



South Southwest (HHS Region 6)

PTTC

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

## **Navigating the Green Wave: Strategies for Local Response to Cannabis Legalization**

### **Additional Resources**

This resource list aims to equip you with research insights and practical tips to address the challenges discussed in the presentation, ensuring everyone has access to the information.

### **Cannabis**

#### **Learn More About Cannabis**

<https://www.samhsa.gov/marijuana>

#### **Substance Abuse and Mental Health Administration**

The SAMHSA webpage on marijuana provides information on the health risks associated with marijuana use, particularly for youth and people with developing brains. It emphasizes the potential for cannabis to impair brain development, cause mental health issues, and lead to substance use disorders. The site also highlights prevention and treatment resources for individuals struggling with cannabis use. It aims to educate the public on the importance of responsible use and preventing youth access to marijuana.

#### **Cannabis Health Effects**

<https://www.cdc.gov/cannabis/health-effects/>

#### **Center for Disease Control and Prevention**

The CDC's cannabis health effects page provides an overview of how cannabis can affect physical and mental health. It covers issues such as impaired memory, learning, and attention, especially in young users, and increased risks for mental health disorders like anxiety, depression, and psychosis. The site also highlights the dangers of using cannabis during pregnancy and the possible negative impacts on infant development.

#### **Talking with Kids About Cannabis**

<https://archives.nida.nih.gov/publications/marijuana-facts-parents-need-to-know/letter-to-parents>

#### **National Institute on Drug Abuse**

The letter from NIDA addresses parents about the increasing prevalence of marijuana use among teens and the declining perception of its risks. It highlights the importance of parents having open conversations with their children, despite challenges posed by changing laws and past parental experiences with the drug. NIDA provides resources to guide these discussions, emphasizing the potential harms of use during adolescence. The letter underscores the influential role parents play in preventing teen use.

### **Talking with Kids About Cannabis**

#### **Marijuana Talk Kit**

<https://drugfree.org/drugs/cannabis-marijuana/>



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### **Partnership for Drug Free**

The webpage from Partnership to End Addiction provides detailed information on cannabis, including its various forms, effects, risks, and legal considerations. It discusses how cannabis impacts the brain, especially in young users, and highlights potential health risks such as mental health issues and impaired cognitive function. The page also offers resources for parents to help prevent youth cannabis use and explains the differences between recreational and medical marijuana.

### **Talk. They Hear You**

<https://www.samhsa.gov/talk-they-hear-you>

The "Talk. They Hear You." campaign by SAMHSA is designed to help parents and caregivers start conversations with children about the dangers of alcohol and other drugs. It provides resources like guides, apps, and videos to empower adults to have meaningful discussions that can prevent substance use. The initiative emphasizes early, ongoing communication to foster awareness and healthy choices among youth.

### **Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies**

<https://www.samhsa.gov/talk-they-hear-you>

#### **Canadian Center of Substance Use and Addiction**

This guide takes a harm reduction approach to talking with youth about cannabis. Its purpose is to help those who work with young people to have the right kind of conversations with them about cannabis: conversations that are safe, unbiased, informed and non-judgmental. The guide also provides answers to frequently asked questions.

### **Teen Brain Development Video**

<https://www.youtube.com/watch?v=EpfmDijz2d8&t=166s>

#### **National Institute on Drug Abuse (NIDA/NIH)**

In this 3-minute video to use with kids about why not to use substances while brains are developing; NIDA explores the intriguing similarities between the processes of brain development and computer programming. The analogy helps us understand why toxic environmental factors like drugs, bullying, or lack of sleep can have such a long-lasting impact on a teenager's life and can be used to empower your children or students with information they need make better decisions.

## **Cannabidiols**

### **Learn More About Cannabidiol (CBD)**

<https://www.cdc.gov/cannabis/about/about-cbd.html>

#### **The Center for Disease Control and Prevention**

The CDC webpage on CBD provides an overview of cannabidiol (CBD), a compound found in cannabis. It explains how CBD differs from THC, highlights its non-psychoactive properties, and discusses current research on its potential therapeutic benefits. The page also addresses safety concerns, such as the lack of FDA regulation for most CBD products and potential side effects. The CDC emphasizes caution when using CBD and encourages consulting healthcare providers.



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## **Cannabis (Marijuana) and Cannabinoids: What You Need to Know**

<https://www.nccih.nih.gov/health/cannabis-marijuana-and-cannabinoids-what-you-need-to-know#:~:text=THC%20is%20the%20substance%20that's,industrial%20hemp%E2%80%9D%20rather%20than%20marijuana>

### **National Institutes of Health**

The National Center for Complementary and Integrative Health (NCCIH) webpage provides an overview of cannabis, marijuana, and cannabinoids. It explains the differences between THC, the psychoactive compound in marijuana, and CBD, found in hemp. The page covers the potential therapeutic uses of cannabinoids, current research, and risks associated with cannabis use, including legal considerations and possible side effects. It emphasizes the need for more research on the health effects and safety of cannabis products.

### **Data And Research Compilations**

#### **International Academy on the Science and Impact of Cannabis**

<https://iasic1.org/>

IASIC is an organization of international experts on cannabis who are guided by medicine and science to provide accurate and honest information that guides decision-making. We recognize that the use of cannabis is potentially harmful, and that policies or practices which enhance or increase the use of cannabis risk serious medical and social consequences.

#### **International Cannabis Policy Study**

<https://cannabisproject.ca/about/>

The overall objective of the International Cannabis Policy Study (ICPS) is to understand the impact of cannabis policies and different legal frameworks. examines impact of specific policies and regulations in legal markets

#### **The Health Effects of Cannabis and Cannabinoids**

<https://nap.nationalacademies.org/catalog/24625/the-health-effects-of-cannabis-and-cannabinoids-the-current-state>

The Health Effects of Cannabis and Cannabinoids provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

#### **ABCD Study**

<https://abcdstudy.org/publications/?search=cannabis>

Largest long term brain development and child health study in the US, current data being tracked from age 9-young adulthood.

### **Policy Work**



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### **Getting it Right from the Start**

<https://www.gettingitrightfromthestart.org/>

Provides technical assistance to jurisdictions that are currently regulating cannabis, considering legalizing or decriminalizing cannabis, and to community partners. We develop and share models for safer and more effective cannabis policy and provide guidance on policies that can reduce harm and prevent problem cannabis use.

### **Healthy Community, Healthy People: Community Cannabis Policy Toolkit for the Vermont**

<https://pttcnetwork.org/2023-rad-fellowship-program-product-healthy-community-healthy-people-community-cannabis-policy-toolkit-for-the-vermont-prevention-professional-2-0/>

A toolkit that prevention professionals and communities working on cannabis related policy improvement can use to help support prevention and public health at a community level. This kit has been updated in 2023 to include additional tools and information, including stigma-free language relevant to this work, talking points to use with key audiences, questions to use for community polling, and template presentations for community and key audience education.

### **Teaching Resources**

#### **PTTC Cannabis Prevention and Education Toolkit**

[https://pttcnetwork.org/products\\_and\\_resources/pttc-network-launches-new-marijuana-prevention-and-education-toolkit/](https://pttcnetwork.org/products_and_resources/pttc-network-launches-new-marijuana-prevention-and-education-toolkit/)

The Marijuana Risk Work Group is pleased to release the first set of marijuana prevention and education resources. There are four products that are being released. Each product is listed below along with a short description of the product, the suggested use, and a link to download the product.

#### **Stanford Medicine Cannabis Awareness and Prevention Toolkit**

<https://med.stanford.edu/cannabispreventiontoolkit.html>

The Cannabis Awareness & Prevention Toolkit is an educational resource that can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies.

### **Help Individuals Quit/Cut Back**

#### **T-Break: Take a Cannabis Tolerance Break**

<https://www.uvm.edu/health/t-break-take-cannabis-tolerance-break>

UVM's Center for Health & Wellbeing

The guide to help one on a cannabis tolerance break.