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‘420’ – APRIL 20TH MARKS TEEN POT-SMOKERS’ HOLIDAY

Addiction Specialist Larry Fritzlan advises Bay Area parents to get educated about teen drug habits and monitor teen activities on that day

San Rafael, CA – Long known as an annual celebratory day for teens who smoke marijuana, “Four-Twenty” – otherwise known as April 20 – is a day for parents to be particularly on guard. Watchful parents may learn something new about their kids.

“Four-Twenty is the teen equivalent of Mardi Gras, Halloween, and New Year’s Eve all rolled into one,” said Larry Fritzlan, a psychotherapist and certified addiction specialist well known in Northern California for his work with teens and families. “If you have a teen, you might want to pay attention to where they are on Sunday, April 20th. You might discover something interesting.”

Four-Twenty is now a well-recognized code word for pot use. It is monogrammed on teen clothes and used in personal ads (“420 friendly”). It is celebrated by many teens by getting stoned on that day. Legend has it that it started at San Rafael High in 1971, when a group of kids agreed to get stoned on pot on April 20 at 4:20 in the afternoon.

Based on his expertise and his work with teens and families over the last 20 years, Fritzlan asserts that current drugs are now much more potent, more available, and more addictive than in past generations. Moreover, pot is *the* gateway to illegal drugs. It is readily available, grown locally and universally celebrated on 420, but it is seen in the teen world as just another element in the spectrum of mood-altering opportunities. It is estimated that 10% to 15% of Bay Area teens – that’s three out of five students in a class of 30 – have already begun the certain slow spiral that will lead directly to alcoholism or addiction at some point in their life.

“Pot use by teens is often quickly followed by sampling mushrooms, ecstasy, cocaine, and their parent’s drug-cabinet opiates, Valium, and ADD medicines, which are a frequently prescribed form of speed,” said Fritzlan. “Experimentation is part of the process of developing a self, friends, values and life goals. It is a big challenge – and being on drugs renders these tasks even more formidable.”

About Larry Fritzlan, LMFT, CAS, BRI-1

Larry Fritzlan, Licensed Marriage & Family Therapist (MFC33672), Certified Addiction Specialist (C-4311), and Board Registered Interventionist (BRI-1), has been active in the field of alcoholism, addiction, and treatment for more than 20 years. Based in Marin County, Larry is known and respected in the therapeutic community for his straightforward style and his extremely effective treatment approach. Through his companies Adolescent Recovery Services and Interventions, Fritzlan has been a central force in helping hundreds of families recover from the disease of drug and alcohol dependence and regain optimal health and well-being. For more information on this topic or to schedule an interview, please visit www.AddictionTherapist.com or call Shelley Frost at (310) 990-5163.