.

Last Prisoner Project

As the United States moves away from the criminalization of cannabis giving rise to a major new industry, there remains the fundamental injustice inflicted

upon those who have suffered criminal convictions and the consequences of those convictions.

The Last Prisoner Project (LPP) is a nonprofit organization dedicated to cannabis criminal justice reform. LPP was founded in 2019 out of the belief that those profiting from the legal cannabis industry must also work to release and rebuild the lives of those who have suffered from cannabis criminalization.

Advocacy & Education

From squashing stigmas and shedding stereotypes to educating consumers around safe consumption, strong advocacy and education are vital to the advancement of cannabis. We are proud to help propel this advancement by supporting advocacy groups and granting select scholarships to students pursuing cannabis education.

Food Insecurity

Today, 40-million Americans struggle with a lack of consistent access to food. The food insecurity one in eight Americans faces serves as the catalyst for High Profile's Food Insecurity Initiatives. Partnering with local food banks, we are dedicated to eradicating food insecurity within communities where High Profile operates.

Be Knowledgeable About Cannabis Law

While studying your local laws may not be the most exciting part of exploring cannabis, the peace of mind you gain will enhance your confidence on your journey.

It's also important to be aware of local laws, rules, and restrictions, particularly

those concerning the legal amount of cannabis you may purchase, where cannabis may be consumed, and how to legally travel with cannabis.

Recreational marijuana is legal in Illinois for adults 21 and older. Medical marijuana is legal for qualified patients with an Illinois medical cannabis registry card.

Keep in mind cannabis remains federally illegal, and interstate travel is prohibited.



The Illinois Department of Public Health has published a variety of materials on the use and abuse of marijuana. Go online to access the [most recent annual cannabis report](#).

Information about the adult-use cannabis law, health effects on minors and adults, consumption information, and any additional FAQs can be found on the Let's Talk Cannabis Illinois [website](#).

The Cannabis Policy Resource Center is your one stop shop for all things cannabis. The center acts as a hub for local, state, and federal resources where materials from varying organizations and departments are compiled into one central location:

[Cannabis Policy Resource Center IL](#)

Consumption in Public Places in Illinois

Illinois state law does not permit anyone to smoke, vape, eat, or otherwise use cannabis in any public place. Cannabis use is also prohibited when in close proximity to anyone under 21 years old who is not a registered medical patient.

POSSESSION OF CANNABIS IS ILLEGAL UNDER FEDERAL LAW.

What is Considered a Public Place in Illinois?

The Cannabis Regulation and Tax Act defines a public place as a “place where you could reasonably be expected to be seen by others.” The act also prohibits possession on a school bus; on school grounds including preschools, primary or secondary; in any correctional facility; unsecured in a private car or vehicle, where unsecured means not in a reasonably secured, sealed container and not easily accessible while moving; in a private residence used as a licensed childcare or similar social service care location; all parts of state and local government buildings; or on any federal property, including military bases, federal parks, or other federal buildings.

Penalties for Consuming Cannabis Publicly in Illinois

Persons found to be in possession of cannabis products, who are not medical marijuana licensed cardholders or 21 years of age or older, are subject to penalties specific to the city, county, state, or federal regulations. The criminal charge of possession of cannabis is set forth in 720 ILCS 550/4. *If you'd like to learn more about enforcement of regulations, fines, and penalties, check out the CRTA as provided by IDFP.*

If you'd like to learn more, check out 19 CSR 100-1.040 as provided by DCR.

Local Illinois Resources

General

National Drug and Alcohol
Treatment Referral Service:
1-800-662-HELP

National Drug and Alcohol Abuse Referral
Hotline: 800-821-4357

National Institute on Drug Abuse:
nida.nih.gov/publications/drugfacts/cannabis-marijuana

Illinois Department of Public
Health Cannabis Resources:
dph.illinois.gov/topics-services/prevention-wellness/cannabis.html

Let's Talk Cannabis:
prevention.org/lets-talk-cannabis

Cannabis Policy Resource Center IL:
prevention.org/cannabis-policy-resource-center/

Springfield

Springfield Memorial Health:
701 N. First St.
Springfield, IL 62781

Gateway Foundation:
2200 Lake Victoria Dr.
Springfield, IL 62703

MedMark Treatment Center:
1227 S. 9th St.
Springfield, IL 62703

Raymond

Lincoln Recovery Center:
19067 West Frontage Rd.
Raymond, IL 62560

Martinsville

NewDay Center:
13993 East Carter Road
Bloomfield, IN
317-291-1967

VA Illiana Healthcare System Substance
Abuse Rehab Program
1900 East Main Street
Danville, IL. 61832
217-554-4177

Recovery Works
504 Grand Valley Blvd
Martinsville, IN 46151
765-516-6275

Metropolis

Massac County Mental Health and Family
Counseling Center
206 West 5th Street
Metropolis, IL 62960
618-524-9368

Centerstone Fellowship House Campus
800 North Main Street
Anna, IL 62906
618-833-4456

Metropolis Rehabilitation & Health Care
Center
2299 Metropolis St
Metropolis, IL 6296
618-524-2634



Important Phone Numbers

Illinois Poison Center :	800-222-1222
Substance Abuse and Mental Health Services:	800-522-4357
DrugFree.org:	855-378-4373
National Suicide Prevention Hotline:	800-273-8255
National Council on Alcohol and Drug Dependence:	800-622-2255
Marijuana Anonymous:	800-766-6779
National Marijuana Hotline:	888-627-4582