

## **QUIT CANNABIS**

If you or someone you know needs help quitting cannabis—especially to clear a drug test for the "Raising the Bar" program or other union apprenticeships—there are several public and private resources in Washington, D.C. and Prince George's County.

### **Immediate "At-Home" Steps for Apprenticeship Candidates**

Since cannabis is fat-soluble, it stays in the system longer than most other substances (up to 30-60 days for heavy users). "Quitting" often requires counseling to handle the behavioral change, plus time for the body to naturally detox.

If the goal is to pass the union drug test (Q13 on the form):

1. **Stop Immediately:** There is no way to "flush" cannabis out of your system quickly if you are a regular user. It takes time.
2. **Hydrate & Exercise:** Burning fat (where THC is stored) helps release it, but **stop exercising 48 hours before the test**, as burning fat right before the test can actually spike the THC levels in your urine.

**Home Test:** Buy inexpensive THC test strips at a pharmacy (CVS/Walgreens) to track your progress so you know exactly when you are testing clean.

Your best option is to GET HELP! Here are the best places to start:

### **National Resource Locator**

If you want to find a specific clinic near your zip code anonymously:

- **SAMHSA National Helpline:** 1-800-662-HELP (4357)
- **Website:** [findtreatment.gov](http://findtreatment.gov) (You can filter by "substance use" and zip code).

### **In Washington, D.C.**

#### 1. DC Department of Behavioral Health (DBH) - Access HelpLine

This is the single best starting point for DC residents. It is available 24/7 and connects you to a network of certified providers for substance use disorder treatment.

- **What they do:** They conduct an assessment and refer you to a provider that fits your needs (counseling, detox, outpatient).
- **Contact:** 1-888-7WE-HELP (1-888-793-4357)
- **Location: Assessment and Referral Center (ARC),** 75 P Street NE, Washington, DC (Walk-ins are often accepted, but call first).

#### 2. Whitman-Walker Health

A community health center that provides non-judgmental addiction services, including individual and group therapy.

- **Locations:** 1525 14th St NW and 2301 Martin Luther King Jr Ave SE.

### 3. Federal City Recovery Services

They offer outpatient substance abuse treatment and counseling specifically for DC residents.

- **Location:** 920 Rhode Island Ave NE, Washington, DC.

### 3. Marijuana Anonymous (District 13 - DC Metro):

- **Best For:** Peer support from others who have quit.
  - **What They Offer:** Free, confidential support groups specifically for people struggling to quit marijuana.
  - **Phone:** (202) 630-6036
  - **Website:** [madistrict13.org](http://madistrict13.org) (Check site for meeting times).
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## In Prince George's County, MD

### 1. Prince George's County Health Department - Behavioral Health Services

The county operates outpatient treatment programs for residents.

- **What they do:** Assessment, individual counseling, and group therapy.
- **Location:** Cheverly Health Center, 3003 Hospital Drive, Cheverly, MD.
- **Contact:** 301-883-7829 (Call for an appointment or screening).

### 2. Kolmac Integrated Behavioral Health Centers

A well-respected private outpatient treatment provider with a strong presence in the DMV. They have specific tracks for working professionals who need to maintain a job while getting treatment.

- **Location:** They have offices in **Largo/Upper Marlboro** (1400 McCormick Drive) and **Silver Spring**.
- **Note:** This is a private facility and may require insurance (they accept most major plans and Medicaid).

### 3. Luminis Health (Doctors Community Medical Center)

Located in Lanham, they offer behavioral health and substance use services, including outpatient programs.

- **Location:** 8118 Good Luck Road, Lanham, MD.
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