

Preventing Youth Use of Cannabis



Cannabis Prevention
alternative to suspension program



New England (HHS Region 1)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SAMHSA
Substance Abuse and Mental Health
Services Administration





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This product is developed by Daniel Fitzgerald under the 2022 New England Prevention Technology Transfer Center (PTTC) Research and Design (RAD) Fellowship Program. The New England PTTC and this program are supported by SAMHSA of the U.S. Department of Health and Human Services (HHS). The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government. SAMHSA Cooperative Agreement #5H79SP081020-05.



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Words have power

"Cannabis" is the scientific name for the plant and includes all products derived from it.



Components

01 Healthy Behavior Change

02 Addiction in the brain

03 Cannabis 101

04 Positive Decision Making



Reporting

- 01 Your attendance
- 02 Your engagement
- 03 Mandatory Reporting
 - If you plan on hurting yourself
 - If you plan on hurting someone else
 - If someone hurt you



What we don't share

- The questions you ask
- Why you are here today
- Stories you share with us



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Expectations

```
graph TD; A[Expectations] --> B[Be Respectful & Stay Present]; A --> C[Impact ≠ Intent]; A --> D[Vulnerability ≠ Weakness];
```

Be Respectful & Stay Present

This program is for you, we will check-in throughout and will expect your participation in activities, discussion, etc.

Impact ≠ Intent

Even when we do not intend to offend someone, our words have impact and we need to validate that impact

Vulnerability ≠ Weakness

We encourage you to ask tough questions and share your experiences. We all grown more when we get out of our comfort zones



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Introductions & Pre-test



Introductions

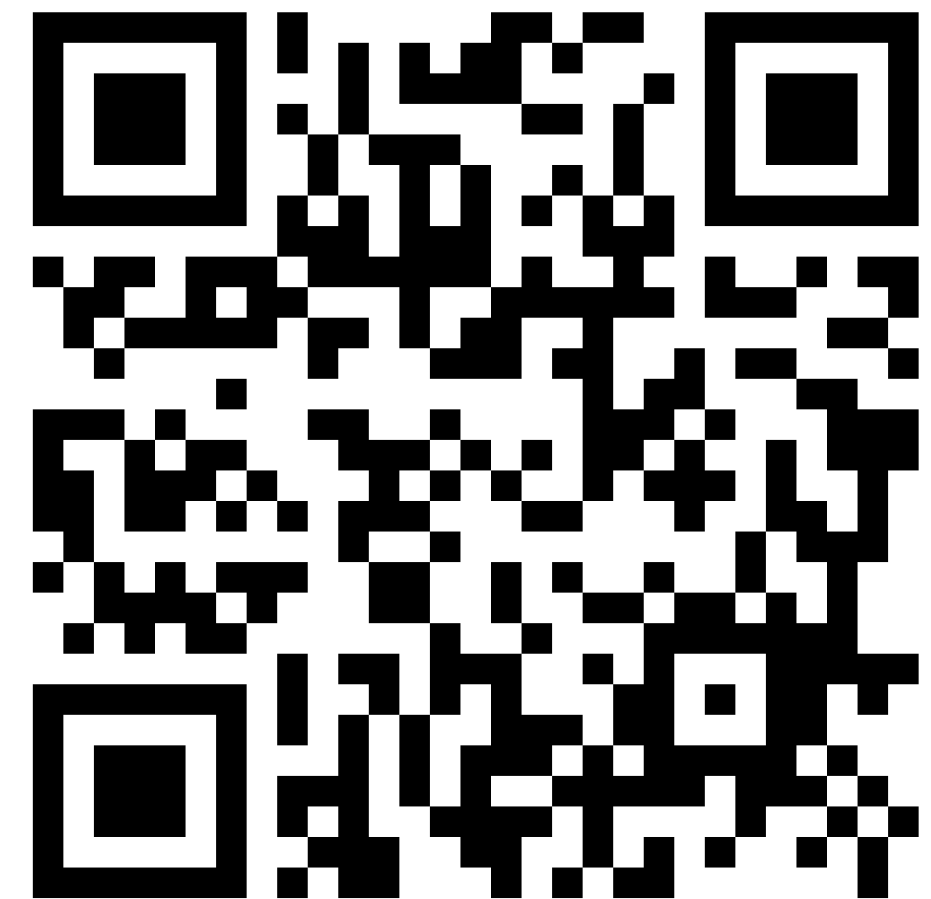
- Name
- Grade
- What town do you live in
- A hobby you enjoy



Pre-test

Please take the pre-test using the QR code provided.

You will be receiving the same questions at the end of session 2 as a post-test to show what you learned during this program.



Section 1

Healthy Behavior Change





*Artwork by Rebecca Fitzgerald, CPS
program of the Chariho Youth Task Force*

Evolution vs. Resolution

res·o·lu·tion

noun

a firm decision to do or
not to do something.

ev·o·lu·tion
noun

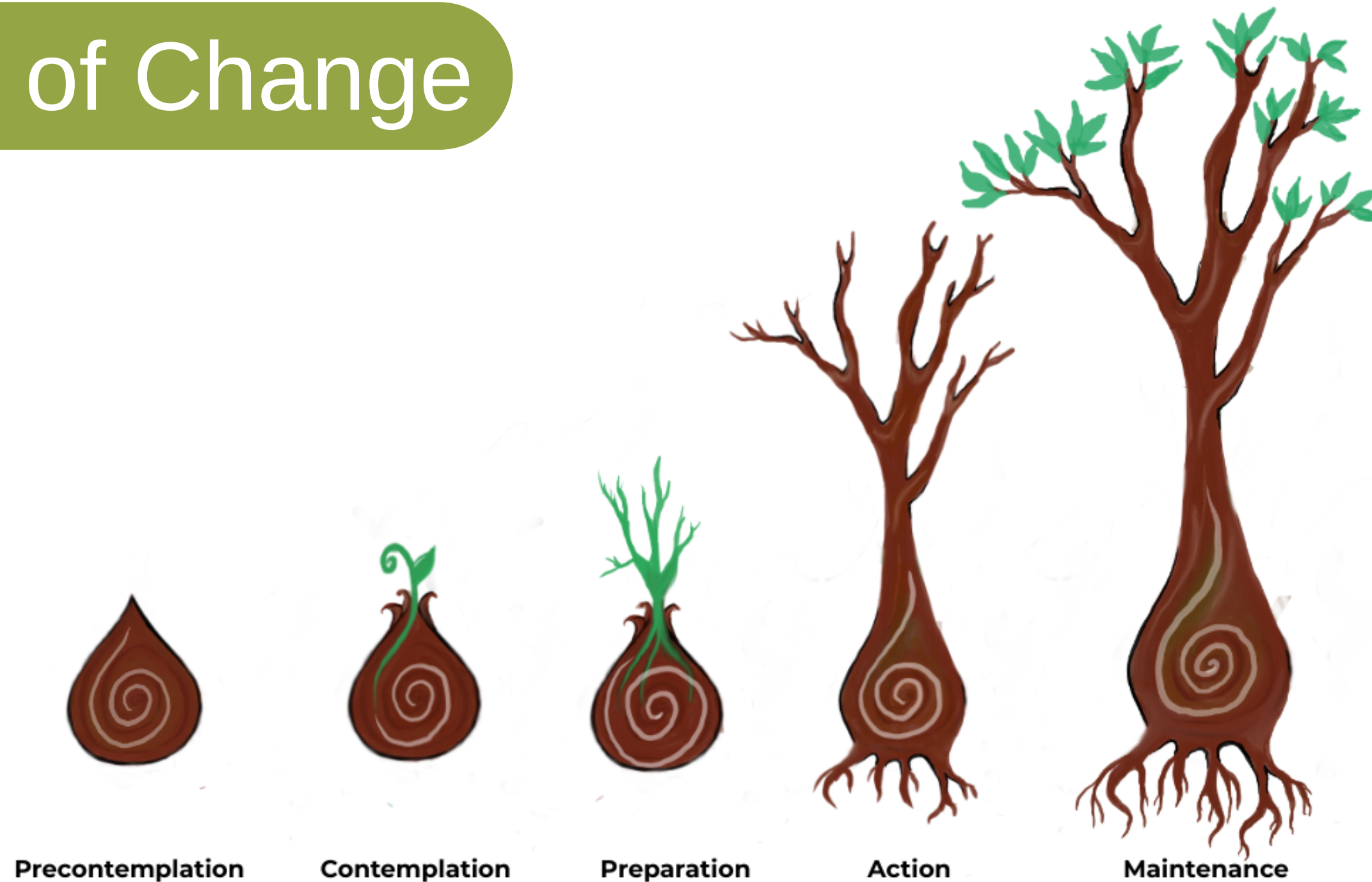
the gradual development of
something, especially from
a simple to a more complex
form.

Healthy Behavior Change

- Evolving into your best self requires being informed about how to bring positive change into your life.
- The "5 Stages of Change" allow you to make intentional behavior modification.
- The 5 stages reflect your readiness and preparedness for making a meaningful change.



Stages of Change



*Adapted from the Transtheoretical Model of Change (Prochaska, J.O.)
Artwork by Rebecca Fitzgerald, CPS*

Precontemplation

Stage 1 | Precontemplation

- Not intending to take action in the next 6 month



Contemplation

Stage 2 | Contemplation

- Intending to take action in the next six months



Preparation

Stage 3 | Preparation

- Being ready to take action in the next 30 days



Action

Stage 4 | Action

- Made overt lifestyle change in the past 6 months



Maintenance

Stage 5 | Maintenance

- Doing a new behavior for more than 6 months



What stage of change are you at?

Take the Stages of Change quiz to determine what stage of change you are at regarding your cannabis use

The answers to your questions are not recorded or shared



Discussion

- What stage of change did you get?
- Do you agree with that answer, why or why not?



Section 2

Addiction in the Brain



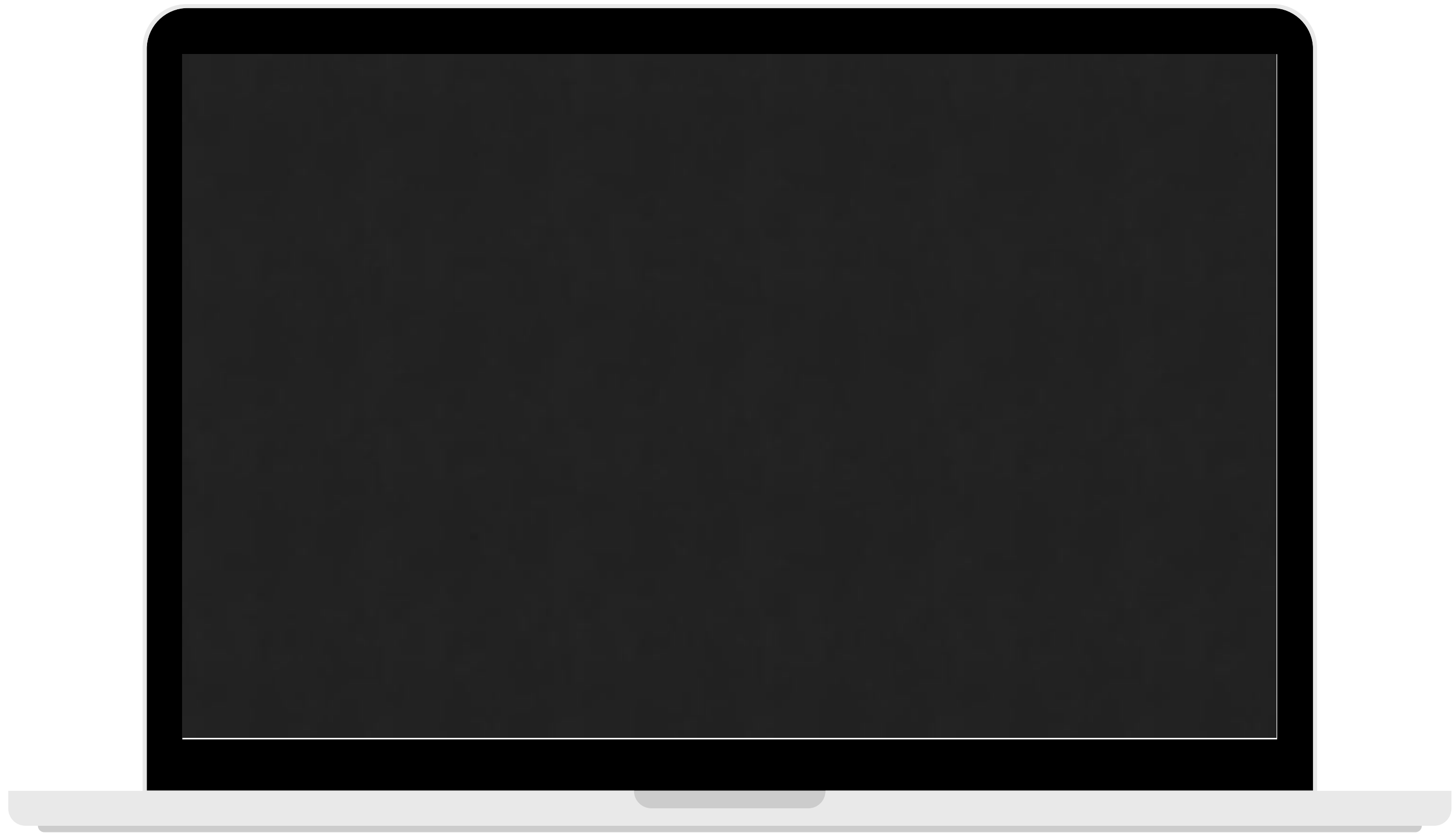
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Objectives

Understand the following:

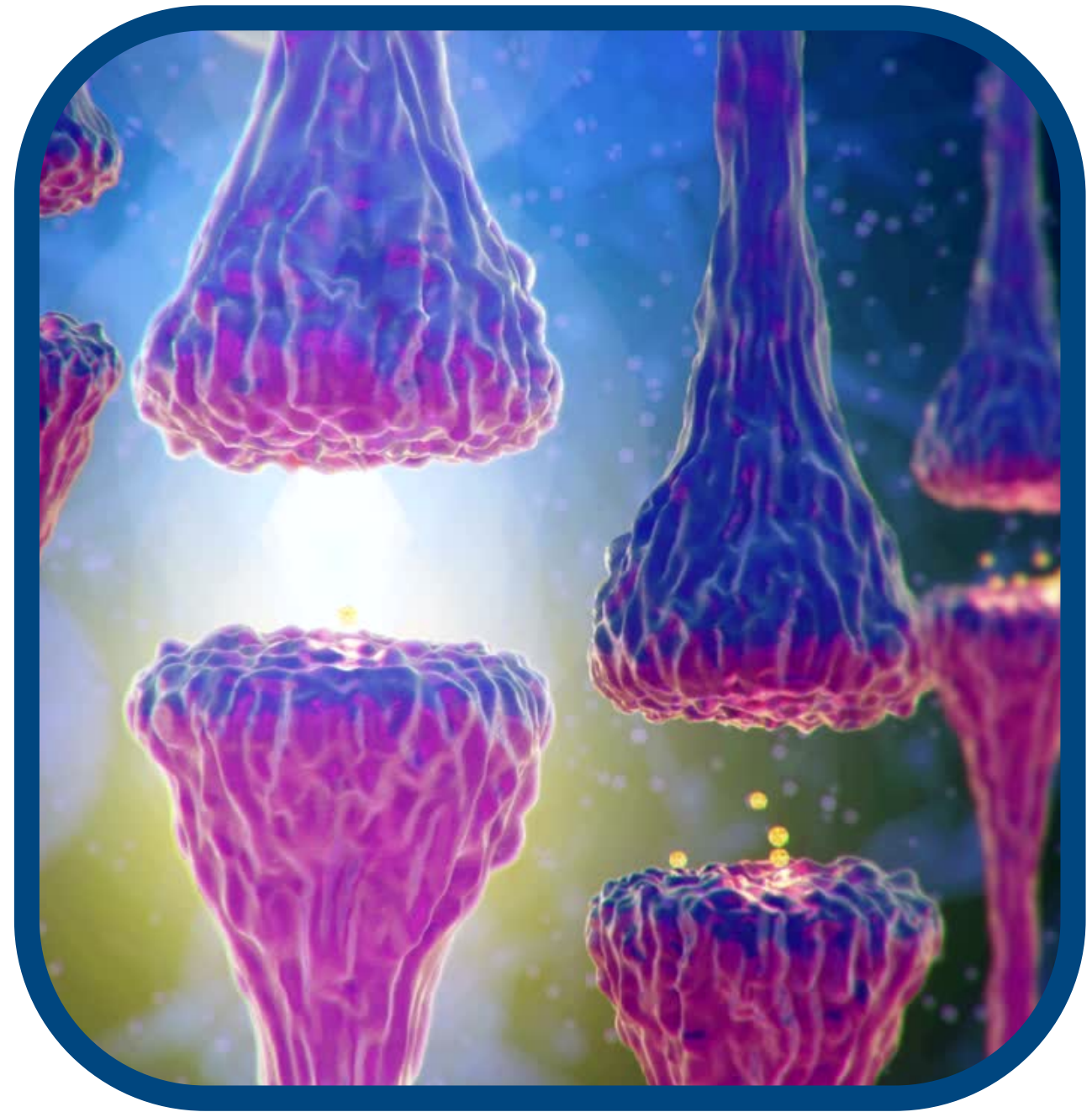
- Hierarchy of need
- Addiction, tolerance, and dependence
- The impact of substances on the developing brain
- Reward Center of the Brain





Synapse

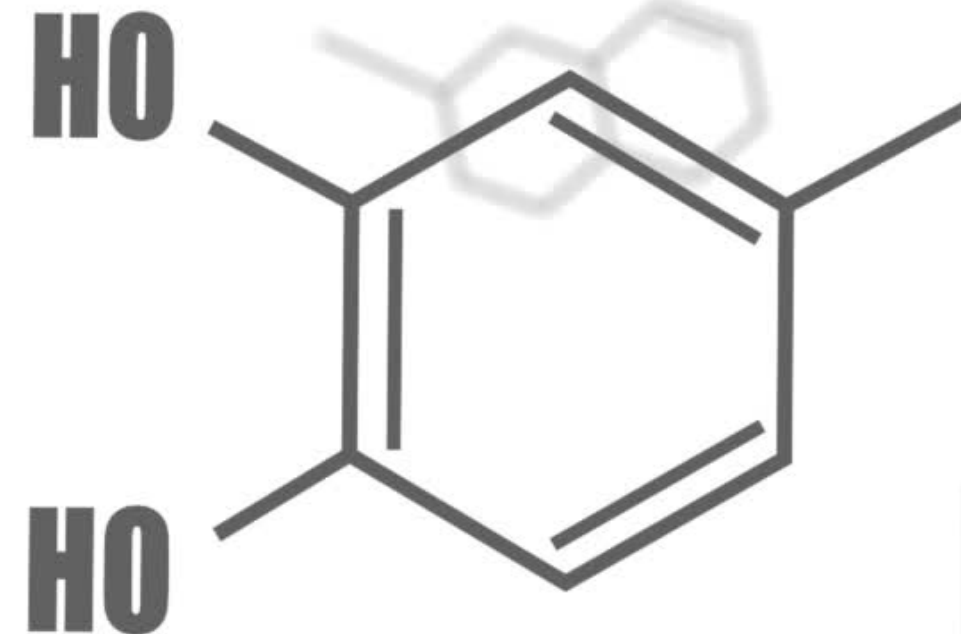
**The space between
two nerve cells where
neurotransmitters pass**



Dopamine

**A neurotransmitter
that is used to tell our
brains what's important**

Dopamine



Myelination

**While our brain
is developing we
are creating lots of
different pathways**



Pruning

**Our brains way
of keeping what
it things is important**



Prolonged Use

```
graph TD; A[Prolonged Use] --> B[Tolerance]; A --> C[Dependence]; A --> D[Addiction];
```

Tolerance

When a person no longer responds to a drug in the way they did at first.

Dependence

When a person stops using a drug, their body goes through withdrawal

Addiction

Unlike tolerance and dependence, addiction is a disease; but like tolerance and dependence, addiction can result from taking drugs or alcohol repeatedly.



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Cheating your brain

- Hardwiring our brain for addiction
- What we practice and repeat becomes a part of our hierarchy of need
- What do we go back to if we never did find out what naturally brings us joy?




Match the Definitions


Draw a line from each word to its correct definition

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Addiction in the Brain
Draw a line from the word to its correct definition

Addiction	The space between two nerve cells where neurotransmitters pass
Dopamine	A neurotransmitter that is used to tell our brains what's important
Pruning	While our brain is developing we are creating lots of different pathways
Tolerance	Our brains way of keeping what it things is important
Synapse	When a person no longer responds to a drug in the way they did at first.
Myelination	When a person stops using a drug, their body goes through withdrawal
Dependence	A disease that can result from taking drugs or alcohol repeatedly.

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Answer Key

Addiction	The space between two nerve cells where neurotransmitters pass
Dopamine	A neurotransmitter that is used to tell our brains what's important
Pruning	While our brain is developing we are creating lots of different pathways
Tolerance	Our brains way of keeping what it things is important
Synapse	When a person no longer responds to a drug in the way they did at first.
Myelination	When a person stops using a drug, their body goes through withdrawal
Dependence	A disease that can result from taking drugs or alcohol repeatedly.

Section 3

Cannabis 101



Cannabis Prevention

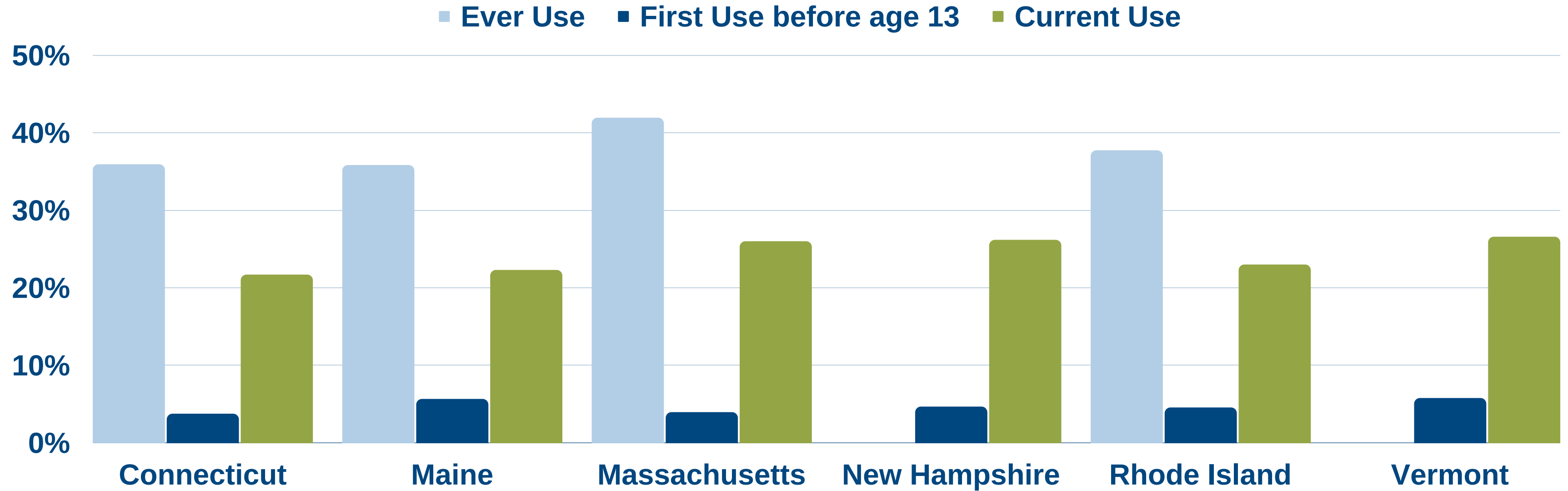
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What is Cannabis?

- Cannabis species include sativa, indica, ruderalis and their hybrids.
- Components include:
 - Cannabinoids, such as CBD (Cannabidiol) and THC (Delta 9 Tetrahydrocannabinol).
 - Over 545 other known compounds in the cannabis plant.



High School Use of Cannabis



2019 Youth Risk Behavior Survey | Centers for Disease Control and Prevention

What is THC?

- THC is the psychoactive component of cannabis
- THC causes a change in brain function, resulting in alterations of perception, mood, cognition, or behavior - “the high.”
- THC levels vary depending on the strain, product, and method of consumption



Streghth of THC



Stanford University
Cannabis Prevention Toolkit





Cannabis 101

Methods of Use



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Smoking

Marijuana smoke contains more than 500 chemicals, of which at least 33 are known carcinogens, according to California Proposition 65, the Safe Drinking Water and Toxic Enforcement Act of 1965



Secondhand Smoke

There is no safe level of secondhand smoke, Secondhand marijuana smoke contains many of the same chemicals as secondhand tobacco smoke and is linked to:

- Lung cancer
- Lung irritation
- Asthma
- Respiratory infections.



Concentrates

Concentrates are made by extracting THC from marijuana using solvents such as butane. Also known as wax, honey, budder, hash oil (BHO), shatter, or dabs, concentrates contain 40-80% THC and the effects may last

- up to 24 hours



"Vaping" Cannabis

The term "vaping" is misleading. When cannabis liquid, oil or plant material is heated in the device, an aerosol (a suspension of fine particles in a gas) is released.

- Decrease lung development
- Increase breathing difficulties
- Lower defenses against bacteria & viruses
- Induce inflammatory reactions



Edibles

Edibles are cannabis products that are orally consumed. Both THC and CBD can be added to a variety of foods (baked into cookies or brownies, added to sodas or other beverages, gummy products, pills, or other edible items).

Serving sizes and total THC amount may vary depending on the type of edible being ingested.





Cannabis 101

Health Impact



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Youth Use

- Impaired learning, memory, math, and reading skills 28 days after last use
- Impaired social functioning
- Lower IQ and attention
- Increased risk for substance use disorder later in life
- Lower grades and lower school retention
- Lower satisfaction in their life, more interpersonal issues with friends and family
- Poor judgment and decision-making

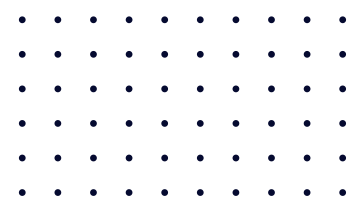


The adolescent brain continues to develop through age 25

The impacts of cannabis use depend on: age of initiation, the amount and frequency of use, and what other substances may also be consumed.



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Cannabis in the Brain

Throws your hippocampus and amygdala out of balance

Disrupts your ability to access your long-term memory

Interferes with your hippocampus' ability to turn short-term memories into long-term ones



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Health and Social Impact of Cannabis

Short-Term Effects

- Euphoria, enhanced sensory experiences
- Drowsiness, relaxation
- Decreased reaction time
- Impairment of balance/ coordination
- Increased heart rate
- Increased blood pressure
- Increased appetite
- Negative impact on learning, concentration, memory
- Paranoia
- Poor concentration, problem-solving



Long-Term Effects

- Mental health issues (anxiety, depression, suicidal ideation, psychotic episodes)
- Chronic cough
- Lung and respiratory issues
- Decreases in motivation
- Severe nausea, vomiting, dehydration (Cannabinoid Hyperemesis Syndrome)
- Clinical diagnoses
- Increased risk of stroke or heart disease



Cannabis 101

Consequences



Withdrawal

- Irritability, anger, or aggression
- Nervousness or anxiety
- Sleep difficulty (insomnia, disturbing dreams)
- Decreased appetite or weight loss
- Restlessness
- Depressed mood
- Significant discomfort from abdominal pain
- Shakiness or tremors
- Sweating, fever, chills, or headache



The American Psychiatric Association defines cannabis withdrawal as cessation from heavy and prolonged cannabis use (daily or nearly daily for at least a few months)



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Impaired Driving

Cannabis is an impairing substance and operating a motor vehicle after consumption in any form is dangerous.

- Slow reaction time and decision-making abilities
- Impair coordination
- Distort perception
- Lead to memory loss
- Make problem solving difficult



**According to the 2016
Fatality Analysis
Reporting System,**

**38% of fatally injured
drivers had cannabis
in their system at the
time of the crash**



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E-cigarette and Vaping Associated Lung Injury

Almost 3,000 people were hospitalized or died from EVALI in all 50 states, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands). Cases were associated with THC products, nicotine products, and co-use.

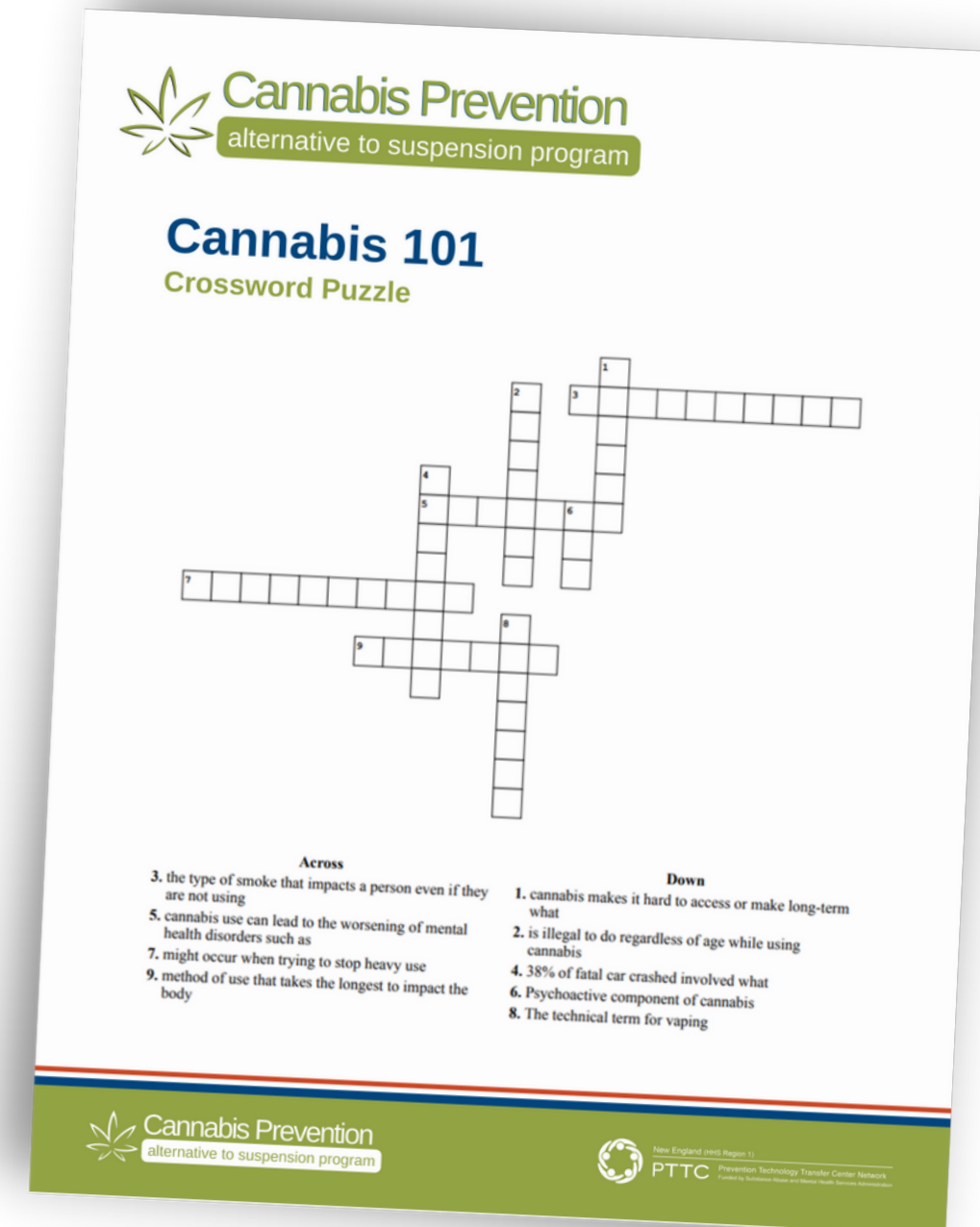
The inhalation of harmful chemicals found in e-cigarettes can cause irreversible lung damage and lung disease. Questions about long-term and lasting damage to patients will need to be studied.

Vaping can put you at risk of developing more serious complications from other lung illnesses like COVID-19.



Crossword Puzzle

Complete the Cannabis 101
crossword puzzle



Answer Key

Across

- 3. Secondhand
- 5. Anxiety
- 7. Withdrawal
- 9. Edibles

Down

- 1. Memory
- 2. Driving
- 4. Cannabis
- 6. THC
- 8. Aerosol

Section 4

Positive Decision Making



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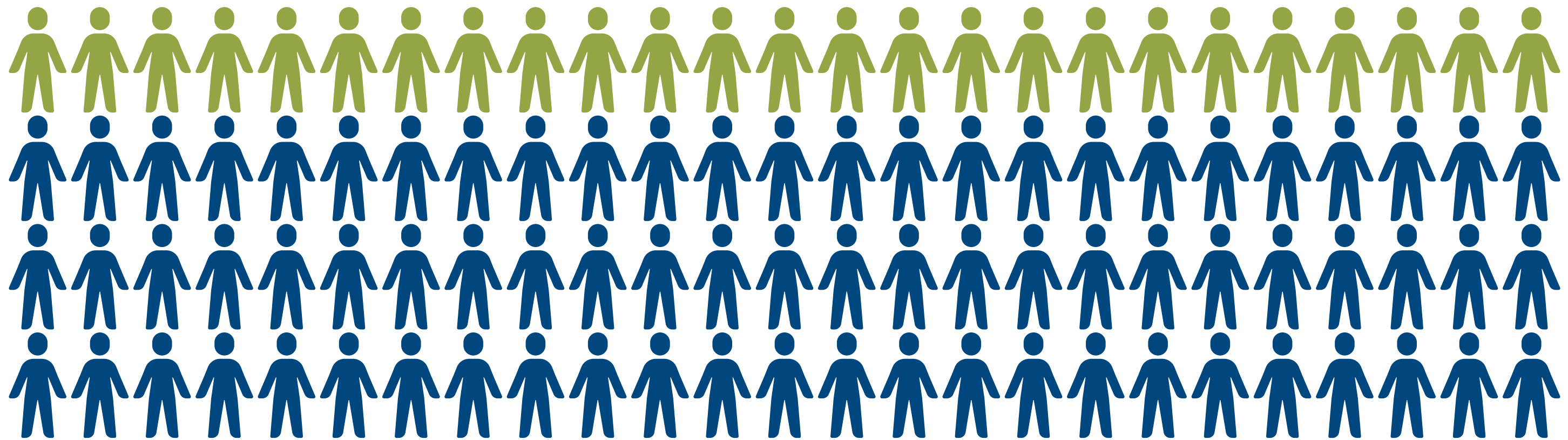
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Why might teens start using cannabis?



The Majority of Teens



Finding your dopamine

- Learning a new skill
- Talking to a friend
- Exercising
- Making art



What
brings you
joy?



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Making Decisions

```
graph TD; A[Making Decisions] --> B[Using]; A --> C[Not Using];
```

Using

Consider stopping until your brain is finished developing

Consider reducing how much you use

Not Using

Consider not starting

Consider waiting until your brain is finished developing to decide

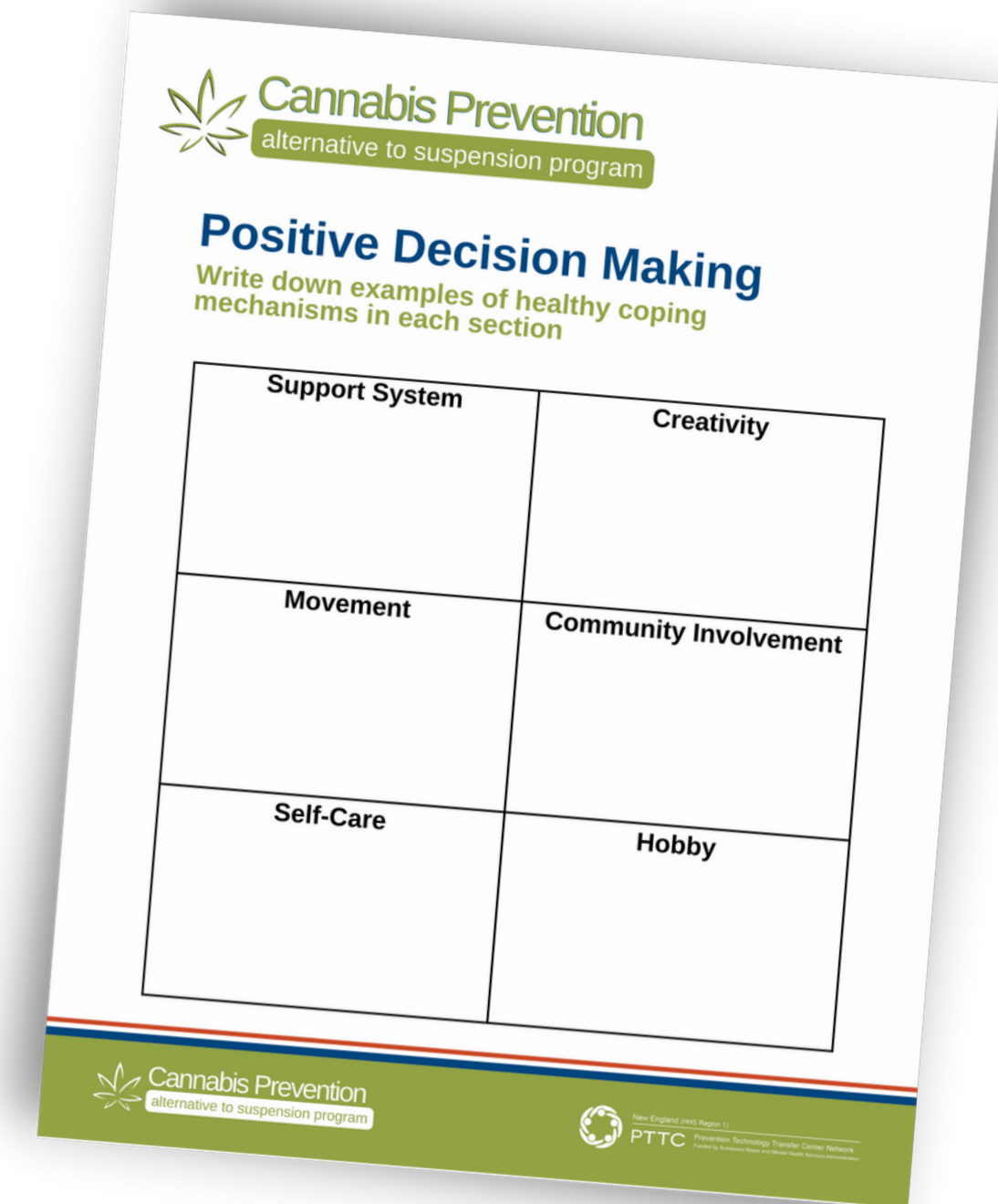


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Coping Mechanisms

Using the "Positive Decision Making" worksheet write down examples of healthy coping mechanisms you can try in each category.

These may be things you already do or things you would like to try.



The worksheet is titled "Cannabis Prevention alternative to suspension program" and "Positive Decision Making". It instructs users to "Write down examples of healthy coping mechanisms in each section". The worksheet is divided into six sections: Support System, Creativity, Movement, Community Involvement, Self-Care, and Hobby. Each section is represented by a large empty box for writing.

Support System	Creativity
Movement	Community Involvement
Self-Care	Hobby

Discussions/Questions

What is a coping mechanism you already do?

What is a coping mechanism you want to try using?

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Positive Decision Making
Write down examples of healthy coping mechanisms in each section

Support System	Creativity
Movement	Community Involvement
Self-Care	Hobby

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Closing and Post-Test



Recap

- Healthy Behavior Change
- Addiction in the Brain
- Cannabis 101
- Positive Decision Making



Post-Test

Scan this QR Code to
take the post-test





Thank You



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