

Hadda maadaama ay maariwaanadu sharci ugu tahay qaangaaraha gudaha Washington . . .



Hagaha waalidka ee ka hortagitaanka isticmaalka maariwaanada da' yarta



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Social Development
Research Group

Sidee ayay Isticmaalka Maariwaanadu Saamayn Ugu Leedahay Caafimaadka Dhallinta Aan Qaangaarin?

Saddex sababood oo ay sidaan u tahay ADIGU waa inaad ogataa:

1. Maariwaanada waa la qabatimaa.
2. Waa u sharci-darro dadka ka yar 21 inay isticmaalaan maariwaanada.
3. Isticmaalka Maariwaanada ayaa iska hortaa HAA u dhahda waxyaabaha kale ee xisaha leh ee ah fursadaha nolasha.

Warka Wanaagsani waa!

Ardayda dhigata sannadka ugu dambeeya dugsiga sare intooda ugu badan (73%) gobolka Washington AYAAN isticmaalin maariwaanada.

Hase yeeshe, khamriga ka sokow, maariwaanadu waa daroogada ugu badan ee ay isticmaalaan ardayda dugsiga sare ee daroogada isticmaasha. Qiyaastii 20% ka mid ah ardayda ku jirta fasallada 10^{aad} ayaa isticmaashay maariwaanada 30kii maalmood ee la soo dhaafay. Kuwasidaas sameeya ayay u badan tahay inay ku helaan natiijo dhibco hoose dugsiga.

(Ra'yi-ururintii 2012 ee Dhallinta Caafimaad-qabka ah ee Gobolka Washington)

Maariwaanadu waa daroogada ugu badan ee ay isticmaalaan carruurta 12-17 sano jirka ah ee loo geeyo qolalka imerjansiga isbitaalka si khalidan ama ku xadgudubka daroogada.⁷

In kasta oo ayna jirin diiwaanno sheegaya si toos in loogu dhintay iska badin maariwaanada, haddana dhibaatooyin caafimaad oo halis ah ayaa dhaca marka waxyaabaha maariwaanada ay tahay quwadda badan la cuno ama neefsado.⁸

Maariwaanadu waa la qabatimaa¹. Tobaneeyo jirayaasha intooda ugu badan ee gasha barnaamijyada dawaynta si xun u isticmaalka walaxaha gudaha gobolka Washington ayaa ku warbixiya inay maariwaanadu tahay kaliya daroogada ugu badan ama kaliya ay isticmaalaan². Tobaneeyo jirayaasha ku tilmaama daroogooyin kale inay yihiin daroogooda ay doorbidaan ee ugu horreysa ayaa badiyaa sheega inay iyaguna waliba isticmaalaan maariwaanada. Dhallinta aan qaangaarin ee bilaaba isticmaalka maariwaanada kahor da'da 14 ayay u badan afar jeer inay ka bataan qabatinka waqtiga ay qaangaarka noqodaan³. Qabatinka maariwaanada ayaa kaga badan tobaneeyo jirayaasha marka loo eego kuwa qaangaaray sababta oo ah maskaxdooda ayaa wali kobcaysa oo wax kasta ayay u nugul yihiin.^{4,5}

Tobaneeyo jirayaasha qaarkood ayaa khalad u aaminsan inay maariwaanadu wax uga tari doonto ADHD ama walaaca, oo ay fiicnayn doonto ku takhasuska tacliinta. Laakiin, sida xaqiiqda ah, dhallinta aan qaangaarin ee isticmaala Maariwaanada ayaa yeelan kara:

- Wax xafididitaanka oo adkaanteedu sii koradho
- Fikir iyo faham gurraan iyo (fikrado buunbuunin ama aan caqligal ahayn)
- Lahaan muqaallo dhalanteed ah
- Shaki xad-dhaaf ah oo habowsan
- Walaac
- Diiqad (niyadxumo)
- Hoos u dhac garaad (IQ) isticmaalka muddada dheer⁶

Tobaneeyo jirayaasha isticmaala maariwaanada ayaa runtii u badan inay la kulmaan ka gaabin waxbarasho, oo u horseedi karta inay dugsiga ka saaqidaan.¹

Dhallinta aan qaangaarin ee qabatimay maariwaanada ayaa la halgama dhibaatooyin caafimaad maskaxda ah oo ay ka mid yihiin walaac, diiqad iyo shaki xad-dhaaf ah,¹ Qabatinka maariwaanada ayaa waliba ka sii dari karta xaaladaha caafimaadka maskaxda markaa jira. Markay qabatimaan maariwaanada, dhallinta aan qaanaarin inta badan ayay ka maqan tahay niyadda iyo tamarta wax loogu dhaqaaqo, oo u ka lumaa xisaha hawlaha ay jecelysan jireen.

Maxaad ADIGU qaban kartaa?

Xataa markay yihiin tobaneeyo jireyaal, **carruurta ayaa daneeya waxay waalidku dhahaan**. Mid ka mid ah sababaha muhiimka ah ee tobaneeyo jirayaashu ay u go'aansadaan inayna isticmaalin daroogada ayaa ah iyaga oo og inay waalidkoodu ayna oggolayn.⁹

Muuji mowqaf bilaa isticmaal ah. Carruurta waalidkood u leeyihiin mowqaf qumman isticmaalka maariwaanada ayaa shan jeer u badan tahay inay isticmaalaan maariwaanada ilaa fasallada 8^{aad}.¹⁰

Horay u bilow!

- Maadaama toobaneeyo jirayaasha isticmaala maariwaanadu badanaa ku bilaabaan ilaa da'ada 14 jir, waalidku waa inay bilaabaan wada hadal joogto ah oo ku saabsan daroogada laga bilaabo heerka fasalka 4^{aad} ama 5^{aad}.
- Si cad oo gaar ah ugu sheeg mowqifka qoyskaagu ka taagan yahay isticmaalka maariwaanada.

Waxa lagu dhahayo carruurta dhigata fasallada 4^{aad} & 5^{aad}: *"Maxaad ka taqaan arrimaha ku saabsan maariwaanada? Ma ogtahay inay maariwaanadu waxyeelo u geysan kato caafimaadkaaga? Isticmaalka maariwaanada ayaa sharci-darro u ah qof kasta oo kayar da'da 21 sano. Waxaan rabnaa inaad ku guulaysato dugsiga, markaa waxaan leenahay xeer ka soo horjeeda isticmaalka daroogada, oo ay ku jirto maariwaanadu."*

U sheeg ilmahaaga siyaabaha u maariwaanada iyo daroogada kale u maya u dhihi karo.

- Door ka-ciyaarka xaaladaha bulsheed u asaag u soo fidiyo ilmahaaga maariwaana.
- Ka caawi ilmahaaga inuu yaqaan ereyada ku habboon diiditaanka u soo fidinta daroogada.
- Ka caawi ilmahaaga adiga oo u soo jeediya waxa ka duwan daroogada oo la sameeyo.
- Ha ogaado ilmahaagu inay habboon tahay inuu iskaga dhaqaaqo qof, xitaa saaxiib, u soo fidiya daroogo oo, haddii loo baahdo, u adiga kuu soo waco ilmuhu inaad guriga geysa.

Wixii lagu odhan lahaa toboneeyo jirayaasha: *"Xusuusanow xeerka qoyskeena uga dhigan isticmaalka maariwaanada? Aan ka hadalno sida aad u diidi karto daroogada, oo ay ku jirto maariwaanadu, haddii lagu soo fidiyo."*

U deji xeerar cad.

U sheeg muhiimadda ay leeyihiin dhaqammada caafimaad-qabka ah oo u deji xeerar cad oo meel loogu soo hagaago kuna ku saabsan arrimaha isticmaal la'aanta maariwaanada iyo daroogooyinka kale. Taasi waxay noqon kartaa qayb ka mid wada-hadallada ka sii badan ee ku saabsan ka filidda arrimahan oo kale:

- Qabashada shaqada guriga
- U hoggaansanka xeerarka waalid
- Tusid ixtiraam xubnaha qoyska
- Wakhtiyada seexashada
- Bandowyada
- U hoggamidda sharciga iyo xeerarka dugsiga
- Ka xaadirka dugsiga iyo fasalka

Si joogta u xusuusi cawwqibta xun ee lagala kulmayo qancinta tilmaamha. Xusuuso inaad ku ammaanto xulashooyinka wanaagsan iyo a doorasho wanaagsan iyo dhaqanka caafimaad qabka leh.

Waxa la dhahayo: *"Waa u muhiim qoyskeena inaynu dhammaan ahaano caafimaadqab iyo ammaan. Hal dariiqo oo sidaas loo sameeyo ayaa ah in laga fogaado isticmaalka daroogada, oo ay ku jirto maariwaanadu. Taasi gaar ahaan waa u muhiim tobaneeyo jirayaasha maadama ay Maariwaanadu wax u dhinto maskaxda soo kobcaysa. Taasi waa sababta aan u leenahay xeer qoys oo ka sohorjeeda maariwaanada.*

Haddii aan ogaano inaad isticmaalayso daroogo, maxaad u malayn inay noqon doonto cawwqib cadaalad ah?"

La socoto ilmahaaga.

- La soco dhaqanka ilmahaaga si aad u hubiso in xeerarka la raacayo.
- Si firfircoon ula soco nololaha ilmahaaga oo baro saaxiibbadiisa(eeda).
- Kala xiriir arrinta waalidiinta kale si aad iskaga taageertaan inaad carruurtiina ka ilaalisaan daroogada.

Ha idiin furnaadaan fursadahiina wadahalal.

- Cashada wada cuna.
- Wada qabta hawlaha qoyska xiisaha u leh.
- Ku xiriirtan sida u ilmahaagu u sameeyo (tekst diritaan, iimayll, Facebook, Twitter).



La socio dhaqanka adiga kuu gaarka ah.

Waxaad tahay qof ilmihiiisu ku dayado markaa ka fikir waxaad samaynaysa iyo farriinta ay dirayso.

- Ka fogow khamri cabbiitaan culus agagaarka ilmahaaga ama tobaneeyo jirayaashaada.
- Haku garab isticmaalin maariwaanada ilmahaaga ama tobaneeyo jirayaashaada.

Maxaan sameeyaa haddii aan ogaado inuu tobaneeyo jirahaygu u isticmaalayo maariwaana ama daroogo kale ama jebinayo xeerar kale oo qoys?

- Isdeji.
- Wada xiriirka ayaa mutaaxa ah! Markay kula soo beeganto dhibaatooyin anshaxeed waa muhiim inaad u sheegto inaad oggolaan dhaqanka adiga oo aan ilmahaaga ka dhigin inuu dareemo nicid ama sidii ay qof xun yihiin oo kale.
- Xusuuso xeerarka la dejiyay iyo cawaaqibka soo raacda marka la jabiyo.
- Albaab u bannee xallinta dhibaataada.

Maxaan ka fogaadaa?

Arrimaha ha la boodin. Taasi waxay u horseedi kartaa ilmahaagu inuu halisyo ka waawayn isku biimeeyo si u kuugu muujiyo inuu madaxbannaan yahay. Markuu natiijada u dareemo in si xad-dhaaf loogu edbiyay, tobaneeyo jirahaaga ayay u badahay inuu:

- Kacdoomo
- Dareemo ciil
- Inay aargutaan oo waxaad arki kartaa dhaqankooda oo ka sii dara.

Tani ma ah wakhti la xaroodo, farta la isku fiiqo, la caayo, ama hoos ka tuur la isla beegsado.

Sideen ku garan karaa inuu tobaneeyo jirahaygu isticmaalayo maariwaana?

La soco dabecadaha iska beddela dhaqanka ilmahaaga, sida isbedellada daryeelka nadaafadda iyo is qurxinta, iyo dhibaatooyin wada xiriir xubno qoys iyo saaxiibbo. Intaa wax u dheer, isbeddello ku yimaad natiijada dhibcaha tacliinta, dugsi u goyn, xiisaha waxa la jecel yahay oo luma, iyo isbeddello ku yimaad caadooyinka sida wax loo cuno ama loo seexdo ayaa dhici karta inay la xiriirto isticmaalka daroogada.

Haddii u qof maariwaana ku mirqaansan yahay, waxa dhici karta inay:

- U muuqdaan qof dawakhsan ama aan isku-dubbaridnayn
- U muuqaada maalaayacnimo iyo iska qosol badnaan bilaa sabab ah
- Yeeshaan indho dhiig cas ah oo soo taataagan
- Ay aad ugu adkaato xusuusadka waxyaabo hadda uun dhacay

Haddii u qof badanaa isticmaalo maariwaana, waxa laga yaabaa inay:

- Ku yeeshaan ur dharkooda iyo qolkooda seexashada
- Ku isticmaalaan foomo iyo ur-bi'yeyaal aaggooda ku noolaan
- Kordhiyaan isticmaalkooda cadarka, barafuunka ama nacnaca neefta
- Isticmaalaan waxyaabaha lagu dhibqiyo Indhaha
- Gashadaan dhar iyo majooharaad ama ay haystaan boostaro xayeysiyiya isticmaalka daroogada
- Yeeshaan isticmaal lacag aan la garayn meeshay ka timi ama xadaan lacag
- Haystaan sheyda loo isticmaalo daroogada sida beebka, badeecad dhalo, misaanno, waraaqaha duubashada, waraaqaha duubashada tobaakada duuban, ama qalimaan uumiga

Maxaa habboon inaan sameeyo haddii u tobaneeyo jirahaygu isticmaalo maariwaana, xitaa kadib markuu cawaaqib u mutaystay?

Haddii aad u malayso inuu tobaneeyo jirahaagu qabatimay isticmaalka maariwaanada ama daroogo kale, la xiriir dhakhtarka ama khadka Caawimada Washington Recovery lambarka 1-866-789-1511.

Su'aalaha Badiyaa la Waraysto

Miyaanay maariwaanadu uga aammaan ahayn tobaneeyo jirayaasha marka loo eego khamriga iyo tubaakada?

Maariwaanada, khamriga iyo tubaakada dhammaantood ayaa ah maandooriyeyaal suurtagal waxyeello keeni kara. Mid kasta ayaa u saamaysa tobaneeyo jirayaasha si ka duwan. Isticmaalka maariwaanada ee tobaneeyo jirayaasha ayaa loo aaneeyaa dhibaatooyinka caafimaadka iyo badbaadada ee hore loogu taxay qoraalkan.

Miyayna maariwaanadu ahayn dabiici oo ayna caadi u ahayn inay tobaneeyo jirayaashu isticmaalaan?

Waxa jira waxyaabo badan oo dabiici ah oo aan u fiicnayn jirkeena. Iyada oo aan loo eegin "dabiici" ahaanta ama ma ahaanta maariwaanada ayey wax u dhimi karta caafimaadka dhallinta.

Miyayna ka wanaagsanayn inuu ilmahaygu ku isticmaalo mariwaanada guriga halkaas oo aan ku ilaalin karo ammaankooda?

Cilmi baariso ayaa sheegaya in tobaneeyo jirayaasha ku isticmaala khamriga guriga ay dhab haan ugu badan tahay in khamriga si xun ugu isticmaalaan marka ayna joogin guriga.¹¹ Sidaas oo kale ayaa dhab ah maariwaanada.

Maxaad u malayn macmacaanka biraawni iyo kukiga (brownies and cookies) maariwaanada leh? Miyana iyagu ka ammaan badanayn qiijinta maariwaanada?

Maariwaana, si kasta oo loo isticmaalaba, waxay wax u dhinta caafimaadka tobaneeyo jirayaasha. Maariwaanada siyaabaha loo sameeyo qaarkood ee la cuno ama uumiga la dhigo ayaa ka sii quwad badan maariwaanada la qiijiyo. Saamaynta caafimaad ee isticmaalka maariwaanada tobaneeyo jiraha ee hore loogu qoray qoraalkan ayaa ah maariwaanada la qiijiyo, la uumiyo, ama la liqo.

Anigu waan qiijin jiray markaan yaraa, ee maxaan ugu diidi waxaan la soo wada maro?

Ogow inayna dhammaan tobaneeyo jirayaashu isticmaalin maariwaanada, sidaa daraadeed ma aha wax ay dadka oo dhan soo wada mareen. Maariwaanada maantu wey ka quwad badan tahay maariwaanadii jirtay waayadii hore. Intaa waxa u dheer, qaar ka mid ah waxyaabaha maariwaanada laga semeeyo ee loo iibiyoo inay yihiin "cufanaan" oo xitaa ka sii quwad badan.

Sideen ilmahayga ugu sheegaa inaanu qiijin haddii aan hadda qiijiyoo ama aan sidaan samayn jiray markaan yaraa?

Sida khamriga oo kale, u sheeg ilmahaaga inay sharci-darro tahay in la isticmaalo maariwaanada ilaa ay noqonayaan 21 jir. Maskaxda tobaneeyo jiraha ayay wax ugu dhintaa isticmaalka maariwaanada joogtada ahi siyaabo ayna wax ugu dhimin maskaxda qaangaaraha. Ku isticmaalka maariwaanada marka la yahay tobaneeyo jire ayaa kordhisa inay u badato inuu qof qabatimo maariwaanad.

Washington Maariwaana Sharciyada iyo Da'yarta

Markay ahayd 2012, ayay codbixiyayaasha Gobolka Washington ansixiyeen Hindisihii 502 ee abuuray nidaamka maariwaanada ee sharci, iyo ganacsi. Qaangaarka da'doodu tahay 21 jir iyo kuwa ka wayn ayaa loo oggol yahay inay hantiyaan xaddi yar oo waxyaabaha maariwaanad laga sameeyo ah.

Waxyaabaha sharci ah ee la soosaaro waxa ka mid ah cuntooyinka iyo sharaabka maariwaanada lagu radiyay. Qaar ka mid ah waxyaabahan ayaa laga yaabaa inay soo jiidato dhalinyarada oo si qalad ah ugu qaataan inay yihiin cunto iyo sharaab caadi ah. Tusaalooyin waxa ka mid ah nacnac, cabitaannada fudud, cuntooyinka la dubo iyo casiirka.

Sharciga cusub ayaa fasaxaya xayaysiiska maariwaanada. Ka taxaddar xayaysiisyada maariwaanada ee ilmahaagu ugu feydsamo onalayn, majaladaha iyo wargeysyada, iyo gudaha beesha. Kala hadal xayaysiisyada iyo farriimaha ay soo gudbinayaan. U isticmaal wadhadalladan inaad ku nuuxnuuxsato xeerarka qoyska ee ah inaan la isticmaalin daroogada, oo ay ka mid tahay maariwaanadu.

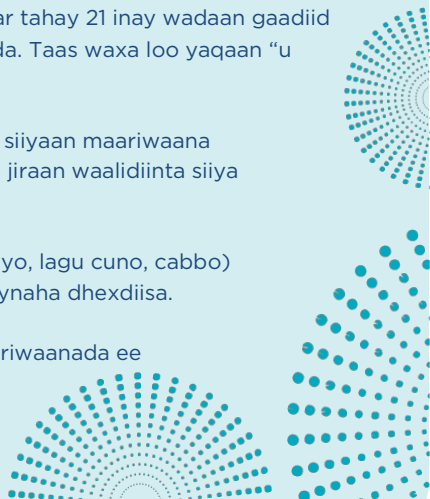
Sharciga uma beddelmin dadka da'doodu ka yar tahay 21 jir. Sida khamriga oo kale, maariwaanadu weli waa u sharci-darro dadka da'doodu ka yar tahay 21 jir. Haysashada in ka badan 40 garaam waa dembi culus.

Waa u sharci darro dadka da'doodu ka yar tahay 21 inay wadaan gaadiid kadib markay isticmaalaaan maariwaanada. Taas waxa loo yaqaan "u dulqaadashada eberka ah".

Waa sharci darro inay dadka qaangaarku siiyaan maariwaana dadka da'doodu ka yar tahay 21, oo ay ku jiraan waalidiinta siiya carruurtooda maariwaanada.

Waa sharci darro in lagu isticmaalo (qiiqiyo, lagu cuno, cabbo) maariwaanada wax laga sameeyo dadweynaha dhexdiisa.

Si aad uga soo warbixiso isticmaalka maariwaanada ee da'yarta, wac waaxda booliska kuu dhow.



Ilaha

Barnaamijka Dhallinta Aan Qaangaarin ee Seattle Children's Hospital

Ayaa bixisa ka-hortagga ku xadgudubka daroogada tobaneeyo jirayaasha aan qaangaarin, wax ka qabashada, iyo dawaynta bukaan-socodka

www.seattlechildrens.org/clinics-programs/adolescent-substance-abuse/resources/

Machadka Si xun u Isticmaalka Khamriga iyo Daroogada jaamacadda Washington

Il waxtar oo isku wada meel oo laga helo macluumaadka gobolka Washington

www.LearnAboutMarijuanaWA.org

Khadka Caawimada Ka Sookabasha Washington Recovery

Caawimo 24-Saac ah loogu talagalay si xun u isticmaalka walaxda, dhibaataada khamaarka iyo caafimaadka dhimirka

www.warecoveryhelpline.org ama 1-866-789-1511

Iskaashiga DrugFree.org

Macluumaad loogu talagalay waalidiinta ee ku saabsan si xun u isticmaalka walxaha

www.DrugFree.org

Machadka Qaranka ee Si Xun Isticmaalka Daroogada

Xaqiiqda maariwaanada loogu talagalay waalidiinta iyo tobaneeyo jirayaasha

www.drugabuse.gov

M-Files

Ka wada hadalka tooska ah ee ku saabsan meth-ka, maariwaanada, iyo dawooyinka la qoro

www.mfiles.org

Kahortagga ayaa GUUSHA LEH

Isbahaysi ka hortaga ku xadgudubka waxlaxaha oo ku taal waqooyi bari Seattle

www.preventionworksinseattle.org/ParentingTips.aspx

Ilaha laga soo xigtay

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Qoreyaasha



Dr. Leslie R. Walker

Madaxa, Qaybta Caafimaadka Dhallinta
Aan Qaangaarin

Agaasimaha, University of Washington
LEAH

(Hogaaminta waxbarashada
Caafimaadka Dhallinta Aan Qaangaarin)

Barofasoorka iyo Guddoomiye Ku
Xigeenka ee Kuliyadda
Arrimaha Waaxda Caafimaadka
Carruurta UW

Madaxweynihii Hore ee Ka Hadda Ka
Horreeyay 2012-2013,
Ururka Caafimaadka iyo Dayaynta
Dhallinyarada iyo
(SAHM)

Seattle Children's Hospital,
University of Washington

Dr. Walker Agaasin-Wadaagaha
Barnaamijka Si Xun u Isticmaalka
Walaxda Dhallinta Aan Qaangaarin ee
Seattle Children's Hospital oo bixisa
barnaamijyo sii socdaka oo taxane ah
laga bilaabo ka hortagga isticmaalka
daroogada dhallinta ilaa dayaynta
bukaan-socodka.

<http://depts.washington.edu/uwleah/>



Dr. Kevin Haggerty

Agaasime Ku-xigeen
Kooxda Cilmibaarista Horumarinta
Bulsheed
University of Washington

Kooxda Cilmibaarista Horumarka
Bulsheed (SDRG) ee ka jirta University
of Washington yaa lagu yaqaan
caalami ahaan cilmi baarista ka
hortagga si xun u isticmaalka walaxda
iyo dhaqannada waxeellada geysta.
SDRG ayaa soo saartay barnaamijyo
caddayn ku salaysan ku saleysan oo u
horseeda yaraanta si xu u isticmaalka
walaxda iyo noocyo kala duwan oo
dhibaatooyin kale oo ka jirta
dhexdooda dhalinyarada. Dr. Haggerty
ayaa hoggaamiyay daraasado cilmi-
baaris qiimeeyay barnaamijyo
waalidnimo oo ay ka mid yihiin
*Ku Hagidda Jidadka Toosan, La
Socodka tobaneeyo jirahaaga,
Waalidnimada Caqli-galeenka ah,
Wadayaasha Ammaan leh Ayaa La
Raabaa iyo Korinta Carruurta
Caafimaad-Qab ah.*

www.SDRG.org

Qoraalkan waa suurtoogalisy iskaashi ka dhexeeyay



Waxaan mahadnaq gaar ah u diraynaa bahdayada Barnaamijka Ka-hortagga iyo Ka Wacyigelinta Maariwaanada Dhallinta King County: Caafimaadka Dadwaynaha Seattle-King County iyo King County Waaxda Beesha iyo Adeegyada Dadwaynaha taageeradooda mashruucan 2016

Raasamaalaynta waxa bixisay



Tarjumaadda Soomaaliga ee 2016 waxa bixisay
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