

2/23/22 OSAP Sub-Recipient Meeting

Preventing Cannabis Misuse: Contemplating the Journey Breakout Session

Purpose: This document was created as a conversation and contemplation tool concerning some of the fears identified in the breakout session. This information is NOT from OSAP, but from Paula Feathers, the facilitator*. This information is using information from a cannabis training developed by Paula Feathers as well as additional articles (cited in this document).

Fear	Consideration
Youth don't fear use. It's being misrepresented to kids by parents.	<ul style="list-style-type: none">• For most people, messages that attempt to increase fear does not change behavior. Increasing perception of risk can lead to behavior change, but messages that attempt to increase this perception are most effective when the recipient of the message does not believe that they are being instructed that they must fear something.• Focus on increasing several <u>protective factors</u> may address this including:<ul style="list-style-type: none">- Bonding to family with healthy beliefs and clear standards.- Attachment to family with healthy beliefs & clear standards- Opportunities for prosocial involvement- Recognition for prosocial involvement• Addressing risk factors including:<ul style="list-style-type: none">- Family management problems- Family conflict- Favorable parental attitudes and involvement in problem behaviors
<ul style="list-style-type: none">• Youth will have health related conditions associated with use.• Mental Health Impact	<ul style="list-style-type: none">• Most related health conditions associated with cannabis use occur after extreme heavy use over a long period of time.• Conditions with extreme heavy use can be:<ul style="list-style-type: none">- Permanently impacting brain development (especially in memory and learning)- Mental illness (temporary hallucinations, temporary paranoia, worsening symptoms in patients with schizophrenia— such as hallucinations, paranoia, and disorganized thinking, Anxiety, Depression)• Frequent or long-term use is linked to school dropout and lower educational achievement• Long term effects of dabbing and vaping cannabis include:<ul style="list-style-type: none">- poorer cognitive development in adolescents- it can increase risk of dependence- Has been linked to other substance use and other health, social, and behavioral problems later in life

2/23/22 OSAP Sub-Recipient Meeting

Preventing Cannabis Misuse: Contemplating the Journey Breakout Session

Fear	Consideration
<ul style="list-style-type: none">• LE - under the influence. DUI• Lack of actual enforcement• Lack of enforcement• Available law enforcement to implement laws	<ul style="list-style-type: none">• Collect local data to monitor the issue and consequences• Use SPF process to identify strategies and evaluate effectiveness• Preventionists have the opportunity to educate law enforcement partners on laws. This could be part of a comprehensive strategy.• Promote awareness of laws and consequences
Initial concerns with the introduction of it to the law.	<i>Unclear about the meaning of this, so did not respond</i>
Increase of use	<ul style="list-style-type: none">• Research clearly shows the more available a substance is the greater risk for use• Some studies have shown small increases in reported use in states it has been legalized (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6461328/)
Misconception of it being illegal and legal	<ul style="list-style-type: none">• Preventionists have the opportunity to educate the public on laws. This could be part of a comprehensive strategy.
Inadvertent misuse	<ul style="list-style-type: none">• Public information campaigns that educate people on the products and their effects could be helpful. This could be part of a comprehensive strategy.• Safe storage education with the outcome to prevent children from getting hold of cannabis products.
<ul style="list-style-type: none">• Self medicating instead of getting medical advice• Parents feeling it's safe to self medicate• Self medicating without given tools for coping.	<ul style="list-style-type: none">• Many individual, family, and school based strategies have outcomes associated with coping skills and emotional regulation.• If one option is taken away (drug use) other viable options need to be provided.
Improper retail sales	<ul style="list-style-type: none">• Retail compliance checks• See <i>Cannabis Server Education</i> fact sheet for guidance on retail sales.• Retailers can be invested in misuse prevention from the beginning and can be supported with up to date information on regulatory changes similar to Responsible Beverage Service Education. This can be part of a comprehensive strategy.

2/23/22 OSAP Sub-Recipient Meeting

Preventing Cannabis Misuse: Contemplating the Journey Breakout Session

Fear	Consideration
Products could have other chemicals, caffeine, sugar	<ul style="list-style-type: none"> For products sold legally, all ingredients must be listed on the packaging.
Legal action being abused	<i>Unclear about the meaning of this, so did not respond</i>
Increase in community violence	<ul style="list-style-type: none"> There is limited information on violence associated with cannabis. What research does show is that, in individual cases, marijuana can cause psychosis, and psychosis is a high-risk factor for violence (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6461328/) <ul style="list-style-type: none"> 1 study with very small numbers identified heavy regular users of marijuana experienced induced paranoia (exaggerated, unfounded distrust) and marijuana induced psychosis were linked to violence (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7084484/) Cannabis research has been stigmatized for so long (prohibited by the federal government so no funding allocated for research) there is not a lot of research that can demonstrate the connection to violence (like alcohol has) Some states that have legalized cannabis for some time have seen elevated numbers of murder and aggravated assaults, BUT these can NOT be directly attributed to cannabis use (see 1st bullet citation) Legalization reduces the illicit trade and therefore associated violence
<ul style="list-style-type: none"> Increased access by youth Increase of Access 	<ul style="list-style-type: none"> Cannabis is already one of the higher used substances for youth (explore your county data in the YRRS) Keep in mind: prohibition of alcohol increased violence, poisonings, and dependence without regulation. There is a great prevention opportunity if people would develop effective programs and use other effective indicated interventions (like Screening and Brief Intervention and Referral to Treatment [SBIRT] and Motivational Interviewing) for youth who are caught using cannabis and required to attend a program (as stated in the law)
Environmental Impacts	<i>Unclear about the meaning of this, so did not respond</i>

Fear	Consideration
THC Levels and Health Impact	<ul style="list-style-type: none">• Dabbing and vaping cannabis has been linked to some very harmful consequences. The reason these methods present more risk is because of the higher levels of THC they enable a person to put into their body. When a person dabs or vapes, they are taking concentrated THC that can be "3 to 5 times more THC than the plant itself," (NIDA, as cited by CNN).• There is not a lot of research about the impacts of using cannabis with really high levels of THC because federal laws/regulations have restricted most types of cannabis research• Higher levels of THC have been linked to mental illness as described above
Community Focus on Profit rather than Impact of MJ	<ul style="list-style-type: none">• Another opportunity to work on policy that promotes health, wellness, and prevention in the community
Prominent members in the community openly using	<ul style="list-style-type: none">• Always use fact based information when presenting to the community so people can make informed decisions• Humanize people who use cannabis
Increased impaired drivers-not knowing their limits and impact.	<ul style="list-style-type: none">• Educate the public on laws regarding use while operating a vehicle• Collect local data to monitor the issue and consequences
Spiking data	<ul style="list-style-type: none">• Use this valuable information to identify and implement effective strategies

*Special thank you to Dave Curry and Liz Lilliott of PIRE for reviewing this document and providing additional content and feedback.

KAMAMA
CONSULTING