

Teen Marijuana Check-Up



Developed by:
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Ground Rules

- Respect for all opinions
 - Everyone is welcome to share what they think
- No personal information
 - No identifying information
 - No one is saying if they use

What Do Some People Call It?

- Weed
- Pot
- Mary Jane
- Chronic
- Skunk
- Bud
- Herb



- Ganja
- Keef
- Grass
- Reefer
- Dagga
- Pakalolo
- Bhang

What Do People Say They Enjoy about Smoking Marijuana?

People say they:

Experience feelings of:

- “happiness”
- “relaxation”
- “positive well being”



“Forget about worries, problems and stress”

“Feel accepted by a group of friends”

“Feel more comfortable in new social settings”

What Do People Say They Enjoy about Smoking Marijuana?

People say they:

“Have positive changes in personality”

“Experience different perspectives”

“Enjoy feeling high”

“Feel it’s a fun, social activity”

“Enjoy enhanced creative thinking”

“Experience increased concentration, and ability to focus”

What Do People Say They Don't Like about Smoking Marijuana?

People say they:



“I don't like that I can't breathe”

“Find it harder to get work done when I smoke”

“Can't remember things, or think as clearly”

“Don't want to be dependent”

“Has made it hard to be physically fit and active”

“Experience paranoia and anxiety after I smoke”

Research on Marijuana

There is very little conclusive evidence about the short- and long-term health effects of cannabis use.

What makes it tricky to know the effects?

- Despite a lot of studies about the impact of cannabis use, these studies are often not well done or the results do not get relayed to health care providers or policy makers.
- Cannabis is a Schedule 1 substance and needs regulatory approvals in order to use it in studies.
- The cannabis used in research doesn't match the strength most commonly found in stores and the black market.
- There is limited research funding for prospective testing.

Unlike other legal psychoactive substances or medication, (e.g., alcohol or tobacco; or medications like OxyContin), there are not any guidelines about dose, amount, or frequency of use to figure out how much one can safely consume recreationally or for effective medicinal purposes.

This presentation represents as up to date information as we know, and acknowledges there's a lot we don't know yet.

How Does Marijuana Affect the Lungs?



- Smoking marijuana can effect different aspects of the respiratory system, for example it can cause airway inflammation and resistance, and weaken your respiratory immune system.
- On a daily basis, marijuana smokers experience more coughing, phlegm, wheezing, burning and stinging in throat or mouth
- No direct links to lung cancer found yet, but many studies find lung impairments and pre-cancerous signs



How Does Marijuana Affect the Brain?

- While under the influence the Brain has trouble with:
 - memory, attention, problem solving, and learning.
- Data about the onset of early cannabis use suggest that those who started using before age 15 experienced more negative educational outcomes, like got worse grades in school, were more likely to drop out and were less likely to go to college.
- A study showed a decline in IQ at age 38 among heavy marijuana users, but only among those who were heavy users before age 18
- For adults who initiate use, subtle cognitive impairments have been found in long-term heavy users after they stop using, but generally these deficits improved with abstinence



Is it Dangerous to Drive While High?

- They have looked at drivers who used marijuana and compared them with drivers who hadn't just used marijuana (driving simulation course)
- Marijuana impairs:
 - Reaction time & coordination
 - Alertness
 - Ability to concentrate
- While driving under the influence of marijuana, it can also distort your perception and ability to make quick decisions-potentially leading to unsafe driving and motor accidents
- There is some evidence of decreased risk taking, but still more driving errors & longer decision times
- People who end up in the ER following a motor vehicle accident were twice as likely to have marijuana in their system.



Why Do Some People Quit?

- The earlier a person begins to use marijuana, and the more often they use, the more likely they are to have problems related to:
 - school
 - work
 - family/friendships



Teen Marijuana Check-Up

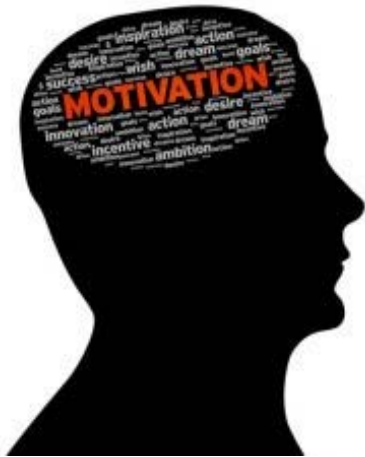
For whom?

Students who are smoking Marijuana



What is the Teen Marijuana Check-Up?

- **100% confidential way to get nonjudgmental feedback about your marijuana use**
 - **It is not treatment**
 - **No pressure to change or quit**
 - **Decide for yourself**



If you do the Teen Marijuana Check Up:

You can-

- Ask questions about marijuana
- Figure out what you want
- Work out how marijuana fits with your goals
- Draw your own conclusions and decide what's best
- Learn how to make changes if you want to



Confidential and Private

- Your participation is confidential (secret)
- No one will be informed about what is discussed
- Will be in a private room

CONFIDENTIAL

First Meetings



- Excused from class
- Get details about the study
- Decide to participate or not
- Complete an online survey



Other Meetings

- Talk with the staff member about your use
- Receive a Personalized Feedback Report about your use



Surveys

- You're about to get a survey!
- General questions about the presentation you just heard
- A chance to sign up for a confidential meeting to discuss if the TMCU is right for



Additional Optional Modules

Does Marijuana Lead to Other Drug Use?

- The gateway hypothesis holds that marijuana is a “stepping stone” to the use of other illegal drugs
- Majority of marijuana users, 63%, do not go on to use other illegal drugs
- However, 99% of those who did use other illegal drugs had previously used marijuana

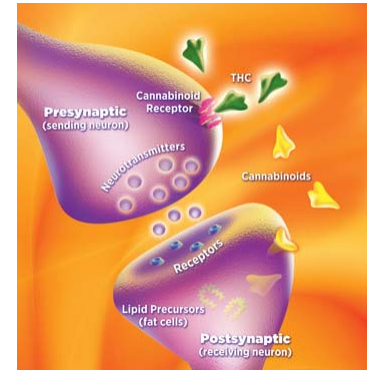
Is there such a thing as Marijuana Dependence?

- Yes, some marijuana users do become dependent
- They have difficulty quitting or controlling their use
- Some continue to use even when they are aware of problems that it is causing
- Some develop tolerance and experience withdrawal symptoms



What Do We Know About Marijuana Dependence?

- 9% of people who have ever used become dependent
- Risk of dependence increases with increased frequency and length of marijuana use
- People who initiate use before age 18 are four to seven times more likely to develop a marijuana use disorder than adults.
- Marijuana Dependence occurs at the Endocannabinoid System (ES) of the brain



Marijuana Withdrawal

Common Symptoms

- Craving for Marijuana
- Anger/aggression
- Anxiety
- Decreased appetite
- Irritability
- Restlessness
- Sleep difficulty



Less Common Symptoms

- Depressed mood
- Stomach pain
- Physical discomfort
- Shakiness
- Sweating

Marijuana Withdrawal

- Symptoms of withdrawal within 24hrs of abstinence
- Symptoms last 1-2 weeks.
- 67% of teens who are marijuana dependent report symptoms of withdrawal when quitting.
- Factors that may influence severity of withdrawal symptoms include the amount of marijuana used in one intake, the frequency and length of use, a persons metabolism and body type, and emotional stability.

Marijuana Legalization

- Illegal since 1937 “The Marijuana Tax act”-that prohibited its use and sales, according to the federal government
- In 2012, Non-Medical Cannabis became legal in Washington and Colorado
- Currently, 8 states and the District of Columbia have legalized marijuana for recreational use
- 28 states have legalized medical marijuana



Marijuana in Washington State

- Washington Initiative 502 was passed in 2012 with about 56% of the votes.
- The regulation around Marijuana is treated similar to alcohol
 - Legal for adults 21+
 - Sold at state run stores and taxed
 - Illegal for people under the age of 21
 - Illegal to drive under the influence of marijuana
 - Illegal on federal lands (like tribal lands) or federal buildings/land (JBLM, courthouse, etc.)



Is Marijuana Connected to Mental Illness?

- Marijuana users appear to be at increased risk for experiencing psychotic symptoms and disorders
- Marijuana use is associated with anxiety and depression symptoms but does not appear to cause them
- People with a mental illness are not recommended to smoke marijuana because symptoms could get worse while they are high

Does Marijuana Affect Pregnancy Outcomes?

- Marijuana use during pregnancy is not associated with major birth defects but does lead to lower birth weights in babies
- There may be effects on cognitive development that do not show up until later in childhood
- Some research to support Prenatal Marijuana Exposure increases possibility of use in young adulthood.



How Does Marijuana Affect the Immune System?

- Some studies using animals suggest that smoking marijuana may make it harder for the body to fight off disease and infection
- No conclusive evidence in humans and would most likely affect heavy, long-term users
- May be the smoking, not the THC that is harmful

Are There Some Medical Benefits of Marijuana?

- Reduces nausea/vomiting related to chemotherapy



- Appetite stimulation for treating wasting syndrome in cancer and AIDS patients
- Pain reliever
- A chemical form from Marijuana, called Cannabidiol (CBD) is currently being tested in the US as treatment for severe childhood epilepsy.

How Does Marijuana Affect the Heart?

- Increased heart rate, up to 20-50%
 - some people experience anxiety and panic attacks
- Those with heart disease may be at increased risk
- No evidence of permanent negative effect on heart

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