

Cannabis Prevention



alternative to suspension program

Dan Fitzgerald, MPH, ICPS
RI Prevention Fellow



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



Dan Fitzgerald, MPH, ICPS

- **Professional Experiences**

- Executive Director, Chariho Youth Task Force
- Director of Advocacy, American Lung Association
- Fellow, New England Prevention Technology Transfer Center
- Lead Activism Trainor, Truth Initiative
- SAMHSA / CSAP Prevention Fellow
- Prevention Specialist, RI Dept of Behavioral Health

- **Volunteer Service:**

- Board Chair, SADD Nation
- Vice Chair, Ocean Community YMCA
- Vice Chair Wood River Health
- Treasurer, Rhode Island Certification Board
- Advisor, Brown University's School of Public Health
- Vice Chair, Vermont Certification Board
- Appointee, Chariho Anti-Racism Task Force
- Appointee, RI Vaping Advisory Committee
- Appointee, Richmond Wellness Committee
- Trainor, Human Rights Campaign





How did we get here?

Increasing number of student suspensions due to substance use

High rate of re-occurrence for student suspended for substance use

Something has to change.

The Process



Assess

- Identify local prevention needs based on data

Capacity

- Build local resources and readiness to address prevention needs

Planning

- Find out what works to address prevention needs and how to do it well.

Implementation

- Deliver evidence-based programs and practices as intended

Evaluation

- Examine the process and outcomes of programs and practices

The Process



Understanding
what the data
says

Get buy-in
(Admin, SAC,
SC)

Change student
behavior code /
policy

Launch program
and measure
impact

Alternatives to Suspensions

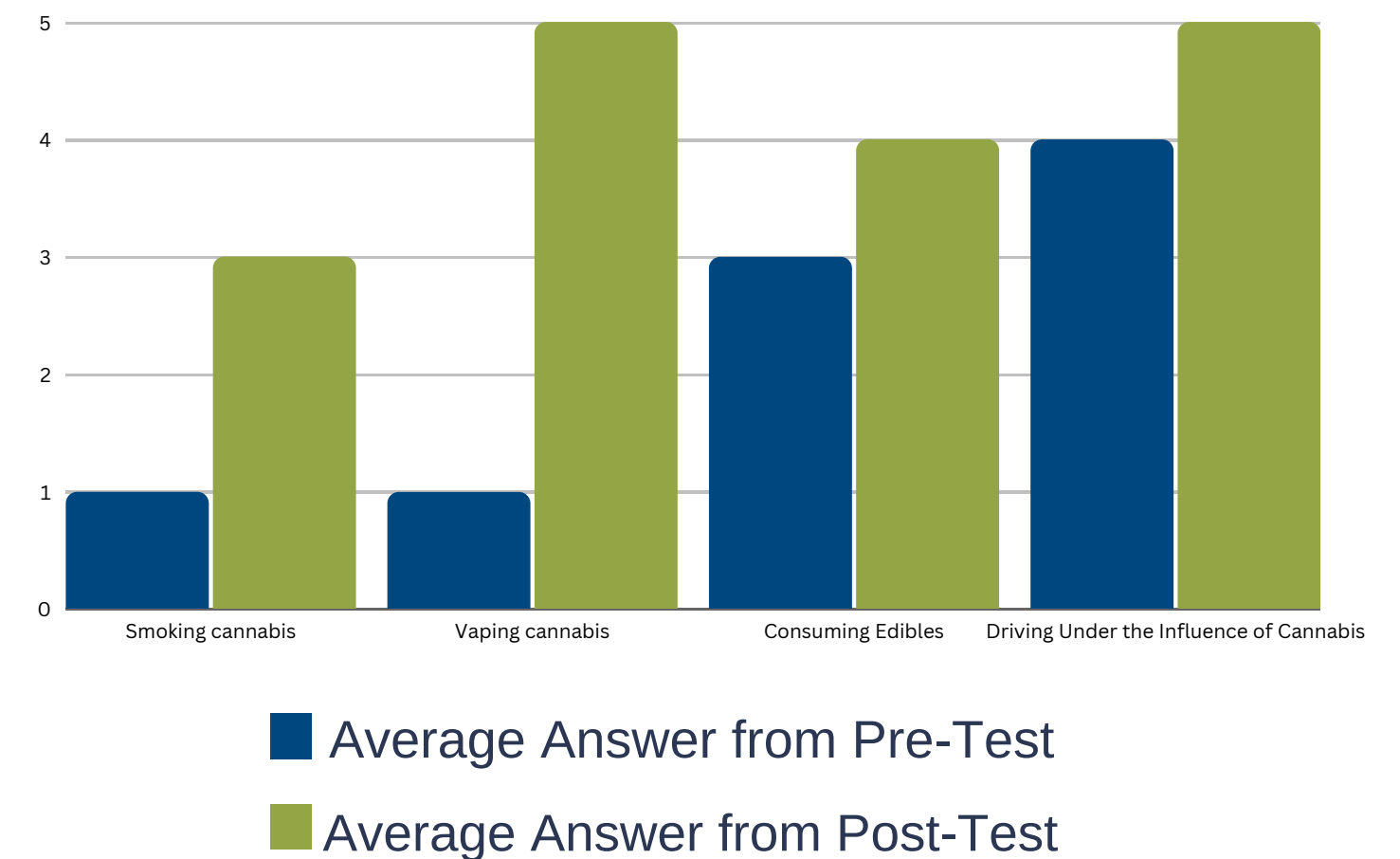
- Out-of-school suspensions are ineffective
- Zero tolerance policies have shown they are not an effective means for changing student behavior.
- Those policies are associated with no meaningful change in substance use, lower academic achievement, lower graduation rates, and worse school climate
- Students who are suspended are far more likely to drop out and get involved with the juvenile justice system.

Case Study

Chariho Regional School District

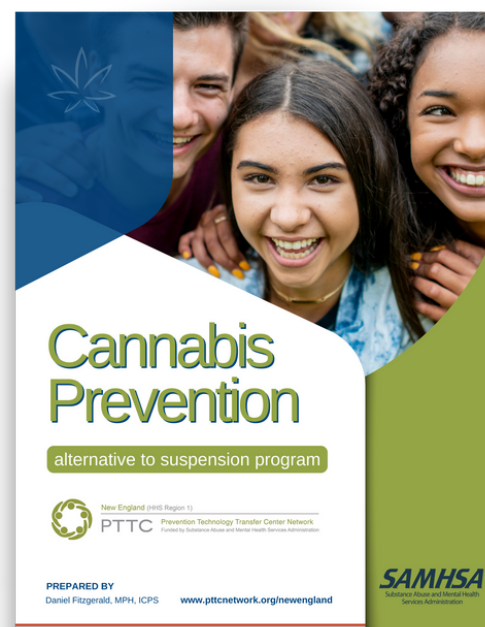
- N=97
- Knowledge transfer:
 - Pre-test Average Score: 62.5%
 - Post-test Average Score: 95%
- Self-Identified Use of Cannabis:
 - Never Used: 6%
 - Have tried: 54%
 - Currently Use: 26%
 - Frequently Use: 14%

Change in Perception of Harm

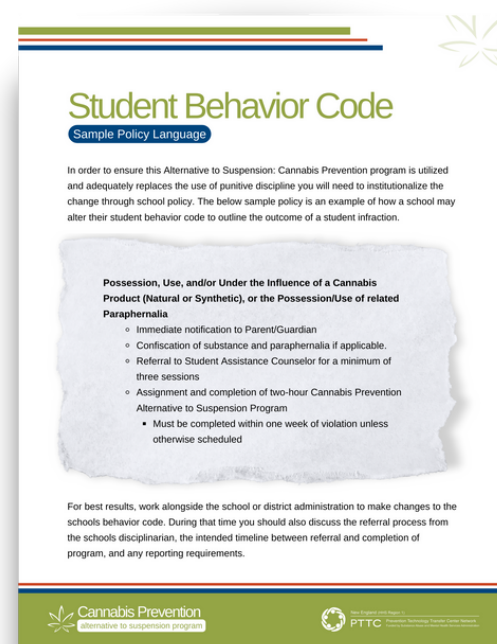


Y Axis: Ranging from 1 (No Harm) to 5 (Extreme Harm)

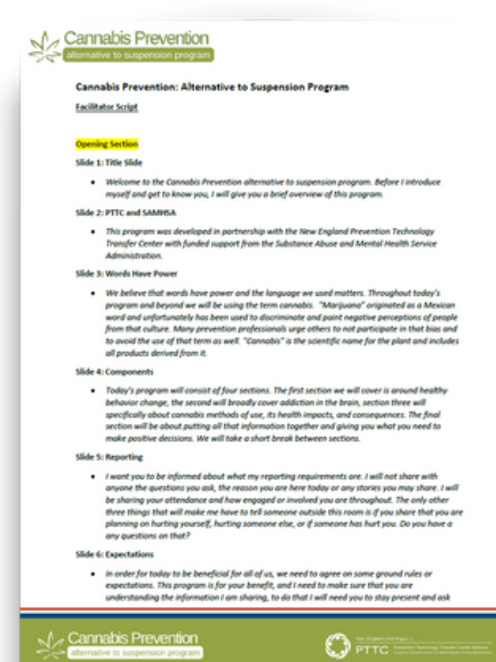
Program Components



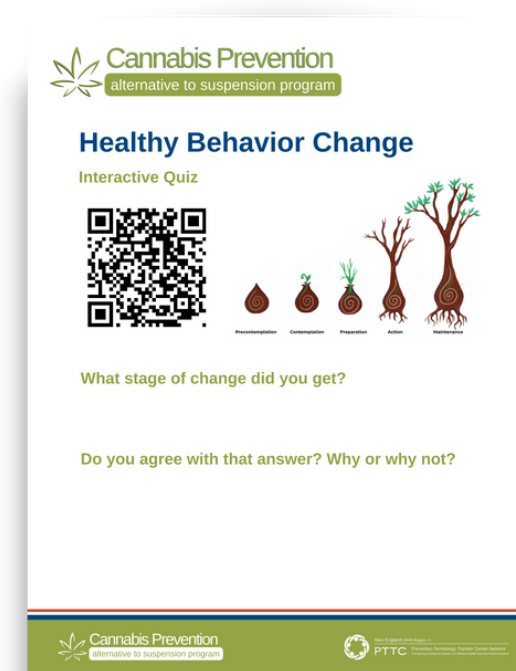
Program Guide



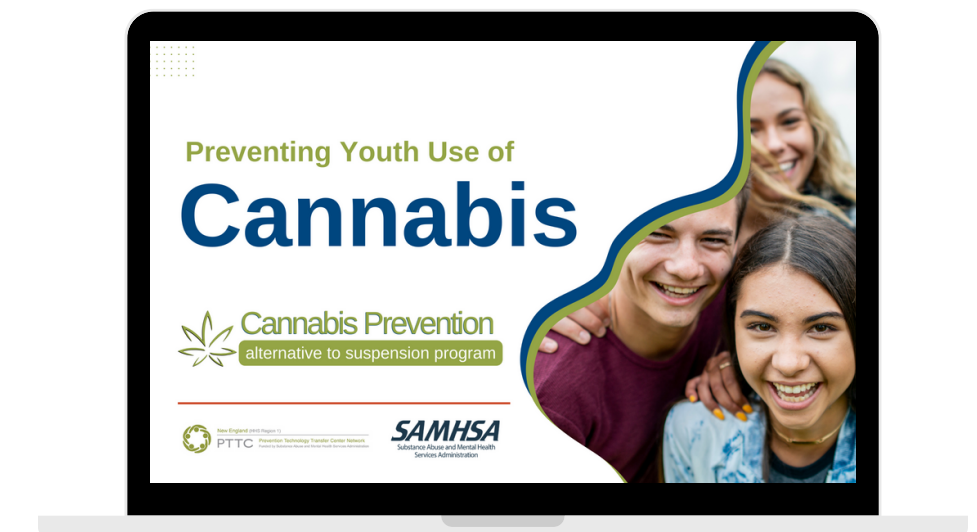
Sample School Policy



Facilitator Script



Student Worksheets

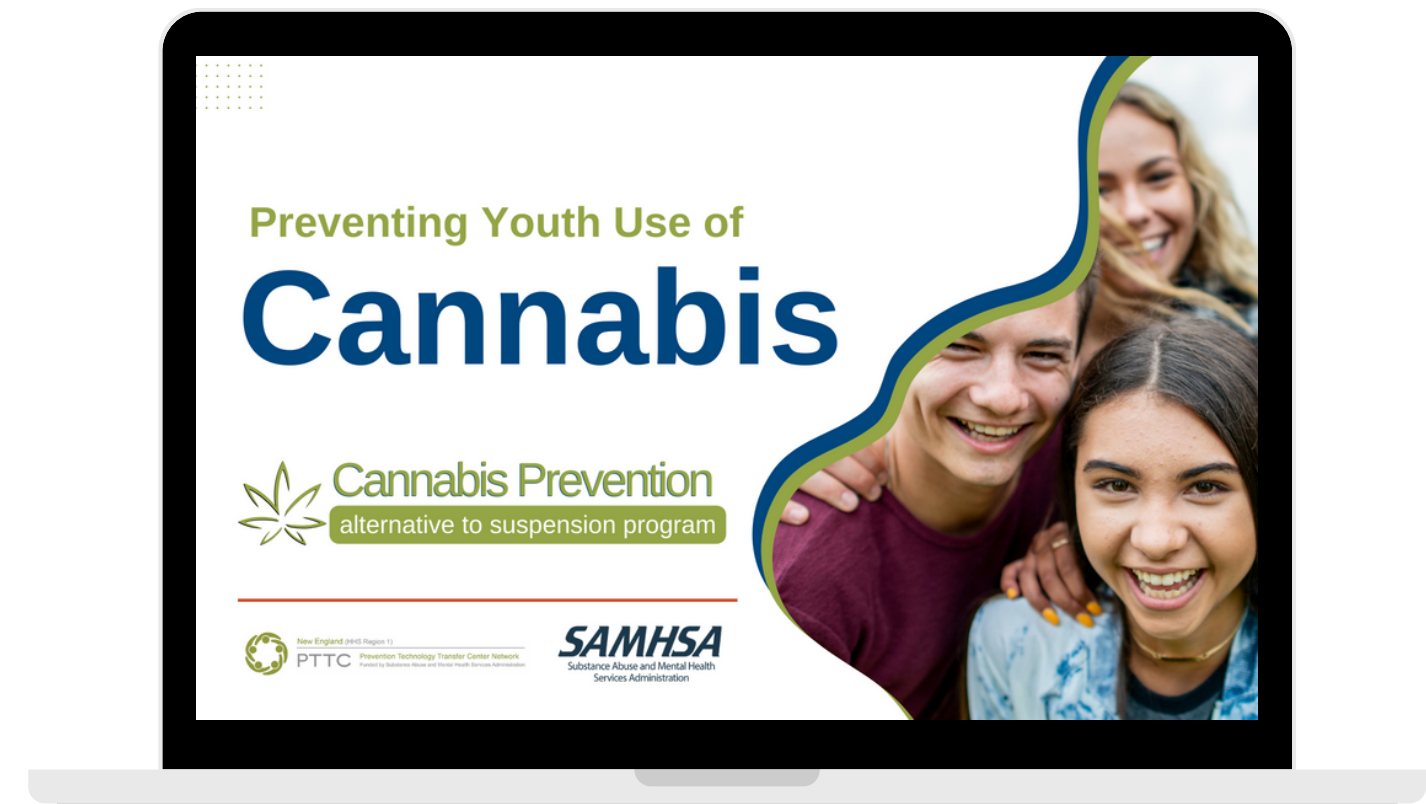


4-Part Slide Deck

Program Implementation

Four Lessons

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



Healthy Behavior Change

res·o·lu·tion

noun

a firm decision to do or not to do something.

ev·o·lu·tion

noun

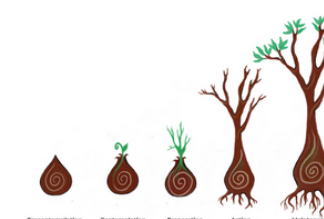
the gradual development of something, especially from a simple to a more complex form.



Cannabis Prevention
alternative to suspension program

Healthy Behavior Change

Interactive Quiz



What stage of change did you get?

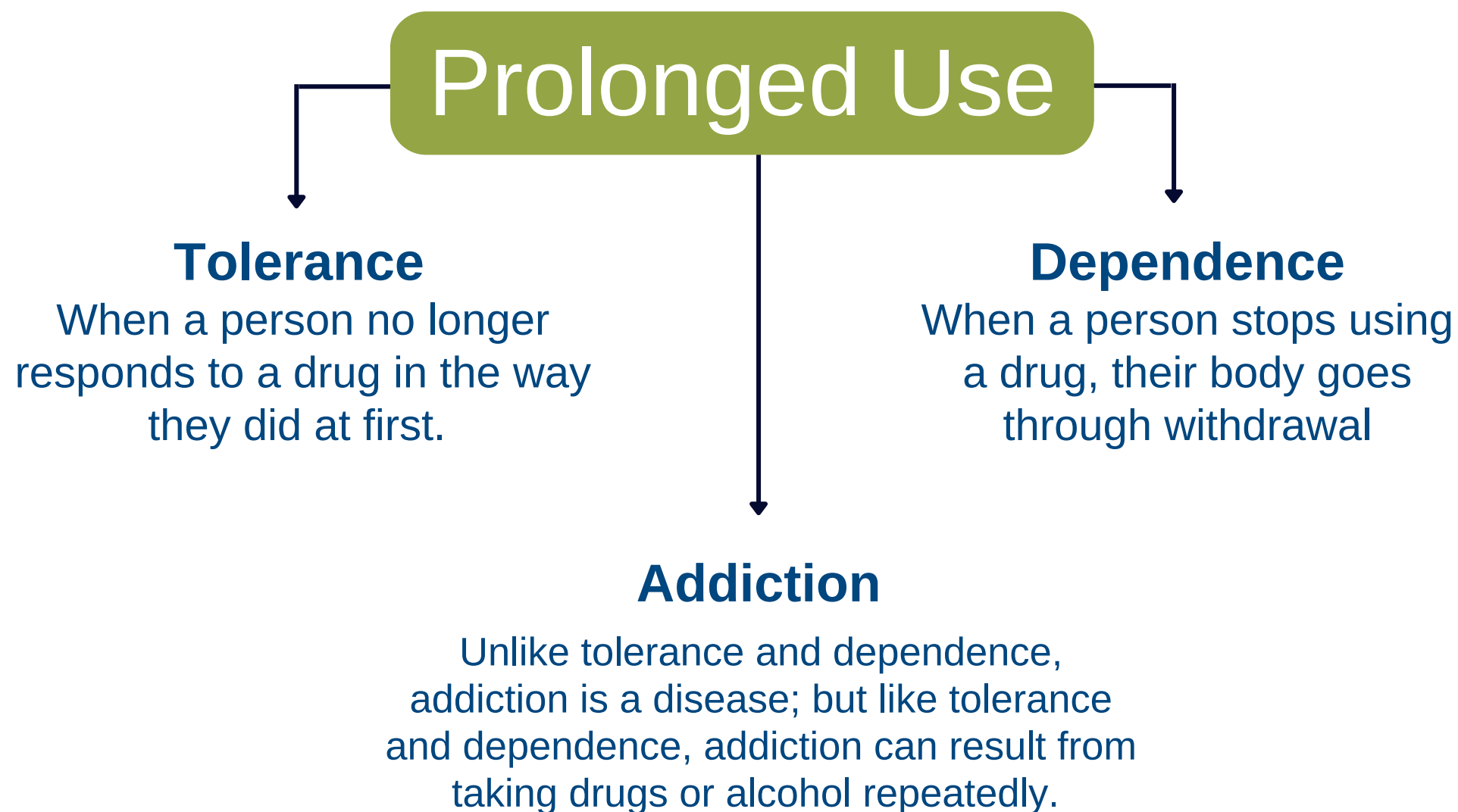
Do you agree with that answer? Why or why not?


Cannabis Prevention
alternative to suspension program

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

Stages of Change:
Where are you?

Addiction in the Brain





 **Cannabis Prevention**
alternative to suspension program

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. |

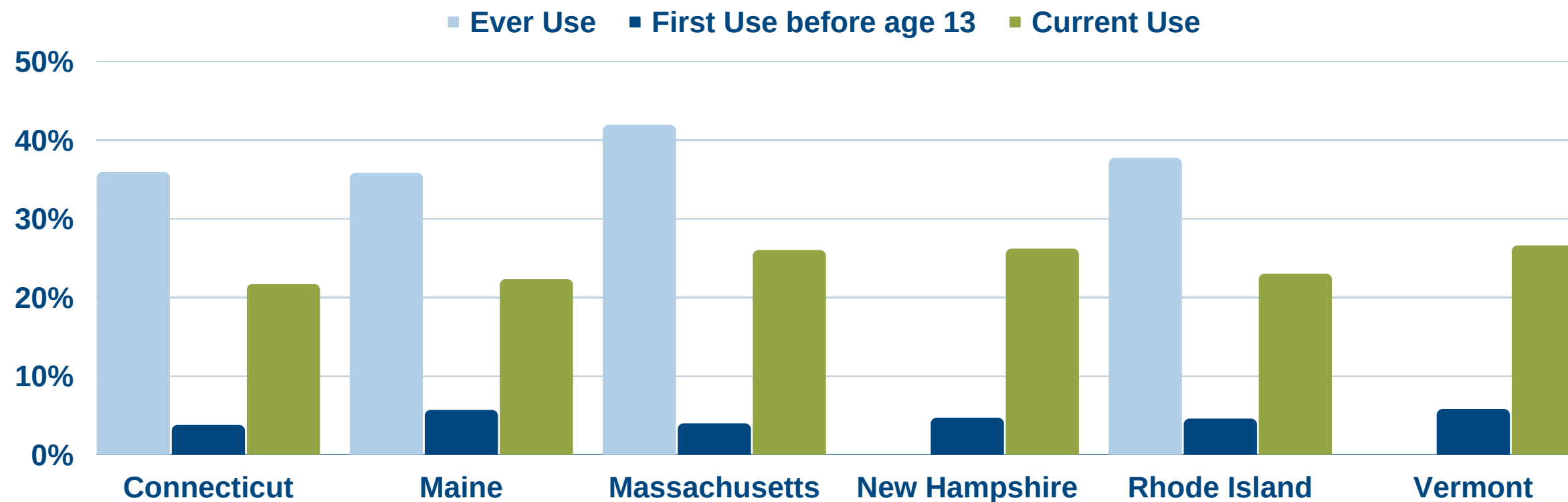
 **Cannabis Prevention**
alternative to suspension program

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

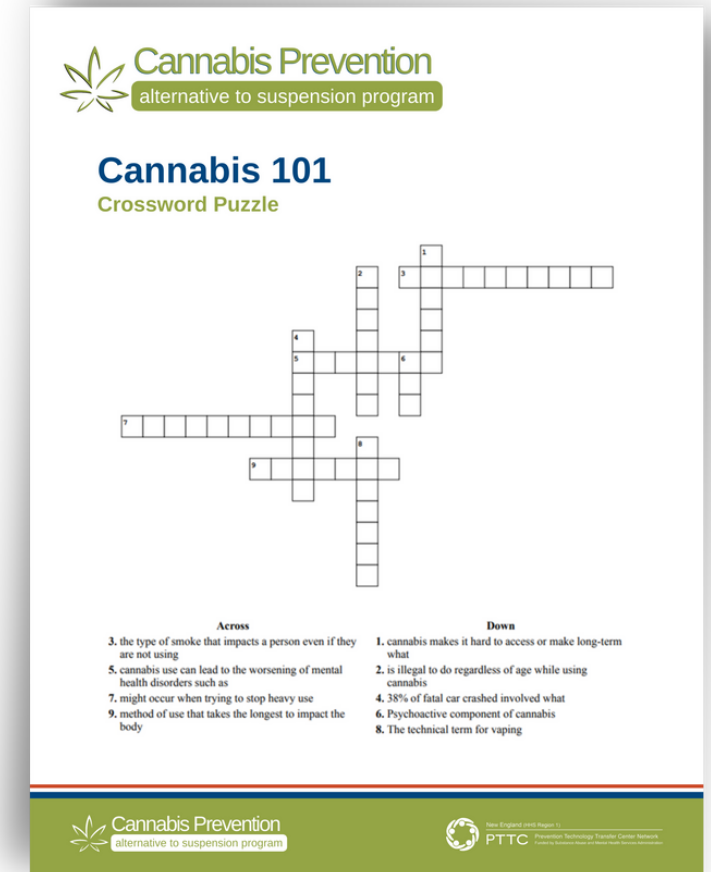
Matching Definitions Addiction in the Brain

Cannabis 101

High School Use of Cannabis



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



Cannabis 101 Crossword

Cannabis 101

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

Positive Decision Making

Why might teens start using cannabis?



Cannabis Prevention
alternative to suspension program

Positive Decision Making

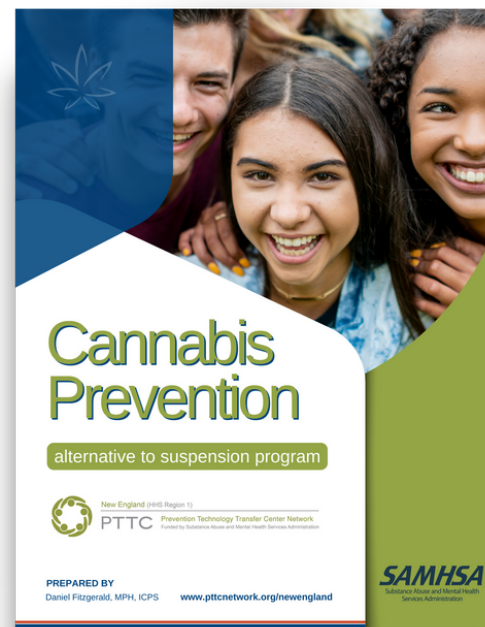
Write down examples of healthy coping mechanisms in each section

| | |
|----------------|-----------------------|
| Support System | Creativity |
| Movement | Community Involvement |
| Self-Care | Hobby |

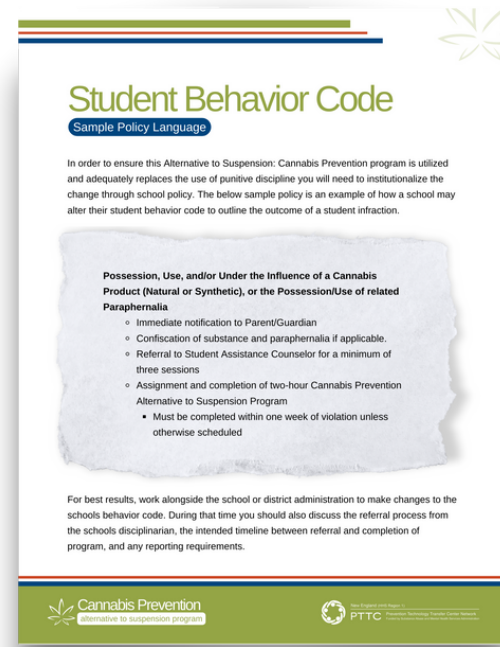
Cannabis Prevention alternative to suspension program PTTC Prevention Technology Transfer Center Network

Positive Decision Making - Coping

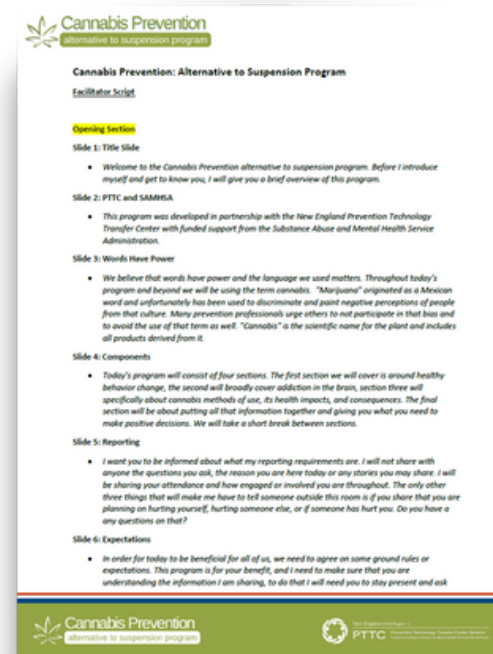
Program Components



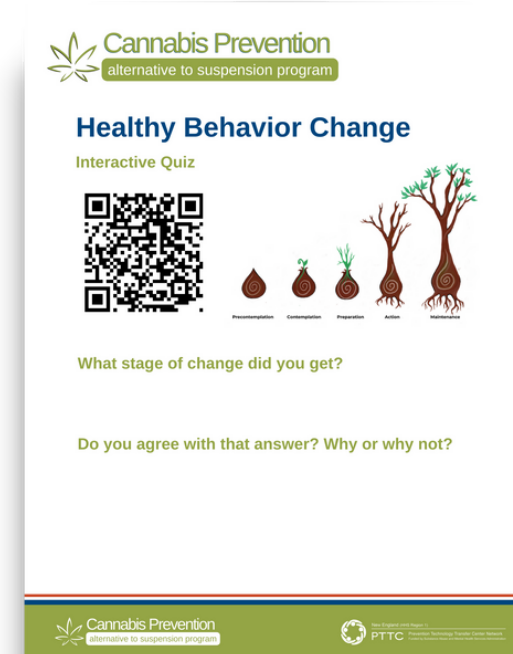
[Program Guide](#)



[Sample School Policy](#)



[Facilitator Script](#)



[Student Worksheets](#)



[4-Part Slide Deck](#)



Reach out

Dan Fitzgerald, MPH, ICPS
Dan@CharihoYouth.org
@CharihoYouth

thank
you!



Cannabis Prevention
alternative to suspension program