

Waxaad ka Ogaaneyso Isticmaalka Xashiishadda ee Hooyada Uurka Leh, Dhalmada Ka Dib, iyo Carruurnimada Hore

DADKA UGA ADEEGAYA SIDA TOOSKA AH

Oggolaanshaha Xashiishadda (oo sidoo kale la yiraahdo mariwaana, qiiqa, nacasta) isticmaalkeeda ayaa soo kordhaya, oo dad badan ayaa is weydiinaya haddii ay dhibaato kala kulmayaan haweenka uurka leh, haweenka raba in ay uur yeeshaan, ama kuwa nuujinaya (si kasta oo ilmaha lagu siinayo caanaha hooyada, nuujinta, ama lisidda).

Fahmida xashiishadda casriga ah

Xashiishadda waxaa loo isticmaalaa siyaabo badan, sida iyadoo ku jirta sigaar, shiishad, ama nacnac, cunto, ama cabitaan. Xashiishaddu waxay is beddeshay tobanaankii sano ee la soo dhaafay, oo waxyaabo badan ayaa maanta lagu soo daraa heerar sare oo ah maaddada tetrahydrocannabinol (THC), walax beddesha niyadda qofka oo maskaxda ayaa ku dareemaysaa in ay galeyso “cirka.” Waxa kale oo jirta khatar ah in xashiishadda lagu soo daro maandooriye kale sida fentanyl. **Isticmaalka xashiishadda ma aha wax lagula talinayo hooyo uur leh ama nuujineysa.** Xashiishaddu waxay keentaa gaabis, dawakhaad, jahwareer, iyo in dhugyeelashadu xumaato. Isticmaalka xashiishadda nooc kasta oo ay tahay ee xilliga uurka iyo nuujinta waxa ay saameyn kartaa hooyada uurka leh iyo caafimaadka ilmaha.

Waxa ay cilmibaaristu nooga sheegayso

Inkastoo ay cilmibaaristu weli yar tahay, haddana waxaa jira caddeymo badan oo muujinaya:

- **THC waa wax ka gudbi kara hooyada uurka leh oo u gudbi kara ilmaha uurka ku jira.** Xashiishadu waxay ka gudbi kartaa mandheerta oo waxay saameyn ku yeelanaysaa koboca maskaxda ilmaha uurka ku jira iyadoo ku kordhin karta halista:
 - Waxaa dhalan doona ilmaha oo aad u yar ama goor hore ayuu dhalan doonaa.
 - Dhalasho ah meyd ahaan ama saqiirid.
 - Dhibaatooyin ah waxbarashada, habdhaqanka, ama kuwa kale oo ah caafimaadka.
- **THC waxay gashaa baruurta jirka oo dhowr toddobaad ayey si tartiib ah uga soo baxdaa.** Sidaas darteed, kiimikooyinka xashiishadda waxay ku sii jiri karaan caanaha naaska xataa ka dib marka hooyadu joojiso isticmaalka xashiishadda. Lisidda iyo daadinta caanaha waxba kama beddeleyaan arrinta ah isticmaalka xashiishadda.

- **Isticmaalka xashiishadda ee hooyada uurka leh waxay kor u qaadeysaa halista dhibaatooyin ah, sida:**
 - Dhiigkarka uurka (dhiigkar badan)
 - Dhiigkarka daran ee xaamilada
 - Cayil badan
 - Mandheerta oo dillaacda (madheerta oo ka soo fuqda gidaarka ilmagaleenka)
 - Sonkorowga uurka
- **Mar kasta oo xashiishad la isticmaalo, waxaa hooyada ku kordheysa khatar ah caafimaadka, gaar ahaan haddii ay cabbo sigaar.**

Marka hooyo loola xiriirayo wax la xiriira uurka iyo barbaarinta

Waxaa muhiim in wax laga weydiiyo isticmaalka xashiishadda iyo in la siiyo macluumaad ah in loo gudbiyo daaweyn haddii loo baahdo. Hase ahaatee, haweenka leh uurka iyo kuwa ilmaha korsada ee isticmaala maandooriyaha waxay inta badan la kulmaan ceebeyn iyo cabsi marka ay raadsanayaan daryeel caafimaad. In la ixtiraamo, oo aan la xukmin, oo lagula hadlo luuqad dabacsan waa sida kalsooni loogu heli karo qofka iyadoo lagu dhiirrigelinayo in loo sii wado daryeelka dhalmada ka hor. Waxay kalsoonidu qaadan kartaa wakhti si loo soo dhiso. Wareysiga oo ah dhiirrigelin ayaa kugu caawinaya fahamka sheekada adag ee aad filaneyso. Hoos ka akhriso tusaaleyaal kugu caawinaya sida aad u bilaabayso wadhadalka:

- “Miyey kula fiican tahay in aan ka hadalno isticmaalka xashiishadda?”
- “Sidee bay kula tahay isticmaalkaaga xashiishadda?”
- “Ma doonaysaa inaad faahfaahin ka hesho saameynta caafimaadka ee isticmaalka xashiishadda iyo hooyada uurka eh?”
- Wixii macluumaad dheeraad ah oo ku saabsan wareysiga ah dhiirrigelinta, ka eego [Motivational Interviewing Network of Trainers bartooda \(www.motivationalinterviewing.org\)](http://www.motivationalinterviewing.org).

Iska yaree waxyeellada ka imaan karta

Haddii hooyo uur leh ama nuujineysa ay xashiishad u isticmaashay si ay ugu maareeyso xaalad caafimaad ama calaamadaha uurka, waa in aad kala hadasho waxay kala kulantay oo macluumaad ka sii siyaabaha ah daaweynta badqabka leh ee loo heli karo. Dadka qaarkood ayaa laga yaabaa in ay ku adkaato in ay joojiyaan xashiishadda. Si la isaga yareeyo waxyeellada ka imaan karta, waa in la sameeyo waxyaabaha soo socda:

- Yareynta caddadka iyo inta jeer ee la isticmaalo xashiishadda.
- In lagu cabbo bannaanka markay suurtagal tahay si looga fogeeyo in qiiqeedu ilmaha gaaro.
- In aad isticmaasho markaad daryeeleyso ilmaha ma noqon karto badqabid. Haddii aad qorsheysato cabbista xashiishadda, waa in aad diyaarsato qof kuu haya ilmaha.

- Baabuur ha kaxayn ka dib markaad isticmaasho xashiishad. Waa inaadan ilmo u oggolaan inuu raaco baabuur markuu waduhu isticmaalo maandooriye.
- Ku xiro xashiishadda meel quful leh oo uusan ilmuhu arki karin, gaari karin, ama ka heli karin.

Talooyinka hay'adaha aqoonta iyo sharciga

Ururka Mareykanka ee Dhakhaatiirta Takhasuska Haweenka (American College of Obstetricians and Gynecologists) iyo Ururka Mareykanka ee Dhakhaatiirta Carruurta (American Academy of Pediatrics) waxay kula talinayaan hooyo kasta in ay joojiso xashiishadda inta ay uurka leedahay iyo marka ay ilmaha nuujineyso.

Taageerada kala duwan

Minnesota waxaa ka jira tasiilaad haddii ay dadku rabaan inay yareeyaan ama joojiyaan xashiishadda.

- [Fast Tracker \(https://fasttrackermn.org\)](https://fasttrackermn.org): Waxay dadku ka heleyaan adeegyada maandooriyaha ee u dhow deegaankooda. Waxaa ka mid ah shaqaalaha Beelaha dalkan iyo kuwa ka baxsan gobolka.
- [Raadinta Macluumaadka Leysanka ee DHS \(https://licensinglookup.dhs.state.mn.us\)](https://licensinglookup.dhs.state.mn.us): Waa keydka barnaamijyada leysanka loo qaato ee Waaxda Adeegyada Dadweynaha ee Minnesota (Department of Human Services). Guji nooca leysanka isticmaalka maandooriyaha si aad u hesho adeegbixiyeyaal. Xogta keydsan waxa kale oo ka mid ah macluumaadka dibu-eegista leysanka.
- [Diiwaanka Adeegbixiyaha ee Barnaamijyada Daryeelka Caafimaadka Minnesota \(https://mhcpproviderdirectory.dhs.state.mn.us\)](https://mhcpproviderdirectory.dhs.state.mn.us): Diiwaankan waxaa ku qoran liiska adeegbixiyeyasha daryeelka caafimaadka ee u adeega dadka ku jira Barnaamijka Minnesota ee Daryeelka Caafimaadka (Minnesota Health Care) (sida Medical Assistance iyo MinnesotaCare).
- [Findtreatment.gov \(www.findtreatment.gov\)](http://www.findtreatment.gov): Xadgudubka Maandooriyaha iyo Maamulka Adeegyada Caafimaadka Dhimirka (Substance Abuse and Mental Health Services Administration ama SAMHSA) helista goobaha daaweynta waxaa ka mid ah barnaamijyada leysanka ee Beelaha, barnaamijyada leysanka loo qaato ee DHS, iyo xirfadleyaasha xarumaha gaarka ah ee isticmaalka maandooriyaha.

Sharciyada Soosheegista ee Minnesota

Isticmaalka maandooriyaha xilliga uurka wuxuu xaalad adag oo ah dhibaato ku keeni karaa hooyada uurka leh caafimaadkeeda. Waxaa lagu yaabaa inuu jiro walaac ah sheegista isticmaalka maandooriyaha iyo natiijada. Haddii ay hooyo uur leh isticmaasho maandooriye, waxaa lagu caawin karaa in lagu xiro urur taageero u ah oo ku caawinya arrimaha caafimaadka iyo sharciga. Sida umulweheliso, umuliso, ama qof kale oo caadi ah oo khabiir ku ah dhibaataada. Qofka uurka leh wuxuu la xiriiri karaa meelo sharci ahaan u caawin kara wakhti kasta, sida haddii

laga xareeyey warbixin ah xafiiska difaaca ilmaha (child protective services). Waxaa muhiim ah in laga digtoonaado sharciyada Minnesota ee ku saabsan sida looga warbixinayo isticmaalka maandooriyaha ee xilliga uurka. Wixii macluumaad dheeraad ah oo ku saabsan shuruudahaas kala xiriir: dcyf.csp.safety@state.mn.us.

Xilliga uurka

- **Haddii hooyada loo sameeyo daryeelka joogtada ah ee dhalmada ka hor, shaqaalaha caafimaadka lagama rabo in ay soo sheegaan isticmaalka maandooriyaha ee xilliga uurka.** Haddii daryeelka caadiga ah ee umusha uu joogsado oo ay shaqaalaha caafimaadku isku dayaan in ay la xiriiraan hooyada uurka leh, warbixin ah xafiiska difaacidda ilmaha (child protective services) ayuu ka rabaa sharciga Minnesota ([Qeyb. 260E.31 Xeerhoosaadyada MN](#)).

Hooyada umuleysa

- Haddii ay jiraan dhibaatooyin caafimaad xilliga ay hooyadu umuleyso iyadoo ay suurtagal tahay isticmaalka maandooriye aan ujeedkiisu ahayn caafimaad, hooyada uurka leh iyo ilmaha waa in laga baaro maandooriye sida uu dhigayo sharciga Minnesota. ([Qeyb. 626.5562 Xeerhoosaadyada MN](#)).
- Haddii maandooriye laga helo, warbixin ah xafiiska difaacidda ilmaha (child protective services) ayaa waxaa ku khasbaya ([Qeyb. 626.5562 Xeerhoosaadyada MN](#)).

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Si aad macluumaadkan ugu hesho qaab kale, soo garaac: 651-201-3650.

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