



AGENDA

9:00 – Sign-in and introductions

9:15 – Marijuana

10:30 – Break

10:45 – Opioid Prevention

11:30 – Discussion & Wrap-Up





Marijuana: Preventing Youth Use

Juliet D'Alessandro, Healthy Communities Specialist

Today will cover:

- Marijuana Overview
 - Laws
 - Consumption
 - THC
- Impacts of Youth Marijuana Use
 - Brain impacts
 - Short- & long-term impacts
- Youth Prevention
- Questions & Discussion

Marijuana

- *Pot, weed, bud, grass, reefer, herb, or Mary Jane*
- Dried leaves, stems, and flowers of cannabis plant
- Delta-9-tetrahydrocannabinol (THC)
 - Active compound
 - Produces “high” feeling
 - Interacts w/the brain
 - **Drastically increased potency**
 - 2 to 7 times stronger than 1970's

Initiative 502

- Washington State legalized recreational marijuana in 2012
- First stores opened July 2014
- June 2016 medical stores combined w/retail

- “Legal-ish”
 - Only legal for adults 21 and older
 - Still **illegal** for youth under age 21 to use or possess marijuana
 - Still a **federal** crime

Laws for Adult Use

Adults age 21+ can legally purchase & possess:

- 1 ounce of usable marijuana
 - 16 ounces of marijuana-infused edibles
 - 72 ounces of marijuana in liquid form
 - 7 grams of marijuana concentrates
- It is illegal to consume marijuana in *any* form in public
 - It is illegal to take marijuana outside of WA State
 - It is illegal to drive under the influence of marijuana
 - Open container laws apply to marijuana too!
 - Providing marijuana to *anyone* under 21—even own children, in own home—is a felony

Sales and Advertising Restrictions

- No retail stores allowed within 1,000ft of:
 - Elementary or secondary school
 - Public playground
- No marijuana leaf image or cartoons allowed in advertisement; can't appeal to kids
- Business limited to two signs; 1,600 in²
- Billboards can contain information only

Ways Marijuana is Consumed

- Smoked/Vaped (plant material)

- Joint, blunt, pipe, bong, hookah



- Ingested (“edibles”)

- Cookies, brownies, candy, drinks



- Vaporized (concentrates)

- Vaping, “dabs” or “dabbing”



Medical Marijuana

- Used for conditions like cancer, AIDS, epilepsy, glaucoma, PTSD, Crohn's, Parkinson's
- Often lower in THC, higher in CBDs
- Oils, tinctures, creams, ointment
 - No psychoactive effect



Do you know ADULTS who use?

Do you know YOUTH who use?

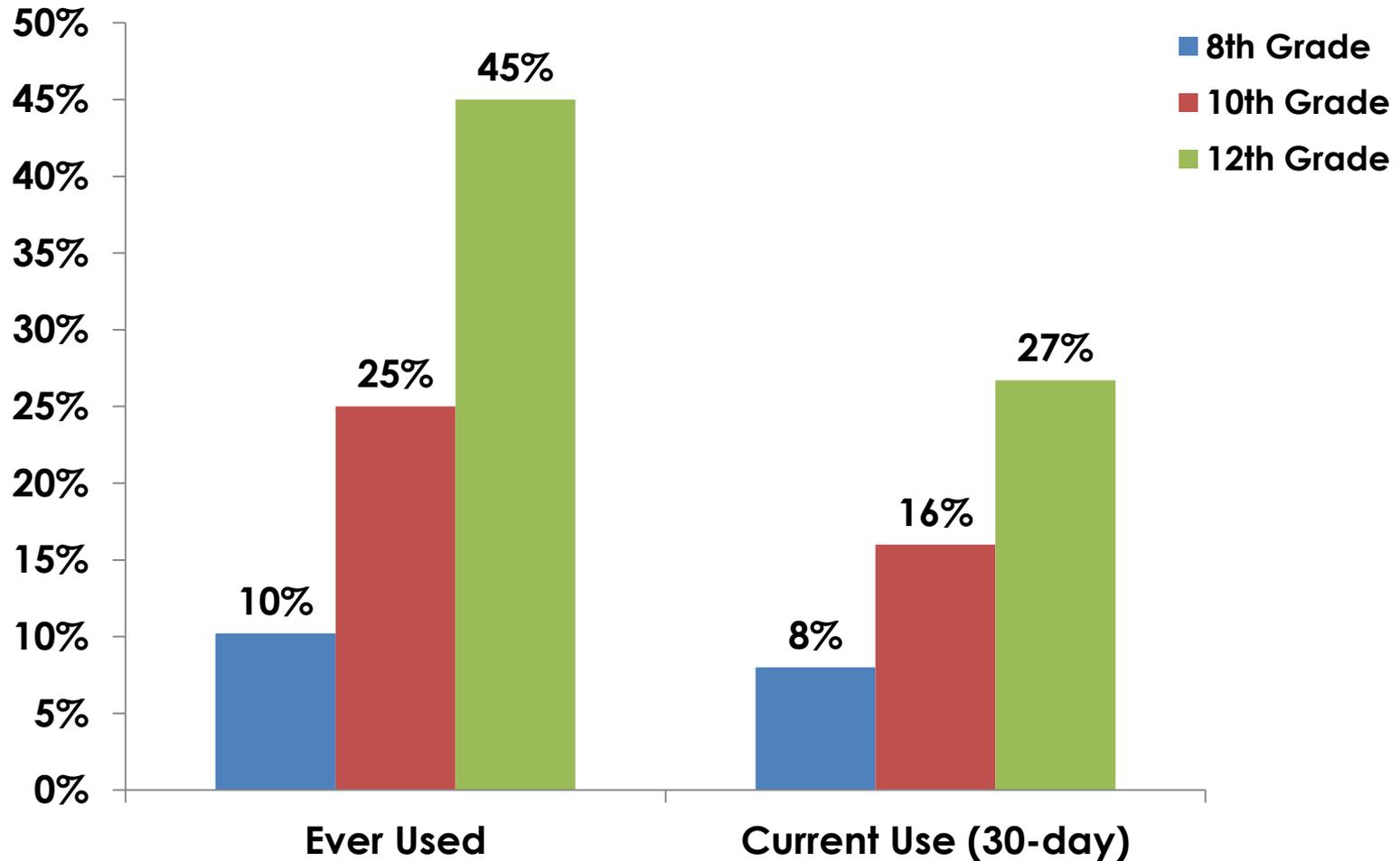
Youth Marijuana Use

In 2016, how many youth in Snohomish County had ever tried marijuana?

- 9.6% of 8th grade students
- 24.7% of 10th grade students
- 44.5% of 12th grade students

Youth Marijuana Use

Snohomish County, 2016

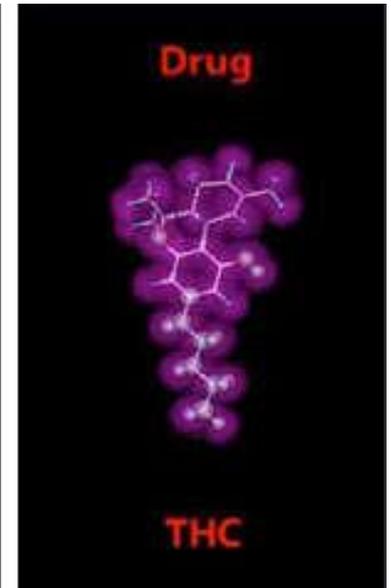
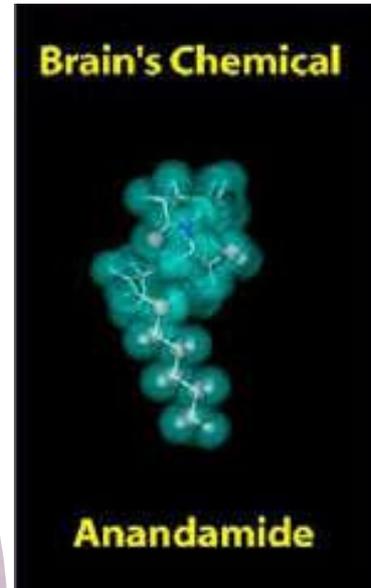
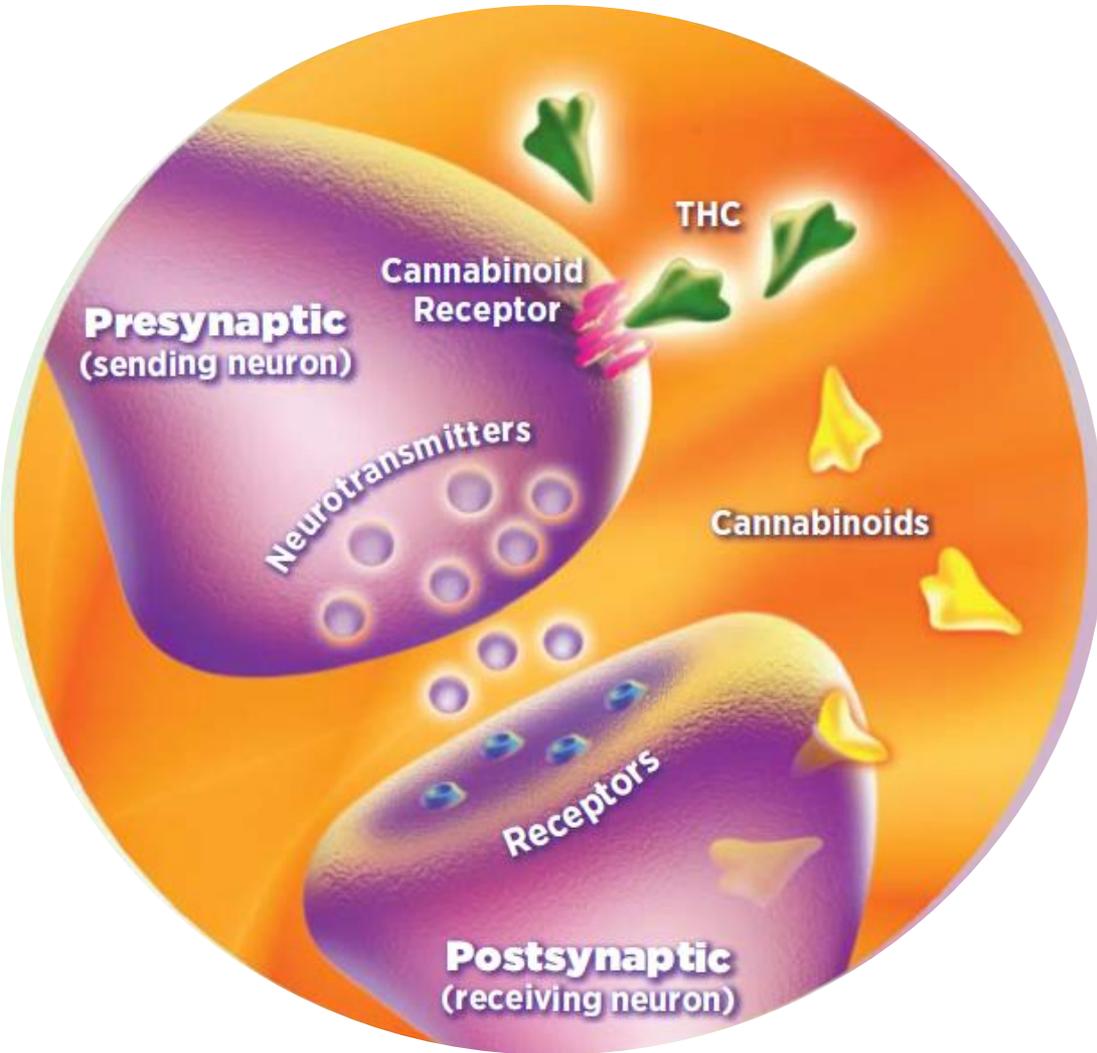


Why Prevent Youth Use?

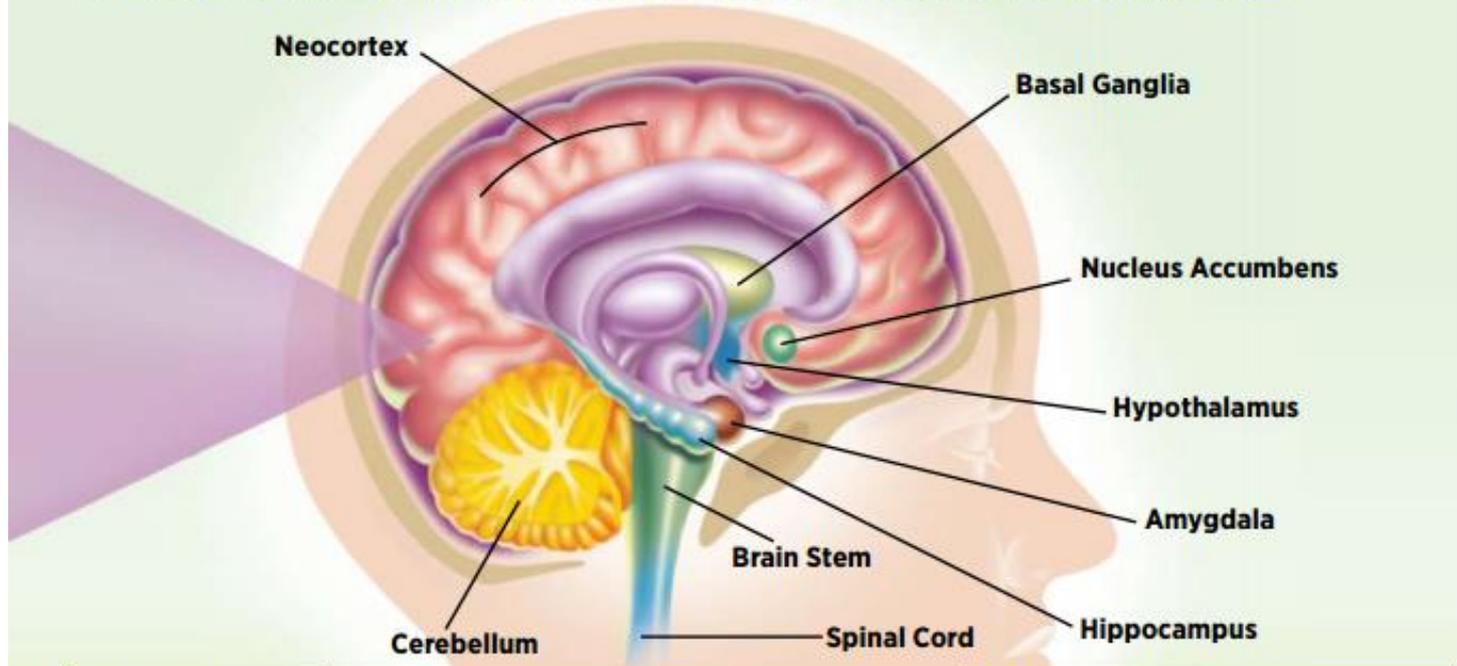
- Brains continue to develop until age 25, so marijuana can affect youth very differently than adults.



THC & the Brain



How does THC affect behavior? *It depends on where the CB receptors are in the brain.*



Brain Structure	Regulates	THC Effect on User
Amygdala	emotions, fear, anxiety	panic/paranoia
Basal Ganglia	planning/starting a movement	slowed reaction time
Brain Stem	information between brain and spinal column	antinausea effects
Cerebellum	motor coordination, balance	impaired coordination
Hippocampus	learning new information	impaired memory
Hypothalamus	eating, sexual behavior	increased appetite
Neocortex	complex thinking, feeling, and movement	altered thinking, judgment, and sensation
Nucleus Accumbens	motivation and reward	euphoria (feeling good)
Spinal Cord	transmission of information between body and brain	altered pain sensitivity

The brain structures illustrated above all contain high numbers of CB receptors

FROM SCHOLASTIC AND THE SCIENTISTS OF THE NATIONAL INSTITUTE ON DRUG ABUSE, NATIONAL INSTITUTES OF HEALTH, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Short-term Impacts



- Coordination
- Judgment
- Thinking & problem-solving
- Learning
- Memory
- Attention
- Paranoia
- Hallucinations

Longer-term Impacts



- Anxiety & Depression
 - Increased risk &/or worse symptoms
- Poor academic performance
 - Worse grades
 - Increased high school dropout
- Loss of IQ points
- Problems with memory, recall & learning

Physical Health Impacts

- Marijuana smoke contains many of the same toxins, carcinogens and irritants as cigarette smoke
- Leaves more tar in lungs than cigarette smoke
- Causes respiratory problems such as:
 - Bronchitis (chronic and acute)
 - Persistent cough
 - Wheezing
- Increased heart rate

Marijuana *IS* Addictive

- Use can lead to dependence and addiction
 - **Dependence**→ when the brain adapts to large amounts of marijuana by reducing production of and sensitivity to its own endocannabinoid neurotransmitters.
 - **Addiction**→ when a person cannot stop using marijuana even though it interferes with many aspects of his or her life.

Addiction, *continued*

- More likely for youth who use frequently, start using at a younger age, and use for longer periods of time
 - Daily youth users → 50% at risk
- Frequent users experience withdrawal symptoms
 - Physical symptoms
 - Blunted dopamine response

Other Consequences

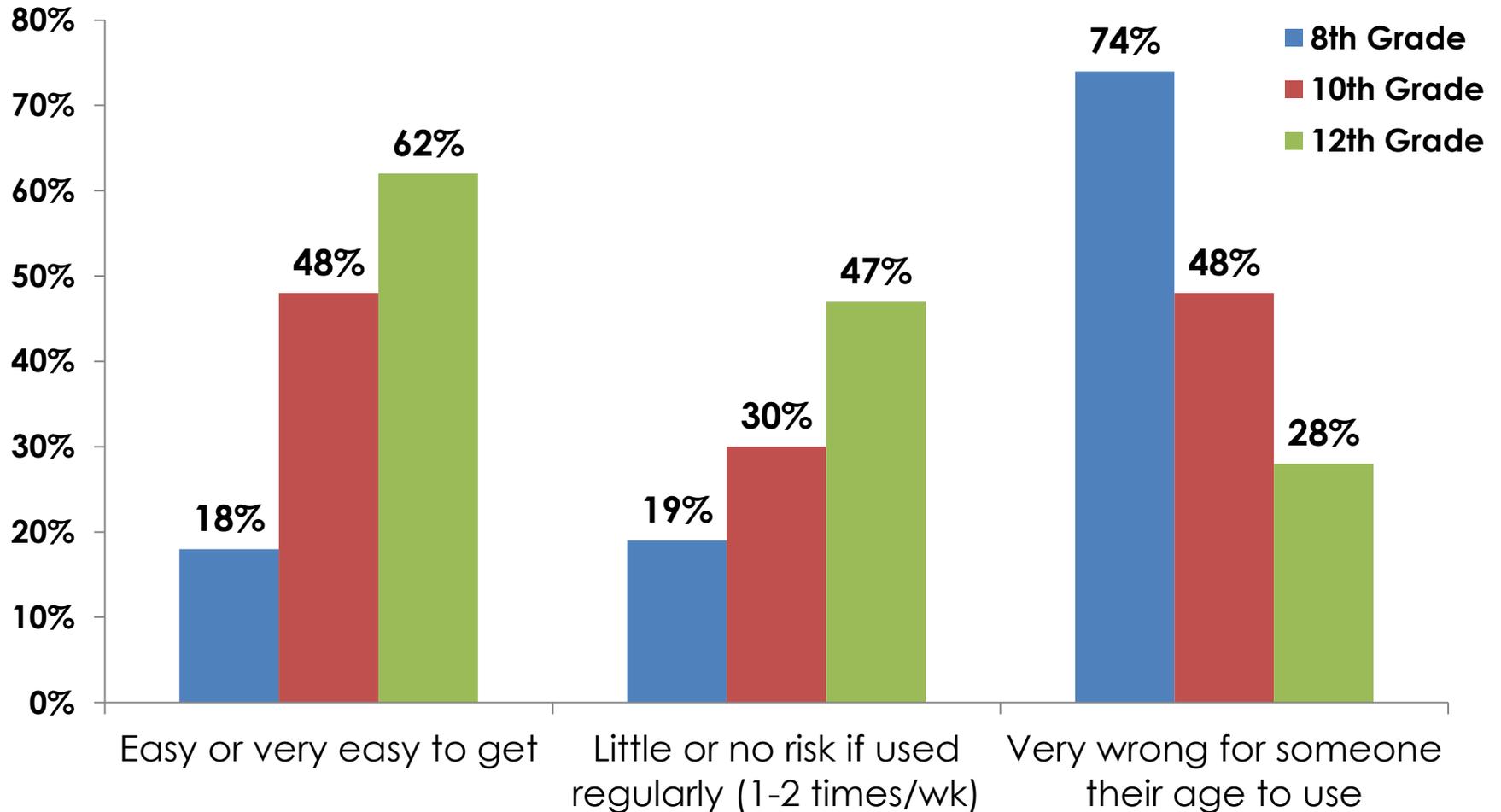
- School suspension
- Drug treatment programs
- Legal consequences
 - Driver's license suspension
 - Record
- Social consequences

What contributes to youth MJ use?

- 3 big factors:
 - Availability
 - Is it easy to get?
 - Social & Community Norms
 - What do peers, parents and other adults think?
 - Perceived Harm
 - Is it risky to try?
 - Is it risky to use regularly?

Youth Perceptions of Marijuana

Snohomish County, 2016



What can parents & adults do?

- Start talking early! Teens who use marijuana often start by age 14.
- Set clear, specific rules around marijuana. Discuss these expectations often!
- Be open and honest about the risks of marijuana, and why you want to help them stay healthy.
- Role play to help teens practice saying “no” to drugs.
- Help reinforce the idea that NOT everyone their age is using. Most teens don’t use marijuana!

What is the Health District doing?

- Parent education
- Youth education via media
- Retailer partnerships
- Serving as a resource for the community

What's Needed in MJ Prevention?

- RESEARCH!
- More time in a legalized landscape
- Sustained funding for prevention work

More information

- www.youcanwa.org
- National Institute on Drug Abuse (NIDA)
 - www.drugabuse.gov
- Teen help resource (chat & text too!)
 - Teen Link www.866teenlink.org



Questions?

Juliet D'Alessandro – jdalessandro@snohd.org

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SNOHOMISH COUNTY